



The Home Department

If We Knew

Could we but draw the curtains
That surround each other's lives,
See the naked heart and spirit,
Know what spur the action gives,
Often we would find it better,
Purer than we judge we should:
We should love each other better
If we only understood.

Could we judge all deeds by motives,
See the good and bad within,
Often we should love the sinner,
All the while we loath the sin;
Could we know the powers working
To overthrow Integrity,
We should judge each other's errors
With more patient charity.

If we knew the cares and trials,
Knew the efforts all in vain,
And the bitter disappointment,
Understood the loss and gain—
Would the grim, external roughness
Seem, I wonder, just the same?
Should we help where now we hinder?
Should we pity where we blame?

Oh, we judge each other harshly
Knowing not life's hidden force;
Knowing not the fount of action
Is less turbid at its source,
Seeing not amid the evil
All the golden grains of good—
Oh, we'd love each other better
If we only understood.

—Selected.

Feeding a Family of Six on Less Than \$1.00 Per Day

How a family of six can live and grow fat on 98 1/2 cents a day is told in a circular given out by the Woman's Central Committee on Food Conservation, at the United Commercial Travelers' Food Show, at St. Louis, Mo.

The menu is for three meals for six people at the bargain price of 98 1/2 cents. It is as follows: Breakfast—Oatmeal, one and one-half pounds; oleomargarine, a quarter pound; sugar, three-quarters pound, and coffee, four tablespoonfuls. Dinner—Shank stew, three pounds; cracked rice, one pound; dried apple sauce, one-half pound; sugar, one-half pound, and home-made whole wheat bread, one pound. Supper—Home-made whole wheat bread, one pound; peanut butter, one-third pound; dried pea soup, three-quarters pound, and pork, one-eighth pound.

The recipe for the war bread, as given by Jules Biren, head chef at the Martinique hotel, New York, follows: Four ounces rye flour, twelve ounces whole wheat, three

BOY WANTED!

We want a boy under 15 years of age, who can qualify as Editor of the Home Scout Herald—a boy's paper soon to be issued nationally. The boy we want must be a hustler—aggressive—ambitious. No special education or writing ability necessary. A knowledge of what boys like to read is all that is required! To such a boy we offer a salary of \$18.00 per week—and in addition we will pay his room, board and railroad fare. This is an exceptional opportunity. If you are a live-wire boy and know what boys want to read, write and send us your name for full particulars. Enclose stamp for reply.

HOME SCOUT EDITOR, 546-D-No. LaSalle Street, CHICAGO



SHAC
For Headache
More Than 25 Years on the Market
Used Wherever Heads Ache
12 Wafers—12 Doses
At all druggists for 25 cents

ounces white flour, one quart water, one-half ounce yeast and one ounce salt.

The bread will keep at least a week and is said to be at its best several days after it is baked.

The recipe for the meatless soup reminds one of the verse which referred to a part of Ireland where the natives "ate the potatoes, skin and all." The recipe reads:

Onion and tomato, carrot and carrot tops, one potato, peeling and all, washed and chopped. Any onions, tomatoes, carrots and carrot tops on hand. Any left overs. One-half cent's worth of natural brown rice and three quarts of water.

Sulphured Fruits

In drying apricots, sulphur is used to bleach and preserve their bright color. If it is not used, dried apricots would be brown or dull colored. Sulphur has been used for this purpose for many years. The label is put on to comply with the pure food law. When one uses dried apricots, wash them through three waters, then soak them in water to cover for four or five hours; then stew them in the water in which they have been soaked; if fresh water is used, the "soak" water being thrown away, much of the rich apricot taste is thrown away with it. The bleaching sulphur does no harm.

Sulphured apples will keep and are very good when other apples are scarce. Pare and quarter and core your apples and hang the basket containing them in a barrel in which a vessel containing a shovelful of hot coals is placed, then put two-tablespoonfuls of sulphur on the coals, cover the barrel tightly immediately and leave undisturbed six or eight hours; then take out the basket, put the apples in an earthen jar, tie a cloth over the top and keep in a cool place.

Another way is, prepare as for drying; pack in a cloth sack or bag, hang in a barrel with the bottom out, set the vessel with the hot coals on which the sulphur has been poured under the barrel, cover closely and let smoke twenty minutes; then take the apples out and put in a stone jar, tie a cloth over the top, and they will keep any length of time. Early ripening fruit can be put away in this way; the sulphur will keep the apples white, and do no harm.

Making Sauerkraut

Cabbages that have burst and are unsalable are just as good for sauerkraut as any other, but the heads must be solid and white, and all loose leaves removed. The usual vessel for containing the kraut is a strong, wooden cask or barrel, and it must be perfectly sweet and clean and well aired. A wooden pestle is used for packing the cabbage in the barrel. Cut the cabbage in the early morning and let lie in cold water for half an hour before shredding or slicing. Have the barrel ready, and in the bottom sprinkle a pint of salt—the common barrel salt; then put on this a bushel of shredded cabbage, which should have a depth of six inches when in the barrel; pound the cabbage down compactly all over the barrel, using the wooden pestle; put on another layer of one pint of salt, sprinkled evenly over the surface, adding a small handful of car-

away or anise seeds with each layer of salt, if liked; on the salt put another bushel of cabbage, pounding down as at first, and continue this alternate layering and pounding until all the cabbage is used up, or the barrel filled, having the last layer of salt. Cover this with a perfectly clean cloth, then a wooden cover to fit into the barrel, preferably of oak, as pine wood might give a bad flavor. Put on the wooden cover a heavy weight, which may be a well-washed stone. Then cover the barrel close to keep out any roving insect. Let it stand in a warm cellar until the fermentation ceases, which will be within from one to two months, according to the season. While the cabbage is undergoing fermentation a very disagreeable, fetid, acid smell will be exhaled from the mass, and the inexperienced might think the product spoiled, but it will be all right. The covering and the heavy weight must at all times be on the cabbage, to keep it under the brine which it will make, as, if left exposed, it will spoil. Kraut is a valuable and healthy food.

Home Remedies

There are many simple home remedies, easily and inexpensively prepared, which, if bought ready for use, would cost considerable. If kept on hand, these remedies will often save much pain, and often sickness, as well as the doctor's fee and the druggist's charge. These preparations should be carefully mixed and put into suitable containers with label and directions for use on the bottle, box or jar.

Boric acid is one of the simplest, yet effective drugs, costing but little. A small carton will cost but a few cents—ten or fifteen—and the contents will last a long time. Water will not take up more than about ten drams of the acid (ten even teaspoonfuls of the powder) to a quart of water. The water should be boiled and cooled, the bottles sterilized and well corked. But it is better to make much less at one time, using these proportions. The acid is an antiseptic, is non-irritating externally, soothes pain and prevents suppuration. In the household, it is used mostly for an eye wash, mouth wash, and for like needs.

One tablespoonful of plain yellow vaseline and one teaspoonful of boric powder, mixed thoroughly and mashing all lumps with a small, flexible knife-blade, makes an excellent salve for applying to raw sores, burns or scalds. The smooth paste should be put into a small glass jar, after sterilizing the jar, and sealed with a screw top.

When you buy witch hazel be sure it is made with grain alcohol, and under no circumstances buy that made with wood alcohol, as the wood alcohol is poisonous, and only disreputable persons would use it in medicines. Peroxide of hydrogen should always be kept in the house; it is very cheap—about fifteen cents for a pint bottle from a good druggist. It is used for any sores, or raw places, disinfecting, and cleansing. Its uses are legion, and every one of them for good. Carbolic acid, (twelve and one-half teaspoonfuls of pure carbolic to one quart of water) kept as a stock solution, can be made weaker as needed and it is one of the best

chemical disinfectants, and deodorizers. It is a poison, and should be kept labeled and out of reach of careless hands.

Insect Pests

We can not urge you too often or too strenuously not to tolerate the fly, nor the cockroach. Keep the swatter busy, and use any preferred way of poisoning the fly. One family can not clear a neighborhood of flies, but a concerted action throughout will do much. Keep the breeding places cleared up, too. Men and boys about the outhouses should destroy all such places. For the cockroach, which 's a nasty thing at best, mix a tablespoonful of borax with a teaspoonful of sugar, and set little dishes of this around where the roaches congregate, especially at night. Set them about the sink, or any damp place. The roaches generally hide during the day, but are out in force at night. Something "happens" to them and if the feeding is kept up at intervals for two or three weeks, you will find the roach family, young and old, will seek new quarters.

To relieve the pain of the sting of bees, hornets, wasps, scorpions, freely apply the spirits of hartshorn (ammonia); when eased, cover with a little sweet oil; for mosquito bites, where intolerable itching is felt, apply at once a few drops of aqua ammonia, or an infusion of tobacco. For the torture of seed ticks which get on one's clothes from the grass, nothing is better than a strong lather of laundry soap applied all over the parts, over the whole body. Remove the underwear, and put at once in water, hot is best, but the cold will drown them.

Mix equal parts of borax and plaster of paris, fill four tin can lids half full of the mixture and set one under each leg of the table, refrigerator, or the kitchen safe, and ants will not bother their contents. They will eat the mixture and die.

Floor Paint With Glue

Mrs. S., Michigan, asks for directions for making floor paint with glue; these directions were given some time ago on request from other parties, and proved satisfactory. We give them again:

If the floor is a large one, get about six pounds of spruce yellow, one pound of glue and two quarts of boiled linseed oil; for each quart of boiling water (about four quarts are generally used) add an ounce and a half of glue; set your pail on the stove, stirring the contents constantly until the glue is thoroughly dissolved. Then while hot, stir in gradually the spruce yellow to about the consistency of mush, being careful

100% OF HEALTH

A MEDICAL writer has estimated that 5,000,000 people in the U. S. (almost as many as the population of N. Y. City) have improved their mental and physical health and now live without calling a doctor, because of our PUBLICATIONS, CORRESPONDENCE COURSES OF TREATMENT and INSTRUCTION; PERSONAL TREATMENT and SANITARIUM CARE, and INSTRUCTION IN PERSONAL CLASSES at our School and Sanitarium.

Our twenty year record absolutely proves the value of our system of healing, which restores 100% OF HEALTH to those who have been repeatedly disappointed in their efforts to find relief elsewhere.

Every nerve, tissue and organ must be active, full of vitality and normal in its function and the mind must be serene and happy and free from worries to give 100% OF HEALTH.

Our Nineteenth Annual Catalog tells an interesting story of the seemingly miraculous cures, we have made and caused to be made, and we will send it to you postpaid upon request.

WELTMER SCHOOL AND SANITARIUM
Dept. A.C. NEVADA, MO.