

The Home Department

The Children's Music

We asked where the magic came from

That made her so wondrous fair,
As she stood with the sunlight touching

The gloss of her golden hair,
And her blue eyes lifted heavenward,
As though she could see God there.
"Hush!" said the child, "can't you hear it—
The music that's everywhere?"

God help us, we can not hear it!
Our hearts were heavy with pain;
We heard men toiling and wrangling,
We heard the whole world complain;

And the sound of a mocking laughter—
We heard it again and again;

But we lost all faith in the music—
We had listened so long in vain!

"Can't you hear it?" the young child
whispered;

And sadly we answered, "No."
We might have fancied we heard it
In the days of the long ago;

But the music is all a delusion—
Our reason has told us so,
And the child will forget that she
heard it

When she harks to the sound of
woe.

Then out spoke one from among us
Who had nothing left to fear;
Who had given his life for others,
And had reaped but the cruel
sneer;

And his face was lit with a glory,
His voice rose calm and clear,
And he said, "I can hear the music
Which the little children hear!"

—Good Words.

Our Home Talk

I am going to ask each of you who have sent me kind words to consider yourself gratefully thanked, for we all appreciate kindness, although we can not always take the space on the printed page through which to express the appreciation.

I am more than glad to help you solve your difficulties, and I hope you will freely bring your problems and perplexities to this department. Do not make any excuses when asking for any information or for help, for I often have to do the same in order to meet your requirements, and I find everybody very kind at such times. It is a sort of "help one another" affair, for what will help one will almost always remove the difficulty from the path of another. If you know of something that will "do good unto others" who are treading the thorny path of difficulties, I am always glad to have you send it in.

The summer months, when vacations are being enjoyed, and when grasses, flowers, weeds, fruits, etc., so often leave such sorry reminders on the pretty clothing in the way of stains, bring me many queries for methods of their removal. If you will clip these directions, or copy them into a suitable book, where you can find them when wanted, it will save you much waiting, or searching through a pile of papers, magazines, etc., which is equal to the search for the proverbial "needle in the haystack," when one is in a hurry. All stains should be removed as quickly as possible when fresh, and many can not be removed at all if neglected.

During the few days that yet re-

main before the schools open, the home seamstress, which is generally the mother, should press the little hands into service as much as possible—if not with the needle, then about the housework, that there may be more time and strength to devote to the preparation of the school wardrobe. Remember that the boys and girls will appreciate clothes that are "warranted to wear," in and out of the tub, and if you let them have the responsibility of mending and helping in the laundry, they will appreciate the need of care in those lines. Get all the help you can—it won't hurt you, or the children.

Earning Money in the Home

The papers and magazines which cater to the wants of women are full of so-called solutions of the problem of how women, confined to the home, can earn pin-money—or is it bread money? Prizes are offered for the most practical papers on the subject, and of these papers there is no end; but still the cry goes up from the disheartened women, "How can I earn a little money in the home?" The "solutions" are many; but the satisfactory answers are few. In a very large degree, woman must solve the problem for herself. It is almost impossible for an outsider to plan for another of whose skill, ability, education, or "stickativeness" she knows nothing. Even with the work in sight, the would-be worker is not always prepared to take it up; in many cases, it is from lack of experience or training which unfits her to do the kind of work she can get, but often it is an unwillingness to take what is offered her. Too often it is not what she wants, and she will none of it.

It is rarely that a woman wage-worker can get the work she likes, or for which she considers herself fitted, and she must begin by taking what she can get and working up to something better. There are many things that can be profitably done in the home in the few leisure hours the home-woman can command, but in many cases there must be preliminary training before she can successfully do it, and as a rule, women are impatient of training. If there were some way by which the work and the worker could be brought together, the supply of either would equal the demand of the other; but as yet this seems impossible to be done.

One of the reasons why so many women fail to make their work remunerative is that in most cases the work is but a side line, and is so regarded by the woman, herself. She can bring to it but a divided interest, unless she has so trained herself that she can shut out the one set of duties when she takes up another, and there are few women whose lives are spent in the home that can do this. It requires strong determination, patience, persistence and a control of self equal to any talent she may possess, to succeed in thus training herself to a dual life. It is a pity that women in the home should have to think of working for wages.

Trained Nursing

I frequently have letters asking if it pays to take the course of training necessary in this line. Many think it a long time to spend three years out of the best part of one's life in a hospital training school, surround-

ed by sickness and suffering, and in addition, the three months on probation with no compensation, during which time the hardest, most disagreeable work is generally exacted. In many training schools, one gets board and five or six dollars a month for two years, with a raise of a few dollars more the third year, and from this meager sum clothes and books must be furnished, and it is well if the pupil can so manage her affairs as to keep out of debt. But where one is determined to win out, it can be done, and is being done every day, by girls who have only their own labors to look to for support. But is it any different in going to school to the various institutions, if one is in earnest in trying to get an education? There is no royal road to success in any trade or profession, and we are assured that "genius" is only another name for hard, systematic work.

A young woman who is adapted for this kind of work soon forgets the hardships in her interest in the conditions about her, and there are few dull days in her life, if she is really in earnest, and loves the work. As soon as the probation period is over, she commences to earn from \$20 to \$35 per week, all expenses paid, and if she be faithful in her profession, she is rarely without employment, for with every year, the demand for the trained nurse becomes greater. In this profession, as in all others, much depends on the girl herself. The lessons are there; she must learn them herself. To succeed, the work must be taken up as a life employment, and the mind must be given up to it to the exclusion of all outside interests. It is like any other profession. Much can be acquired in the way of fitness for its duties, but the "born nurse" is the one who will make the largest success of her work.

Teaching the Babies

It is a good plan to let the little folks go into the kitchen and "help cook." There are many little things they will delight in doing and if their reward is a piece of dough, and permission to make it into the shape they like best, baking it in their own way, they will be learning the rudimentary lessons of cookery in the pleasantest possible way. Preparing vegetables, with the promise of being allowed to cook their own, is not always a hindrance to the mother-worker, although it may take a little time and attention on her part to get the little cooks started in the right way. Do not be too free with your advice, or too steady in your overseeing. Let them use their own reasoning powers, and feel the responsibility of looking after their own affairs. If they begin a task, let them carry it through. If they put food materials on to cook in their own little vessels, let them know that it is their business to see that it don't boil dry or burn, just as it is your business to attend to yours. Do not allow them to begin the cooking and then go off to play, with instructions to you to call them, when it needs attention.

Let the children now and then enjoy the fun of getting up the entire meal without any supervision whatever on your part. The first lessons should be with simple foods, easy to handle, but as fast as seems advisable, increase the responsibility. But, above all, do not scold the little

one, or find fault unduly if things are not as appetizing as they will be later on, for the child will get discouraged. Do not, on the other hand, praise unduly, or tell the child the cooking is fine, if it is not, for this will make him or her careless (the boys should be included in these "experiments") about trying to do better. Show your appreciation of the intention, and after the meal, when you have the child alone with you, point out the cause of the failure, and its remedy. If well done, do not withhold approval. Begin very early with these lessons, and you can thus keep the children with you, employed, and learning the lessons of usefulness. The girl who is taught to cook from her infancy will not find the work so distasteful as she will if the lessons are later.

Health Notes

It is claimed that much of the nervousness from which women suffer is caused by the incorrect position they maintain when sewing, reading or writing. Sitting with one shoulder higher than the other, slouching down in the chair, bowing the back out and compressing the chest when sewing, "sitting" on the backbone, and resting the head on the hands while bending over a book laid on the table, are all bad habits that depress and deform the internal organs and bring on "nerve" troubles.

One of the distressing complaints women suffer from is "house-nerves" and this can only be cured by getting out into the open air, and mingling with others, getting the mind off their work, and especially off of their own aches and pains, most of which are introduced by close confinement and the utter sameness of routine work.

In order to have good health, one must have good sleep, and good sleep presupposes good beds. Ventilation, not only of the room, but of the mattresses, is essential, and for this purpose the mattress should be raised from each end and given a shaking and an inward push from the sides, turned over, and from end to end, every day. If it could be beaten between windows with switches, or a rattan furniture beater, every two or three days, to dislodge the dust, so much the better.

Do not put an old person and a young person to sleep in the same bed, or even in the same room unless there is good ventilation. Every one should have a bed to him or herself, for hygienic reasons. Especially is this true in hot weather, or where one or both is the victim of restless nerves. A healthy person should not be put to sleep with a sickly one, unless the healthy one has vitality to spare, as the weaker one will draw from the stronger.

Put the bedding out to sun as often as possible; if not the mattress, then the sheets and coverings, if only for a few hours in the morning. At least shake the sheets out of the window every morning to remove dust and the waste from the body which is cast off during the night.

Little Conveniences

As the season approaches for the inevitable overturning and resetting of the household furnishings, we should give thought to those small conveniences which, while they do not add to the size of the rooms, do give us greater use of the space we already have, in the utilizing of corners and wall-spaces that would otherwise go unused. Many women can handle the saw, hammer, brace

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.