

## Woman and the Home

### A Soldier's Letter to the Woman at Home

By Lydia M. Dunham O'Neil

Never a moan or a murmur!  
Never a tear to fall!  
Never a woman stood firmer  
At the sound of the battle-call!  
Though I knew that your heart was  
breaking,  
It was not for the world to see;  
Though I knew that your soul was  
aching  
For Canada and me.

For you heard the jackals snarling,  
And you heard them wailing, "War!"  
But you whimpered not, my darling!  
You were Briton to the core!  
When the conflict's roar and rattle  
Echoed across the sea,  
You bade me, "Bravely battle  
For Canada and me!"

I can hear the jackals chanting  
Their hateful "Hymn of Hate;"  
In the trenches they are ranting  
Of power and high estate;  
And of "Deutschland uber alles,"  
And my rifle speaks for me,  
As it answers them with volleys  
For Canada and thee!

Though starred with daisies the mead-  
ows,  
Or white with the winter snow;  
Though long on the grass the shadow;  
Or short, as the seasons go;  
Know that my thoughts are straying  
Constantly o'er the sea,  
To thee, where thou kneelest praying  
For Canada and me.

Know that I fight unyielding,  
Knowing the cause is just;  
Rifle and bayonet wielding,  
Strong in my faith and trust;  
That, when there's an end to the hating,  
Whatever the end may be,  
I shall haste to my darling, waiting  
In Canada for me!

### Ironing Day

By Grace A. Dean

To my mind, the one good argument for setting down ironing among the "disagreeables" of housework, is a poor equipment for doing it. It is certainly not hard work for one who is well, when the irons, the table, the holders and the fire are all in good condition. It is a mistake to have too few irons. Five or six irons may be kept heating so that there will be no difficulty in obtaining one of the desired temperature. Some large, heavy irons should be included in the outfit, and do not omit one or two small pointed irons for gathers. Many prefer the flatirons with the removable handle, though I am prejudiced in favor of the solid, old-fashioned one-piece iron, together with an asbestos holder.

For satisfactory ironing the irons must be kept in good condition. Rust and dirt spots, if recently acquired, are removed by rubbing the heated iron over fine salt. If the iron is badly rusted, it needs to be rubbed with scouring soap, then cleaned with salt, then rubbed with wax; rub this off on newspapers (which, by the way, are indispensable in the laundry). This process may be repeated until a badly rusted iron becomes as smooth and clean as new. To prevent rusting, after the irons have cooled off, wrap them in newspaper and put them away in a perfectly dry place.

The ironing board comes next in importance. First of all, it must be at the correct height for the person who is to use it. Nothing is more foolish or more unnecessary than a tired, lame back caused by an ironing board over which one has to stoop in order to put the weight on the iron. There are inexpensive ironing boards which can be adjusted to suit the height of the laundress. If these are not available, an ordinary ironing board may be laid between a flat-topped chair and a table raised to the correct height by means of blocks of wood. Next to the wood

on the ironing board is needed a soft, tight covering of woolen or cotton flannel, anything soft, but not too heavy; this is stretched and pinned or sewed over the board, and covered with an old, clean sheet or piece of white cotton cloth, which can be changed frequently. If allowed to remain on the board after it has become soiled and spotted it will be impossible to have the clothes present a creditable appearance.

An iron stand, a bit of cloth and a tiny basin of cold water, a newspaper and a holder or two should be near the elbow of the laundry worker when she starts her ironing. A stick of wax and a supply of salt spread out on a newspaper are also of value. The little cloth is to be used to dampen dried portions of clothing, and to remove traces of starch.

The clothes may have been sprinkled and rolled up tightly several hours before ironing, but in warm weather beware of mildew, which will reach the clothes if they are kept damp for a length of time. Sprinkling would not be necessary if we could take the clothes from the line and iron them at just the right degree of dampness. The dampening can easily be done with a small whisk brush dipped in water, then shaken over the dried garments. Then they are rolled up, the smaller ones within the larger to preserve the dampness, and laid in a clothes basket until ready to iron.

I do not know any exact order about ironing. It depends largely upon the amount of time one can give to it. When one has only a half-hour or so, one naturally does not undertake many large pieces, and, too, where a whole afternoon is spent in ironing it is well to sandwich in the small, easy pieces between the larger and the more difficult ones.

When the irons are hot and the coolest place and clothing achieved, one is ready to begin work. Every housekeeper has her own method of treating the heat of the iron, perhaps; almost the universal one, though, is by moistening the finger and touching the iron, causing a hiss if the iron is hot enough. Another way is to hold the iron close to the cheek so that the heat can be felt, and still others tell by the odor of the iron whether it is hot enough. It is always wisest in addition to test the temperature of the iron on a newspaper so that if too hot, it will be indicated by the scorching of the newspaper, and should then be turned on the back or side to cool. If one is so unfortunate as to scorch a garment, it may sometimes be remedied by placing the scorched portion in the sunshine; if the scorch is a slight one, it will disappear. Before using the iron a rubbing with wax will make it smooth, but do not fail to rub off all excess wax on a paper, otherwise you will find grease spots on the clothes. For thin materials, an iron which is not very hot is best. For very damp things a very hot one can be used.

Pull all articles straight before ironing and always iron along the warp threads, keeping the wool threads straight. When a garment is much beruffled it is well to iron the ruffles last to avoid musing them while doing other parts of the garment. A little sleeve board is almost indispensable, and when men's shirts are done up, a bosom board to slip inside is necessary.

Table linen is not starched but is ironed while quite damp with hot irons until dry. If not ironed until quite dry, it will be limp and muss easily and not show its pattern satisfactorily. Fringe should be shaken out and brushed with a small soft brush. Particular care should be given to the hems of napkins and handkerchiefs, as the appearance of these is often spoiled when the hems of such pieces are allowed to become crooked or wavy.

After each piece is finished it should be hung on a line or clotheshorse until quite dry before putting it away, the irons rubbed with newspaper to free them from wax and lint, and all the utensils put away until next week's ironing day.

### Saving Labor

Alice M. Ashton

"I think most women feel like the one who said, 'I like housekeeping, but I can not truthfully say that I like housework,'" said my neighbor one day as we sat on her comfortable porch. "We all enjoy seeing the work well done, but as to the actual doing—well, I do not believe many women find much real enjoyment in that."

"But there is such a difference," I answered, "in the 'doing.' Now everything seems easy for you to do; I often notice the contrast."

"Yes," she admitted, "I plan to do things easily. Mother helped me about that at the very beginning. You see, we began with just the necessities for our housekeeping, and I firmly resolved to do my own work."

"When mother and I began planning for my housekeeping she said, 'There are a lot of beautiful things in the shops that are a temptation to any housewife, particularly to one lacking most of the nice furnishings she longs to possess. But let me tell you, dear, just shut your eyes when you come to chairs and pictures and such things, and look for something that will lighten your work. It is better for you to have plenty of time to sit in an unadorned parlor with all your work well done, than to have an ill-equipped kitchen that holds you within its four walls all day!'"

"Well, it was hard when I wanted a rocker for the library so much, but I resolutely purchased a kitchen cabinet with my first gift money, and the steps it has saved me no woman can realize who has never used one."

"Just as the warm weather came on I chose an oil stove on which I can do all my cooking, and which keeps my tiny kitchen comfortable through the summer months."

"As I have to use my dining room for sewing-room as well, I next obtained a sewing desk. In this I keep materials, patterns and unfinished work; it occupies but little space when not in use and is of the greatest assistance both in doing the sewing and in keeping the room neat with but little trouble. By this time I began to fully appreciate the value of my mother's advice, and added a washer to my kitchen conveniences."

"I have always found sweeping and dusting very wearying, so purchased a carpet-sweeper, and one of the substantial burlap covered screens. The sweeper saved both sweeping and dusting and keeps my rooms neat for days with but little effort on my part. The screen was designed for my room, and when it arrived my husband placed a two-inch cleat across the back of both outside panels about four feet from the bottom; in each cleat we put a row of clothes hooks. On the center panel we securely fastened a stout thick ticking bag the width of the panel and about thirty inches deep. I placed a small table in one corner of my room, and set the screen so as to conceal it. When straightening my room in the morning, I never liked to take time to give garments the brushing and repairing they might need; if hung in the closet the attention they required was usually forgotten until they were again needed for use; and my order-loving soul dreaded seeing them lie about the room until the repairs were done. This is where my screen is useful. All such garments are hung upon the hooks and are out of sight but not out of mind. Shoes are placed under the table, while hats occupy its top in company with a large work basket of mending and cleaning materials. Small articles such as gloves, handkerchiefs and veils, are placed in the bag. At odd moments when the necessary work is done I attack the accumulation behind the screen. My room is always neat, and we have the satisfaction of being sure that all garments in closets and drawers are ready for use. During spring and fall sewing I use the screen round my sewing table to hold unfinished work, without wrinkling and to conceal the general confusion."

"Later I obtained a number of little labor-savers, one of the handy family

scales, a mop wringer that I could not do without, a bread mixer, a food chopper, and other handy things.

"Now that I am so well supplied with necessary things I allow myself the luxury of choosing a great many lovely things for the house. But I still watch out for the necessities, because I feel the wisdom of being really economical of time and strength as well as money."

### Manners in Audiences

By Bruce Moffat

There is quite a little need that mothers in general should keep in mind the matter of the good manners of children and young people in church and other public places. It is natural that they should often drift into careless habits of inattention, but the tendency should be corrected by rebuke and drill in better things. It is not unusual to see children or young people reading during an address or sermon, or fingering a book or a paper. The child should be trained, for its own sake, to sit up, to look at the singer or speaker, to lay down all books and papers, and to assume at least the appearance of attention. Such as do not observe this outward manner of politeness are apt to be criticised by others as being ill-trained.

It is not fair to the child to permit the cultivation of the habit of inattention. It creates mind-wandering. It causes it to grow up missing much that would be of benefit. It subjects it to criticism from others who reasonably expect that home influences should correct such errors of thoughtlessness. The want of training in this direction commonly shows in later life, and the not unusual questionable manners of many in public audiences are the result. Surely it is worth while to enjoin upon the children the appearance of attention in public audiences.

### Children and Music

Calvin Dill Wilson

The children should be encouraged not only to learn to play on musical instruments and to sing within the home circle, but to form bands or orchestras that include their friends from other households. A juvenile band is an unending source of pleasure to the group of children forming it, to other groups of children who may make the audience, and it diverts all of them from questionable interests. The Greeks made far more of music, as well as play in the education of their children, and in their best days they were a wise people. Their music also was not confined to the home or to a small circle but was a large part of the social life of the young people. The educative power of music is to-day not made as much of as it deserves. The mere taking of lessons on an instrument by an individual child at home is by no means enough to get the best results all round, though this may make a good musician. The larger aspect has its social side, as in a juvenile orchestra. Such, when formed and under way, may be made a source of pleasure to older people and a means of development to the young by having the juveniles take part in local entertainments. Few factors add more to an entertainment than the participation of a band of juveniles, especially in their own community. People generally like to watch the small boy in knickerbockers tune his instrument, count his "one, two, three" and lead off his orchestra. Such organizations sometimes find place at graduating exercises and similar entertainments, and they accustom the young to self-possession and are educative and worth while from many points of view.

Always Serviceable.—Most pills lose their properties with age. Not so with Parmelee's Vegetable Pills. The pill mass is so compounded that their strength and effectiveness is preserved and the pills can be carried anywhere without fear of losing their potency. This is a quality that few pills possess. Some pills lose their power, but not so with Parmelee's. They will maintain their freshness and potency for a long time.