



The Home Department

Conducted by
Helen Watts McKee

Solitude

Laugh, and the world laughs with you;
Weep, and you weep alone;
For the sad old earth must borrow
its mirth,
But has trouble enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air;
The echoes bound to a joyous sound,
But shrink from voicing care.

Rejoice, and men will seek you;
Grieve, and they turn and go;
They want full measure for all your
pleasure,
But they do not want your woe.
Be glad, and your friends are many;
Be sad, and you lose them all;
There are none to decline your nec-
tared wine,
But alone you must drink life's
gall.

Feast, and your halls are crowded;
Fast, and the world goes by;
Succeed and give, and it helps you
live,

But no man can help you die.
There is room in the halls of pleasure
For a large and lordly train;
But one by one, we must all file on,
Through the narrow aisles of pain.
—Ella Wheeler-Wilcox.

Words of the above poem sent in
by Mrs. T. G. Redfield, North
Yakima, Wash.; Mrs. M. A. Brown;
B. F. Newkirk, Newell, S. D.; who
will please accept thanks for same.
The same poem is sent in by an-
other reader and credited to Colonel
Joyce.

Poems Wanted

Mrs. E. A. Young, Milner, Idaho,
would like words of poem, "Ken-
tucky Belle," the story of an old
horse saving the soldier from the
enemy. Please send direct to her.

Mrs. M. Robinson would like
words of the poems, "The Ride of
Jennie McNeal," "College Oil Cans,"
and words of a poem, "The lark is
up to meet the sun." As the first
two poems are quite long, they might
be sent direct to her address.
And please accept thanks for all.

"Saving at the Spigot"

It is a singular thing that, if you
begin to tell the average woman
where she might be a little more sav-
ing by taking care of what she has,
she will meet you at once with the
assurance that she does the very
thing recommended, and a great
many other things, and is just as
careful as she can be that nothing is
wasted. Maybe it is the matter of
wasting table scraps; and she will
tell you that she never lets a scrap
of food or bread get out of the
kitchen; that she uses up every
crumb. Yet if you happen into her
back-yard, or look into her garbage
can, you will find enough scraps
thrown out to have made several
meals. Another way she wastes is
in the matter of clothes. Often you
will find the children's clothes either
lying for days at a time in a tub of
suds, or left hanging out in the
weather, on the line or on shrubbery
or on the fence. Still another is in fail-
ing to take the stitch in time, and thus
allowing the clothes to go to pieces
from their own weight. Another way
is to put away foods in the dishes in
which they were served at table,
with no covering, and allow them to

sour or rot because they are for-
gotten until the dish is wanted again.
Then, too, many women (and men
who help about the kitchen) will set
foods on the stove or in the oven
in china or porcelain dishes, and let
the dishes burn along with the food,
or become so full of a network of
tiny cracks that they are anything
but pleasant to look at or sanitary
to use. Still another way is the
cooking of too many kinds of food
at one time, and allowing the family
to get an overdose and a consequent
distaste, and the "left-over" (often
of expensive foods) must be thrown
out, because they do not try to make
a dish of the surplus disguised with
something else. Cooking too much,
and having too much left-over is an
extravagance. No foods are cheap
these days, and one must use up
every scrap and fragment; but it is
better to have a small lack than an
overdose. Try not to have scraps.

"Bakers' Bread"

A writer in To-Day's Magazine
tells us that in an inspection of 500
bakeries in New York, 431 of them
were found to be located in cellars
where the dust blew in from the
street above; 171 had no windows at
all, and 122 but one small window
each. Of eight hundred men em-
ployed in the bakeries, 200 were
suffering from respiratory diseases,
such as bronchitis and tuberculosis;
one out of every two tenement
bakers was found to be afflicted with
an infectious or loathsome disease.
Since this inspection, the members of
the Housewives' league have pledged
themselves each to inspect personally
the bakery from which her own
household is supplied. Some of the
states have secured a law to enforce
sanitary bakeshops and forbid the
employment of men afflicted with
disease.

In delivering, from the oven to the
consumer, the bread comes in con-
tact with six pairs of hands, and
most of them, like the hands of the
driver of the wagon that delivers it
are not clean hands. It is in some
cities demanded that the bread be
wrapped in paper; but there are still
hands that come in contact with the
naked loaf. Do you ever watch the
loaf of bread in its journey to your
home?

Domestic Economy

It is said there are over 1,200 in-
stitutions in the United States today
that are offering courses in home
economics; some hundreds are col-
leges, and 650 are high schools. In
the University of California the new
learning is written in its catalogue
along with Latin and Greek and the
higher mathematics. Instead of, as
in the past, being a subject of re-
proach for a woman to "do her own
things," it is now an honor, and
household economics is now a high
branch of learning as a science. In
the new order of things, there are
necessarily many mistakes, but little
by little the way is clearing, and the
new idea of home will usher in
health, happiness and higher living.

Health Notes

Lack of sufficient sleep soon shows
in one's appearance. Eight hours'
sleep out of twenty-four is required
for the best results.

Clipping the ends of the hair about
once a month will stimulate the roots
and cause new growth. Dandruff

should be cured at once as it ruins
the hair. It is easy cured.

The woman who has blonde hair,
or the one with gray hair, must keep
it perfectly clean, as dust shows up
quickly on light hair in a most ugly
fashion. Washing with alcohol will
cause the hair to turn gray. Borax
and ammonia are both injurious.

The persistent use of peroxide of
hydrogen on cold sores will soon cure
them. Dab it on thoroughly every
few minutes, and it will draw the pus
and any poison out, when of course
the place will heal. Use it freely on
any sore that shows any indication
of festering.

Nicotine, the active principle of
tobacco is claimed by chemists to
be, next to prussic acid, the most
rapidly fatal poison known. What-
ever differences of opinion there may
be upon the advisability of smoking
for men, there is none whatever as
to its pernicious effect on boys. The
tender tissues of a growing boy can
not absorb even a small quantity of
it without most serious results.
Cigarettes are particularly injurious.

Celluloid contains in its composi-
tion gun cotton and camphor, both
highly inflammable. No one wear-
ing collar, comb or other ornaments,
should place her head close to a
gas jet or other unprotected light, as
celluloid catches fire so quickly and
burns so rapidly that it would hard-
ly be possible to avoid being seri-
ously burned.

A cough may be caused by many
things besides lung troubles. There
is the sympathetic cough that goes
with the stomach, and the "nervous"
cough that is caused by some nerve
derangement, besides many other
causes. The cure is to remove the
cause.

"Quilting Bees"

In the long ago, there was no
gatherings more full of pleasure
than the quilting bees, where the
housewives gathered to help out a
neighbor at her quilt or comfort
making, and the men usually made
a "bee" at the same time, cutting,
splitting and storing wood for the
winter's use. There was always a
good dinner, at which there was un-
qualified good cheer and fun; and as
the day ended, the young folks came,
and the elders who did not care to
stay went home, feeling that the day
was well spent, while the evening
was spent as only healthy, happy
young people can spend it. In those
days, neighbors would gather to help
one another, and there was always
engagements ahead, as long as the
winter lasted. Every housewife prided
herself on her bed furnishing, and
there were always stacks and stacks
of good, warm quilts, home-made
blankets, clean "goose-feather" pil-
lows, and if the mattress was filled
with clean corn husks or sweet, fresh
oaten straw, it was of untold comfort
to the healthy, tired body, even if
the great soft feather bed was lack-
ing to give it added warmth and
softness.

All the year through, the house-
wives "pieced quilt-covers," saving
the scraps carefully, and often the
discarded clothing was ripped up,
washed and dyed, and made into
"comforts" with a filling of clean,
soft wool. There was a quilt or
comfort that equalled the "wool-
filled" bed-coverings of those days.
Several comforts could be tacked in
one day by the deft-fingered house-
wives, and good work was done, too.

Cotton-filled quilts and comforts get
hard and heavy, and after washing,
are not as warm as one would like;
but the wool-filled are light and
warm, soft and "live," as long as
there is a piece of one left. The
greatest difficulty now is to get the
wool cleaned and carded into bats;
but at some mills this is done, either
in bats of various sizes, or in one or
two large sheets. Of the cleaned,
batted wool two to three pounds
makes a warm quilt, while for a com-
fort as much as four pounds may be
used and the work done by "tack-
ing." These weights will make a
full-sized, double-bed quilt. If a
good grade of calico, or cretonne is
used, fifteen yards will cover both
sides. Wool-filled quilts are fine.

Water Bugs and Cockroaches

The first thing necessary to their
extermination is to clean out every
corner and crevice with a strong
solution of boiling water and soap
powder, or carbolic acid, though the
soap powder is cheap and effective.
Get into every hiding place with the
liquid, and especially into the dark
corners. Take out all the dust, and
dirt, if you have to use an old knife
blade to reach it. Use only the
strongest soap powder on the mar-
ket; one of the very best liquids is
a "caustic" soda solution made of
lime and sal soda. This is too strong
for the hands, but just right for the
bugs. Remember that boiling water
is the only absolutely certain destruc-
tive, and it will kill anything it
touches. When you have flooded
every hiding place, get the strongest
persian insect powder you can find.
Scatter it freely everywhere in their
runs, and while it may not kill in-
stantly, it will shorten their life in
a very little while. Do not forget
to scatter the powder around the
steam pipes, the sink pipes, or any
large cracks in the floor, or openings
about the pipes through which the
bugs can come. It is essentially
necessary to do this in the kitchen,
so the bugs can get their dose before
reaching the pantry. Meantime,
every particle of food must be closely
covered, as in spite of cleanliness,
uncovered food attracts the bugs.
Not even the crumbs must be left
about. Your neighbor may not be
as careful as yourself; so you must
keep everything eatable out of their
reach, even if you cook less, and live
closely until you are rid of them. It
is claimed that water bugs and cock-
roaches carry disease germs about
with them; but whether they do or
not, they are first cousin to the bed-
bug, and no one wants to eat food
that has first been sampled by them,
or covered with their filthy tracks.
Several "house cleanings" must be
made, as the unreached eggs will
hatch, and a new army must be
fought; but if killed before the
breeding time, successively, the sup-
ply will give out in time, and you
have only to keep up a vigilant out-
look, in order to be free of them.

Starting Lavender

Lavender seeds should be sown
about the time of the blooming of
the trees in April; the bed should be
sheltered and the soil well prepared,
sifted and made firm and level,
smoothing with a smooth board.
After sowing the seeds in rows,
cover lightly by sifting soil over
them—leaf mold and sand well
mixed being good; then press the
soil again with a tath, and spray
with water until moist; cover the
row with bits of moss in order to
keep the ground moist until the
seeds germinate. The soil should
still be kept moist after the plants
appear, but care must be taken not
to make it wet; the bed must be pro-
tected from rain and from sun until
the plants are strong enough to grow
unsheltered. The plants will not
bloom until the second season. If