

The Home Department

A Little Mother's Lullaby

Th' streets are filled with trampin' feet,
Sleep, sleep, my baby!

But somewhere, there's a country sweet,
Sleep, sleep, my baby!

An' candies an' ice-cream to eat;
An' somewhere there are skies all blue,

An' buttercups an' daisies, too,
(Hush, don' yer cry till I get through!)

Sleep, sleep, my baby!

This country is th' land o' dreams,
Sleep, sleep, my baby!

It's far away from cries an' screams,
An' everything is good, it seems,
Ter fold yer in an' clasp yer tight,
It's always gay an' always bright,
It's always daytime—never night!

Sleep, sleep, my baby!

Th' city streets are hot, so hot;
Sleep, sleep, my baby!

But in this country, like as not,
There'll always be a breezy spot.
It's Dreamland, where there's not a care.

Where vi'lets grow, an' roses fair **
(An' oh, I think you're almost there!)

Sleep, sleep, my baby!

Margaret E. Sangster, Jr., in The Christian Herald.

A Talk to Mothers

The child who is not allowed to test its own powers never can realize the extent of those powers; if it is discouraged in its efforts to put itself in close and varied relation with life, it ceases by and by to care about such relationship, says Laura Spencer Porter, in Mother's Magazine. The child who is not allowed to fol-

low, for instance, a child's normal desire to garden or to cook, becomes the grown person who cares nothing about such things or possibly dislikes them.

By depriving children of the tasks they themselves desire you have left them an empty treasure house in later years. There are some natures strong enough, perhaps to keep the desire past all discouragements, but usually, we have repeatedly denied a child the task he would choose and love, we have robbed him of a great deal. And when we discourage him, and say, for instance, "You see, you only make a failure of it when you try to cook, wait until you are older," we rob him of faith in himself and undermine his courage; we literally discourage him. When he comes, in later years, to life's more difficult tasks, he will the more readily doubt his ability to perform them successfully, and doubt of his own ability will make him timid and will discourage him; and the timid and the discouraged stand only a much weakened chance of success and happiness in life.

The Story of the North Star

How many of our boys and girls know that the star called the North star, is not always the north star, so far as indicating the North pole is concerned? A great many people do not know this, so we will tell them. To start with, it is not the north star, but the north pole, that is to blame for their separation. It is the pole that moves, the star being practically stationary. Do you know what is meant by the "North Pole?" Try to find out about it. At the present time, the pole is a little over one de-

gree of the compass from the north star, in the direction of the Great Dipper. The pole is now approaching nearer the star, and in 200 years it will be less than half a degree away; after that, the movement of the pole will carry it away from the star until the latter will be useless as a guide to the pole. Another star will be our guide; it is called Alpha Draconis. This star was the Pole star about 4,600 years ago. About 11,500 years from now, Vega will be the pole star; then, again, it will swing back to Draconis, and in 25,800 years our star will again be the North Star.

The Electric Vibrator

This is said to be to a woman what the gymnasium is to a man. It means the right kind of exercise in the right way, at the right time. Vibration is called the exercising of the muscles and stimulating them, and thus counteracts the sagging of the face which the years and much worry always bring. If you are nervous and tired, and head-achy, the vibrator applied about the base of the brain and down the spinal column is claimed to give you a new lease of life, and the application can be given by any child, it is so simple. Many of the baffling headaches which few doctors can relieve, even temporarily, without resorting to pernicious drugs, can be relieved with no further bad effects by the application of electricity. Electric lighting is now used in so many homes that the electric current is always at hand, and its uses should be studied. Vibrators may be run either on their own dry cells, or may be attached to ordinary electric lighting apparatus in the house.

Thrift Thought

If clean wheat is available, says the United States department of agriculture, it may be ground at home in a coffee mill and the following economical and nutritious bread made:

Home-Ground Wheat Bread

Over a mixture of 1 tablespoonful sugar and 1 1/4 teaspoonfuls salt in a mixing bowl pour 1 1/4 cups of hot water or skim milk. When the liquid has become lukewarm, add 1/2 cake dry yeast or 1 gill liquid yeast and 1 1/2 cups of home-ground wheat flour. Set over night to rise. In the morning add 1 1/2 cups flour, beat well, put into greased pan, allow to rise until the bulk is doubled, and bake.

Bits of Information

To separate the white from the yolk of an egg, break the egg into a funnel; the white will slip through, leaving the yolk unbroken.

By adding common table salt to gasoline, it is claimed that spots, including grease, can be removed from delicate fabrics without leaving a ring around the cleaned place.

For removing tea and coffee stains from table napery, soak the stains in the water in which potatoes have been boiled before the articles are put in the wash.

To drive away little red ants, pour a tablespoonful of paregoric into a saucer, set it in the refrigerator, pantry, or other resorts of the ants, and they will disappear quickly.

Mix a small quantity of flour with

a little cold water, rubbing out all lumps, and spread this over the top of a pie before baking. It will make the crust flaky.

When you go away from home, prepare some water-proof matches. In a small tin vessel melt some paraffin wax, and while it is hot dip the end of each match into this, then lay out carefully to cool and dry. The coating of paraffin will make the match absolutely waterproof.

A great deal of advice is being given as to eating rice as a substitute for vegetables. Many people can not eat rice, because it does not agree with the digestion; many others refuse to eat it because it is tasteless unless mended up with sugar, milk, eggs, butter, or meats. Even of itself, it is hardly cheap at five to seven cents a pound, and its effect on most people is constipating.

We are advised to put up all the eggs we can, during the season of plenty, as there will always be a good price for them for some time to come. Eggs are food, and their food value is very large. Try the water glass method. It is safe.

Many people would use peanut butter but for the fact that it is not very easy to spread, and when in the mouth is hard to swallow. When ready to use it, take out only such quantity as is needed at one time, and put into a bowl; to the butter add a little water, half a teaspoonful at a time, and mix thoroughly until it is light and foamy and of the proper consistency to spread readily. Prepared in this way it is extremely delicate and economical, and the original quantity is increased. The mixed butter will not keep as the unmixed, and for this reason only the needed quantity should be prepared at one time. Peanut butter is wholesome and nutritious, and should be oftener used.

Where fresh milk can not be had, or where no ice is kept, the condensed, or evaporated milk will answer every purpose. If the family is large, the tall cans are much the cheaper, as you get more milk for your money than in the small ones; but where the family is limited, the small cans are cheaper, as the quantity will be just enough, and nothing will be left to spoil. As the milk is unsweetened, it can be used for any cooking purpose, and for coffee, tea, or like hot beverages, it can be used undiluted. For custards, or whipped cream, or sauces, it can be used freely.

For using evaporated milk for making whipped cream, the unopened can should be set in a vessel of water, and the water brought to boiling point; then, it should be taken out and chilled quickly, on ice, if possible, but not put in the refrigerator. When quite cool the can should be

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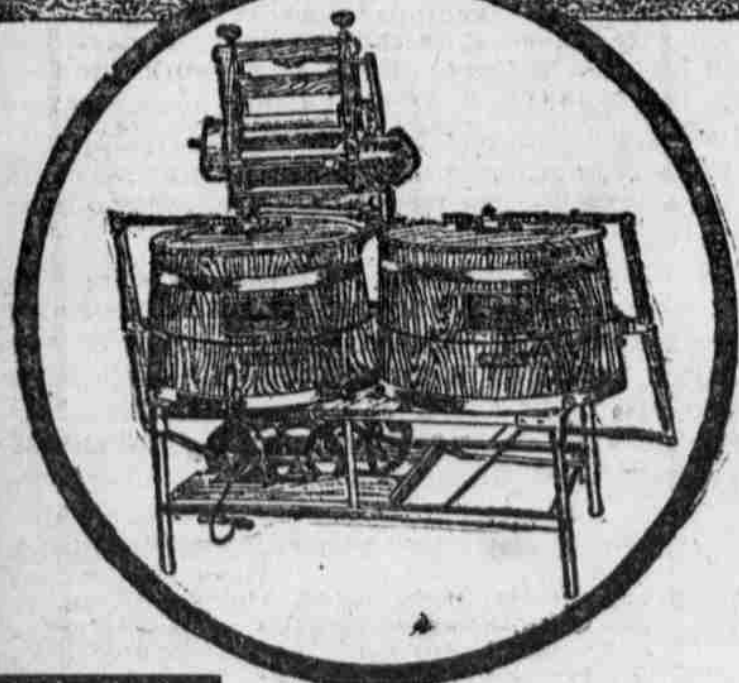
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