



# The Home Department

Conducted by  
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## Standing Alone

"The baby is standing all 'loney,'"  
The children shout in their glee,  
And father and mother and auntie  
Must hurry to come and see.  
So baby, the cute little darling!  
Is put through the wonderful feat,  
And fondled and kissed and com-  
mended  
For being so smart and so sweet.

With the cunningest air of triumph,  
She stands in the midst of us all,  
While the outstretched arm of the  
mother

Is ready to save her a fall,  
And whenever the little one totters  
Around her 'tis hastily thrown.  
'Tis very fine fun for the baby—  
This frolic of standing alone!

Ah, many a time in the future  
She'll long for the aid of that arm,  
When the love and the care of a  
mother

No longer can shield her from  
harm.

For oft when our need is the sorest,  
There's no one to whom we can  
turn,

And standing alone is a lesson  
'Tis hard for a woman to learn.

And often and over, my baby,  
Before life's long journey is done,  
You will yearn in your hours of  
weakness

For something to lean upon,  
When the prop upon which you de-  
pended

Is taken away, or o'erthrown,  
You will find it a wearisome bur-  
den—

So wearisome! Standing alone!  
—Mrs. M. P. Handy.

## Work Near at Hand

When worrying over the increas-  
ing cost of everything, and the de-  
creasing ability to get employment,  
why not solve some of the problems  
by taking advantage of means near  
at hand? Every one of you—unless  
you are so unfortunate as to be a  
"flat dweller" in a city, has a little  
piece of ground at your disposal. The  
piece of ground is usually covered  
with old boxes, tin cans, weeds and  
waste of all kinds. Nobody seems to  
be proud of it, or to take it into con-  
sideration when trying to gather up  
dimes. Yet this little patch of back  
yard can be turned into the equiv-  
alent of money, and a saving of food,  
besides giving health and pleasant  
occupation to every member of the  
family. There is something radical-  
ly wrong with a person who does not  
take interest in trying to make things  
grow. Hundreds of seed growers  
are this month sending out their cat-  
alogues, and every one of these cata-  
logues contains directions for making  
the seed bed and growing the seeds.  
Their dear-bought knowledge is at  
your disposal if you will only spend  
a cent to ask for it. Don't wait until  
the warm days come, with the inevi-  
table rush and hurry, but begin  
now; get the catalogues and make  
your garden on paper; plan, plan;  
then, when the ground invites you,  
you have your garden all laid out,  
and you will not be half so sure to  
fail as going at it hit or miss, hap-  
hazard, with no definite idea as to  
what you want to do. Begin now,  
and have everything in hand. Learn  
all about planting time for the var-  
ieties you wish to grow, for some  
must be planted as soon as the frost  
is out of the ground, while the other

varieties must wait until the ground  
is warm and full of life-heat. A lit-  
tle bed of lettuce, or radishes, crisp  
and green; a few fresh tomatoes, a  
handful of fresh-gathered peas or  
beans; a row of beets, and cabbage,  
early onions, spring greens, can be  
had by a little work at your leisure.  
Very few working people are ever too  
tired when they get home to go out  
and dig a little in the back yard gar-  
den. Try it, and begin now to plan.

## "Making Home Attractive"

We are often asked to suggest  
some plan by which the young peo-  
ple may be kept off the streets and  
from dangerous environments, and  
in the safety of the home. Not only  
are the growing girls and boys per-  
meated with the craze for excite-  
ment, but very young children may  
be seen, long after the lamps are  
lighted, running about the streets  
and sidewalks unattended even by  
older children. For some years past,  
the youth of both sexes have been  
taught that they must be "amused";  
that they need "recreation," and  
that the excitement of crowds is  
necessary to their full development.  
They have been taught that a boy or  
girl under twelve, fourteen or sixteen  
years of age, according to locality,  
must not be put to work. To their  
credit be it said, that many young  
people rebel against this ruling, and  
are by no means satisfied to live in  
idleness. The lessons, however, are  
bearing fruit. We are told to make  
homes more attractive; but in a  
large majority of cases, it is neces-  
sary for both the parents to engage  
in some gainful occupation in order  
to supply food, shelter, fuel and  
clothes to these growing children,  
and the wage-earning seems to con-  
sume about all the energy they can  
command. Meanwhile, the young  
people are left to their own devices,  
except for a few hours in school, and  
they do not always choose wisely or  
well the varieties of excitement or  
amusement best suited to their high-  
er natures. The old adage about  
the employer of "idle hands" is as  
true today as it ever was. Who will  
tell us what to do?

## With Our Readers

One of our friends sent in a re-  
quest for a poem, to be given in the  
December number of The Commoner,  
which she wished to use at an enter-  
tainment, Christmas. The matter  
for the department had already gone  
to the printer, and the friend gave  
no name or address. Had she given  
name and address, the poem could  
have been looked up and sent to her  
in time for use. As it was, I am  
afraid she is thinking hard things of  
the department editor because the  
poem was not forth-coming. Friends,  
when you send in a request, won't  
you please give name and address?  
We could serve you so much better  
if you would.

L. M.—It is useless to keep the tu-  
berose bulb that bloomed last year.  
It will not bloom again. All the old  
tuber is good for is to propagate new  
tubers, and these will not bloom until  
two or three years old.

Flower-Lover—The hybrid perpet-  
ual roses should not be cut back un-  
til spring, then, before growth begins,  
cut them back about two-thirds their  
growth. The cutting back the new  
shoots that start will give more and  
better roses than if the whole length

is left to bear many and smaller  
flowers.

Francis—Bone meal is a good fer-  
tilizer for roses; ammonia should be  
used in proportion of a pint of am-  
monia to a barrel of water. Nitrate  
of soda should be sprinkled lightly  
over the surface and stirred in. These  
fertilizers make a luxuriant growth,  
with fine dark foliage.

Mrs. R.—Old waists can be given  
longer life by adding a touch of new-  
ness in the way of collars and cuffs.  
January is a good month for re-  
making last year's clothing, as the  
mid-winter sales offer many real bar-  
gains in the way of remnants and  
shop worn goods that will do as well  
as the best for making over.

Worried Mother—Make the hand-  
kerchiefs for the little ones of scraps  
of lawn, thin muslin, or even old  
muslin, hemmed nicely. It will not  
matter so much, then, if they are  
lost—as they generally are. The  
children should be well supplied with  
handkerchiefs of some kind.

## The Mantle Oil Lamp

We are asked frequently about  
this mantle; but personally, we know  
nothing. A friend who has used it  
says there must be a specially con-  
structed lamp for it, and, like the  
gas mantle, they require very careful  
handling, as they are very frail; the  
lamp should not be moved carelessly,  
and when lighted, it is better not to  
carry it about. The mantle lamp  
requires careful care, but is said to  
be a great improvement over the  
common oil burner. There are quite  
a number of makes on the market;  
some of them very expensive, while  
others may be used with a common  
lamp, and are inexpensive.

## Contributed Recipes

Fig Bars—Use two envelopes of  
gelatine, two cupfuls of sugar, half a  
pound of figs, three tablespoonfuls  
of grape juice, one-fourth cupful each  
of chopped walnut meats, chopped  
and blanched almonds, one orange  
and one lemon. Soak the gelatine  
in one cup of cold water, put the figs  
through the food chopper and stew  
them in the juice of the lemon and  
juice and grated rind of the orange;  
heat the sugar with one cupful of  
water; add the gelatine and boil ten  
minutes; then add the fig mixture  
and boil ten minutes longer, stirring  
constantly. Remove from the fire  
and add the nut meats, and lastly  
the grape juice. Pour into shallow  
pan that has been dipped in cold  
water, and allow to stand several  
hours; loosen the edges with a knife,  
immerse bottom of pan for an in-  
stant in hot water, slip fingers under  
the candy and remove from the pan.  
Cut in strips about two and one-  
half inches long and half an inch  
wide; roll in powdered sugar.

"Grandmother's Pancakes"—Two  
cups of good buttermilk and one  
beaten egg, a generous pinch of salt,  
one tablespoonful of sugar, and two  
cups of flour sifted with one level  
teaspoonful of saleratus; beat well,  
and fry in a large, round, well but-  
tered spider. When done, lay on a  
large plate, spread thinly with but-  
ter and sprinkle with brown sugar;  
lay each cake on top of the others  
as cooked, treating the same way,  
cover with an inverted tin pan to  
keep moist and hot; cut into wedges  
and serve with syrup made by pour-  
ing over two large cups of brown  
sugar one boiling cup of water, let

boil two or three minutes, then add  
a teaspoonful of vanilla.

Frying Eggs—Heat a griddle  
smoking hot, put on just enough  
grease to keep the eggs from stick-  
ing to the griddle; break the eggs  
separately onto the griddle; as soon  
as they are nicely browned on the  
underside, turn or roll them over to  
brown on the other side, then slip  
them onto a warm plate. When  
cooking them in this way, they are  
found to be light, and not tough and  
leathery.

## Keep Out of Debt

Don't go in debt; rather go a little  
hungry and wear the patched gar-  
ment. If you can not get what you  
want, get what your money in hand  
will pay for, and even if that is little,  
be satisfied that it is your own; that  
you owe it to no one else. Waste is  
far worse than the "high cost of liv-  
ing." Save even the crumbs.

## "Getting the Habit of Thrift"

A writer in an exchange tells us  
that, in a western city, by depositing  
a small weekly or monthly saving,  
twelve thousand persons accumulated  
a fund of \$275,000 for Christmas  
purposes. The depositing of even a  
few cents a week, or month, when  
the wage is received, will cultivate  
a habit of thrift, and an economical  
handling of money even in those not  
naturally frugal. The first few times,  
the denial necessary for the purpose  
may be something of a strain; but  
the small sums will hardly be missed  
during the year; the fact that the  
money is "piling up" will soon be-  
come interesting, and in every case,  
the amount accumulated at the end

## PRESSED HARD Coffee's Weight on Old Age.

When people realize the injurious  
effects of coffee and the better health  
that a change to Postum can bring,  
they are usually glad to lend their  
testimony for the benefit of others.

"My mother, since her early child-  
hood, was an inveterate coffee drink-  
er, had been troubled with her heart  
for a number of years and complained  
of that 'weak-all-over' feeling and  
sick stomach.

"Some time ago I was making a  
visit to a distant part of the country  
and took dinner with one of the mer-  
chants of the place. I noticed a  
somewhat unusual flavour of the  
'coffee' and asked him concerning it.  
He replied that it was Postum.

"I was so pleased with it that I  
bought a package to carry home with  
me, and had wife prepare some for  
the next meal. The whole family  
liked it so well that we discontinued  
coffee and used Postum entirely.

"I had been very anxious concern-  
ing my mother's condition, but we no-  
ticed that after using Postum for a  
short time she felt much better, had  
little trouble with her heart, and no  
sick stomach; that the headaches  
were not so frequent, and her gener-  
al condition much improved. This  
continued until she was well and  
hearty.

"I know Postum has benefited my-  
self and the other members of the  
family, especially my mother, as she  
was a victim of long standing." Name  
given by Postum Co., Battle Creek,  
Mich.

Postum comes in two forms:  
Postum Cereal—the original form  
—must be well boiled. 15c and 25c  
packages.

Instant Postum—a soluble powder  
—dissolves quickly in a cup of hot  
water, and, with cream and sugar,  
makes a delicious beverage instantly.  
30c and 50c tins.

Both kinds are equally delicious  
and cost about the same per cup.

"There's a Reason" for Postum.  
—sold by Grocers.