

# HOME LIFE

## Down to Date

Ere the shades of night were drawn,  
In a big shop where wood is sawn,  
Two boys were told to load and haul  
Away the stuff that packers call  
Excelsior.

Next day a strong man made a bluff  
At chopping up the stringy stuff;  
Then some girls did pack with care,  
In red cartons with corners square—  
Excelsior.

A week rolls by. Then a big store  
Hangs out the sign: "For sale, more  
Fine breakfast food—'tis the kind  
Kids cry for." And again we find—  
Excelsior.

—Selected.

## How We Breathe During Sleep

The importance of proper respiration during sleep is dwelt upon by Dr. J. H. Kellogg, in an article on "Unconscious Respiration," contributed to Good Health. Dr. Kellogg notes that during sleeping hours the breathing movements are more superficial and slower than when one is awake and active. The lungs influence the activity of every organ and every cell in the body, and consequently lessened breathing during sleep slowly down every function. He goes on:

"It is necessary that activity should be lessened in order that sleep and rest may be secured, but the work of the liver, kidneys, and the repairing work of the living cells goes on during sleep, and this requires oxygen. Hence the body should be supplied with an abundance of fresh air during sleep by proper ventilation of the sleeping rooms. The lassitude experienced on rising in the morning after sleeping in a close, overheated room is evidence of the injury resulting from such practice. The temperature of the sleeping room should never be above 60 degrees Fahrenheit when a higher temperature can be avoided, and a lower temperature will be found beneficial. Sleeping in cool air, provided the body is kept warm, is far more refreshing, invigorating, and energizing than in a warm atmosphere. Cold air has a tonic effect upon the tissues which is highly beneficial."

The amount of air taken in during sleep may be remarkably increased, Dr. Kellogg goes on to say, by developing the vital capacity and the activity of the lungs through suitable exercise. He says:

"An eminent French physiologist found that the amount of air taken into the lungs during the sleep was doubled in students whose general breathing capacity had been increased by exercise. Exercise in a gymnasium, chopping and sawing wood, digging, laundry work, scrubbing, running of errands—all sorts of active house and farm work—are excellent means of developing the chest. Any exercise which accelerates the breathing, compelling deep, full breathing, is valuable as a means for developing the lung capacity.

"Languor, nervousness and mental cloudiness are driven away by the increased ventilation of the body secured by deep breathing. The pure oxygen taken in burns up the rubbish which obstructs the brain and the tissues, while the deep breathing movements accelerate the circulation, drawing the impure blood toward the chest for purification, and so cleansing the tissues of the paralyzing poisons which are sure to accumulate in them unless constantly removed by vigorous movement of the blood and energetic breathing. The heightened color of cheeks, the increased luster of eye, and general buoyancy of feeling which follow a brisk walk on a frosty morning are evidences of the benefits that are to be derived from taking into

the body an increased supply of oxygen through active breathing.

"While the lungs are to some extent subject to voluntary control, their action is, like that of the heart, automatic. During sleep, as well as during the waking hours, their movements are carried on with rhythmical regularity, except when necessarily interrupted by speech, and without any conscious or voluntary effort."

## Croup

Many mothers are worried about croup, and well they may if they do not know how to take care of it. Croup is caused by cold and it affects the throat. The muscles of the throat tighten and draw the throat together just as the string of a hand bag draws the bag together.

To overcome croup something must be done to relax these throat muscles. Ipecac is a common remedy and in severe cases it is necessary to give enough to produce vomiting, but this medicine relaxes the whole body and makes the child feel weak the following day. If a case is taken before it gets too bad, these muscles may be relaxed by using cold water. Fold a soft cloth until it is about two inches square, dip it in cold water and wring out until it does not drip. Place it over the larynx (Adam's apple) and cover with a dry cloth to keep the clothing from getting damp. When the cloth gets dry, wet again. If this cloth is put on when croup first begins, it is not likely that anything else will be needed. A few drops of kerosene given on a lump of sugar or vaseline put into the throat with the finger, or alcohol used in an atomizer are also good remedies for croup.

## Caring for the Baby

Should the nose of the young child become at all stopped up with dried mucous or catarrhal discharges, take warm olive oil or liquid vaseline, and, with a small swab of absorbent cotton thoroughly cleanse the nasal passage. The baby which was before growing thin because it could not breathe through stopped up nasal passages, and was unable to nurse and breathe through its mouth at the same time, will begin to suckle again naturally, and to put on flesh and grow. Its skin should be gradually toned up and educated to endure changes of temperature by cool bathing as it grows older by gradually lowering the temperature of the bath until at a year and a half, or two years old, it is taking its daily morning cold bath. As it grows old, it should be taught to inhale deeply in the open air, standing erect with mouth closed; also taught to run and play, always being careful to inhale through the nose. Mouth breaking often becomes a habit, and aside from its hurtfulness, gives a bad expression to the child's face.—The Housekeeper.

## Peanut Candy

Two cups of New Orleans molasses.  
Two cups of soft A sugar.  
One cup of butter.  
One saltspoon of salt.  
One teaspoonful of vanilla.  
Six quarters of peanuts.  
Put the butter, sugar and molasses on together adding the salt after it comes to a boil. Boil until it forms at soft ball in cold water, then take from the stove and beat vigorously ten minutes. Return to the stove and boil until a spoon drawn through it makes a slight path. Add vanilla and heat again. When beginning to grow cold, stir in the peanuts and pour into buttered pans.

## Gleanings

In the old times people had an idea that the night air was noxious. They

shut their windows before going to bed, under the impression that it was better to breathe the same air over and over again than to have fresh air when the sun was down. That notion still survives in some regions, but it is disappearing, and now comes an Englishman—a lecturer at the Institute of Hygiene in London—who declares that night air is purer and more beneficial than the air breathed during the day. He urges people to take their walks at night as much as possible, instead of going out when the sun is blazing and the microbes holding high revel, and even regrets that it isn't practicable to have children take their outdoor recreation at midnight.

An American statistician who has been investigating the matter, says while single women are more likely to commit suicide than are married women, among men who take their own lives the Benedicts are in the majority. And though it is so often asserted that real love is growing rare nowadays, this statistician declares that love is still the cause of all causes of suicide in both sexes.

A mothers' magazine calls attention to the fact that the old adage, "Children should be seen and not heard," has little place in the modern systems of child training, and says it is quite right that it is so, especially in the case of the child with a grievance. Children, with all their chattering, are strongly inarticulate when it is a matter of explaining their feelings and a child may suffer more than the adults around it ever dream over some injustice, real or fancied, which it would probably have difficulty in putting into words. If the parents are continually telling it to "Hush up," and "Keep still, now!" there is every chance of developing a fairly sulky youngster in time. In one New York home, where the father takes an active part in the training of the children, as few fathers do in this country, unfortunately, no dispute among the children and no grievance of any one of them pass unnoticed, especially if the father is around. No matter what he may be doing, he drops it and instantly opens a kind of informal children's court, getting at the bottom of the trouble by the gentlest of questioning. This takes some of his time, of course, but to those children their father is the ideal of justice, a confidant who never fails them.

## Uses of Soda

A package of ordinary cooking soda (salteratus) should find a place in the medicine closet, for many are the uses to which it can be put. A handful placed in the hot water in which the feet are bathed will do much to relieve tired or blistered and aching feet. A teaspoonful in half a glass of cold water will relieve a sick stomach, and a little of the soda used instead of tooth powder will keep the teeth from tartar and beautifully white. Every trace of soda should be well rinsed off the teeth each time it is used. A generous handful of soda in the bathtub will remove the odor of perspiration, besides strengthening and toning the system. It will also remove blackheads if the parts affected are first moistened, then covered with as much of the soda as will stick. Leave it on the face until the skin begins to smart, and then remove by gently bathing the face with warm water and drying it with a bit of soft old linen. A pinch of soda will often relieve toothache, and when applied to the sting or bite of an insect will allay the pain or itching and heal the slight wound.

## Cucumber Cosmetic

Now that cucumbers can be bought, the cosmetic mixer can compound this very excellent formula: Slice without peeling four large cucumbers, add a cupful of water, boil until soft, cool and strain. To one and one-half ounces of juice add equal portion of alcohol and one-fourth ounce powdered castile soap; let stand over night, add

eight ounces of cucumber juice, one ounce of oil of sweet almonds, 20 drops of tincture of benzoin and a pinch of boric acid. Shake well. Apply twice a day with a sponge.

## Called "Time"

As the young man was taking leave for the night, his voice, as he stood at the door, rose passionately in the still night air.

"Just one," he pleaded, "just one."

Then the young girl's mother interrupted, calling from her bedroom window.

"Just one?" she cried. "No, it ain't quite that yet, but it's close to twelve, and so I think you'd better be goin', just the same."

## How to Choose Meat

When selecting beef for roasts or steaks see that the lean is firm and red and that the meat is finely grained says What-To-Eat.

The fat should be firm and white. Never accept any meat which looks flabby or discolored or on which the fat is yellow.

In choosing mutton the meat should be dark with plenty of fat in it. Meat without fat shows poorly fed stock. If the fat is yellow and the meat seems wet or moist do not accept it. As a general rule all meat should be firm, never flabby.

Lamb and veal should both be light colored, pale. Veal, in fact, cannot be too white.

## Household Notes

When a person is sinking, pulse

## FIVE GORED TUCKED SKIRT HAVING TWO GROUPS OF TUCKS ON EACH GORE



5322 Five Gored Tucked Skirt, •  
22 to 30 waist.

The skirt is cut in five gores and is laid in tucks forming groups of three. The fullness at the back is arranged in inverted plaits and the skirt can be cut off in walking length if preferred.

The quantity of material required for the medium size, including folds, is 8-3/4 yards 27, 6-3/4 yards 44 or 6 yards 52 inches wide if material has figure or nap; 5-1/2 yards 44 or 52 inches wide if it has not.

The pattern 5322 is cut in sizes for a 22, 24, 26, 28 and 30 inch waist measure.

## PATTERN

Nebraska Independent: Enclosed find 10 cents for which please send the above mentioned pattern as per directions given below, to

Name.....  
Town.....  
State.....  
Waist..... Bust.....  
Age—(If Child's or Misses).....

Caution—Be careful to give number and size of patterns. When pattern is bust measure, only mark 32, 34, or whatever it may be; when waist measure, 22, 24, 26, or whatever it may be; when misses' or child's, write figure representing age; not necessary to write inches or yards.