

Our Women and Children

Conducted by Lucille Skaggs Edwards.

HOME TIES

Thanksgiving Day is the home-coming for thousands. They go back to the old home if for only a day, and if not, the cheerful letter must be sent that the dear ones may know they are not forgotten.

Home ties should never be broken. Time and distance should not be allowed to efface from memory the scenes and experiences of childhood. It is a great disadvantage to have been brought up in a half dozen different homes. Where there has been but one it is comparatively easy to cherish its good influence. It is a distinct advantage to have had but one father and one mother, for as these increase in number the influences of the home are weakened. They are steady and strong in the race of life who can look back to a homestead that has continued for generations in the family.

Leaving home should be done thoughtfully and not too soon. When we have gone we should not break the chords of affection and interest that bind us to the ones left there. Home does not cease to help and bless us when we have gone out from the old roof. Self interest, as well as gratitude demands that we keep in close communication with our home and we thereby bring joy and comfort to those who have done so much for us.—L. S. E.

PETITION

These are the gifts I ask of thee,
Spirit serene:
Strength for the daily task,
Courage to face the road,
Good cheer to help me bear the traveler's load;
And for the hours of rest that come between,
An inward joy in all things heard and seen.

These are the sins I fain
Would have thee take away:
Malice and cold disdain,
Hot anger, sullen hate,
Scorn of the lowly, envy of the great,
And discontent that casts a shadow gray
On all the brightness of the common day.

—Henry Van Dyke.

EXERCISE AND HEALTH

One way to keep healthy and live long is to play golf, says a bulletin issued by the United States public Health Service. If you cannot be on the links two hours a day, then you must wheel a baby carriage or make a garden to keep your physique from degenerating. The bulletin says:

The death rate after the age of forty is increasing in spite of the more sanitary modes of living and greater protection against communicable disease. The expectation of life after forty is less than it was thirty years ago. This is due largely to increased prevalence of the diseases of degeneration. The muscles, arteries and other organs of those who as a result of sedentary occupation or indolence take too little exercise degenerate. Heart disease, kidney disease and other ills follow.

"Take exercise. Take daily exercise. Have a hobby that gets you out of doors. Walk to your business, to your dressmaker's, walk for the sake of walking. Join a walking club and

keep your weekly score of miles. Keep chickens, make a garden, wheel the baby or play golf or any other game, but take two hours outdoor exercise every day. Gymnasium work is good for those who like it and can afford it, but avoid heavy athletics. Don't try to be a 'strong man.' The champion athlete often dies young. Be a moderate, persistent, daily exponent of exercise. You may not burn the family carriage, as Benjamin Franklin suggested, but at least as he advised, walk, walk, walk."



HONEY TASTIES.

BUTTER HONEY CAKE.—Rub together a cupful and a half of honey and half a cupful of butter, add the unbeaten yolks of three eggs and beat thoroughly. Add five cupfuls of flour sifted with two teaspoonfuls of ground cinnamon and half a teaspoonful of salt and a teaspoonful and a half of soda dissolved in a tablespoonful of orange flower water. Beat the mixture thoroughly and add the well beaten whites of three eggs. Bake in shallow tins and cover with frosting as follows:

Orange Frosting For Honey Cake.—Mix grated rind of an orange, a teaspoonful of lemon juice, a tablespoonful of orange juice and an egg yolk together and allow the mixture to stand for an hour. Strain and add confectioner's sugar until the frosting is sufficiently thick to be spread on the cake.

Honey Sponge Cake.—Mix one-half cupful of sugar and one-half cupful of honey and boil until the sirup will spin a thread when dropped from a spoon. Pour the sirup over the yolks of four eggs which have been beaten until light. Beat the mixture until cold, then add a cupful of sifted flour and cut and fold the beaten whites of the eggs into the mixture. Bake for forty or fifty minutes in a pan lined with buttered paper in a slow oven.

Honey Bran Cookies.—Mix half a cupful of sugar, a quarter teaspoonful of cinnamon, a quarter teaspoonful of ginger and half a teaspoonful of soda, with three cupfuls of bran, half a cupful of honey, half a cupful of milk and half a cupful of melted butter. Drop from a spoon on a buttered pan and bake fifteen minutes.

Salad Dressing.—Four egg yolks, two tablespoonfuls of vinegar or lemon juice, two tablespoonfuls of butter, two tablespoonfuls of honey, a teaspoonful of mustard, a teaspoonful of salt, paprika to taste and a cupful of cream.

Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens or mix all the ingredients but the cream and cook in a double boiler until the mixture thickens. As the dressing is needed combine this mixture with whipped cream. This dressing is particularly suitable for fruit salads.

Baked Honey Custard.—Beat five eggs sufficiently to unite the yolks and whites, but not enough to make them foamy. Add four cupfuls scalded milk, one-half cupful honey, one-eighth teaspoonful powdered cinnamon and one-quarter teaspoonful salt. Bake in cups or in a large pan set in water in a moderate oven.

Honey Ice Cream.—Mix a quart thin cream with three-quarters cupful delicately flavored honey; freeze.

Anna Thompson.

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