



# The Home Department

Conducted by  
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## Faith and Courage

Why should he fear to be alone—  
What is there in himself to fear?  
Does he not walk with conscience  
clear,  
And is not God upon His throne?

The song of cheer he tries to sing,  
Slain of the wind falls at his feet;  
But in his soul his trust is sweet,  
Whate'er his rayless path may bring.

What is there in his fate to curse?  
Is not the Lord the Sovereign  
here?

Is he not God of atom, sphere,  
Of planet, system, universe?

Out in the storm, he needs must  
tread

Rough ways to him unknown, un-  
trod;

His soul is brave, and God is God  
Of chasm below as Heaven o'erhead.

Out under starless skies at night,  
With winds ahowl, like beasts of  
prey,

He bravely gropes his darkened  
way,

Assured his steps will lead to light!  
—Clarence H. Urner.

## "Breakfast Foods"

A great many people eat cereal foods in the various forms found on the market, just as they do many other things—because it is the custom, and because the dish is easily prepared and quickly gulped down. Cereals are starch foods, and many people should not eat starch foods. It is customary to eat with these, milk or cream and sugar, and this is not good where there is a predisposition to obesity, because sugar and starch foods, if too freely eaten, are stored in the body in the form of fats and sugars. One of the results of too much starch eating is the developing of diseases that are hard to cure, such as diabetes, and obesity. The muscles call for meats; the blood demands green vegetables and their salts, the liver calls for acids, and a "balanced meal" is one that contains starch, proteid, fat, minerals and roughage, which is ballast. The roughage and the salts are furnished by bulky green vegetables or through fruits. Many persons find that bread, in any form disagrees with them, and can get along very well by substituting vegetables for the bread. One of the best "breakfast foods" is a fresh egg—two are better than one, and the egg should be cooked as best suits the digestion. Many delicate people, even those doing "brain work," with "sedentary occupation," would find themselves better able to do their morning's work if a comfortable breakfast is partaken of, a good, full dinner following, and a light supper after the day is done. In many cases, a rare-done steak is one of the very best breakfast foods, and in any event, one should change the morning diet, if it does not give the proper nourishment. Every one must be a law unto him or herself, in the matter of foods, but eating should be done to satisfy hunger, not at the demands of appetite. Many delicate people are better to eat several times a day—"little and often," of proper foods.

## Lime Water

We are asked how lime water is made, and what it is used for in the home. It can easily be prepared in

the home, or it can be bought at the drug store. The home made article is just as valuable, and costs far less than that bought over the counter. In a pitcher put a teacupful of clean, unslaked lime, either broken in small pieces, or in a lump. Over this pour two quarts of hot water; cold will do just as well; stir the water and lime thoroughly until the lime is dissolved and the water looks like milk; then let it stand until the lime settles to the bottom, after which pour off the clear water on top, and fill the pitcher again with pure water—filtered is best; stir this second filling thoroughly, and tie a piece of muslin over the mouth of the pitcher to prevent dust from falling into it. Let it stand until the water is clear, after which decant carefully, allowing only the clear water to pass off into glass-stoppered bottles. The first water can be used for kitchen purposes, as it is very strong, but the second water is to be used internally. As a means of aiding digestion, lime water is invaluable; it sweetens the breath and strengthens the teeth. Where milk disagrees with the stomach, add one, two or three tablespoonfuls to the glassful. After eating acid fruits, which are especially bad for sensitive teeth, rinse the mouth well with the lime water. Soft and sensitive teeth are easily affected by acids, and an antiseptic lotion or warm lime water should be used as a mouth wash at night. If lime water is not taken too strong it leaves a smooth, pleasant taste in the mouth. Every family should have a bottle of lime water at hand. For burns and scalds, an emulsion made of equal parts of lime water and linseed oil, shaken until thoroughly emulsified, is one of the best dressings.

## Tuberculosis and Milk

Referring to a paragraph on this subject which we copied some weeks ago, one of our readers, who tells us he is a veterinarian, insists that the proportion of diseased cows to the healthy ones as therein given is too low; that it should be 100 in every 1,000, and that, through other sources than the milk, there is great danger of contracting the disease. But he insists that any one who uses milk is in great danger of becoming infected. He does not think the process of evaporating milk necessarily sterilizes it, as the work is done under low temperature. However that may be, the use of the evaporated milk increases, and a great many babies and young children are fed on diluted evaporated milk by the advice of the family physician, and a very large majority of them do exceedingly well with such food.

## Household Pests

We get many inquiries for methods for destroying these disagreeable intruders. One of the very most effective where only the bed furniture is infested is to fill every crack, crevice, loose joint and splintered place or nail hole with soft soap, putty, paint or anything that will imprison the live ones or seal up the eggs. Then, when you have made everything safe in that way, give the whole bedstead a coat or two of varnish, being careful to reach every part and angle of it. If the walls are infested, burn in each room a goodly quantity of sulphur—several pounds to each room, leav-

ing the room tightly closed for a day. Sulphur will ruin steel things, and will kill plants, birds, and even people if they stay to inhale the fumes. Nothing is more effective than the burning sulphur. Eternal vigilance must be devoted to the work, and for weeks, you must be on the lookout for any stray that has escaped the general slaughter. Constant warfare must be kept up against the fly; don't be satisfied to drive them out of the house—kill them in some of the ways that are constantly being sent to you on the printed page.

## For House Cleaning

There is nothing better, or more effective for the destruction of household insects than hot alum water. Put two pounds of alum in three or four quarts of water and let remain over night so that the alum will be all dissolved; or you may use boiling water, pouring it over the alum if you are in a hurry, stirring until it melts. Then apply, boiling hot, with a brush, or swab made of anything handy, to every joint, crack, or opening in the closet, on shelves, floors, or about the sink, where water bugs, ants, cockroaches, intrude. In the bedroom, apply to every place about the bedstead, floors, cracks, about the window frames, surbase, and doors, wherever a bug can conceal itself or lay an egg, and you will find a great scarcity of the pests right shortly afterwards. Do this every few days for a while; as newly hatched eggs will keep up the supply as long as there are any bugs to lay the eggs, or eggs to hatch. The solution should be kept boiling hot while applying. This should not be used where there is varnish or paint to be damaged, but it can be used in all openings if applied with an oil can by dropping the solution with the tube or spout.

Another excellent remedy is varnish—a good coat spread over all openings or rough places in furniture will hermetically seal the hiding places. The only way to get rid of such things is to clean thoroughly and fill all hiding and nesting places with some sort of exterminator. Strong carbolic acid solution is good for floor cracks, and openings, and openings about the surbase, or woodwork, and this can be applied with a spouted vessel, or a syringe used without the spray.

Before putting away woolens, furs, feathers or hair goods, see that there are no eggs already deposited. Put the articles away in wrappings of paper into which no moth can penetrate, and put in the folds a few lumps of camphor. A covering of strong, close-woven muslin is excellent for this purpose.

## Imitation Embroidery

This is an inexpensive way of making up articles that seemingly require ornamentation and pretty trimming: The work has the appearance of drawn work. For an apron, buy one and one-quarter yards of Lonsdale cambric, and tear off enough for strings; take a stick from a window shade, or a long measuring ruler of about the same width, and laying it across, eight inches from the bottom, draw a line on either side of the stick; move the stick up so that its lower edge touches the upper line, and draw another line; repeat until the de-

sired width of trimming is obtained. Now hold the stick upright (starting from one side of the cloth), and draw in the same manner, forming a number of perfect squares. Put the point of your button-hole scissors in the center of each square and cut almost to the center of each side of the square, only leaving enough space so that there will be no danger of its tearing across. Now turn back the centers to the corners, and baste down; by going from right to left, turning down with the left hand and putting the needle in and out once, this can be done quickly. When all the points are basted back, there will be square holes in the cloth. Take coarse, stiff net and, allowing an inch at top and bottom, baste to the wrong side of the cloth; every five inches will be sufficient. Now turn to the right side and sew on the machine, going diagonally from the top down along each edge. If the net draws, put newspaper under the work, and it can be pulled out when the stitching is done. Turn up the hem, and finish the work. The net is not expensive, and is very wide, and the work will look well for pillow slips, sheets, clothing, and for the children's dresses.

## Copying for Tracing

An excellent way to get the exact shape of leaves or ferns for sketching or tracing for ornamental work, is by taking a smoke copy. Butter lightly a sheet of writing paper, and hold over a candle until it is thoroughly blackened, but not burned. Lay the right side of the fern on the paper and press down the entire surface, especially the edges, with a pencil or something of the sort; then transfer it to a clean sheet, not letting it move after once being laid on, or it will "smudge;" place another sheet of paper over it carefully and press with the fingers, or a book. A perfect impression will be obtained, which can be traced, or otherwise copied, and those who do not draw sufficiently to outline the leaves or ferns, will find this the best way to do.

## A "Head-Rest"

We know that head-rests, to hang on the back of the rocking-chair have "gone out of fashion;" but we know, too, that few things are more comfortable to the tired head than one of these same obsolete head-cushions. For the easy chair in the living room, for the chair in which grandpa dozes, or grandma knits, there should always be a pillow for the head, and these can be made as plainly, or as elaborately as one likes. Silk pieces, velvet, or plush, can be used, or scraps of cotton or linen; silkoleen, silk, or any other material can be used. They need not be left on the chair-back, unless in the old folks' room; but they "come handy" for every member of the family at times. Filled with felt filling, or cotton batting, they do good service; but down pillows, or fine fluffy feathers from poultry, from which the stems have been removed, as very good indeed. For the porch pillows, strong materials must be used for ticks or slips, and the goods must be such as will stand tubbing; for nobody wants to rest the head on a dirty pillow.

## Measuring Spoons and Cups

These necessities of the housewife are of sufficient importance to merit a paragraph by themselves. The real measuring spoons can be had very cheaply; but spoons that will answer every purpose can be had as cheaply at one or two cents each. For using in cans or jars, turn the handles back, making a hook, or loop, and hang them on the edge of the vessel. For measuring dry foods, the handle may be cut off and the spoon dropped into the crock,