



The Home Department

Conducted by Helen Watts May

Little Feet

Two little feet, so small that both
may nestle
In one caressing hand;
Two tender feet upon the untried
border

Of life's mysterious land;
Dimpled and soft, and pink as peach-
tree blossoms
In April's fragrant days—
How can they walk among the briary
tangles
Edging the world's rough ways?

These rose-white feet along the doubt-
ful future
Must bear a woman's load;
Alas! since woman has the heavier
burden,
And walks the hardest road.
Love, for a while, will make the path
before them
All dainty, smooth and fair;
Will cull away the branches; letting
only
The roses blossom there.

But when the mother's watchful eyes
are shrouded
Away from sight of men,
And these dear feet are left without
her guiding—
Who shall direct them then?
How will they be allured, betrayed,
deluded—
Poor little, untaught feet!
Into what dreary mazes will they
wander?
What dangers will they meet?

Will they go stumbling blindly in the
darkness
Of sorrow's tearful shades?
Or find the upland slopes of peace and
beauty,
Whose sunlight never fades?
Will they go toiling up ambition's
summit,
The common world above?
Or, in some nameless vale, secure-
ly sheltered,
Walk side by side with Love?

Some feet there be which walk life's
track unwounded,
Which find but pleasant ways;
Some hearts there be to which this
life is only,
A round of happy days.
But they are few. Far more there be
who wander
Without a hope or friend;
Who find their journey full of pains
and losses,
And long to reach the end.

How shall it be with her—the tender
stranger,
Fair-faced and gentle-eyed,
Before whose unstained feet the
world's rough highway
Stretches so rude and wide?
Ah, who may read the future? For
our darling
We crave all blessings sweet,
And pray that He who feeds the cry-
ing ravens
Will guide the baby's feet.

—Elizabeth Akers Allen.

(From two copies of the above
poem sent in for re-printing, I find
it credited to Florence Percy, and
also to the author whose name I have
used—Elizabeth Akers Allen. Can
anyone give me the name of the real
author?—Editor)

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.

The Aftermath

In the long ago, when the term
"nervous exhaustion" was almost un-
known, the coming of the springtime
was hailed with unmixed joy. But in
these days, the very first bright day
opens up such vistas and visions of
work to be done that we hardly
know where to begin or how to meet
the new duties. The plannings for
the summer sewing; the increased
laundrying; the house-cleaning; the
gardening; the catering to capricious
appetites; the dread of the enervat-
ing heat to come, and the thought of
many other things of like nature, rob
us of our rest by night and by day,
until the actual coming of these du-
ties brings so much in its train that
we simply have to shut our eyes to
consequences and go ahead.

When the battle has been fought
and we come forth in all the beauty
of cleanliness and order, we find that
the victory has been dearly bought;
we are almost too tired to rally, and
we wonder if we ever will get rested
enough to enjoy the comfort our
hands have brought out of the chaos.
We turn to almost anything that
promises relief from this condition,
and it is a pity that so many of us
depend on drugs for the relief longed
for, despite the fact that we are as-
sured by many of our best physicians
that drug treatment has but little, if
any permanent beneficial effect on
nerve ailments.

If we might only accept the restor-
atives and stimulants which Nature
offers so abundantly in fresh air,
nourishing foods, sleep and rest, how
much better it would be for all con-
cerned! If we might only accept
the Divine injunction to "take no
thought of the morrow, for tomorrow
will take thought for the things of
itself," how many sleepless nights
and anxious hours we might be
spared! But we are borne along on
the flood of toil, seemingly helpless,
until at last, we slip into the great
ocean of Eternity "where the weary,"
so far as this life is concerned, "are
at rest." And what have we gained?

I am sure you will ask me how
we can "let things go;" and I am sure
I can not tell you. You each know,
or may learn, your own limitations,
and this you should do. So much
that is done in every home is utterly
useless, and we could so well do with-
out it! And nobody can tell you what
these things are. You must find this
out for yourselves; this may be done
by studying your needs, rather than
your wants and wishes. You, who
have little children still clinging to
your garments, should begin now to
interest them in your life; to teach
them that every one has his or her
responsibilities, and give them the
happiness of helping you, even though
at first the hindrance is greater than
the help. Let them, of themselves,
study out ways and means of doing
things; teach them to think for them-
selves. In giving them this educa-
tion, you will doubtless be learning a
few lessons, yourself, and, by help-
ing them to plan and think, you, also,
will become more proficient. Even
the tiny toddler at your feet can be
taught to put its playthings away,
and you can not mistake its pride
and delight when it is allowed to help
you according to its tiny strength
and mental development. Do try this

plan, dear mother, for I know where-
of I speak.

The House Fly

Prevention of an evil is far less
costly and vastly more easy than its
cure, and, if matters have been neg-
lected heretofore, right now is the
time for the housewife, and every
member of the family, to wage a per-
sistent warfare against the breeding
places of the house fly. The filthy
scavenger should be barred from the
dwelling, and other places where eat-
ables are kept, where it is at all pos-
sible, by the use of suitable screen
wire at door and window. The horde
can be vastly lessened by seeing that
no slops or garbage, or other filth
is allowed about the premises, and all
cess-pools should be done away with.
By keeping everything that "draws"
flies well covered and shut away from
them, and by keeping things as clean
as possible indoors and out, the num-
ber will be greatly lessened, but even
a few are enough to do great damage.
Do not allow decaying fruits or veget-
ables about the house, and keep all
garbage boxes, barrels or heaps well
covered and frequently disinfected by
the use of lime, carbolic acid, coppe-
ras, or other antiseptics. Burn or
bury all refuse matter, and keep all
fermenting filth as far from the house
as possible. It is useless to make a
"scape-goat" of the mosquito while
suffering the more filthy and danger-
ous house fly to plaster our food and
dishes with the clings of the filth
in which he makes his home. Above
all things, do not let the feet of this
scavenger of disease-breeding refuse
wander at will over the baby's face.
Let the war be one of extermination,
beginning with the breeding places
of the nuisance.

Some one has said that it is far
more disgraceful to allow your house
to be overrun with flies than that
your bedrooms should be the harbor
for its own enemy; and while these
things "needs must be" because of
the indifference, slovenliness or laz-
iness of your neighbor, see that you
are not one of these by whom the
reproach must come.

Some Needed Lessons

Teach the little ones (and admon-
ish the older ones) that the screen
doors and window screens are not
made to kick, or shove against, or to
punch things through. How often
we see the wire either bulging out,
or pushed into holes where the feet
or hands press against it in opening
or shutting the doors, or the window
screens rendered useless because the
baby and his two or three year-old
elder are allowed to press or lean
against it, or to stick things through
it. Each one should be taught how
to handle such things, and not al-
lowed to touch the wire, under any
circumstances. A screen door patched
with a bit of cloth is unsightly enough
but it is better than the hole it cov-
ers, as it excludes the intruding in-
sects. Old pieces of the wire, saved
from a former covering, is much bet-
ter to use as a patch.

Teach the children and their eld-
ers (and in some cases, yourself) not
to throw peelings, parings, paper,
bits of cloth, etc., about the back
door. There should be a box or an
old pail close at hand, and into this
one can put all refuse, emptying it
at least once a day, either to burn,
bury, or put on the far-removed ma-
nure pile. If the whole family is

careful to keep things picked up and
put in place, the yard about the
kitchen door may be as lovely as that
in front of the house. This is the
part of the premises more often seen
by the housewife than any other, and
it should have bright things in it.
But the housewife can not have this
beauty without co-operation of the
rest of the family, and she will often
be blamed for a dirty, disorderly
back yard when she has no sort of
control over it. This is where co-op-
eration should be strongly in evi-
dence. I am sorry to say that the
most frequent offender against the
rules of order as they affect the back
yard is the father of the family, him-
self.

Strawberries

There are so many ways of using
this delicious fruit that one hardly
knows how to choose. For breakfast,
if one can have them perfectly fresh,
it is best to serve them whole, with
the stems intact, so they may be
dipped individually into the sugar and
eaten one by one. Particularly fine
ones should be selected for this way
of serving. The usual way, however,
is to burr and serve them with cream
and sugar. Strawberries are deli-
cious served with whipped cream
sweetened (and flavored with lemon,
if liked).

Of inferior, or somewhat stale ber-
ries, pies, puddings, omelets, sauces,
shortcakes, buns, balls, baskets,
creams and even soups may be made.

Strawberry Cream.—Soak a third
of a box of gelatine in a third of a
cupful of water; when dissolved, drain
and stir it into a half pint of boiling
cream; beat the yolks of three eggs
with a cupful of sugar and add to the
boiling mixture a little at a time;
heat it until it begins to thicken,
then add a tablespoonful of lemon
juice and a cupful of strawberry juice;
strain and set on ice until chilled
and beginning to harden. Then add
a cupful of whipped cream and whip
gently until the mixture is of the con-
sistency of spongecake batter; line
the bottom and sides of a wetted
mold with strawberries, pour in the
mixture and set on ice until ready
to serve.

Strawberry Balls.—Make a good
biscuit dough and roll it out a quar-
ter of an inch thick; cut into squares,
two and one-half inches; put a spoon-
ful of berries on each square, bring
the corners together, pinch, and place
the balls on a buttered tin. Melt a
tablespoonful of butter and the same
quantity of sugar in a fourth of a
cupful of boiling water, and brush
the balls with it; bake in a hot oven,
and serve with any preferred sauce.

Strawberries may be made into
jams, jellies, preserves, wines, and
the juice may also be bottled in an
unfermented state.

Strawberry Jelly

Select fine-colored, fresh, ripe fruit;
hull, set over a slow heat so the juice
will flow; when perfectly clear (usu-
ally twenty minutes) strain through
a jelly bag without pressing; if not
quite clear, strain the second time.
The general directions for making
the jelly are: Cover the kettle and
boil slowly until the fruit is broken
to pieces; put the fruit juice and all
into a coarse-meshed jelly bag; hang
the bag in a warm place to drip.
Make this dripped juice by itself, as
it will make clear jelly. The remain-
der of the juice may be gently pressed
out and made up for layer-cake use,
as it will not be so clear. Measure
the juice and set over the fire, and

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.