



The Home Department

Conducted by
Helen Watts McKee

The Man With a Dream

He may be right or he may be wrong,
He may be false or he may be true—
The singer is often more than the song,
The idea more than the man, perdue!
But right or wrong, there's glory in it—
Full to the brim each glorious minute—
When the man with the dream goes forth to see
What the world and the man and the dream may be!

And the ship may sink and the brave go down,
And the wrong may triumph and know no rest—
But one man more may have won a crown
For trying a little to do his best!
And the dream won't hurt, and the seed may blow
In a fertile heart that will come in time
To help it sprout and help it grow
In the sun and rain of a kindlier clime!

It is so with dreams, and with men that dream—
None ever knows what there is in store
Till he follows the path of the luring gleam,
Or whether it leads to peace or war;
For without the dream there is never a deed
That is worth the hour it costs to do—
And the man with the vision in this day's need—
For the man may be false, but the dream is true!

—Anonymous.

Climbing Prices

While prices along all lines of merchandise and living necessities have very materially advanced during the last few months, they promise to be very much higher yet before the year closes. In this matter, the advanced costs can not be laid to the avarice of first hands. Woollens will be very greatly higher in price because of the fact that England has placed an embargo on the exportation of wool from Australia and New Zealand, from which countries America has imported most of her wool. The enormous supply called for by the warring nations for their various needs will send the price very much higher, as the materials used by them can not be counted on for further use in other forms. Silk has advanced in cost through the stoppage of exportation from the warring nations because of the use to which it is put for war materials. England is claimed to be the only nation that can successfully manufacture the silks largely used for women's garments, and no other nation can supply it. The southern farmers are planting other crops, and thus reducing their output of cotton, making for higher prices, while a very large amount of cotton is used in making materials for warfare. Dye-stuffs have become "as good as the gold," and in some instances, better, as there are dyes that have advanced from 50 cents a pound to \$30, with very little to be had. Shoes, stockings, and, in fact, about all materials used for clothing of any kind, are

"away up" in prices, and there seems no way of meeting the demand, much less lowering the cost, but by the stoppage of the war, and the resumption of the pursuits of peace in all countries.

Owing to the late, cold spring in some parts of the country deluged while others have dried out, the crops, both field and garden, suffered, and the conditions demand the very closest economy and the stoppage of all avenues of waste.

"Silver-Moth"

The silver-moth, fish-moth, shiner, as it is variously called, is neither a moth nor a beetle; it is a smooth, slender, wingless insect, worm-like, and covered with tiny scales; it has two long antennae on its head, and several unequal bristles at the tail end. It is found in old houses, attics and closets, and prefers damp places. It is especially destructive to anything containing starch, such as clothing, lace curtains, cotton shades, books and wall paper. It does much damage in houses closed for a long time, and especially if the weather is damp. Its favorite haunts are about the furnace, fire places and ovens, running about over the heated surfaces with extreme facility. It is rapid in its motions, hiding at the least disturbance in cracks or crevices in walls and about casings. The same remedies that are successfully used for destroying moths and beetles may be used for the silver moths, but must be persistently applied, as they are tenacious of life, and secrete themselves so successfully, that it is difficult to reach them. They are particularly susceptible to strong insect powder, and this should be used freely about their runways. Among the best destructives is a boiled starch poisoned with arsenic. It has been known to cause wall paper to peel off the walls by the moths having eaten the paste. It frequently eats the binding and lettering off of books to get at the paste below.

Get five cents worth of carbolic acid, put it in a small oil can and drop it in a stream along all cracks in floors and woodwork. Two ounces of red cedar oil in one quart of turpentine, well mixed, and sprinkled freely about the haunts of the insect is recommended. It is said not to stain.

Moths may be trapped by hanging strips of red or white flannel, of which they seem fond, about where they make their haunts, and when they are found, the strips should be burned to destroy any eggs, and new strips hung about.

Foot Troubles

Several inquiries have come to me from men about their foot troubles, for it is not only the woman who has ruined her feet with the freak shoes we seem forced to wear. The sufferings from this source are usually very greatly increased during the hot weather. The feet are so often abused during early youth by wearing the wrong kind of foot-wear that a perfect foot is rarely found. A short shoe and a short stocking are both bad for the feet; a tight stocking is about as bad as a tight shoe. Too large a shoe can work as much harm as one too small, and the low, flat heel has caused almost as much suffering as the high heel; the flat heel destroys the arch of the instep and causes

much discomfort, if not actual misery. When the feet begin to swell, the instep to hurt, and the veins of the leg and foot become ropy, it is very often that the cause is found to be a broken arch. This does not mean that the bones are really broken, but that the foot has pressed down the instep, and the weight of the body is not allowed to rest on the ball of the foot, as it should. There are feet and feet; some have very little arch, and are flat both top and bottom; others have a high arch, with a high instep. A foot with a high arch is out of place in a "common sense" shoe with a flat heel, while the flat foot is as much out of place with the high heel. In the former, the arch needs support, and a medium high heel is about right. The arch of the foot is extremely delicate in structure, the nerves highly sensitive, and if added to the flat heel, the shoe is too short, there is sure to be trouble and suffering. Several good inventions have been made to benefit the instep, and these supports for the feet can be found at drug stores carrying such appliances. If not at your drug store, your physician should be able to tell you where to get them. These foot ails are in a great measure caused by too great a strain, such as heavy lifting, carrying heavy loads, and the like; or it may be jumping, or climbing; there are many causes besides shoes.

For the Toilet

M. M.—For perspiring feet, twenty to thirty drops of carbolic acid in a basin of water is sufficient, rubbing the feet after well washing, and while still wet, with a little baking soda. Dust the feet with a little powdered borax, or boric acid.

Mrs. N.—The cause of the so-called "moth-patches" is not surely known. Some attribute it to imperfect circulation; others to nerve troubles; still others to disorders of the digestive tract, such as indigestion, inaction of the liver, or stomach trouble. Every "authority" will offer a sure cure, which rarely clears the skin. Sometimes the discolorations will fade and the skin clear itself without treatment of any kind.

Marion H.—This is the whitener asked for: Four ounces of witch hazel, four ounces of glycerine, and the strained juice of two lemons, well mixed. After washing, while the skin is still moist, apply a few drops to face and hands, and let dry on. The glycerine will burn the skin if used when it is dry, or without diluting.

A Sufferer—For soft corns between the toes, separate the toes by placing between them a piece of cotton batting sprinkled with prepared chalk. This will absorb the moisture and the corn will be cured. For the bunion, place a thick pad of felt between the great toe and the second toe, in order to put the distorted joint in place. An ointment made of twelve grains of iodine and one-fourth ounce of spermaceti, rubbed on the joint very gently, is very good. Bunion plasters which afford relief are sold at drug stores. The pad of cotton should be secured in place by strips of adhesive plaster, and if the joint is very sore, there should be a layer of batting strapped over it to prevent friction by the shoe.

In all foot troubles, the feet should be kept clean by frequent bathing and washing, and the soles of the foot should be well scrubbed.

Stockings or socks should be frequently changed and fresh ones put in their place.

Query Box

"Jennie June"—Drop the rubber rings into melted paraffin and when coated, lay them on waxed paper to harden. When the can or jar is filled, put the rubber on the jar, and have the cover hot; screw the hot lid down quickly, and the paraffin will help to seal the jar perfectly if the cover happens to be defective.

Housewife—Paraffin wax, used for sealing jelly glasses and laundry purposes, is a product of petroleum; is perfectly clean, tasteless, odorless, is acid-proof and impervious to air and water. Melted in a teacup, or other vessel, by setting in a pan of boiling, or hot water, then poured over the surface of the jelly when it is cold, will seal perfectly, and prevent mold.

"Uncle John"—One of the best applications known for reducing swellings on horses from strain, is made of one ounce of white vitriol, one ounce of green copperas, two teaspoonfuls of gunpowder, all pulverized and dissolved in one quart of rain water; use cold, rubbing in thoroughly. Will doubtless be good for humans, too, but may have to be reduced.

Mrs. C. H.—Cascara sagrada (sacred bark) is merely a cathartic or laxative, according to quantity taken. The continual taking of such drugs is weakening, and induces the very evil sought to be abolished. Eat laxative foods and let drugs alone. Acetanilide is a coal tar product of a poisonous nature, largely used in headache powders. It is claimed to be very unsafe to use.

Mrs. H. H. H.—Here is the recipe for Quince honey: Three pints of boiling water, six pounds granulated sugar, a piece of alum about the



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