



The Home Department

Conducted by Helen Wat is McKee

The Battle of Life

Did you tackle the trouble that came your way,

With a resolute heart and cheerful?

Or hide your face from the light of day,

With a craven soul and fearful?

Oh, a trouble's a ton or a trouble's an ounce,

Or a trouble is what you make it; And it isn't the fact that you're hurt that counts,

But only how did you take it.

You are beaten to earth? Well, well, what's that?

Come up with a smiling face;

It's nothing against you to fall down flat,

But to lie there—that's disgrace!

The harder you're thrown, why, the higher you bounce;

Be proud of your blackened eye; It isn't the fact that you're licked that counts,

It's how did you fight and why.

And though you be done to the death, what then?

If you battled the best you could, If you played your part in the world of men,

Why, the critic will call it good.

Death comes with a crawl or comes with a pounce,

And whether he's slow or spry, It isn't the fact that you're dead that counts,

But only, how did you die.

—Edmund Vance Cook.

The Home Made Cooking Chest

Several calls have been made for a description of a cooking chest which can be made by the home carpenter. There are many ways of constructing them, the main thing being to make them as heat-retaining as possible. Here is a good way: Take any box or trunk that can be made perfectly air-tight as far as cracks and crevices are concerned. Fill the box with hay, fine shavings, excelsior, crumpled newspaper, or something similar, and into this filling set the vessels intended for use in cooking, which may be tin, granite-ware, or crockery, which must have tightly-fitted covers. Pack the filling very tightly around the vessel, pounding it down hard, so that when the vessel is lifted out the nest will remain in shape for it to be returned. A muslin bag, filled with loose hay, should be made to fit into the top of the box, and the outside cover or lid be put on so it can be shut down upon this hay pillow very tightly. Into the cooking vessels must be placed the foods, given the requisite time over the fire, and then the vessel, with the contents boiling hot, must be put into the nests, the pillow adjusted, and the lid closed down tightly. Over the closed box it is well to throw an old quilt, piece of carpet, or blanket, as this will further conserve the heat.

As the water does not evaporate after the vessel is placed in the chest, one must be careful not to use more water than is just necessary. In general, it will require from three to five minutes actual boiling on the fire for most vegetables, and they must be set into the chest just as lifted from the fire—no opening or changing of vessels, and still boiling, the box to be closed immediately, so as to lose no heat. It would be well to have jugs or jars of boiling water in the chest, heating it before the

foods are set in. Most articles must be kept in the box, tightly closed, for from two to four hours, though it may be kept from ten to twelve. Roasted or boiled meats, or soups require from fifteen to thirty minutes actual cooking over the fire, always in tightly covered vessels from which the cover is not to be opened. As to the amount of water, used in the first place, "just enough" is a good rule, and that must be learned by experience, as the water can not evaporate. The length of time for the various foods must also be learned by experimenting, and it is well to have several boxes, or one divided into compartments, each one having its own lining, pillow and lid, for the box must not be opened until all the food is to be taken out. The food is literally cooked by steam—moist heat, and the higher degree of this heat that is retained, the better the food will be. The packing, of whatever nature, should be renewed every few weeks, to prevent sourness or smells, and after one has "learned the trick," there will be no trouble in doing this. The packing must be under, as well as around, the cooking vessels.

Another Cooking Chest

Procure a close wooden box with a tight cover, and line sides and bottom to a thickness of one-half inch or so with asbestos or mineral wool, then take a tightly-covered tin box (a bread box will do), and fit it snugly within the asbestos-lined box, packing all spaces with the mineral wool, crushed paper, sawdust, or similar stuff, pounding it down hard to the box. The covered vessels containing the rapidly boiling foods can be at once set into this tin box and both covers with a hay pillow between, tightly closed, when the heat will be retained. The tin box can be kept clean with little trouble, and no re-lining is necessary. These chests should hold two or three vessels only, as it will retain the heat much better, and they cost so little that several separate ones for the various kinds of food may be kept. Foods already cooked, or drinks, which it is desired should be kept warm for a stated time, can be set into the cooking chest, after being re-heated, and kept for hours. With an oil, gasoline, alcohol or gas stove on which to do the preparatory boiling, the housework, and especially the kitchen part of it, may be greatly simplified.

The Letters We Wait For

Many of our readers, and especially the young people, will be going away on a vacation of longer or shorter duration during the hot months now at hand, and in their joy at their own release they should not forget the ones they leave still in the tread-mill of home duties. Among the things packed away in the trunks or suit-cases should be a liberal supply of stationery, pencils and postage stamps, and these should be used freely in giving the home folks a share in the merry outing-joys. Many will be inclined to put off the letter-writing, even the briefest, with the excuse that the day's doing left them too tired for pen work; but this should not be. If they could only see the expectant look of the home faces at the approach of the post-man as it turns slowly into a sorrowful disappointment when there is no letter, or could feel the touch

of heartache that comes with the thought that we are lost sight of by our loved ones who have learned in so short a time to live without us, they would not so readily turn away from pen and paper. Many things occur during even a brief absence that in after times make us wish we had sent the loving word, or written the theory letter. Many unhappy things, that have taken from us the power forever more to gladden or to comfort the dear hearts we so carelessly neglected.

It is a little thing—just a few words, assuring us that we are not forgotten—that even in other joys, our presence is missed; that the young heart turns, in joy or in sorrow, to the "old folks at home" for the sympathy none others can give—is it a little thing to slight such love? Dear boys and girls, write the letter to the home folks. It takes so little to make them happy, and come what may, they will always love you. Give them glimpses of your outing joys, and let them at least touch you in your journeyings. The partings are so new, and they so long for you! Bye-and-bye, when you have gone out to make a life of your own, if the world fails to receive you kindly, or takes from you that which you can ill-spare, you will realize that in the old home there are love and shelter and a faith in your strength that can be found no other wheres.

Sleep

When to soft sleep we give ourselves away,
And in the dream, as in a fairy bark,
Drift on and on through the enchanted dark
To purple daybreak—little thought we pay
To that sweet-bitter world we know by day.
We are clean quit of it, as is a lark,
So high in heaven no human eye can mark
The thin swift pinion cleaving through the gray.
Till we awake ill fate can do no ill,
The resting heart shall not take up again
The heavy load that yet must make it bleed;
For this brief space the loud world's voice is still,
No faintest echo of it brings us pain.
How will it be when we shall sleep indeed?
—Thomas Bailey Aldrich.

The Country Schools

Many journals published in the interests of the farming communities are urging the employment in the country schools of only experienced teachers, and the school directors are advised to "get the best for their money." While it is patent to any one who will give the subject a little consideration, that the country school is not as good as it should be, it seems very hard to awaken a sufficient interest in the matter among the patrons to bring about the reform so greatly needed. Very few "experienced" teachers apply for the country school, if there seems any chance of getting a place in the village, town or city, and nearly all teachers given charge of the farm school are getting their first lessons in teaching through this channel. Of course, in thickly-settled, well-to-do neighborhoods this is not always, or often, the case; it is the sparsely-peopled, off-the-railroad districts

that most suffer from this cause, as these people must take what they can get at the price they can afford to pay for it. It seems a pity that some means can not be devised by which better educational advantages could be dealt out to the children of these hard-working, courageous parents, for they are fully as bright and as deserving as their more fortunate city cousins. If the farm life is to be made attractive to these young people, they should be encouraged by giving them as good as is given to the better financed neighborhoods, and the state should see that all her children are treated alike in the matter of schools. Thousands upon thousands of dollars are lavished upon the city schools, while the few dollars doled out to the country school needs must first be wrung from the scant earnings of the parents, who must take what they can command in the way of instructors for their children, and only too often there is but little choice as to the applicants.

"The Woman on the Job"

It is declared that women are showing an increasing tendency to prefer a good job to an indifferent husband. Though there is an increasing tendency among elderly persons to discuss the relative merits and results of the European marriage of convenience and the American marriage of feeling, the whole tendency of our times is to make mutual love the only sane motive for matrimony. And the self-supporting woman is entirely responsible for this justification of romance by economics. For, as a business proposition, it is not tenable that a woman should give up, say \$25 a week of her own, to marry a man making about the same, or even larger salary out of which she would certainly not have \$25 weekly to dispose of as her own. Not until sentiment steps in and the love of the \$25-a-week man becomes the one inestimable treasure for which she would sacrifice millions, if she had it, does a marriage so lacking in brilliancy appeal to her. The marriages of successful business or professional women are nearly all love matches. Women have always been sentimental; but formerly, when marriage was the only recognized and respected means of livelihood, women very often sacrificed their personal feelings to establish themselves or their families by an advantageous union. And they did so with the noblest, though most mistaken notions of self-sacrifice. Now, however, when a woman has equal chances of wage-earning with men, the only motive for mercenary marriages is simple laziness and lack of self-respect. The trials of a loveless marriage are far greater to a woman than the most arduous profession involves, and women are more and more realizing that matrimony for a home which they could create by their own efforts, is not only an error of taste, but of judgment.—Post-Dispatch.

Some Inconsistencies

It is greatly to be doubted whether men, with the possible exception of a few sensible ones, have much real admiration for domestic women. The average man will fluently extol the "salt of the earth," and press its superior merits upon his neighbor; but he quietly helps himself to the sugar or catsup, as the case may be. While most men are quite willing that their wives shall shine in the kitchen to the physical well-being of the family, they resent it deeply if, as sometimes more often

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.