



The Home Department

Conducted by
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The Two Rainbows

The sky of the world is sunny and blue,
Yet often and often 'tis hidden by clouds,
The gloom of the storm is dreary and dark,
And the mists of the fog is formed into shrouds
But the clouds and the storm—they never can last,
Soon the sun will be shining, the darkness be past,
And a bright arch gleams on the rainy slope.

The sky of our life is happy and clear,
Yet often and often 'tis hidden by grief,
And the pain and the sorrow resemble the storms
And shadow our gladness and test our belief,
But the clouds of sadness—they pass, and it clears,
While Faith shines out and we see through our tears—
Life's beautiful rainbow of Hope!
—Guy M. Staley.

"This is Another Day"

Before we talk with you again, the New Year will have dawned, the New Day will have begun. It goes without saying that we each wish for the other, success and prosperity in all good undertakings; but we should do more than wish—we should work for the fulfillment of the wish. We can do this only by striving to bring into each life, touched however remotely by our own, all the sunshine we can command. It is wonderful, when one stops to think of it, how far-reaching, for good or for evil, our influences may become. You all know something of the wonderful working of the wireless telegraphy, where the voiceless air carries the message from one point to another, through miles of distance, and we are assured that the thoughts we send out work in the same manner. We are told that "Thoughts are things," and we should be careful of the character of the thought-waves we send out.

It is possible that many of us have failed to make of the past year all we could wish, but if we make stepping-stones of our past mistakes, ladders for reaching the higher grounds, it is far better than to sit down and sorrow over them. We should remember that another day is given us, and determine to keep the new page as clean as we wish the old one could have been. Live for the higher life, seek the sunshine, and draw others into the light with us. Speak the kind word; do the kind deed. Don't keep the "flowers for the coffin;" do not starve the hungry hearts for the kind word you keep for the eulogy. No one ever regretted doing a kind deed, or speaking a kind word, or seeking to brighten the life of another.

Health Notes

Walking is splendid winter exercise, and one should avail herself of every opportunity to get out of doors, even though the weather should be disagreeable; but proper clothing should be worn, no matter what the weather. It is folly to allow one's self to get very cold; the feet should be kept warm and dry, and warm undergarments worn; long sleeves and comfortable waists of sensible materials, with the neck covered;

the hands should be kept warm, and the wrists protected, and if suitable top garments are worn, with thick-soled shoes, even rain, or snow, or blizzard will not be objectionable within reason. There is nothing so fine as health; the healthy woman or girl will not need the aid of the beauty doctor, and without health of body and mind there is no beauty worth striving for. The foundation of all remedies for complexion ills is cleanliness, internal and external.

Cold feet and limbs are more often than not caused by indigestion, being due neither to the weakness of the heart or feebleness of circulation, but to the contracting of the small arteries, preventing the blood from entering the parts. There is generally an irritation of the abdominal sympathetic nerve centers which control the circulation of the lower extremities, and this difficulty is not to be overcome by exercise, or by any special application to the limbs, but by the removal of the causes of the irritation. Hot and cold foot baths act not simply on the feet and limbs, but by reflex action affect beneficially the abdominal sympathetic centers, which are the seat of the disease. Rubbing the limbs from the feet toward the body is excellent for overcoming spasms of the blood vessels. In many instances, it is necessary to clothe the limbs very warmly, even in hot weather. Chronic cold feet call for attention, as it is a symptom of a diseased condition somewhere.

Ruined Feet

From nearly quarter comes the call for a "sure cure" for corns, bunions and other maladies that afflict the feet, and we all know there are few tortures more hard to bear than the suffering such things bring with them. For many years we have been forced to wear shoes that are utterly unlike in shape to the feet they are to incase. These caricatures were "the fashion," and every one who wore foot-gear had either to go barefooted or wear them. The University of Wisconsin has just issued its second health bulletin to the students, the subject of which is how to care for the feet. Here is what the committee has to say:

"When a pointed toe is combined with a high heel in a shoe, that shoe should be prohibited by law. A pointed toe crowds the toes together into an unnatural position, while the high heel throws the entire weight of the body upon the front of the foot and toes, which were never intended to bear such a weight. The results of wearing shoes with narrow toes and high heels are flat foot, bunions, corns and interference with the circulation. Patent leather and enameled leather shoes should never be worn because such shoes being practically impervious to moisture the perspiration can not evaporate, with the result that the foot becomes soft and tender.

"In selecting a shoe the following points as to its shape must be considered: The shoe must be fully as wide as the sole of the foot. The heels should be low and broad. The shoe must be so flexible that the foot may be easily bent while raising the foot on the toes in walking. The inner side of the shoe should be in a straight line; any shoe that slopes from the heel outward to the toe is bad. The toe of the shoe should be broad enough to permit all of the toes to lie side by side without

crowding. No shoe should be so tight around the ankle as to hinder the circulation."

It is bad enough when one old enough to know better deliberately ruins the feet in order to "follow the fashion," but to force the growing children to wear these deforming shoes, should be regarded as a crime and punished accordingly.

For the Toilet

The raw, cold winds are very damaging to the face and hands, exposed to the weather. The housewife has many occasions to wet her hands, and the children suffer a great deal with chapped lips, faces and hands; especially about the wrists and back of the hands, where the surface is carelessly dried. Where it is not absolutely necessary to use soap, wheat bran or oatmeal makes an excellent substitute. For these bath bags, use three pounds of new wheat bran, one pound and a half of almond meal, one pound of grated castile soap; make bags of doubled cheese cloth six inches square, and after mixing the ingredients well, fill each bag with three tablespoonfuls of the preparation, sew up the opening, and use the bag the same as you would use soap. This should give you thirty-four bags, one to be used for each bath. No soap is required.

To keep the face, hands and wrists from getting rough and chapped, cleanse well with a good vegetable-oil soap and quite warm water, rinse with cold water to remove soap-suds; have a basin, and put in it a handful of oatmeal; pour over the meal one quart of boiling water, stirring well; let stand until quite milky, squeeze all the milk out of the meal, then strain, wash the skin with the liquid and let dry on. This is harmless, inexpensive and effectual. Good for every member of the family.

Here is something so harmless that one need have no fear of using it, yet is said to be a most excellent bleach. Beat the white of an egg to a stiff froth, add the juice of a lemon, and place in a pan of water on the stove so that the hot water around the pomade will not cook or scorch the egg; stir into a smooth paste. As soon as you have stirred the mixture to a thick cream, take it from the heat and use. After washing the face and neck, take a little of the pomade and cover the face and neck the same as in using cold cream. Rub well into the skin. As soon as the egg begins to dry, rub the face with a soft towel, which takes off the paste and leaves the complexion soft, beautiful and white. No powder is necessary.

With the Housewife

Windows become dimmed very quickly where soft coal is used as fuel, and the best way to clean them is to get a cake of one of the scouring preparations, "warranted not to scratch," and wet a cloth in warm water; rub the cloth over the cake, and then cover the panes of glass with the scourine, until it looks as though it had been whitewashed; let this dry on the glass, then go over it with a soft, dry cloth or a handful of soft crumpled newspaper, polishing the scourine off. It will polish beautifully, and please you.

If the cellar room becomes foul-smelling through lack of ventilation, open it up on any day that has a temperature above freezing, and if this does not clear it, close tightly,

and burn sulphur in it, to kill all mold and decay. The air will be sweet and healthful.

Kitchen blinds that will admit the light, yet give privacy are inexpensively made by taking washed unbleached muslin, of good grade, run a hem at one end wide enough to admit a spring roller, and at the bottom end wide enough to run a slat through it. If you have any old roller blinds of which the roller and slat are good, use these for the new blind. If the spring is good in the old roller, instead of the casing, tack the end of the muslin onto the roller, as the old one was tacked, using the tiny tacks you find in the roller. A long tack will penetrate the spiral wire in the roller and ruin it. Such blinds may be washed at will, starched carefully, and will last a long time.

When the umbrella is so badly broken as to be ready for the scrap-heap, take out the ribs and lay away for use. One of the ribs sharpened at the end with the little knob on it, using the other end for the eye, will make an excellent needle for sewing through thick pieces, such as tacking the mattress when re-filled, or fastening in place tufts of leather, or sewing matts. There are many uses for these ribs, and they should be saved.

Query Box

M. K.—Write to Department of Agriculture, division of botany, and ask for Farmers' Bulletin No. 188. This will give you the information regarding mercantile weeds to be used medicinally.

Mrs. L. V.—For a sallow complexion, we are told that nothing is better than to eat freely of common garden carrots. One way to prepare them is to boil the roots to a pulp in a little water, mash and rub through a colander or sieve with the water in which they were boiled; season to suit with salt and pepper and a little butter; dilute with hot water until drinkable, and take as much as you please of this every morning. As the vegetable is a food and perfectly harmless, use as much as you wish, continuing for some time, unless it disagrees with your digestion.

"Little Mother"—To make the buttons stay on the coats, pants and underwear, lay a wire nail something larger than a coarse knitting needle on the top of the button and sew through the holes or eyes over the nail. When you have filled the eyes as full as they will hold, take out the nail and push the needle down through the button between it and the material, pull the button up on the loose thread and wind the thread in the needle several times around the threads under the button, forming a neck, then fasten the thread on the wrong side of the garment. If you use good thread, the buttons will stay on. You are a brave little woman.

Home Nurse—Iodine preparations seldom blister where painted on the chest. If the smarting becomes unbearable, wash with eau de cologne, spirits of wine, or brandy or whisky to give relief, then apply a soothing poultice to kill the pain. Sometimes after a few days the skin peels off, but leaves no sore. Where the skin is too delicate to bear the application of the liniment, use the tincture, or the ointment of iodine.

Furniture Polishes

Mrs. B. C. E. wishes a reprint of a formula for furniture polish in which vinegar is used. There are so many such recipes, that we give several. Equal parts of boiled linseed oil and vinegar; or equal parts of sweet oil, vinegar and finely pulverized gum arabic shaken until thoroughly dissolved. Equal parts of turpentine, olive oil and vinegar. Any of these should be well shaken