



# The Home Department

Conducted by Helen Watts Mott

## Boy Wanted

Wanted—a boy that is manly,  
A boy that is kind and polite,  
A boy you can always depend on  
To do what he knows to be right.

A boy that is truthful and honest  
And faithful and willing to work,  
But we have not a place that we care  
to disgrace,  
With a boy that is ready to shirk.

Wanted—A boy you can tie to,  
A boy that is trusty and true,  
A boy that is good to old people  
And kind to the little ones, too.

A boy that is nice to the home folks  
And pleasant to sister and brother,  
A boy who will try when things go  
awry  
To be helpful to father and mother.

These are the boys who are wanted  
In the workshop, the home and the  
store;

The world needs such boys in its  
business,  
For them there are places galore.

These are the boys we depend on—  
Our hope for the future, and then  
Grave problems of state and the  
world's work await  
Such boys when they grow to be  
men.

—Normal Instructor.

"Thou Christ, my soul is hurt and  
bruised:

With words the scholars wear me  
out;

Brain of me weary and confused,  
Thee and myself and all I doubt.

"And must I back to darkness go  
Because I can not say their creed?  
I know not what I think: I know  
Only that Thou art what I need."  
—Selected.

## "Rest for the Weary"

In the old days, we, as children,  
used to sing of the "rest for the  
weary" on the other side of Jordan.  
Many of the ills of life seemed to  
grow lighter as we sang of the "sweet  
fields of Eden," and the rest and peace  
promised us "over there." We saw  
the shining summits of the mountains,  
bathed in the eternal sunlight of  
Imagery, and we knew nothing of the  
long, long stretch of thorn road that  
separated us from the glory beyond.  
We little knew of the lengths of dark-  
ness, the sloughs of despond, the  
marsh-lands of fret and worry; of the  
sharp stones and wretched debris of  
dead dreams and broken hopes over  
which we must stumble; of the briars  
and brambles of care and discouragements  
by which the long, long road  
was hedged about. Our eyes were  
lifted above the earth-line—we saw  
only the soft summer haze of the  
"goodly land" beyond the Jordan of  
our tiresome journey.

But those grown wiser with the  
years have learned that, to accom-  
plish the best good, we must look  
nearer to our homes for the "blessed-  
ness of rest." We must make as many  
pauses as possible along the way, in  
order to recruit our energies. We  
must pick our steps, and try always

to keep our strength, for the way is  
long—long, when one is worn with  
walking through dust-clouds and fight-  
ing phantoms. Nothing is more prof-  
itable, at times, than absolute idlen-  
ess. Thus we give to Nature time to  
gather up her scattered forces and  
build anew the broken places. It is  
good to get off the treadmill, now and  
then, and retire within ourselves.

Combined with rest, there is little  
better than change of scene, and one  
should be out of doors, even in cold  
weather, as much as possible. Fifty  
years ago, men and women had lived  
to a good old age without taking a  
vacation; but the conditions of life  
have changed; the nervous strain is  
intensified by our manner of living,  
and the overwrought system demands  
frequent relaxation. We scarcely  
know the meaning of the word, rest,  
nowadays. We shall have to study  
the dictionary, and sing the old songs;  
yet, even with these, there will be  
moments of doubt. If we could only  
find our way back to the simple life  
that left us, even at our busiest time,  
to sometimes sit down and fold our  
hands!

There is but one way out of the  
maze: Let us turn our backs to all  
the hurry and worry and hurley-bur-  
ley, and resolve to follow the advice  
of Carlyle: "Rest is a fine medicine.  
Let your stomach rest, ye dyspeptics;  
let your brain rest, ye wearied and  
worried ones; let your limbs rest, ye  
breaking down children of toil." Go  
out among your friends and gather  
strength from the new atmosphere.  
Worry less about the "They says;"  
dare to live within your income, in  
your own way, according to your own  
likes, seeking always to make the  
lives about you bigger, brighter and  
better; set aside the useless, and care  
more for the beautiful. Heaven is not  
far from the healthy, happy person,  
and it is the right of every human  
being to find his heaven at his own  
door. And always, the character of  
your heaven hinges upon your observance  
of the two great commandments  
—the greater—that ye love God, and  
serve him; the lesser—that you love  
your neighbor as yourself. Then shall  
you have rest, even in the wilderness.

## From Thackery

"We take such life-offerings as our  
due, commonly. There is always one  
that is loved and one that is the lov-  
er. It is only in later days, perhaps,  
when the treasures of love are spent  
and the kind hand cold which minis-  
tered them, that we remember how  
tender it was; how soft to soothe;  
how eager to shield; how ready to sup-  
port and caress. The ears may no  
longer hear, which would have re-  
ceived our word of thanks delightedly.  
Let us hope those fruits of love,  
though tardy, are yet not all too late;  
and, though we bring our tribute of  
reverence and gratitude, it may be, to  
a grave-stone, let us hope there is an  
acceptance, even there, for the strick-  
en heart's oblation of fond remorse,  
contrite memories and regretful tears."

## A Cause of Unhappy Marriages

One of the most frequent reasons  
why marriage is a failure, is thus  
stated by a writer in "The New Wom-  
anhood:"

"Few causes are more effective than  
utter ignorance of housekeeping mat-  
ters on the part of the wife. This  
ignorance is misery where means are  
ample, but where they are limited it  
is little short of destruction. The

hope of escaping the peril by learn-  
ing as one goes along is at best a  
precarious one. It is in the earliest  
years of married life that the differ-  
ent natures adapt themselves to and  
mould each other. If just then they  
are plunged into a chaos of wasting  
and worrying and manifold non-suc-  
cesses, with dyspepsia waiting in the  
shadow of the table, and the bread-  
winner who started out with such  
high hopes, finds a formidable an-  
tagonist in the ignorance of the bread-  
maker, and desolation where he looked  
for joy, all the illusions of his young  
manhood are spoiled, and if there is  
any bad in him, it will then come  
out, and the magic of the home will  
never be quite so ideal again. The  
temper and judgment of the young  
wife will not improve in the miser-  
able process, and the way is thus  
opened for that rupture of the mar-  
riage tie which falls ever with most  
desolating power upon the woman,  
and sends out into society always one,  
and oftener two, perverted natures  
and warped lives."

So long as it is always more than  
probable that a girl will eventually  
marry, no matter what other work she  
may take up, it is of the utmost im-  
portance that the lessons of not only  
cookery, but of conducting a home so  
as to insure the best results in all  
its branchings, should be well learned  
before she becomes a wife. A woman  
who never learns housekeeping until  
she learns it through dire stress of  
circumstances, will never like the  
work, unless, indeed she be a natural-  
born housekeeper—which, alas! many  
of us are not. The work will always  
be irksome to her, and few women do  
well what they regard as drudgery  
or the demands of injustice.

## Ventilation

In the home, insist on having a cur-  
rent of fresh air through every room,  
night and day, but do not sit or sleep  
in the draft. It is well known that  
the blood has to keep in circulation  
through the body to keep it pure, and  
water must be kept in motion to pre-  
vent the accumulation of slime and  
decay. So, the air needs to circulate  
to keep it free from the impurities  
so liberally thrown off from the lungs  
and the body, as well as from other  
materials. We should refuse to at-  
tend public gatherings, even church  
meetings, which are held in halls or  
rooms not well ventilated. Do not  
close up the house too early in the  
fall, but keep the rooms cool for the  
same reason that we leave our plants  
out as long as possible—to harden  
up the body and prepare it better to  
withstand the real cold when it does  
come. See that the school room is  
ventilated, but see, also, that the lit-  
tle folks are not compelled to sit in  
a draft.

## Children's Eyes

Defective visions are often caused,  
physicians tell us, by insufficient nour-  
ishment during the years of growth  
and development; bad air in sleeping  
rooms and school rooms; the use of  
the eyes with the light directly in  
front of them during study hours;  
hanging the head over the books, thus  
producing more or less passive con-  
gestion of the eye region; overuse in  
near work, and failure to rest the  
eyes by often fixing them on objects  
at a distance; bad postures in school,  
and many other conditions which af-  
fect children unfavorably during  
school life. Many of these conditions

might be changed if parents and teach-  
ers, and those who build and equip  
schoolhouses would work together  
with that object in view. The eyes of  
school children should be tested from  
time to time to ascertain their con-  
dition and needs. The eyes of many  
children, as well as those of adults,  
are often injured by badly fitted and  
improper lenses, owing in a degree to  
the fact that the oculist must depend  
upon the judgment of the person be-  
ing fitted, which is often incorrect.

## Meat Stews

One recipe will do for all sorts of  
meats. Cut two pounds of meat into  
cubes of one inch; put them in a hot  
pan and shake over a hot fire until  
each piece of meat is thoroughly  
seared. Put two tablespoonfuls of  
either butter, oil or suet into a sauce-  
pan and add two tablespoonfuls of  
flour and mix thoroughly. Add one  
pint of stock of water and stir until  
boiling; add a level teaspoonful of  
salt, a bay leaf, a slice of onion and  
one teaspoonful of kitchen bouquet. To  
this add the meat, cover the sauce-  
pan and cook slowly, just below the  
boiling point, for two hours. Garnish  
the dish with squares of toasted bread  
or with dumplings.

To make the dumplings, sift one  
pint of flour with one teaspoonful of  
baking powder and half a teaspoon-  
ful of salt, sift two or three times;  
then add sufficient milk to just moist-  
en the flour; mix quickly; drop the  
dough by teaspoonfuls all over the  
top of the meat, fifteen minutes be-  
fore serving; cover the pan, push it  
over a moderate fire and cook the  
dumplings slowly for fifteen minutes,  
keeping the cover on close during this  
time. Dish the dumplings around the  
edge of a platter and put the meat in  
the center. Irish stew is a light stew  
garnished with potatoes; the neck  
piece of mutton, cut in even-sized  
pieces is the best for this purpose.  
The cheaper pieces of meat are used  
for stews.—Mrs. Rorer.

Stews and boiled meats, to be pal-  
atable and juicy, must be cooked with  
care, always below the boiling point.  
When boiling meat, it should be cov-  
ered with boiling water, boiled rap-

## HARD TO SEE

Even When the Facts About Coffee  
Are Plain

It is curious how people will refuse  
to believe what one can clearly see.

Tell the average man or woman that  
the slow but cumulative poisonous ef-  
fect of caffeine—the alkaloid in tea  
and coffee—tends to weaken the heart,  
upset the nervous system and cause  
indigestion, and they may laugh at  
you if they don't know the facts.

Prove it by science or by practical  
demonstration in the recovery of cof-  
fee drinkers from the above conditions  
and a large per cent of the human  
family will shrug their shoulders, take  
some drugs and—keep on drinking  
coffee or tea.

"Coffee never agreed with me nor  
with several members of our house-  
hold," writes a lady. "It enervates,  
depresses and creates a feeling of  
languor and heaviness. It was only  
by leaving off coffee and using Pos-  
tum that we discovered the cause and  
cure of these ills.

"The only reason, I am sure, why  
Postum is not used altogether to the  
exclusion of ordinary coffee is, many  
persons do not know and do not seem  
willing to learn the facts and how to  
prepare this nutritious beverage.  
There's only one way—according to  
directions—boil it fully 15 minutes.  
Then it is delicious." Name given  
by Postum Co., Battle Creek, Mich.,  
Read the little book, "The Road to  
Wellville," in pkgs. "There's a rea-  
son."

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 all pain, cures  
wind colic and is the best remedy for diarrhoea.  
Twenty-five cents a bottle.