



The Home Department

Conducted by
Helen Watts McKee

The Ould Piper

I conned me the tale of the Piper Pled,

Wid a tear in the tail of me eye;
'Tis I do be glad there be none
such now,

Says I to meself, says I.
For me fagot gleams on a wee bit
lass,

An' a slip of a blue-eyed lad;
An' what would I do, were they
toled away?

Says I to meself, bedad.

But one day I looked for me wee bit
lass,

An' the slip of a lad, forbye;
'Twas naught could I find save a
slim colleen,

Wid a blush an' a roguish eye;
An' near her, the likes of a bold
gossoon,

Wid shoulders to match me own;
Oh, where are me childer, at all, at
all?

Says I to meself, och hone!

Then I minded meself of the Piper
ould

Sure 'tis back he has come the
day,
An' stolen me wee ones from off me
hearth,

Wid his pipe an' his wheedlin'
way.

Arrah, the thafe o' the wurreld,
he is;

'Tis aisy he walks an' sly,
'Twas listen, and follow, an' over
the hills!

An' 'tis lonely the day am I!
—Pauline Frances Camp.

Morning Lassitude

"That tired feeling in the morning" which afflicts so many of us, may be relieved, if not entirely overcome, by a course of simple exercises. Before rising, stretch out flat on your back and lift up first one leg and then the other, raising the foot as high as you can each time. Repeat this exercise until you feel tired; then raise both legs, letting them down slowly. This will bring a strong strain on all the muscles of the back and abdomen, but do not stop unless you get too tired. Next, lift yourself into a sitting position, and bend forward with your arms extended as if you were rowing. In rising to a sitting position, keep your hands resting on your collar-bone; you may find a difficulty in reaching the sitting position unless you put something on your feet to keep them down, but this may be effectually done if the exercise is taken on the floor by pushing the feet under some piece of furniture, like a bureau, or stand, but persevere, and each day you will gain strength until you can raise yourself without trouble. Do not strain too hard at first, but "try, try again." When you have done these exercises, stand near an open window and take a number of long breaths—just as long as you can. Expel the air each time slowly from the lungs. These exercises, if done slowly, and not to excess at first, will do more good than all the medicines in the shape of drugs that can be taken inwardly. After taking them, try taking a cold bath, either tub or sponge, rubbing yourself well down with a coarse towel, then with the bare hand. If you are not strong at first, be moderate with the exercises, taking longer stunts as you gain strength. If a cold bath can not be taken at first, take a cool bath,

having the chill taken off the water; but if you can stand it, and react quickly, the cold water is a fine nerve tonic; it must be taken quickly, and the body rubbed dry at once, so as to start a warm glow over the flesh.

For the Destruction of Flies

These rules were published by the Merchant's Exchange of New York, and will answer for all localities:

Keep the flies away from the sick, especially those suffering from contagious diseases. Kill every fly that enters the sick room. Do not allow decaying material of any sort to accumulate on or near your premises. All refuse which tends in any way to fermentation, such as bedding straw, paper waste and vegetable matter, should be burned, or covered with lime. All foods should be screened. All receptacles for garbage should be kept carefully covered and the cans cleaned or sprinkled with lime, oil, or other cheap preparation. See that your sewer is in good order, that it does not leak, is up-to-date and not exposed to flies. Pour coal oil in the drains. Cover all food; burn, bury or feed all table refuse. Screen all foods for sale; screen all windows and doors, and especially those of kitchen and dining room. Burn pyrethrum powder in the house; don't forget that flies have their breeding place in filth; it may be on your premises; even inside your room. Keep your own premises clean, and if there is an unabated nuisance in the neighborhood, advise the health department of it at once.

It is well known that one female housefly lays about one hundred and twenty eggs during the season, and she selects a place where there is an accumulation of filth—any decaying animal and vegetable matter that will furnish food for her larvae; the eggs mature in about ten days, and in a season there may be ten or twelve generations. Thus, under favorable conditions, millions of flies may result from the eggs of a single housefly.

Health Hints to Smokers

Here are some hints to smokers which have been offered by a German physician, who is probably a smoker himself, and speaks from personal experience as well as professional observation for many years, as stated in the Pharmaceutical Era, from which the quotation is taken. When one has to carefully obey these rules to avoid being fatally poisoned by the "weed," the best advice is: Don't smoke at all. "The first and foremost rule is, never to smoke before breakfast, nor, as a rule, when the stomach is empty. Never during any exertion of great physical energy, as dancing, running, cycling, mountain-climbing, or rowing, and especially if in a contest. Never follow the bad custom of the French and the Russians by allowing the smoke to pass through the nose; never inhale it through the nose. Keep the smoke as far as possible from the eyes and nose; the longer the pipe the better; the use of a short pipe should be avoided during work. Always throw away your cigar when you have smoked four-fifths of it. Always rinse out the mouth after smoking with a glass of water in which a teaspoonful of table salt has

been dissolved. Use the same kind of solution as a gargle at night, and carefully wash every cavity of the teeth well with it."

"A Plague of Flies"

We can not too strongly urge the screening of doors and windows to prevent the ingress of flies, and we should be very careful to prevent the egress by killing any fly caught inside the house. A perfectly reliable fly poison, which is harmless to humans, is this: Dissolve one dram of bichromate of potash in two ounces of water, and add a little sugar; put in shallow dishes and set about. A spoonful of formalin or formaldehyde in half cupful of water and exposed in the room will kill all the flies. Or heat a shovel or other article and pour thereon twenty drops of carbolic acid. The vapor will kill the flies.

Bits of Information

M. R. wishes to know "What is a stupe, as used in medical directions?" Stupes are fomentations to which some stimulating liquid or powder has been added. A very generally advised stupe is made by taking the prepared hot fomentation, and when opened for application, sprinkle over the surface a tablespoonful of turpentine, and apply as usual. Camphor may be used, as less stimulating, the powdered gum being used, or a few drams of spirits of camphor. Sometimes a light sprinkling of cayenne pepper, or snuff, or coal oil may be used. In some diseases, noticeably bronchial trouble, or pains in various parts of the body, such as colic, these stupes are invaluable.

Tablets for making lime water of official strength can be purchased at the drug store, if you do not care to make the water, which is easily and much more cheaply done. Use the water freely in milk, but not so freely as to give it a disagreeable taste. For sweetening milk, milk sugar is best; it is a fine white powder, and can be purchased in pound cartons. It is only half as strong as common sugar, and it makes the milk more digestible.

A whitening bath for the hands is recommended, made thus: Dissolve five grains of chlorinated lime in a basin of water, just lukewarm, and wash the hands well in this. Another that is said to whiten if regularly used, is, one tablespoonful of aromatic vinegar and a teaspoonful of muriate of ammonia in a quart of tepid water. The hands should be held in this for ten minutes every night, rinsed in clear warm water, then rubbed with a lotion containing one ounce of glycerine, one half ounce of lemon juice and three ounces of rosewater. The fingers may be kept supple by massaging from the tips down to the knuckles, rubbing a little cold cream into the hands at night. A little olive oil or cold cream should be rubbed on and around the nails every night, gently pushing back the rim or "selvedge" of skin from the nail with the back of the finger nail on the other hand.

From Our Readers

Elizabeth P. Wisconsin, sends the following new method for cleaning silverware: In a suitable vessel, lay two small pieces of zinc in a solution of one teaspoonful each of soda, and salt and in a quart of water. Place your silverware in this

solution so that it touches the zinc, and the tarnish will disappear as if by magic. Gold may be cleaned in the same way. Oxidized silver is silver with tarnish artistically applied; so do not try to clean it by this method, or it will come out just plain silver. No polishing is necessary.

Mrs. L. C. also tells us of this method, but says the salt, baking soda and water should be put into a zinc pan. Try it and report.

Mrs. C. L. tells us that the stain of red crepe paper may be removed from cloth if we know what kind of dye it is; it should be wet in cold water, and rubbed between the fingers; but if this does not affect it, try alcohol, then, if this fails, try a weak solution of hydrochloric acid.

Mrs. C. L. asks what citric acid is. Citric acid is a crystalline body prepared from lemon juice, or from the juice of the fruits of the lime. It is contained in grapes, tamarinds, gooseberries, red currants, and many other fruits. A solution prepared by dissolving thirty-four grains in two tablespoonfuls of water closely resembles lemon juice, and becomes moldy on keeping. It enters with bicarbonate of potash into the formation of many of the purgative effervescing medicines now so commonly sold under different fancy names.

Cucumber Cream

One of the very best cosmetics is good health, and health is well worth trying for. Yet as long as women feel that they must cover up, instead of clear out the blemishes of the surface, it is as well to recommend simple, harmless things for the purpose. Sometimes the result of their use is satisfactory; sometimes not. Here is a recommended recipe for making cucumber cold cream, which is said to be whitening to the skin: Put six ounces of sweet almond oil into the inner vessel of the double boiler; set over the fire, after putting water in the outer vessel, into which water the inner vessel must be placed. Have four good-sized cucumbers at the stage where used for the table, well cleaned and cut up into inch squares, without peeling or seeding. When the oil begins to heat, put the chopped cucumbers in it and set the double boiler where the water will merely simmer slowly for four or five hours, then strain the oil, and to six ounces of the strained mixture add one ounce of white wax, one ounce of spermaceti and two ounces of lanolin. Heat until all the ingredients are melted, then take from the fire and beat with an egg beater until cold, adding during the beating process two tablespoonfuls of tincture of benzoin. If carefully prepared, this will make a delicious cold cream.

It is claimed by many that lanolin will induce a growth of hair where used; but those who claim authority in such matters say not. If the use of lanolin or other emollients would induce a growth of hair, we should have no scant locks, nor baldness. Anything that nourishes the hair follicles, if there be a tendency to hair growth, may strengthen the tendency to a degree; any tissue food properly used may nourish the cuticle and, consequently, the hair follicles, in a small degree.

Query Box

Annie M.—A white plume can be cleaned by dipping it into thin raw, cold starch, slightly blued, then let dry and shake off the powdered starch. If not clean, repeat.

M. R.—To stiffen starch, add to one quart of prepared starch a teaspoonful of gum arabic and one of baking soda, dissolved in a very little water, stirring well.

Housewife—To whiten stone steps,