



The Dreams Ahead

What would we do, in this world of ours,
Were it not for the dreams ahead?
For thorns are mixed with the fairest flowers,
No matter what path we tread.
And each of us has a golden goal
Stretching out to the endless years;
And ever we climb with a hopeful soul,
With alternate smiles and tears.

The dreams ahead are what hold us up
Through the strain of a ceaseless fight;
While our lips are pressed to the wormwood cup,
And storms shut out the light.
To some, 'tis a dream of a high estate,
To others, a dream of wealth;
To some, 'tis a dream of a truce with fate,
In a ceaseless search for health.

One dreams of a hearth and a home to be;
One sees but a golden store;
While the burdened toiler dreams of rest
Where toil shall be no more.
So, ever it is, in some sweet guise,
Hope hangeth her lantern high;
O, the dreams ahead are the golden stars
That help us to live, or die.

—Old Scrap Book.

Personal Cleanliness

Right now is the time to begin the bath habit. A plunge into water of the proper temperature, or even a good sponging of the body from a hand basin, is a positive luxury during the hot months, and once the habit is formed, it will be hard to willingly give it up. For cleansing purposes, the tepid or warm bath, with plenty of soap and water, is the best; and this may be taken just before retiring, or any time during the afternoon. The warm bath (between 90 and 98 degrees) should be taken at night, to remove the soil and perspiration of the day, and where it can be borne, a sponging off with cool or cold water is to be commended. A good friction should follow, with a Turkish towel or Turkish bath mits. If one could have a half hour's massage after the bath, it would do a great deal of good.

A hot bath, reading from 98 to 100 degrees upward, should be taken only under the direction of a physician, as it is weakening.

If you have no bath tub, there are many ways of overcoming the difficulty, through using the laundry tub, or even the hand basin. The cool or cold bath is stimulating and strengthening, but many delicate persons can not stand the cold bath, as reaction does not follow readily. One can, however, accustom themselves to the cold bath, by gradually reducing the temperature of the water. Begin with the tepid temperature, gradually lowering the temperature until you can stand the cold. A good time to take the cold bath is immediately on getting up in the morning, before you have eaten anything, following the rapid sponging off of the body with friction by means of a coarse towel. For a nervous person, or one suffering from disordered nervous system, the cold bath is of untold value; but it should not be taken if one fails to

get warm quickly under friction. The habit of bathing is easily started during the hot months, and should be kept up under suitable conditions during the whole year.

Poisonous Remedies

Nearly everything used for killing house pests is poisonous, or has one or more poisonous ingredient. We read nearly every day of some child falling a victim to something of the kind. But in every case, parents, and those having charge of young children, should see that such preparations are put out of the reach of little, meddling hands. Older children should be carefully taught to let such things alone, and their use pointed out to them. Many mothers are very careless in handling such things. Any receptacle holding anything that is at all poisonous should be conspicuously labeled, and to even the children too young to read, the dangerous qualities should be pointed out and explained. Children often have better sense than they are given credit for.

One of our readers has just sent in the following, endorsing it strongly as a sure destroyer of roaches: Get a bit of "blue ointment" of the druggist—five or ten cents worth, and mix it smoothly in a pint of coal oil. With a feather, or small swab, apply it to all cracks, crevices and holes used by roaches. Do this at intervals of a few days, so long as a roach is suspected of being about the premises. But no matter what one uses in the way of exterminators, no house can be rid of them while damp, dirty spots are allowed, or damp, dirty rags or soiled clothing lie in corners and closets. Every crumb of food must be put out of the reach of the vile pests, and an abundance of soap and hot water must be used everywhere where they are likely to be found. It is said that roaches will often leave a very cleanly kept house, going to dirtier and more congenial quarters. Let it be a war to extermination, in every household.

A New Food Stuff

Dr. Fraps, chemist of the Texas Experiment Station, advocates the use, as a food stuff, of cottonseed meal, discussing the same in a bulletin, recently issued. Cotton seed meal has been used heretofore, exclusively as food for stock. It is said to contain a very high percentage of protein, and as protein is the chief constituent of meats, the meal should be used as a substitute for meats, in the form of bread, ginger-snaps, and other dishes, and is said to be sweet and palatable. It is not a substitute for flour, as it is of low percentage in sugars and starches.

Drinking Water

The flat taste that belongs to boiled waters renders it unpalatable, but it may be prepared in the following manner so as to be used: Boil for ten minutes, after having filtered it, and then pour into a stone jar and cover with a piece of cheese cloth. The jar and cloth should have been previously sterilized. Let it stand thus for twelve or more hours, then pour into glass bottles or jars with screw tops, and put into the refrigerator, or some cold place. The water can be aerated in a few minutes by putting a quantity in a glass jar, leaving room for shaking and shake vigorously until it sparkles and bubbles, then put into

the ice chest to cool. No ice should be added to the water. Where a filter is used, it must be kept well cleaned and freed from clogging by the foreign matter that it strains from the water.

Canning Recipes

It is claimed that mushrooms should be canned the same as any other vegetable. Pack the jars very full, put on the covers, put the jars in a wash boiler (with a wooden bottom bored full of holes) and cover with water nearly to the top, having the water cold to start with. Bring slowly to a boil and boil for an hour and a half. As the mushrooms will shrink, lift out of the water, open and fill two jars with the contents of a third, keeping out of the water as short a time as possible; return when filled with the cover screwed on loosely, sterilize by boiling half an hour longer, screw down the top tightly, one at a time, and let stand in the water until it is cool. Give the same care as other vegetables.

Canning String Beans—String choice beans and break into inch-length pieces, wash and pack very tightly in the jar, using a small pestle for the work, but do not bruise the beans; then overflow the jar with cold water, being sure all air-spaces are filled. Have new rubbers and perfect tops. Screw on the tops and turn the can upside down to test for leaks; if all is right, wrap a cloth around each jar, pinning it, or fastening with a few stitches, and lay a towel in the bottom of the boiler; set the cans on this, and lay a thin board or large platter on top and weight the jars down; then fill up the kettle about an inch above the tops of the cans, using cold water. Bring to a boil and boil four hours. Remove from the fire and let cool, lift out the cans and set away in the dark.

Iced drinks for hot days should be tart, rather than sweet. A sweet drink cloyes the mouth, while a tart one refreshes. While canning, all surplus fruit juices should be canned and the jars sealed, as nothing is nicer for beverages, or for sauces and flavors.

Making Jam

With some women, making of jam is a dismal failure; yet it should not be. The failure in making jam may be due to one or more of several causes, among which are carelessness in the matter of proportions of water, fruit and sugar; over-ripe, stale or unsound fruit; insufficient boiling, cheap, moist sugar and inattention to the work in hand. The fruit must be used when it is in the first stage of ripeness, boiled properly, with good sugar and close attention. The fruit should be dry and fresh, sugar of the best, the preserving kettle of copper, porcelain-lined, or enameled ware, broad and deep. Wooden, silver or enameled spoons must be used in stirring. The kettle must be clean, not burnt or damaged at the bottom, and the day should be a dry one. Juicy fruit requires more boiling than dry fruits, and the kettle should rest on the stove, not directly over the coals or flame. Fruit and sugar must be weighed accurately, and as little water as possible used. With juicy fruits, none. Juicy fruits may be mashed and let to stand until the

juice starts sufficiently to prevent burning; dry fruits should have just enough water to keep it from burning until it starts to cook. The fruit should be cooked alone for half an hour, then the sugar, well heated, should be added, and the mass boiled rapidly until done, stirring frequently at first, and constantly as it thickens. Long boiling with sugar spoils the color. If not boiled sufficiently, the excess water will cause the jam to mould. If any scum arises, it must be removed. To know when jam is done, notice when it adheres to the spoon, then take out a little on a plate, and if it sets quickly, is glossy, and no water around the base, remove the pan from the fire at once, or it will spoil. Do up only small quantities of fruit at one time.

Removing Stains

Coffee—in which cream has been used, is very hard to get out of fabrics. It is recommended to rub the spots with pure glycerine, then rinse in warm water and press on the wrong side. The glycerine is claimed to remove both the grease and the coloring matter.

If oil or grease has been spilt on the carpet, spread a layer of French chalk over the spot, cover with a sheet of blotting paper and iron over it with a quite warm iron. A paste of Fuller's earth may be used in the same way, only let dry and then brush off, instead of ironing. Repeat, if necessary.

Tea and coffee stains will generally disappear if boiling water is poured through the cloth where the stain is, while the stain is fresh. Javelle water, applied to the spots, then thoroughly rinsed out, will usually remove them, if obstinate.

Fresh grass stains should be soaked in alcohol, or in molasses. Some claim they should be greased with lard before using the alcohol, but for non-washable materials, this will not do.

How to Make a Burn Painless

When living in Calcutta many years ago, I fell asleep one evening while smoking a cigar, to wake up to find the lighted end of the cigar on the back of my left hand, plus a burn the size of a rupee. The burn I dressed in the usual way with oil, etc.; notwithstanding, the pain was so great I did not sleep all that night, the acute pain not subsiding till noon next day. Some weeks after I burnt my other hand in a similar manner. Knowing that oil had failed to keep away the pain, something put it in my head to try paper, so I tore a piece off the Calcutta daily paper I had been reading and applied it firmly to the burn, with the result that in less than half a minute I felt the pain getting less, and before the minute was up the pain had gone. Since that date I have had many burns, all of which I have rendered painless by the immediate application of a piece of paper.

As I do not remember speaking to anyone who knew of this cure, nor having found reference made to it in any medical book, I shall feel obliged if you will kindly let it be known. Seeing paper is within the reach of most folk, when they get a burn they have only to remember this little incident to avoid hours of unnecessary pain. The immediate application of any kind of dry paper will do.—John Garraway.

Some Bread Recipes

For one loaf of whole wheat bread, take one pint of white bread sponge and one tablespoonful of molasses; stir in whole wheat or sifted graham flour to make a soft dough too stiff to stir easily, but not stiff enough