



Christmas Thoughts

Whenever the Christmas season
Lends luster and peace to the year,
And the ling-long-ling of the bells
That ring
Tell only of joy and cheer,
I hear in the sweet, wild music
These words, and I hold them true—
"The Christ who was born on Christ-
mas morn
Did only what you can do."

Each soul that has breath and being
Is touched with heaven's own fire;
Each living man is part of the plan
To lift the world up—higher.
No matter how narrow your limits,
Go forth and make them broad;
You are every one the daughter or
son—
Crown Princess or Prince of God.

Have you sinned? It is only an error;
Your spirit is pure and white;
It is Truth's own ray, and will find
its way
Back into the path of right.
Have you failed? It is only in seem-
ing—
The triumph will come at length;
You were born to succeed—you will
have what you need,
If you will but believe in your
strength.

No matter how poor your record,
Christ lives in the heart of you;
And the shadows will roll up and off
from your soul
If you will acknowledge the true.
For "Christ" means the spirit of good-
ness,
And all men are good at the core;
Look searchingly in through the coat-
ing of sin,
And there standeth Truth to adore.

Believe in yourself and your motives;
Believe in your strength and your
worth;
Believe you were sent from God's
firmament
To aid and ennoble the earth;
Believe in the Savior within you;
Know Christ and your spirit are one;
Stand forth deified by your own noble
pride,
And whatever you ask shall be
done.

—Selected.

A "Happy New Year"

The spirit of idle waiting, of laying
away the finished and folding away
the worn, rather than planning for
the new and beginning the untried,
seems befitting for the closing hours
of the spent year. The feasting of
thanks for the bountiful harvest, the
festival gatherings of the Christmas
time, with its joyous lessons of "good
will toward men," take us out of our-
selves and lift us above the petty af-
fairs of the hurly-burly days of toil,
giving us glimpses of a life of "doing
unto others," in its best aspect. The
cookery book, the fancy work man-
uals, and the wearisome shoppings
after things suitable alike to our
purse and purpose, have left us little
strength to think of other things.
The old year goes out with the
flourish of merry-makings, dinner-
givings, dancing and social enjoy-
ments known to no other season, and
until this is ended, we, too, may join
in the merry scramble surging about
us, pausing for a moment to wish
to each and all of you a happy, whole-
some, profitable New Year.

"Suitable For Red Hair"

One of our girls, who says she is
"afflicted" with red hair, wants to
know what colors she may wear to
harmonize with it. I rather like red
hair, myself, and must object to its
being called an affliction. If women
who have red hair would only study
how to dress it becomingly, they
might soon be proud of its possession
as being a distinction; but to have
it at its best, one must give it judic-
ious care. It is the same with gray
hair—good care will make of either
a crown of glory. For either, there
are some shades of color that must
be avoided.

For the red hair, because of the
fair and delicate complexion accom-
panying it, it is the general impres-
sion that any shade of blue may be
worn by the one possessing it; but
most shades of blue must be avoided;
the contrast is too violent; and the
combination not harmonious. The
most suitable colors are said to be
bright, sunny browns, and all the
autumn leaf tints. After these may
be selected pale or very dark green,
a bright yellow, and black unmixed
with any color. Solid colors are al-
ways more becoming to red haired
people than the mixed; to many peo-
ple, the mixed colors give more or
less of a dowdy appearance. In
short, red hair is usually so brilliant
and decided that it must be met on
its own grounds, and no vague, un-
decided sort of thing may be worn
with it. Well cared-for hair of this
color is very attractive, while ne-
glected, poorly nourished red hair is
indeed, "horrid;" but not because of
its color.

The School Lunch

In many homes, the putting up of
the various lunches becomes a serious
matter, not only to the one who puts
them up, but to the one who has to
eat them. Many men and women
whose business keeps them away
from home all day, prefer to take a
cold lunch from home rather than to
eat the hashed-up messes usually ob-
tainable at nearby eating houses, of-
ten, even when digestible, costing
many times its worth. Many women
think of sandwiches as nothing but
slices of bread separated by slices of
meat; but that is really but the be-
ginning of sandwich making. Like
salads, there is no end to the possi-
bilities of the sandwich, and they are
as often as not made without a scrap
of meat. Good bread, thinly sliced
and in good shape, is one of the ne-
cessities, and without good bread,
no good sandwich can be made; no
matter what the filling. The one
who prepares the lunch should not
forget that one "feeds through the
eyes," and nothing which is not in-
viting in appearance is properly re-
lished, even by the hungry; while,
to the growing child, a neatly pre-
pared lunch is part of its education.
The lunch for the school child should
be substantial and nourishing, but
daintily gotten up. Cake is a poor
food, as it induces thirst, and leaves
a bad feeling; pie is apt to be mashed
up, if not made and put up with due
regard for its appearance. Individual
pies, however, are easily made, and
may be very appetizing without be-
ing unduly rich. Fruits should be
used plentifully, especially the apple.
The meats are much better ground
or chopped up fine than sliced, and
some little seasoning—a touch of mus-
tard, horseradish, celery or salad
dressing, often adds much to its taste.

Some simple relish, put up in a small
cup or wide-mouthed bottle will of-
ten add to the zest of appetite. The
material for the lunch should be of-
ten varied, trying not to have the
same things many times in succes-
sion.

Fires and Fuels

When starting a fire on damp days,
or in a stove long unused, crush a
newspaper into softness with your
hands and place it on top of the oven
plate as near the stove pipe leading
to the chimney as possible; light it
and cover the stove. This will create
a draft, and the fire will kindle im-
mediately and burn brightly.

If you notice, after banking your
fire at night with ashes, you will find
much less ashes in the morning than
you put on the coals. This proves
that the ashes are consumed. When
taking up the ashes, sift them into a
shallow pan or box and dampen them;
then, when the morning fire is burn-
ing to a clear bed of coals, try putting
on the damp ashes, a few shovelfuls
at a time, as you would coal, and
you will find it a great saving of
fuel. At night, bank as before with
ashes. Instead of throwing away the
siftings, pick out all the cinders
—the glass-like pieces of slag, and
use the rest of the pieces as coal.
This is for hard coal, but I think it
would work for soft coal. Wood ashes
would need no sifting.—Ex.

Sources of Color

An interesting enumeration has
been published in a technical journal,
of the sources of color. The cochineal
insect furnishes the gorgeous car-
mine, crimson, scarlet, carmine and
purple lakes; the cuttlefish gives
sepia—that is, the inky fluid which
the fish discharge in order to render
the water opaque when he is at-
tached; the Indian yellow comes from
the camel, ivory chips produce the
ivory black and bone black; the ex-
quisite Prussian blue comes from fus-
ing horse hoofs and other refuse ani-
mal matter with impure potassium
carbonate; various lakes are derived
from roots, barks and gums; blue
black comes from the charcoal of the
vine stalk; Turkey red is made from
the madder plant which grows in
Hindoostan; the yellow sap of a
Siamese tree produces gamboge;
raw sienna is the natural earth from
the neighborhood of Sienna, Italy;
raw umber is an earth found near
Umbria; India ink is made from
burned camphor; mastic is made
from the gum of the mastic tree
which grows in the Grecian archi-
pelago; bistre is the soot of wood
ashes; very little real ultra-marine
blue, obtained from the precious lapis-
lazuli, is found in the market. Many
of the most beautiful colors used in
the dyeing of materials and other
uses are made from coal tar.—Se-
lected.

Some Familiar Customs

We do a great many things with-
out ever stopping to ask why they
are done, or to what the custom
owes its origin. Here are a few of
them:

Widows wear caps because, when
the Romans were in England they
shaved the heads as a sign of mourn-
ing; of course a woman could not
let herself be seen with a bald head,
so she made herself a cap. Though
the necessity of wearing it has
passed away, the cap remains.

The meaning of the crosses or Xs

on barrels signify, now-a-days, the
degrees of quality; but they were
originally put on by those ancient
monks as a sort of trade mark; they
were crosses in olden times, and
meant a sort of oath to the cross,
sworn by the manufacturer, that his
barrel contained good liquor.

Bells are tolled for the dead be-
cause, in the long ago, when super-
stition ruled the world, they were
tolled, when people were buried, in
order to frighten away the evil spirits
who live in the air.

The custom of breaking a bottle of
wine on the ship which is being
christened, had its origin in the bar-
baric custom of sacrificing to the gods.
In those days, it was customary to
get some poor victim, when a boat
was launched the first time, and to
cut his throat over the prow, so that
his blood would baptise it.

To Remove Tartar

This deposit, arising from an un-
wholesome stomach, unless removed
will certainly loosen the teeth and
cause them to fall out. It is best
to let a dentist remove it, but when
not of long standing it may be taken
off by the use of powdered pumice
stone and lemon juice. An orange
wood stick, obtainable in bunches at
a trifling cost from any drug store,
is the best implement to use for its
removal. Dip the stick into the
lemon juice and then into the pumice
and rub over the spots until removed.
Pumice should be used but seldom
upon the teeth, and never upon the
children's teeth. A good liquid denti-
frice to use after the teeth are clean,
to keep them so, is as follows: Borax,
two ounces; hot water, one quart;
tincture of myrrh, one teaspoonful;
spirits of camphor, one teaspoonful.
Dissolve the borax in the water;
when nearly cold, add the other in-
gredients and bottle for use. Use a
wine glass full night and morning in a
half glass of lukewarm water, to
brush the teeth and rinse out the
mouth. This is aromatic, cleansing
and hardening the gums.

Eyelet Embroidery

The new eyelet embroidery, now so
popular, is the old eyelet embroidery
of our grandmother's days, and is by
no means difficult to make. When
you have selected your design and
have it stamped on your cloth, you
must first stay the outlines of the fig-
ures of the design with short stitches
set close together, as you would a but-
tonhole on "ravely" cloth. Where the
material is very fine or thin, and the
finished work to be subjected to hard
usage an extra protection to the edges
is obtained by twisting the needle un-
der each running stitch, forming a
fine, cord-like edge. In working the
eyelet, punch a hole in the center of
the eyelet in the design (after having
"stayed" the edges as described), and
work over and over the edges with a
"whipping stitch," very closely. Take
just a little of the cloth up on the
needle, and set the needle each time
over the staying stitch, setting the
stitches very close together. If an
oblong leaf is to be worked, do not
cut out a piece of the cloth to make
the hole, but cut a straight, clean slit
down the center of the leaf or petal,
being careful not to cut too close to
either end of the figure, but leave a lit-
tle space; with the point of the needle
turn the cut edge of the point of the
cloth back to the stayed edge and
work as directed for the eyelet. If
stems to the leaves are in the design,
make them in cord outline stitch. To
work this, take short, running stitches,
set at regular intervals the length of

BETTER THAN SPANKING

Spanking does not cure children of bad wetting.
If it did there would be few children that would do
it. There is a constitutional cause for this. Mrs.
M. Summers, Box 118, Notre Dame, Ind., will send
her home treatment to any mother. She asks no
money. Write her today if your children trouble
you in this way. Don't blame the child. The
chances are it can't help it.