

and carols refer to "Holly and his merry men," and "Ivy and her maids."

Good luck is supposed to attend the person who is the first to enter the house laden with Christmas evergreens, while sprigs of berry-bearing holly, which has been used in the adornment of churches for the festival, are preserved as a sort of talisman.

Christmas eve is one of the best nights in the year to inquire into the future, its only equals being Midsummer eve and All Hallows eve.

Girls who wish to know if they will be married in the coming year, should go out on Christmas eve to the chicken house at the stroke of twelve, and knock thrice at the door, listening carefully for the sound of any stir among the fowls. If the cock chances to crow, it is a sign of a wedding at hand, but if only the hens cackle, the listener has another year of single blessedness in store for her.—American Queen.

The Poor We Have With Us

There will be thousands of dollars and much labor expended in order that the poor in purse and material things may have a "Merry Christmas." Tons of excellent viands will be cooked and distributed, many garments, much fuel, barrels of candy, thousands of toys and unaccounted necessities will find their way into the homes of the destitute. And it is well. But while dealing with this class of our poor, it is well to remember that there are other classes. There will always be these little eddies of driftwood in the sea of humanity—a score at one point, a hundred at another; whole families crowded into the narrow confines of one small room; a little community shut within the boundaries of the tenement house; a slinking, silent throng at the cheap lodging places; a crowd at the police station on stormy nights, while, in all weathers, there are the physically homeless and hungry—day after day, year in, year out—always changing, yet never changed.

The lack of food or fine clothes, or fuel, or houses and land does not constitute real poverty, if poverty is to be measured by the content and health and happiness of the individual. Many who have all these natural comforts are miserably poor—more so than the homeless and hungry wretches whose lack is of the fleshly sort, and whose spiritual being is undeveloped. A sickly mind, a narrow spirit, a dormant morality, brutish impulses and perverted appetites are pitiful things; but the addition of material wealth to these would not remove them from the ranks of the pitiful. Those composing the driftwood of the world are not more miserable than others—often not as much so. Many of them—the majority—would not lead a respectable life if the means were offered them; they do not feel their degradation. Money cannot benefit them, except temporarily, for they are the flotsam and jetsam of the human sea—seeking no port; caring for no harbor; without moral or spiritual vitality to endeavor for whatever reward. In sun or storm, they ride the tossing waves or lie upon the sea of glass—here today, there tomorrow; their only business seems to be to satisfy the cravings of the physical appetite. Yet among them—these social outcasts, there is often to be found a peace and contentment, even a health and happiness, for which, if it could be done, many a money-king would gladly barter uncounted thousands.

There is another class of poor:

They wear good clothes; they even "fare sumptuously every day." They know no want of a physical nature, but theirs is the "tragedy of social hunger"—that poverty of human contact, which gnaws at many a heart that beats under fine linen. These hearts go hungering through the world—set apart in a way hard to be understood by many. They seek; but they never find; they knock; but the door is never opened. These are the poorest of the poor.—Ex.

Caring For the Babies

It is a well-known fact that many babies suffer more from being overfed than from anything else. One of our readers who is an excellent authority on hygienic matters, gives me the following: When six weeks old, an infant's stomach will only hold three tablespoonfuls, and from the fourth until the tenth month, about ten tablespoonfuls; naturally, if more than this amount is given, the child will regurgitate part of it; one portion will be undigested, and only the amount which the stomach can digest will be taken into the system. If the child is "bottle-fed," extreme care must be taken to keep the bottles perfectly clean; no invention equals the smooth, plain bottle, fitted with a rubber nipple. The bottles supplied with long tubes are dangerous, because very few mothers take the time or care to keep them sweet and clean, which is difficult to do. Particles of milk will be left clinging to the inside of the tube, under the best of care. It is best to have several bottles (any flat, smooth bottle will do) and nipples; when not in use, they may be kept filled with water containing baking soda. They should be washed well and filled with the soda water as soon as emptied or refused by the child.

Sterilizing Milk

Sterilizing milk is not such a formidable job as one would think. Here is an excellent way to "make sure:" The bottles themselves should first be sterilized by placing stoppers of cotton wool in the neck and putting them into an ordinarily hot oven for thirty minutes; then fill them with milk and place them in a steamer over boiling water for fifteen minutes; insert glass or rubber stoppers into them before removing from the steamer. Milk prepared this way may be kept perfectly sweet for two weeks, and, if sterilized a second time, may be kept longer. Sterilizing in this way does not change the quality of milk as does boiling it, and milk thus prepared is much better for the child.

Query Box

Mrs. H.—The long coat is always becoming to growing girls, and is always in demand.

Frances.—For the candied fruit that has become hardened, steaming will soften it.

Mrs. A.—It is claimed that mushrooms, when re-heated, develop injurious properties, and that left-over portions should be thrown out.

L. D.—For the constipation, it is advised to take ten glasses of water between meals; or, eat figs for breakfast, fasting; or, take a teaspoonful of olive oil before breakfast, before dinner, and just before going to bed. Any of these are better than drugs.

Mrs. J. L.—The statement made by many advertisers, "We prepay freight charges on goods," is misleading; at whichever end of the line the charges are to be collected, it is the customer who pays. Even your own local storekeeper adds the freight charges to his own cost and profit, and you pay it. Most honest dealers say, "The prices include the freight charges to your station."

Carrie C.—I could not tell you, even

though personally acquainted with your man friend, what he would like for his Christmas present. I have several men-folks on my own list, and I would sooner undertake to buy for a whole "charity school" than undertake to "surely" please the men. Best let him buy his own cigars and neckties, any way.

F. H.—Redness of the nose is attributed to many causes, and your physician would be your best adviser. It may be caused by poor circulation, or impure blood; or a scrofulous or erysipelous taint in the blood, or a simple inflammation, or by the use of spirituous liquors. It is often very difficult to treat it successfully.

Gracie.—For the scabby soreness of the inside of your nose, put a little carbated vaseline or camphor ice in the nose as far back as you can, not blowing the nose while it is there. The best time to apply it is at night. It may be warmed and carefully dropped in, if preferred.

S.—Medicines sometimes but complicate such cases. If you can not eat fruits or vegetables without bloating, eat what you can. Sometimes the nervous system, and not the stomach, is at fault. Nervous troubles are among the diseases which are almost beyond medical aid. No general medicine can be prescribed, even by physicians who know you personally. No disease can be pronounced "incurable," though some resist all known treatments. There is always a remedy, but we do not always know what it is. Try to live as hygienically as you can, and quit worrying about yourself.

Sister Josephine.—There are as many causes of headache as there are cures. If, as you suppose, the headache is caused by nervous irritation of the stomach, ask your druggist to tell you how to use bromide of potassa. This remedy is the one I use, and never fails. But it may not be what you need; there is the "hungry headache," from insufficient or innutritious food, and the headache which comes of over eating, from over-working, or from over-resting. Some headaches can be sponged away with hot water; others need the cold compress, while still others will "wear away" of themselves, by exercising the body.

For the Toilet

As quite a lot of my "Queries" are from those wishing to improve the hair, and for methods for correcting blemishes of the face and hands, I will try to answer them under this heading, as the replies would be too long for the "Query Box."

"A reader" asks for something that will stop the hair from turning gray, when the owner is only twenty-two years old. I have submitted the question to several specialists, but all agree that there seems no way to stop the coming grayness, except to take very good care of the health, and of the hair. Early grayness is sometimes hereditary, and sometimes is owing to ill-health of some sort. There are many things advertised, but they are all of the nature of dyes, and not satisfactory in many instances. The only thing to do is to keep the hair healthy, perfectly clean and becomingly dressed, attending at the same time to the physical condition of the body and scalp.

A softening and strengthening dressing for the hair is composed of castor oil, two ounces; oil of Camtharides, two ounces and spirits of rosemary, one ounce. This should be well shaken together and rubbed into the scalp—not on the hair. A preparation which is said to prevent gray hair is made of old whiskey, one-half pint; rock salt, as much as the whiskey will dissolve, tablespoonful of glycerine and teaspoonful of flour of sulphur. Let stand several days, shaking well and often, then rub well into the scalp.

For those who have time, and like to fuss with the hair, there are many things recommended, but a good quality of soap made into a lather with soft water, well rubbed into the hair, then rinsed out with several waters, or a fresh egg beaten up in a pint of tepid water, used the same, and after thorough rinsing, dry with a soft, warm towel, let hang until dry, then comb carefully, is as good as any.

A lip salve that will answer every purpose can be had of your druggist as cheap, if not cheaper, than you can make it at home. A little tin box of it that cost five or ten cents will last a long time.

What Women's Clubs Have Done in St. Louis

The members of the Wednesday club look back with much satisfaction upon the work done in philanthropy during the last ten years, and expect to equal the record in the following decade. The first work for which the club was responsible was a charity kindergarten, which soon enlarged into the Isabel Crow kindergarten, and is now known as the free under-age kindergarten. Then came the work of the emergency aid, its success being instrumental in the woman's department of the provident association. During the spring of 1901 the first vacation playgrounds were opened under the auspices of the Wednesday club, six being in operation in 1904. The Art league was another child of the club, and it has given to the public schools a collection of pictures valued at \$3,000. The competitions along civic art lines was another work the club took upon itself. The Humanity club was an outgrowth of the Wednesday club, and has succeeded in much philanthropic work, such as separation of the sexes in prison, introduction of baths for women prisoners and female guards, also co-operating with the club during the fair in securing respectable lodgings for girls. Traveling libraries, the evening dispensary for women, the Civic improvement league, North Broadway settlement and the school of housekeeping were other philanthropic projects that were first promoted by the Wednesday club.—St. Louis Globe-Democrat.

HER ONE OMISSION

A Brooklyn telephone girl faces a charge of bigamy. Let it be recorded for once, at least, a hello girl forgot to say "Line is busy."—Boston Advertiser.

Earning Pin-Money

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