



The Home Department

Condensed by Helen Watkins Nettles

Wanderlust

The road—a ribbon of white unfurled,
That winds away to the distant world;
A leave of care and a song to sing,
A staff and crust in my wandering.
No clanging bells, no traffic's din,
Nor city gates to hold me in.
I hear it calling, soft and low,
And I must answer—I must go.

Over the slopes, the hills and leas,
To the glittering waste of summer seas;
Rocked to rest by the ocean's tune,
As a babe is lulled by its mother's croon.
Far away from the factories' frown,
And the restless throb of the noisy town,
The sea stars call, the Cross hangs low,
And I must answer—I must go.

The road—it waits, and I hear the song
Of a rover sung in the city's throng.
I'll barter all I have earned in strife
For a crust and staff, and a rover's life.
I'll heed no voice that calls me back,
For my heart is true to the rover's track.
The road is calling, calling low,
And I must answer—I must go!
—Will F. Griffin in Milwaukee Sentinel.

"Do's for Mothers"

Do let the baby learn to amuse itself. Do let it get acquainted with those mysterious fingers and toes. Do let it lie in the crib instead of your arms. Do let it go to sleep quietly without rockings. Do let it crawl on the floor instead of keeping it in a chair. Do let it wear sensible, washable clothes that can be worn without ironing.

Do take time to rest. Do sit in the most comfortable chair at times, yourself. Do get out into the sunshine, even though the dishes are not washed as soon as dirtied. Do have a head rest on your chair back and rest the back of your neck. Sit or lie down whenever you can. There are many things that can be done while sitting down. Do let the children learn the joy of "doing for others," especially for their mother. Do let them exercise their bodies and brains by planning and doing the work about the house.

Do get the new dress for yourself, sometimes, and allow your children to admire you. Whatever else you neglect, do keep your attractiveness for your children. Do wear pretty ribbons, and clean collars, and keep your hair within bounds, no matter what your dress must be. Do make something of yourself other than a household drudge, by shifting the responsibility for some of the chores on the shoulders of the children or the gude mon. Let your husband keep up his attitude of lover by letting him help you whenever he can. That will be oftener than you think, if you cultivate an attitude of expectancy. Do remember that the time will soon come when your family will need a mother and a companion far more than a discouraged, worn-to-frazzles household servant. Do remember that you owe all this

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.

to yourself, whatever your circumstances, may be.

We grow careless of what we say and do because we have valued ourselves too cheaply; we have not lived up to the possibilities within us. Do good today, and tomorrow the impulse to do a greater good will influence you. Try to realize the power we may exercise, if we will.—Ex.

For the Dining Room

The habits of the home dining room follow us out into the world, and if we neglect the etiquette of the table in our daily lives, we shall find it hard to restrict ourselves to its requirements when we dine with others. The training in "manners" should begin with the beginning—the earliest lessons of the child. A child who is noisy and clamorous, or careless at the table, who insists on having what he wants, when he wants it, how he wants it, and to eat it in a manner most pleasing to himself, if allowed to have his will, will never be welcome at the home of your friends.

Here, as nowhere else, is good breeding shown. "Feeding" is not of itself, attractive, and it requires many little niceties to make it unobjectionable. Among the bad habits is that of bending over the plate, or bringing the food close to the face by inclining the head in place of sitting erect and lifting the arm properly, says an exchange. This is not only bad form, but awkward as well, and it is surprising how many, even adults, do it. There are no conditions where it is allowable that the head should be stooped to the food. Neither should the dish be lifted, and the contents "ladled" into the mouth. There are extremely unpleasant ways of eating bread and butter. Some take a large slice in the left hand, spread it liberally with butter, and then bite half-circles out of it with gusto. Instead, the slice should be broken into small pieces and a small piece buttered and eaten at a time—not bitten into. Many, especially ill-trained children (but adults are also guilty of this habit) when eating bread and butter, or other foods which need chewing, eat with their lips apart, the mouth open, showing the contents undergoing the process of mastication—which is anything but a pleasant sight to those of delicate stomachs. Another very bad habit is to hold the bread, or other eatable, in the fingers, the elbow on the table, and the hand held high above; yet some really respectable people do this! Unthinkingly, perhaps, but it speaks of the habits of the home dining room!

"Penalties of Marriage"

Measures of different kinds, dealing with the subject of marriage, have been under discussion by several bodies of lawmakers and the general public; discourses have been delivered from the pulpits; and our highest officials have voiced their convictions of the desirability of early marriages and large families; yet, notwithstanding the seriousness of the matter, the handling has been of the most flippant character. The matter seems not to have been taken with the seriousness it is entitled to, with any of the advocates.

Meanwhile, many things have been done that were directly aimed against marriage and, in some instances, a penalty placed upon those entering into the married state. A rule recently adopted for the government

of the constabulary or police of Pennsylvania provides that all married men of the body shall be dismissed, and their places given to single men. The efficiency or fitness of the family man is not questioned; not considered. Their dismissal is called for solely because of their being married men. In the public schools of many large cities, only single women are allowed to teach, and marriage, to any of them, means dismissal from the roll. Fitness or unfitness is not questioned. In many lines of commercial-business preference is given to the single man. In many institutions where a number of men are employed, the rule is that an employe whose salary is below a certain figure must not marry on pain of dismissal.

Whatever the reason assigned for this discrimination, such rules and regulations are antagonistic to ideas of personal liberty of conduct, and repugnant to a genuine sense of justice. What is the use of trying to enforce or induce marriage by legislation or by argument, when the people who hold the right to rule people through the bread and meat authority forbid it? Whence will come the family that is so eloquently held up as the nation's bulwark, if marriage is to be prohibited in fact while being encouraged in theory?—Woman's National Daily.

Extravagant Economy

Some people think that life-long frugality, life-long self-denial and constant doing without is the only way by which one can arrive at a competency. Perhaps it is; but through this, one robs life of all its attractions, and entails senseless privations not only on one's self, but upon others, by so doing. It is a poor way to "make money." It is making neither a living nor a life to pauperize yourself by such niggardliness. If you economize foolishly on the necessities of life, saving everything for the possible "rainy day," you will never know the joy of a few well-chosen luxuries, for by the time the rainy day does come, you will have lost all care for even the sunshine. It is well to practice well-chosen economies in matters where economy is a necessity, or in order to lay by money enough to pay for what will make us better and happier for having it, or to keep us from dependence upon others; but this is not the foolish frugality which denies one the comforts that can well be afforded at the moment without wronging others. Just a little common sense and judgment applied to the every-day problems of life will enable us to joy in the fruits of our labor, and lift even the clouds from the darkened pathway of today.

Vegetables

Now is the time when green vegetables are becoming plentiful, and are at their best. But not all vegetables are good, even when fresh and in season, because they have been poorly grown, or have not had proper care after gathering. They should be grown quickly, and are then better flavored, less tough, and are quickly cooked. Old peas, old corn, or old lettuce are usually woody-fibered and strong flavored. When well-grown and gathered freshly, they should be kept from wilting, or, if wilted when obtained, should be freshened by sprinkling or putting in cold water for an hour or two.

Most of vegetables should be cooked rapidly, not stewed. Green vegetables are better cooked in a very small amount of water, uncovered, which improves the color. The water should cook away—not burning the vegetables, leaving but a very little to be used in making the sauce. Pouring off the water takes away much of the flavor and value of the vegetables.

The "Average Man"

The average man lives and dies comparatively poor. He has not the faculty for accumulating money; you could not pass laws enough to make him rich financially. The exceptional man is made to make money; money seems to stick to his fingers, and you could not keep him poor. The life-history of the man who has lived an unsullied life and died poor is one of uneventfulness. He is generally generous-hearted, and never aspires to enrich himself. All he asks is a decent living, worthily earned—a roof-tree and food and clothing for his family. Out of his modest earnings, he will probably save enough to pay for his modest home—seldom more. He gives his children a common school education and starts them out into the world with a "God bless you" for their dower. He is honorable in his dealings; he pays his debts; he works hard and spends little for luxuries. He seldom complains of his lot, and never knowingly commits a crime against the state or humanity. He loves much, and laughs more. He may put by a few dollars for his old age, but oftener not. When he dies, men say of him "He was an honest man and a good citizen. We shall miss him." There is nothing startling in the story; nothing in it to exploit; just the story of an average man—one of the salts of the earth. We all know or knew him and his kind. He has lived according to his light, and his being has served its purpose. No man is ever a failure who has left behind him the influence of usefulness and strong integrity.—Ex.

Tuberoses

Tuberose bulbs may be planted out in the border about June 1 in the middle states, but earlier further south. They may be started in the house and transplanted when the ground is warm. When planted, they should be covered about an inch deep with fine, rich soil. Select the bulbs with care, as some may be rotten at the center, and others may have become chilled during cold weather, and such will not bloom, though they may grow. Sound bulbs show signs of life at the top. Give good soil, plenty of sunshine, moisture, and keep the soil well stirred about the roots. Tie the flower stalk to a stake as it develops to support it when in bloom.

The Homes of the Future

In the future, as now, the home will be the bulwark of the nation, the haven of the husband and wife, and the shelter of happy, healthy children. There will doubtless be many material changes in its conduct and arrangement. The city flat may lead to the co-operative dining rooms, laundry and nursery; the business which delivers by order upon the family table the well-cooked and satisfactory meals will probably be extended. There will doubtless be better cookery through improved machinery and scientific methods; together with a greater knowledge of chemistry of foods; a larger patronage of restaurants where better foods for less money can be had than in the individual homes; the idea of the home itself may be improved upon, and family life may be better and more happily adjusted. But the home itself—the retreat chosen, as the bird builds its nest, by the instinct of pure and intelligent affec-