



The Home Department

Conducted by
Helen Watts Myers

"Over the Hill"

Each turn of yonder path I know—
That little path, where children go,
Through summer heat and winter
snow,

Over the hill.

No great man treads with lordly stride,
No woman, clad in robes of pride,
Crosses the green to reach this side,

Over the hill.

But humble folks, when work is done,
Rise from the shadow into sun,
And schoolboys scamper, one by one,

Over the hill.

Do you ask why it comes to be
At once so sad and sweet to me?
My school-boy thither came to me,

Over the hill.

Over its furthest bounding line,
Eyes looking homeward sought for
mine;

Alas, no more I wait their shine—
Over the hill.

You saw, out-looking day by day,
Only a school-boy, clay in gray,
Swinging his hat in boyish way,

Over the hill.

You miss it not, against the sky—
A figure bounding joyously,
Nor listen for the call and cry—

Over the hill.

You can not know what dusky dreams
Life to the hungry-hearted seems,
How dark its clouds, how few its
gleams—

Over the hill.

'Tis hard to look above the hill;
To feel He doeth nothing ill,
But keeps his little children still—

Over the hill.

Safe, though we can not see the way;
Safe, though the tempest, cold and
gray,

Fling leaves above a grave today—
Over the hill.

Over the hill, the sky is fair;
Life's foot-path joins a starry stair;
Death is the stile to enter there—

Over the hill.

All this I know: O, Father, yet,
My eyes with bitter tears are wet;
I see the path—the stairs forget—

Above the hill.

—Ethel Lynn.

Our Social Chat

In asking for directions for making some creams and lotions, a "Querist" says: "It is good of you to give us these recipes, but I would not, for the world, have it known that I use them." Such an attitude, it seems to me, is, to use no stronger term, a very silly one, as it shows a lack of good sense and moral courage. Why should we seek to do these things "on the sly" when their satisfactory results are so much to be desired? Is it, then, so reprehensible, for one to wish to be "pleasant to look upon," and willing to take some pains to become so? We are careful to remove the stains and soils from our hands, face and garments, and if we were not, for our own sakes, we should be made to feel the necessity of such a cleansing through the censure of "public opinion."

It is senseless, to be sure, to carry things to extremes; but to seek to remove the stains of wind, weather and occupation from the cuticle, and by harmless means to restore to the skin the natural oils and moistures taken from it by water, soap and wash-cloth, is in most opinions, praiseworthy. The

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.

skin of the face, neck, arms and hands present a drawn, shiny appearance after being well scrubbed with soap and water, which is neither pretty nor comfortable, and one does not add to her attractiveness by carrying about with her an unnecessary amount of freckles, sallowness and tan when with a little care and painstaking it may be removed.

Women are not alone in their desire to "look well," and we are glad of it. A great many men resort to toilet helps in order to make themselves more attractive, as well as comfortable, and I am sure we all like to see a clean, nice-looking man. A slovenly, careless man is as disgusting as a slatternly woman. The busiest day laborer owes it to his family, as well as to himself, to "clean up" when his day's work is done and dear Madam let me assure you that every "mother's son" takes a "sneaking pride" in having other men tell them that their wives are "young-looking," for a woman who has the heart to try to retain her charms be they few or many and who "carries her age well" generally reflects credit on the husband for kind treatment whether he deserves it or not.

The most lasting beauty is that which comes from within, and I do not hesitate to say that quite a little of the beauty that "shines through" is the effect of a consciousness of beauty on the outside. The best cosmetic in this world is a cheerful, optimistic spirit in a healthy body, and one is all the more sure of having this coveted possession if conscious of looking their best outwardly. One of our most eloquent preachers said to me that if, on sitting down to his desk, he found his cuffs were soiled in the slightest, or his hands rough or stained, he simply could not work; he laughingly remarked that when he disregarded this repugnance, even though the "smudge" was on the outside, he felt that it "streaked through" whatever he wrote.

Just make yourselves as pretty as you can, dears, for the wrinkles, rough skin and sallowness will come soon enough; but do not rely too entirely on lotions, creams, washes or unguents. These things all have their place in matters of the toilet, and if you do desire to use them out of proper regard for your appearance, that is your own business. The "world" has business of its own. But try only the helpful and conservative. Radical means often work radical wrongs.

The Home and the Shop

The home woman can scarcely appreciate the deprivations to which the most happily situated business woman is subjected. No matter how tiresome the home duties may be, or how continuous, there are always times when one can slip away from worry and hurry, if but for a moment, to read a line on the printed page, pencil down a thought, get a breath of fresh air, bathe the hot forehead or lave the tired hands. We can vary our tasks to a certain extent to suit our physical condition, sitting down to some, standing to others, or carrying the work to a more comfortable locality, with change of air and outlook. If we make a business as well as a duty of our work, it can be arranged so as not to seem the drudgery we too often consider it.

On the contrary, the business woman's time belongs to her employer,

from the leaving of the neglected or hastily swallowed breakfast to the closing hour of the business day, and she must work in a single groove, taking her instructions of whatever kind from another. Her work is planned and placed, with small regard for her preference or convenience, and she can not vary it. She is simply one of the "wheels" that must "go round;" her environments not always the most suitable or sanitary, and the work, in many instances, anything but congenial. She is like a machine, except that she must make her own repairs, do her own lubricating and attend to her own "motive power." To the sensible, earnest woman, there is no "sentiment" about it, and she prefers none. She tries to understand what is required of her, and to meet the demand faithfully. But the most successful of them, down in her secret heart, half envies the woman who can stay at home and "do her things" there in her own way.

Hunting "a Good Place"

One of the first things the young people have to consider when they begin to contemplate entering upon the actual work of life is, where to settle. Where is there a good place? Especially will these inquiries arise in the mind of the young man, and it is well for him to know that there are good places everywhere; wherever one is, is a good place. Some places may be better than others for some especial talent, but every place is good.

It should be "what will I be?" rather than "where," that should be considered. Whatever one's occupation, or wherever one may be employed, he should seek always to attain the highest possible skill. The same excellence which attracts the attention of the few will attract the attention of the many. One should never say: "Because there are so few to see my work I will not take the trouble to do it well;" or, "because my pay is so small, I shall not take much pains with my work." For your own sake, do well whatever you do. Seek to satisfy your own self-respect. Though no one but yourself will see your work, see that you can satisfy your own love of perfection, and if you find you have but little of this love, set diligently about adding to it. Do not wait to do great things until some future occasion. Do, every day, the best that is in you. Character is always forming, and the forming of reputation follows fast on its heels. For the establishment of both character and reputation every place is a good place. If you do everything as well as you can possibly do it, seeking always to do it a little better, you will never find yourself out of place, or out of the line of promotion.

Be sure you will find your place in life, and it will depend on your character and capacity what that place is to be.

Loneliness of Farm Wives

It is the impression that, with the advent of the rural free delivery and the telephone the loneliness of the farm women has been practically done away with. But there are still thousands of farm families that never saw a telephone, much less heard one, and the R. F. D. does not yet reach many farm regions, while the trolley car is still a mystery to thousands of acres of rural neighborhoods. Even in the large villages, to say

nothing of the small "cross-roads" towns, the postal carrier system is not known, and the trolley car is still "coming," while but a favored few can afford the services of an individual telephone. Here is what one woman says of this condition of things, as it exists in her own neighborhood: "I do not think that city people have any idea of the loneliness of farm life for women, where it is a common thing never to see another woman for a month or more at a time; when roads are very bad, these women are not able to even get to town to do needed marketing for often two or three months at a time. Not even so often, if the horses are in use at the farm work, for the farm wife seldom is allowed a horse kept exclusively for her own driving, but must put up with the horse used in the team when a "day off" can be caught. We have a church congregation not far away, but if one happens not to be a member of that particular denomination, she is not recognized in its social life. I wish we could have a nice social society where religion or politics would not matter. When we go into the dry-goods houses, it seems we must always wait till our more "fashionable" city lady is served, before we can get attention, although worn out with a ride of fifteen or twenty miles, over all kinds of roads and through all kinds of weathers, and with our money always ready to pay cash for what we buy." Surely, in many farm regions, there is room for missionary work.

Cleaning Enameled Ware

If a saucepan becomes discolored or burned, do not scrape with a knife or any hard substance which would break or scratch the enamel. Fill the saucepan with water and put it on the stove; add a tablespoonful of sal-soda (washing soda) for every quart of water. Let the saucepan remain on the back of the range for nearly a day. Throw the soda away, or bottle to use again. The pan will be clean.

Girls, Read This

A writer in one of our city dailies says: "The girl who deliberately bares her arms to the wind and sun to be browned, and then expects them, by some magic lotion to be restored to presentable condition for her pretty evening gowns in a week or less time, has very little conception of the action of the elements on the sensitive skin. It is exactly as if she were to hold them to a blazing fire until a deep burn results. It is doubtful if a pair of hands and arms thus abused can ever be entirely restored to their original beauty; there will always remain a coarseness, as unlike the satin smoothness of the natural skin (and which it is quite possible to retain) as can well be. A swim or a boat ride, a mountain trip or a game of tennis, is none the less enjoyable if the hands and arms are properly covered. The wearing of a pair of buckskin gloves and long sleeves should not spoil the pleasure of a pedestrian excursion any more than the wearing of any garment that befits her sex by the woman who takes these outings. The winds and sun are very hard on the skin; they parch, even if the burn is not perceptible. In the arid and never-ceasing winds of some regions, one sees even young women with skins of parchment-like texture; but in more favored regions, why should women deliberately court a condition which, later on, will cause her untold

BETTER THAN SPANKING

Spanking does not cure children of bed 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.