



The Home Department

Conducted by Helen Wat is Meyer

At the Turn of the Road

The road that seemed so long at first
is coming to an end;
The inn which we have sought to
reach is just beyond the bend;
The way behind us stretches far, and
strewn along its length,
Are graves in which they lie who
lacked our luck or will or strength.

Before us lies another way that
winds and stretches far;
And there high hills and lonely miles
and pleasant valleys are;
And many who are strutting now,
without a pang or care,
Will be among the ones who fall for
want of courage there.

Before we start upon the road which
branches to the right
Beyond the inn where we shall have
our lodgement for the night,
It will be well, perhaps, to give a
thought to those who fell,
And ask if we were always fair when
striving to excel.

—S. E. Kiser in Chicago Record-Herald.

"Your Own Boss"

Do not get the idea into your head that, if you were "your own boss," you could afford to be easy with yourself. Whether working for yourself, or for others, you must check any tendency toward laziness or idling, for if you do not, you will be kept down all your life. To succeed at anything, you must work; if you want the best, you must give the best. You will find, too, that if you are your own paymaster, a few hours' work a day will not be sufficient by which to earn a good living. You must be strict with yourself, and hold yourself to a just account, even more so than you would hold another. Even though the muscles may rest, the brain must be kept busy, for in order to succeed in any undertaking, you must exercise your body much, but your brain more; you must think, plan and contrive, constantly seeking to improve on your past.

"The Cooking Chest"

Interest seems to be growing in regard to the much exploited "hay-box," or fireless cooking chest, and from many sources such satisfactory reports have come, that one feels justified in urging housewives to avail themselves of this new help in the culinary department. Letters are also being received asking for information, and I hope it may not be long before this really valuable device may be found in every household. The Agricultural Department at Washington, D. C., has prepared a bulletin, No. 296, in which is given a description of it, and this bulletin may be had for the asking. In nearly all homes the servant problem is settled by the mother or wife, who, as an exchange puts it, is "sometimes allowed to eat a portion of her meals with the family, though the most of the time is spent running back and forth to the kitchen, and if she gets the dishes cleaned up, and things prepared for the morning's work before the family go to bed, she is allowed to come in and sit with them, though, as a rule, she is not always

or often dressed for company." The house-mother-servant does not often have a "day off," but her time is generally taken up watching the cook stove and putting in fuel. If she has a cooking chest, this is all changed, and a very good specimen of one may be made by the home artisan at a very little cost. The popular descriptions of the home-made cooker, detailed in many publications, differ more or less in small matters, but the principle is always the same—the retention of heat by surrounding the food with non-conducting material. Even when the cooker is very simply constructed, the results are good, provided they are well packed with the non-conducting material. A tightly covered tin or enameled can, or bucket, preferably without a handle, but having a tight cover, and a wooden box and packing material are the essential features. The packing box or other receptacle should be considerably larger, say three or four inches in every direction, than the vessel used for cooking. Line the box with several thicknesses of paper or with asbestos. Over the bottom of the box should be spread a thick layer of hay, saw dust, crumpled newspaper, or similar material, tightly packed. The cooking vessel is placed on the center of this and the spaces between it and the sides of the box packed full of hay and whatever is used. A thick cushion or pad of suitable size should be made for covering the top of the can, and a wooden cover for the box is also desirable. In some of the cookers which have been described in magazines, etc., thick felt, asbestos, cork and other non-conducting materials have been used for packing, but good results have been reported with the simpler materials.

Cold Feet

Nearly all people who lead a sedentary life, and especially those who have disordered nerves, or chronic ill health, suffer more or less from cold feet. In these cases, the cold is caused by poor circulation, and applying artificial heat to the extremities will give only temporary relief. It is better to remove the cause. Persons habitually having cold feet should wear large, comfortable shoes and well-fitting stockings, and the feet should be kept clean by frequent warm water baths, followed by a showering with cold water, and this should be followed up by a vigorous massaging of the whole foot. If the massaging could be done by a second person, it would be more effective. Mothers should notice that the little ones do not go to bed with cold feet, for this is a fruitful cause of poor sleep, colds, fretfulness on getting up of mornings and the tendency to cold feet will become more pronounced if not checked, leading often to serious results. Each member of the family, but especially the mother and small children, should have bed-socks, and no matter what the urgency, the socks should be slipped on the feet before they touch the floor. The socks are easily made, and can be fashioned from old sock or stocking legs, the feet of which have given out, as patches will not hurt the feet. Old pieces of blanket, or woolen cloth, or scraps of men's woolen garments, can be used. Or they may be knitted just as one would knit a sock foot, starting at the ankle, and

having no leg to it. Any thick, soft, fleecy woolen cloth will do; and they should always be tucked in at the side or foot of the bed, where they can be found at once when wanted. A physician tells us that there is one sure way to warm up the feet so they will stay warm, and that is to take deep breaths, holding the breath for a few minutes, and this will force the blood into the extremities. It will cost nothing to try this method, and may be very effective.

The Silenced Singer

Since blindness fell upon him, over five years ago, Ira D. Sankey passed his time in his home in Brooklyn, New York, and few knew the place of his abode. On the evening of August 13, 1908, he passed into peace with a song on his lips. Just before he passed into unconsciousness it is said he was heard faintly singing a verse of his favorite hymn, of which he wrote neither the words nor the music, the first lines of the hymn being:

"Some day the silver chord will break
And I no more, as now, shall sing;
But, O, the joy, when I shall wake
Within the palace of the King!"

Born at Edenburg, Pa., August 28, 1840, Mr. Sankey at his death lacked but a few days of being sixty-eight years old. He had traveled much, sung much, written much, published much and given much to further the Gospel among men. His song books are said to have a circulation of more than 50,000,000 copies, and the hymns and tunes he wrote are used throughout the English-speaking world, if not throughout the entire Christian world, and they have been translated into many languages and are sung in China, Egypt, India, and many other lands far from his own country. The story is told that, while engaged in a religious service with Mr. Moody at Edenburg, the congregation was large, and at the close of the address he was asked for a song. Suddenly recalling an impression he had received while reading the words of "The Ninety-and-Nine," in an English paper the day previous, he took the clipping from his pocket, laid it before him and sang five stanzas of the song, improvising the tune on the inspiration of the moment. Think of the Gospel hymns that follow the sun around the world wherever gospel meetings and prayer meetings are heard, and think how truly it may be said of this consecrated singer that his songs girdle the earth, and though his voice is silent in death, he yet sings to the world, and unborn generations will listen, even as we, to his inspiring melodies.—Progressive Farmer.

For Preserving Files of Newspapers

A correspondent in the Rural Weekly gives directions for binding and preserving newspapers, pamphlets and magazines, which may be tried by our readers: Purchase a ten-cent box of hollow rivets (the kind used to mend straps on harness); lay the papers for two or three months together and punch two or three holes along the backs, through the pile. Insert the rivets in these holes, head them down, as you would in the harness mending. A thick, tough piece of wrapping paper, or a heavy covering of oil cloth may be fastened as a protection, like the binding of a book, using tape strings through the holes,

and this will preserve the outside pages. A hollow punch may be purchased for about ten cents, or the holes may be made with an awl, or wire nail. The punch is better, however, and can be used for many other things. At the close of the volume, the booklets can be fastened all together by running a strong string or tape through the hollow rivets, and thus the volume will be preserved.

For Breakfast

The no-breakfast plan may work well for the sedentary worker, but for the man or woman engaged in physical labor, a good breakfast is seemingly imperative; it means fuel for the body, and should consist of good, nourishing food which agrees with the stomach of the worker. A poor breakfast is worse than none, and not every one can endure the cereals and baby-foods that are so fashionable a fad. While coffee is a stimulant, and many think they can not work without their breakfast cup, it is a veritable poison to very many of its advocates, with, or without their cognizance of the fact. A physician who has made a thorough study of digestive subjects tells us that there are thousands of persons suffering from indigestion caused by eating fruits and cereals, but who persist in their use because so much is said in their favor. There are thousands who can not eat fruit or cereals for breakfast without suffering intensely for it, but can make a breakfast of good bread, well-cooked eggs, meat, gravies and potatoes, and relish the same, with the happiest results. Many admit that they can not eat acid berries, or other tart fruits, who struggle bravely to eat raw lemons, or drink diluted lemon juice on an empty stomach in the belief that lemon juice is a sure cure for liver troubles. Some stomachs can not tolerate apples without the person suffering from bloating, or other digestive derangements, yet persist in their use because "fruit is so wholesome." In spite of the popular doctrine that one has only to eat plenty of fruit in order to be well, there is a constantly growing contingent that are arriving at the conclusion that fruit eating is not at all times, or to all persons, desirable.

Some Corn Cakes

Corn Puffs—One cupful of cold mashed potato rubbed through a sieve; one cupful of sweet milk; add the well-beaten yolk of one egg; then add slowly, beating constantly, one cupful of corn meal, and last, the white of the egg beaten to a stiff froth; bake in hot gem pans at once. If the potato was not salted, a half teaspoonful of salt should be added to the batter.

Confederate Corn Cake—Two cupfuls of sugar, one cupful of butter, three cupfuls of fine corn meal, two cupfuls of sweet milk, six eggs, one teaspoonful of soda and two of cream tartar. Beat the whites and yolks of the eggs separately; cream the butter and sugar and add the beaten yolks, then the milk, and stir in the meal which should have been sifted with the soda and cream tartar. Lastly, add the stiffly beaten whites, and flavor to taste. Bake in small pans, or gem pans.

Corn Batter Cakes—Three cupfuls of sour milk, teaspoonful of soda, teaspoonful of salt, one egg, table-

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 the pain,
cures wind colic and is the best remedy for diar-
rhea. Twenty-five cents a bottle.

