



The Home Department

Conducted by
Helen Watts McVey

Recompense

Straight through my heart this fact today

By Truth's own hand is driven—
God never takes one thing away
But something else is given.
I did not know in earlier years
This law of love and kindness;
I only mourned through bitter tears
My loss in sorrow's blindness.

But, ever following each regret
O'er some departed treasure,
My sad, repining heart was met
With unexpected pleasure.
I thought it only happened so;
But time this truth has taught
me—
No least thing from my life can go
But something else is brought me.

It is the law, complete, sublime;
And now, with faith unshaken,
In patience I but wait my time
When any joy is taken.
No matter if the crushing blow
May for a moment down me,
Still, back of it waits love, I know,
With something else to crown me.
—Ella Wheeler Wilcox.

Rebel Timber

One of the most important things the mother has to do is to impress upon the budding intelligence of her child the fact that it has to take her word for a whole lot, and obey what she says. It does not crush the individuality to be made to conform to necessary rules, and to recognize that other people have rights which must be regarded, no matter what the child may want to the contrary. There is nothing sweeter than a little child; but when it has been allowed to grow up selfish, headstrong, tyrannical, there are few things that are more disagreeable to have about. According to observation, those much-talked-of individual tendencies of children are to have their own way, do as they like, regardless of the likes of others, have everything they want, and get into all the mischief they can crowd into their waking hours.

One of my friends has a trio of the dearest little children, bright, smart, pretty, and to see them at their best one would begin to look for wings. But the friend has theories about individual proclivities, etc.; the children are allowed to follow the bent of their own sweet will, and know nothing whatever of discipline. Under the mother's hands, these children are terrors, and frankly, nobody wants them about. The mother is hardly welcomed at the homes of her best friends because of them. In every game the little ones play, the other children soon leave them, and with good reason. They are loving little things, but are utterly selfish and indifferent to the feelings of others; they have few playmates, and are shunned wherever they go. It is not because they are bad children, but simply because they have never been trained to think of others; want to do just as they please, and carry things to suit themselves. Among themselves, it is the same, and there are "wars and rumors of wars" wherever they are. Now, don't you know, they are going to have some hard lessons to learn when they take their place in the world of school children?

In the homes of their mother's friends, they are perfect terrors; they are into everything; if they fail

to get what they want, there is an outcry, with kicking, fighting and rebellion, until they are humored at whatever expense to their hosts, and certainly the shame of their mother. They could not be kept off the beds, and left their foot-marks all over the white covering; piled the furniture on the floor, rioting over it, and in fact, creating pandemonium in every room. At the table no one was allowed to eat in peace until the children had all they wanted of any dish that struck their fancy, and in most cases, the meal would be abandoned in order to have peace. Have you not, every one of you, seen such children, and did you not really pity the mother because of her mistaken kindness in allowing such lawlessness? Many children will not mind, no matter what punishment is promised or meted out to them, but this is usually because of the unwise course of the parent, through weariness, and the fact that the mother has too much to do to train the children into ways of peace. What would you do about it? What advice would you give?

How to "Grow Old Gracefully"

One of our readers asks how old people may keep the mind from failing before the body is worn out. Only by cultivating and exercising it. As people advance in years, if they would keep young in mind and body, they should do less physical work, and read, study and think more. And the advice to read does not mean that the hurried absorbing of the fiction literature of the day, or even the popular discussions of the "pr" so exploited by certain literary lights, is all that is necessary. The world is full of interesting writings, and science, literature, politics, religions, are all dealt with in an interesting and instructive manner suited to even the unlearned, if the natural tastes move along those lines. The reason why so many aged and aging people have a blank where they should have a mind is because the mental powers are not exercised and kept alive by culture. The rust gets so thick that thoughts can not be formed. It is "the still arm that stiffens," and one should keep alive and in touch with the times so long and as perfectly as their waning powers will permit. No one can "keep young" forever, and the time comes to all when the physical powers fail to respond to the demands of the mind; the curtains of the mentality is shut out simply because the physical powers break down in spite of all efforts to keep them in working order. Read the best books on any line that suits your tastes; but think over what you know, and learn to voice what you thus know. It is the physical body that fails; when that is worn out, the mental has nothing to act through.

Something New for the Garden

Our up-to-date seedsmen are listing a new vegetable, and giving no end of recommendations. The name of it is Witloof chicory, and where it is known at all, it is often called French endive. The vegetable is of Chinese origin, and its Chinese name is Pe-Tsai. It is classed with the cabbage family, looks like cos lettuce, and is making a favorable impression on vegetable growers and consumers. If you want to know about it, send for the seed catalogues and read the description, ways of growing it, and uses

after it is grown. It can be cooked, but it is much more liked using the crisp, half-blanching head like lettuce; eat it with sugar, or French dressing. The way to get it is to send for a packet of seeds—5 cents—and grow it yourself. You will hardly find it on the market yet. The seeds should be sown in April in the open ground. Send for the catalogue, then send for the seeds and see what you can do. Send for Swiss chard at the same time. You won't regret it.

Sugar peas, English vegetable marrows, the new pumpkin,—sow these not later than June. A packet of sea-kale seeds should also be sown. Two years are necessary for the growth of the kale, but it is worth it. The old stand-bys are very good, but the seedsmen and market gardeners are teaching us that there are some things "just as good." The new "string beans" that have no strings to entangle our teeth, are fine, and you should try the stringless string beans.

If you haven't got the catalogues, don't wait any longer to send for them; they are worth having, and it only calls for a one-cent card to have them brought to you.

There are many vegetables that may be grown for winter use, needing no canneries, but keeping their delicious crispness into the winter. If you have only a pocket-handkerchief garden, try some of the new things; the standard things are cheap enough, but the new things are not to be had, in many places, for any money value.

Pruning the Rosebushes

It is an astonishing thing to see how, year after year, the certainty of obtaining a good crop of rose blooms is frittered away through neglect or unintelligent pruning of the plants in the spring. Thousands of rosebushes, all over the country, even in otherwise well-tended gardens, never produce good flowers, and the explanation is generally to be found in the fact that no reasonable plan in pruning is followed, though the bushes have made a fine growth during the previous season.

Dwarf rose bushes, at the beginning of the year, generally consist of several much-branched stems which carried bloom in the previous season, and several strong, straight shoots springing from the base of the plant. In the case of hybrid perpetuals, these older branching stems should be cut completely out, leaving only the new shoots from the base, and these, themselves, should be considerably shortened. If the old spray-wood be left in, it produces no flowers worth having, while the weak and crowded growth with which the plant becomes covered, afford a perfect harborage to every known rose pest. The hardy, June-blooming rosebushes should be pruned after blooming is done, and the new wood will set buds for the next season. The ever-blooming roses should be pruned frequently, cutting off a bit of stem with the flower taken, as it is the new wood that buds and blossoms every month. The tender plants should not be uncovered too early in the spring, but the manure protection should be spaded into the soil as a fertilizer.

In selecting tea roses, try to have a variety of colors, and try to get the free-blooming, hardy kind. Then give them good care for the first year, and you will have untold pleas-

ure with them during all the season, from the earliest blossom until the snow falls upon their latest buds.

Contributed Recipes

Rye Bread—Pour the water in which you have boiled your peeled potatoes into a pint of rye flour, or enough to make a very stiff batter, having the water boiling hot. Add to this three or four boiled potatoes, mashed fine; let cool. When cool, add a cake of yeast which has been dissolved in a little water, and leave stand until night; then add a pint of warm water and enough rye flour to make a stiff batter; the batter, or sponge, must be made very stiff, if you want good rye bread. Next morning add one-half cupful of sorghum molasses, one-half cup of lard, and a small handful of salt, with enough water to rinse out the crock well. A heaping tablespoonful of salt will be an abundance. Mix with wheat flour and knead until it will not stick to the hands, then set to rise. When it rises to top of pan, knead again; when it rises a second time, work into single loaves; when light again, bake with a steady fire.

To Season Sausage—When one guesses at the quantity of seasoning to be used, the result is seldom satisfactory. Here is one housewife's way: One rounding tablespoonful each of salt and pepper, and one teaspoonful of sage, powdered, to each gallon of meat. If the weather is warm after butchering, the sausage may be kept fresh longer if pressed down tightly in crocks or jars and the top covered with fresh lard, melted just so it will run over the meat and form a close covering. This will exclude the air and prevent the sausage getting strong for several weeks.

Potato Pancakes—To one cupful of cold mashed potatoes, add one cupful of milk; sift together in another vessel one-half cupful of flour, one-half teaspoonful of salt, one teaspoonful of sugar, and a heaping teaspoonful

MORE THAN EVER

Increased Capacity for Work Since Leaving Off Coffee

Many former coffee drinkers who have mental work to perform day after day, have found a better capacity and greater endurance by using Postum instead of coffee. An Illinois woman writes:

"I had drank coffee for about twenty years, and finally had what the doctor called 'coffee heart.' I was nervous and extremely despondent; had little mental or physical strength left; had kidney trouble and constipation.

"The first noticeable benefit which followed the change from coffee to Postum was the improved action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steadier.

"Then I became less despondent, and the desire to be active again showed proof of renewed physical and mental strength.

"I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: **Postum Cereal**—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both forms are equally delicious and cost about the same per cup.

"There's a Reason" for Postum.
—sold by Grocers.