



The Home Department

The Empty Stocking

The piteous sight of the empty stocking,
Its lean, lean ribs and its thin mouth
mocking!
It hurt my heart, and I voiced a
prayer
Giving the child unto God's good
care.
"Nay," quoth God. "This is yours
to do;
I am leaving the Child to the care
of You."

"Dear God! are you not Father of
All,
Of the poorest and least, of the weak
and small?
Shall not Your Child have a right-
eous share
Of its Heavenly Father's tender
care?"

"So let it be!" quoth God, "but You
are
Appointed to make your prayer come
true."

"Dear God! can it be you stint your
power
To this dismal child in the Christ-
mas hour?
Will you, who have heaven and all
beside,
Deny us a Gift at the Christmas-
tide?"

"Nay," quoth God, and I thought
he smiled,
"I bring you the gift of this precious
Child."

"Dear God, do you mean that I share
the task?
That 'tis mine to answer as well as
ask?"

"Aye," quoth God, "surely you have
said.
How else shall Humanity lift its
head?"

I am but God, and the works I do
For the Children are done through
such as You!"

—Edmund Vance Cooke.

The Child's Conscience

Happy spirits in a grownup pro-
ceed from a clear conscience, a sense
of self-respect, plus a sense of the
approval of the world around him
for which he cares, says Elizabeth
Towne in December Nautilus.

A child has no conscience except
the approval of its mother and its
father. If the mother teaches the
child one thing, and the father says
another, the child grows a conscience
with two branches which conflict with
each other, and which eventually tear
the child's heart and the child's mind
until he does not know what is right
or wrong, and consequently follows
the impulse of the moment, in a kind
of reckless devil-may-care spirit. This
is the beginning and the method of
"going wrong."

No grownup can have happy spirits
while he is living contrary to his
conscience; no child can have happy
spirits while he is living under the
CONDEMNATION of either or both
parents.

It is absolutely impossible for a
child to come up right, in "happy
spirits—the kind of spirits that
make him know the right and choose
it and rejoice in it, and grow in wis-
dom and in knowledge of himself and
his world—no child can develop
happy spirits in a family jar.

The first duty of parents is to find
a POINT OF AGREEMENT on gen-
eral policies, and when it comes to
the application of those policies, the
parents MUST back up each other,
stand by each other; remembering
that the one who has started the
particular piece of discipline in ques-
tion is the one who has the right of
way.

The differences between parents
must be worked out in private, where
no little pitchers can possibly hear;
and they must be administered with
unanimity as well as equanimity.

Care of Kitchen Equipment

American women as a class have
not practiced economy to any extent
in the care of household equipment,
the states relation service of the
department of agriculture believes.
There generally has been sufficient
money to buy a new article when it
was needed, or when there was a wish
to buy, and the market has been well
supplied with new devices to tempt
the housewife. Now it is impossible
to purchase some of the simplest arti-
cles because they are not being manu-
factured. The housekeeper is sud-
denly confronted with the unusual

value of little things and the present
is the opportunity to acquire habits
of thrift. Are you guilty of these
misdeameanors?

The want of thought in the care
and use of equipment is often the
cause of its short life. Some of the
apparently thrifling mistakes which
cause utensils and tools to wear out
before they should are the following:

Contents of saucepans and kettles
boiled until dry and the metal over-
heated.

Handles, screws and fastenings of
knives, forks, egg beaters, etc., loos-
ened from having been left in hot
water.

Metal utensils put away wet, caus-
ing them to rust.

Covers put away wet with steam as
they are taken off the saucepan.

Brooms and brushes used continu-
ally on one side and worn to a point.

Brooms allowed to stand on the
floor until their weight bends or
breaks the straw.

Glasses broken because the bottom
instead of the side is put into hot
water.

China dulled by washing with too
strong soap suds.

Liquids spilled on rugs or polished
surfaces because the container was
too full.

Contents of the saucepan boiled
over the stove or in the oven be-
cause allowance was not made for
the expansion of liquids by heat.

Burners of gas and oil stoves clog-
ged and useless by burned food.

Rugs turn by having been held by
the edge while shaking in cleaning.

Glazing of porcelain and enamelled
sinks, tubs and wash bowls scratched
and broken by cleaning with coarse
cleaning materials.

Finish of furniture marred by plac-
ing hot dishes, medicine bottles and
by spilling liquids on it.

Furniture cracks and parts loos-
ened because the oil bath and rub
are not applied regularly.

China broken in the refrigerator
by placing heavier dishes on it.

Dish towels scorched and stained
when used for oven cloths and to lift
hot saucepans from the stove.

Varnished and oil wood work
spoiled by washing with soap.

Springs in beds, couches and chairs
and other pieces of furniture broken
by allowing children to jump and
play too roughly on them.

Care of the Hair

There are two things that the hair
must have in order to preserve its
health and beauty: perfect cleanli-
ness and a good circulation of the
blood in the scalp. Badly treated or
neglected hair is not beautiful; it
grows dry, and dull, and brittle, and
if the bad treatment continues it may
gradually disappear entirely.

Most persons do not begin to trem-
ble for their hair soon enough. They
wait until a good deal of it has fal-
len out, and then they think to set
matters right by a few appointments
at the hair-dresser's and a bottle of
tonic. But nothing demands and re-
sponds to consistent good treatment
more than the hair. It is hard to
say just how often you ought to have
a shampoo, but be sure it is done
often enough to keep both hair and
scalp in a condition of absolute clean-
liness.

If washing seems to make the hair
too dry, rub in a few drops of some
bland oil after the shampoo. Do not

put the oil directly on the hair, where
it cannot possibly do any good, but
massage it thoroughly into the scalp
with the tips of the fingers. This
needs to be done only after a sham-
poo, in order to restore the natural
oil that the washing has removed,
but it is a good plan to massage the
scalp with the tips of the fingers
every day, both night and morning.
That is perhaps the most important
single rule for those who would pos-
sess fine hair. The massage should
be vigorous, but not rough, for the
purpose is to bring the blood to the
surface of the skin and to keep the
scalp freely moveable on the surface.

Have Potted Meat Ready

The end of a boiled ham or corned
beef sorted, bone and gristle removed,
fat and meat chopped fine, may yield
more than could be used advantage-
ously at a single meal. Heat it, with
little water, in its own fat and pack
solidly in jelly tumblers or small
jars. There should be a quarter inch
of fat on top to harden and form a
seal from the air. With a tin cover
on top, meat thus prepared will keep
several weeks.

Seasoning may be added as for any
potted meat. Meat thus prepared,
both fat and lean, is ready to be
used with from two to four times its
bulk of potatoes or other vegetable
for hashes, or for sandwiches, etc.

Contributed Recipes

Peanut-butter Loaf—Two cups bread
crumbs, 1 cup cooked rice, ½ cup
chopped stuffed olives, ¼ teaspoon
celery salt, ½ cup peanut-butter, 1
teaspoon onion juice, 2 teaspoons salt,
2 eggs; ½ cup milk. Mix the in-
gredients and form into a loaf. Bake
until brown. Serve with a tomato
sauce.—D. A.

Apple Cranberry Jelly—Apple
juice, 1 pint; cranberry juice, 1 pint;
sugar, 1 ½ cups; sirup, 1 ½ cups.
Heat sirup and sugar together and
add to the boiling juice. Follow
usual directions for jelly making.
Cook until the mixture "sheets off the
spoon" or gives the jelly test. It is
a slightly higher temperature when
using sirups than when using all
sugar.—Mrs. B. P. J.

Fruited Cereal—One cup rolled
oats, ½ cup bran, ½ cup raisins,
boiled in double boiler or cooked in
fireless over night; needs no sugar
as raisins supply sweet.—Miss H. T.

Peanut-butter Cookies—One-half
cup corn sirup, ½ cup sugar, 4 table-
spoons shortening, 8 tablespoons pea-
nut-butter, ¼ cup milk, 2 eggs, 1
teaspoon salt, 1 teaspoon vanilla, 2
teaspoons baking powder, 2 ½ cups
rice flour, 2 ½ cups wheat flour.—
Mrs. H. T. D.

Corn Chowder—One can corn, 4
cups potatoes cut in ¼ in. slices,
1 ½ in. cube fat salt pork, 1 sliced
onion, 4 cups scalded milk, 8 com-
mon crackers, 3 tablespoons butter,
salt and pepper.—T. R. M.

Meatless Mincemeat—One and one-
half cupfuls of chopped apples, ½
cupful of chopped raisins, ¼ cupful
of chopped cranberries, ¼ cupful of
currants, 1 tablespoonful of chopped
citron, ½ teaspoonful of salt, ½ tea-
spoonful of mace, ½ teaspoonful of
cinnamon, ¼ teaspoonful of cloves,
¼ cupful of melted beef fat, ¾ cup-
ful of brown sugar; ¼ cupful of
vinegar, ½ cupful of coffee. This
need not be cooked. Simply mix the
ingredients together well and let
stand a few hours before using.—
Mrs. M. T. C.

Mincemeat With Tongue—Two
pounds of boiled tongue, chopped,
1 pound of chopped suet, 8 cups of
chopped apples, 4 cupfuls of raisins,
4 cupfuls of currants, 2 cupfuls of
chopped citron, 2 tablespoonfuls of

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