



The Home Department

Conducted by Helen Watts

The Two Bells

Long years ago, so runs the ancient story,
Two bells were sent from Spain to that far clime
New-found beyond the sea, that to God's glory
And in His house together they might chime.
And to this day, one bell is safely swinging
Within its sheltered tower, where, clear and free,
Its hallows each day with its mellow ringing;
The other bell, its mate, was lost at sea.

And when in gentle chime the bell is pealing,
The people listen, for they say they hear
An echo, from the distant ocean stealing—
It is the lost one's answer, faint, yet clear.
Ah, love, like those two bells we sailed together,
And you have reached your holy work and rest;
But stormy was the way, and rude the weather,
And I was lost beneath the wave's white crest.

Over my buried heart the white waves glisten;
Across my breast the seaweeds wave and twine;
Dead is my soul's best life save when I listen
And hear your spirit softly calling mine.
Then the old longing wakes; I start: I shiver;
I try to break the bonds which hold me dumb;
I turn, I strive, with many a throe and quiver—
I feebly answer, but I cannot come.

—The Century.

An "Improvement" Club

The organization of a neighborhood improvement club would be a boon to many communities. Men, no matter how busy they may be, will always find time to go where they wish to go, and if the club were well conducted, with entertainments to sustain the interest and encourage attendance, a rivalry as to the results might be cultivated, and even prizes offered for the neatest-kept home grounds. Very few will be so busy, even at the busiest time of the year, that they cannot spare a few hours once or twice a month, to meet together and discuss questions concerning the betterment of the home life, while such gatherings would be a relief for the woman tied down to the routine of housework.

The Home Grounds

At many places, much attention is paid to the beautifying of the front and side yards, while, in nearly all cases, the rear yard is pretty much left to take care of itself. Now and then, perhaps, a spasm of tidiness will flash forth, but the result is as temporary as the car given, yet the condition of the rear premises is of vastly more importance to the neighborhood, as well as to the family, than that of the front, because of the liability of contagion, or disease being encouraged by its neglect. In many homes, the blame should rest on the shoulders best fitted to bear the bur-

den, and to do the cleaning up; but in others the women of the family are the delinquents. The health of the family in most cases, the charge of the housewife, and even though she should not do the heavy work of clearing and cleaning, she should make it her business to see that all manner of offensiveness is kept strictly outside of the house-grounds. Men become accustomed to the sights and smells of the stock yards, and are not so quick to see the unfitness of such conditions about the dwelling of a family, but if their attention is drawn to it, and care insisted upon, the conditions will be remedied willingly, in most cases. Tidy house grounds are of money value to any premises, and should be encouraged.

Economizing Fuel

One of our girls writes me that I should stir up the "head of the family" in the matter of providing fuel for the summer months, when the whole family will be kept busy from seedtime to harvest. The stirring should have been done some time ago—especially on the part of the gude mon, for by the time this gets into print, the busy season will be well begun. But, if the supply has been neglected, it is not yet too late to "get busy" about the fuel pile whether coal or wood, and it will be better still, if gas is not available, to supply the housewife with a good gasoline stove—one of the latest improved kinds, from which there is little danger of explosion through careless handling.

Our girl says she would not so much mind the cooking and laundry in hot weather, if she did not, half the time, have to go out and hunt up fuel to work with. A great deal of the work requiring a hot fire could, if the fuel was at hand, be done in the early hours of the day, leaving the lighter work to fill in later. But when a woman has to hurry breakfast, with the least possible supply of fuel, and then, before she can go on with the heavy cooking and baking go out and hunt up the necessary fuel, often having to chop or saw her own wood—that is too much. It is extravagance of time, fuel and the strength of the woman. There is little chance to lessen the heat of the kitchen during the hot hours. Men that are so indifferent to their own interest should be made to eat cold meat scraps, baker's bread and pies, and wear their clothes without ironing. That might not seem much of a punishment, for a time; but—let him try it—especially the "store" bread and pies—for a few weeks. I think the fuel would be forthcoming. A housewife gets what she demands—no more, and if she "puts up" with such treatment, the head of the family is generally perfectly willing to be relieved of the fuel question, knowing that if the "lord" will not provide, the wife will, and it would do him good to go hungry awhile. Try it. Nothing will stir such a man like hunger.

Table Manners for Children

Do not let the children eat like young animals when at table. It is anything but pleasant to sit at table with children whose manners in this respect have been neglected. If allowed to grow up, eating in any fashion, handling their food as suits them regardless of either manners or appearance, it will seldom be possible to overcome the habits in after life.

The act of eating is not, at its best, an attractive performance, and every effort should be made to render it as little noticeable as possible. There are certain rules which should be enforced for the good of the child, if for no other reason. If taught to sit properly, there will be less temptation to "gorge and glutton," which the lazy, loafing posture encourages.

If you will look about you, at the grown people you meet, you will notice many little untidinesses in the specks and spots on the front of the clothes, coats and vests of the men: these little things evidence careless habits at table indulged in, perhaps from ignorance—perhaps from indifference—but still marks of slovenliness at the table.

The work of training the child should not all fall upon the mother, and it cannot all be done by precept; example—especially that of the father—is a far more powerful factor, at least with the boys. If children see the parents handling the table-ware and eating their food in a slovenly manner, no amount of telling will teach them the proper way to do these things. Many a young man and maiden, on reaching adult age, have been intensely mortified because of mistakes made in table manners and allowed to become bad habits, which a little teaching would have rendered impossible. A very good investment for any family is a book on etiquette, written by an authority on such matters, to be studiously consulted by every member of the family. A well-bred, courteous manner is a passport into pleasant society which nothing else can give, and a delicate regard for the feelings of others is of very great value to anyone.

Several Ways of Doing

S. M. says she has recently moved into a house, the walls of which are infested with the leavings of a less careful tenant, and she asks what would be the best thing to do. On first thought, the best thing to do would seem to set fire to the building and restrain the fire company from interfering. At least that would be the most effective. The next best would seem to be to tear out the unclean linings and re-line with fresh plaster and paper. But, as in the first case, one would be liable to imprisonment for arson, and the next might not be feasible, the third best would seem to be to burn sulphur liberally in each infected room, after making the room as airtight as possible to keep in the fumes. Then every crack, crevice, or hole should be filled with insect powder—the strong kind, and then putty, yellow soap, or roach paste plastered smoothly over this, and all the time keep a close look-out for every venturesome insect that dared to show itself. Eternal vigilance, cleanliness and constant overhauling will win out in time, and the more the vigilance, the less the time required. The old fashioned wooden bedstead, with slats, should give place to the sanitary iron one, and every break in the plaster or paper should at once be pasted over or filled up. It is a remarkable thing that people will live with such things, yet many people think they must accept their presence as inevitable. Where one moves about a great deal—and once a year is too often—it means a constant warfare, and often a losing fight on the part of the neat housewife, but a riddance, even under these circum-

stances is not impossible, but there must be no let-up in the vigilance. Sometimes one or more may be brought into the house with purchases or packages from the store, or gathered from the street cars, or public halls, or a careless visitor may bring one on her clothes. There is positively no race suicide known among the vermin, and every housewife must watch, for she knows not the hour or the source of her calamity.

Special Exercise

While knowing that we should "take exercise," yet we have but the vaguest ideas as to what particular form of exercise would be the most beneficial. Walking is claimed to be the best of exercise, while, for women, housework is especially recommended; but it often occurs that our best-meant efforts in these directions only result in increased lassitude and weariness. Evidently, the action was given where it was not required.

If we could know just what special muscles or organs were suffering from inaction and could intelligently apply the proper remedy, the result would be worth while. Many times it is the clogged skin, or the discouraged liver, the sluggish bowels or kidneys, the enfeebled heart, or the weakened stomach, or starved lungs that need looking after, and very different treatment is required than the mere exercise of our lower limbs, even with the fresh air. A knowledge of the principles of hygiene, baths, massage, physical culture exercises and the practical application of the same, with an intelligent choice of foods best adapted to our needs, would bring about conditions of relief which can be had in no other way. Yet like all other good things, even the principles of right exercise may be wrongly applied or too long continued by the enthusiast. In many cases, change of scene, environments and associations even for a day, will so energize the mental faculties as to work a revolution in the health of the individual.

"Sometimes I have wondered how it was, that old people could stand trouble so much better than the middle-aged. Now, I see that the hardships they have endured through a long life have schooled them to bear the strain when it came. As the physical muscles develop and strengthen only through use, so the spiritual strength and endurance are developed and strengthened by disciplined."—Selected.

Housekeepers' Savings

A nice point has been decided recently in regard to housekeeping savings, and it is comfort to know that it "happened" in a foreign country. A husband went to South Africa from English territory in 1903, leaving his wife and two children in that country. He sent regular remittances to his wife, who also had authority to draw upon invested sums in a co-operative society, and upon the husband's return from South Africa he found she had saved and placed 135 pounds in the Post Office Savings Bank. This money, the County Court judge said, rightly belongs to the wife, but the High Court reversed the judgment, so it may be taken as finally decided that a wife has no legal claim to money she may have saved from the household allowance. One cannot help thinking that this High Court decision is one way of banishing thrift from many homes, and of putting a premium on deceit;

AN OLD AND WELL TRIED REMEDY

Mrs. Winslow's Soothing Syrup for children teething should always be used for children while teething. It softens the gums, allays the pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.