

Our Women and Children

Conducted by Lucille Skaggs Edwards.

A TALK ON THRIFT.

There is an economy that saves at the spigot and wastes at the bung-hole. To practice economy in little things and forget it in the larger ones is no economy at all. To walk a mile in order to save 5 cents car fare may not be a good policy, for the time may be worth many times the saving. It has been figured out that it does not pay a carpenter to stoop down to pick up a nail, for the time he wastes would buy two nails. You often see men and boys in the big city dashing in front of autos, dodging trolley cars and taking desperate chances with their lives to save a few moments time, and then stop for ten or fifteen minutes to watch some gentleman in a window advertising a corn cure. Be consistent!

It never pays to buy something simply because it is cheap. If you do not need it, it is dear at any price. The woman who is eager for bargains and buys simply because she cannot resist the temptation to get a bargain has swindled herself. True value consists in getting the maximum return for the money spent.

When a wave of economy strikes the household, the wife generally decides to save on the table, which is all very well, provided she knows how. But to buy cheap meats and stale vegetables may be the poorest sort of economy.

There are some cuts of beef as nourishing as porterhouse at one-third less the cost; but to buy bone and gristle for beef is to deceive yourself. If the family eats no fat, buy lean cuts. Pork chops can be had with practically no fat or bone at all. These are the loin chops. Rump roast is all meat and no bone and goes a long way because there is no waste. In the matter of clothing costly economy can be practiced. Two pairs of \$2 shoes will not last half as long as one pair of \$4 ones.

True economy does consist in doing without some things—needless luxuries, but not in doing without the necessities of life. There are many ways to save, but look out that in saving at the spigot you don't forget the bung-hole.—American Bankers' Association.

OPPORTUNITY.

The following little gem was written by a Negro author, Frank Burton Hood, Mound Bayou, Miss.: Look for me; I surely will come—Many men can express with pen and tongue, That 'tis their own fault, not mine; They're grumbling all the time. To everyone on earth I go—Learned, ignorant, rich or poor. But it is only the prepared that can tarry me Then, prepared you'd better be. I travel fast—I travel slow; Will some day knock at your door—Refuse me once I will go; Return again—but as before, If you are not prepared—Again I go.

The difference between northern race prejudice and the southern brand of the same article is that in the North, colored folks are expecting something that they don't get, and in the South the colored folks

are getting something that they do expect.—Richmond Planet.

SMILES.

Some people smile with their lips, some with their eyes, some with their whole faces. But the most wonderful smile is the smile of the soul. Here and there along the pathway of life we meet some rare man or woman whose presence is peace, and whose attitude toward the universe is filled with kindness and faith and hope. It is one of life's highest joys to know such great natures, and to be admitted to intimate confidence with such a man or woman is a priceless privilege.

Let your soul smile, and you shall be blessed of all who are fortunate enough to walk with you even a little way along the journey.—Woman's World.

NOT MUCH AS BOYS.

When parents get discouraged over the lack of study and the frequent eccentricities that their boys manifest, or even over their physical misfortunes or poverty, they ought to find hope and consolation in the thought that Isaac Watts was constantly scolded for his absolute indifference to books and boys' sports; Charles Darwin showed such an eccentric tendency to absent-mindedness that on one of his lonely tramps he walked off an embankment and nearly lost his life; Ralph Waldo Emerson was a hopeless dreamer; Moses and Demosthenes were fearful stammerers; Abraham Lincoln, Elihu Burritt, Charles Dickens and Andrew Carnegie were the poorest of poor children; Anthony Trollope, the writer, was hopelessly shy and the butt of his school; Audubon, of bird fame, was put down by all his elders as a fool; Caesar and Napoleon were epileptics; Oliver Goldsmith was a hopeless sloven, and Thoreau was adjudged by everyone to be a crank. The queer boy does not always grow to be the man of no worth.—Selected.

PASS EXAMINATION FOR POLICEWOMEN

Chicago, Jan. 21.—Of the 265 persons who took the examination several months ago for policewomen, twenty-seven passed and three were members of the race. They were Mrs. Annie W. Fitts, Miss Gertrude Hart and Miss Grace Wilson.

Each of these women made a good average and it has been learned from sources believed to be reliable that all will soon receive appointments.

MISS GIBSON RANKS HIGH AS STUDENT

Miss Mary M. Gibson, a colored girl attending Radcliffe college, is rated as one of the brightest students at that institution. She has written the music for the class song, and it has been accepted. Miss Gibson is only 17.

A salesman traveling through the South saw old Uncle Timothy starting away on a fishing expedition, and knowing how hard his wife

worked, thought it a good time to reprove him for his laziness. "Timothy," he said, "do you think it right to leave your wife at the washtub and you away fishing?" "Yas-suh," replied Timothy, "it's all right; mah wife don't need no watchin.' She wuk jes as hard as if I was dah."—F. W. Rochester, N. Y.

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