



The Home Department

Conducted by
Helen Watts McKee

Patience.

The dreariest road that ever wound between

Steep mountains, with their gorges dark and deep,
At last will reach the plain, and lo! a scene

Of peaceful rest will lull each fear to sleep.

Then wait; and let your heart still sing,

Though every hour new dangers bring;

The longest day must end at last,
And joy shall smile o'er sorrows past.

The darkest hour of night, when not a star

Is seen to give one ray of promise bright,

Will end at last in joyous morn, and far

O'er hill and dale the sun will send his light.

Then wait: nor lose all hope of dawn
Because the hours drag slowly on;

The darkest night still brings the glow

Of golden morn o'er every woe.

The coldest day that winter e'er can bring,

With sleet and snow and ice to swell his train,

Must yield at last to balmy smiles of spring,

And all the earth will bloom with flowers again.

Then wait: nor sigh 'mid falling snow,

For summer's warmth and summer's glow;

The days will flit, and, sweetly blest,
Fair spring will smile on winter's palsied breast.

Lift up thine eyes—atune anew thy voice;

Catch from the skies the hopeful, glad refrain;

Make for thy soul new gods of hope and love—

The time of singing birds will come again.

Then wait: nor chafe at long delay;
Low in the East, the sky is red.

For to the West the shadows slink away—

The New Year dawns—the Old is dead—is dead.

A Happy New Year.

To each and to all of our thousands of readers, wide-flung over many lands, we send cordial greetings and kindly good wishes. In the year now dawning upon us, may they have all the happiness they deserve, and may they deserve of it a measure, "Good, pressed down, shaken together, and running over."

With the dawn of the New Year, we instinctively feel that we should begin anew; we long to grow to new heights, we set up new ideals, and we wish to make our life in the twelve-month to come something better than it has been in the past. We each have our ambitions, our aspirations. Shall we not strive to achieve?

"The way to do a thing is to do it," and only by sturdy persistence and patient endeavor may we hope to accomplish. It would be well if each would take down the good old Bible and read carefully the definition there given of Charity—rendered in the Revised Version, Love—and make of this the leading law of the new life. Let us think the kind thought; speak the kind word; do the kind act; give the good gift. If we would bind up the

wound or heal the hurt of another, we must have clean hands and a pure heart, ourselves. If we would lead another, or point the way to the wanderer, we must have clear vision and unblurred eyes, ourselves. If we would inspire faith in another, we must have faith in ourselves.

Believe in yourself. Set your standard high, and work steadily upward. If your path lies through the valley, keep always in mind that the mountain tops are above you. If you cannot see your pathway, look upward to the stars. The way is never wholly darkened. Strength for the one step is all you need. Pray for this. And when your life is tossed by the tempest, look out upon the tossing waves, firm in the faith that there is One walking on the waters whose voice can bid the storm "Be still."

The Aftermath.

When the holiday dinner is over and the company dispersed, the question of what to do with the remains of the feast confronts the economical housekeeper, and it requires no mean amount of skill to successfully gather up the fragments so they may again appear in appetizing form on the family table.

If it has been skillfully carved in the first place, the remnant of roast should be cut into as neat slices as possible and laid on a small platter to be served at a later meal, while the ragged scraps and pickings will make a nice dish of hash for breakfast. Cold boiled sweet potatoes may be cut into lengthwise slices, browned on the griddle and served hot. Mashed Irish potatoes must be moistened with a little milk, seasoned and made into potato cakes by frying in a little butter.

Cooked tomatoes should be set in a vessel of boiling water, reheated and served as if fresh. Fragments of plum and other puddings may be tied in a cloth and put in the steamer for an hour before dinner, while the hard sauce may be worked over and put into another dish.

The meat should all be sliced or picked from the turkey bones, and nice slices by themselves, and the larger scraps, together with any left-over celery, made into croquets, and if any oysters were left with their sauce, these should be finely minced and used to moisten the croquets instead of milk.

Odds and ends of dessert should be sorted over, the best and least broken carefully laid on a nice dish, while many of the smaller ones may be made to serve as a mixed pudding, with fresh sauce to disguise them.

Many kinds of jelly will admit of being reheated and molded over. Cut the blocks of cake into nice slices and arrange on nice cake dishes, and any not used at once should be closely covered in a tin or earthen receptacle.

Dough nuts and crullers may be laid in a biscuit pan, singly, and reheated in the oven, sifting pulverized sugar over them while hot.

Many other ways of using up the odds and ends will suggest themselves to the wise house-wife.

Developing the Chest.

To develop the neck and chest, try the following exercises: As you walk about, raise the shoulders quickly, throw them back, then down. Count quickly as you do it, 1, 2, 3, raising them at 1, throwing them back at 2, dropping them at 3. After going

through this exercise three times or more, you are ready to walk properly. Keep the chest out and be careful each time not to let the shoulders come forward at the last count. They must go down and backward at the same time.

As you walk, keep the chest continually pushed out and the abdomen and stomach forcibly drawn in; try how long you can hold your breath, and as you hold it raise the chest higher and higher. This is what singers do when they wish to sustain long passages in one breath. When you find you must exhaust your breath, do not let the chest fall, but take your breath instantly and quietly through the nose only and by pushing out the sides. Then instantly begin drawing in the sides and abdomen and raise the chest higher and higher. Keep this exercise up for three months and see how much you will in that time increase your measure from shoulder to shoulder.

Where Women Rule.

It is said that the women of Tehuantepec are the most beautiful of all the Mexican women, and they do all the labor, transact all the business and fill the market places. They are the leaders in their business world. The men are much their inferiors, being small and weak, taking little interest in life and doing very little work. It is claimed that their degeneracy is due to their devotion to their native rum, aguardiente, through generations. The women are devoted to the market, and go there by the hundreds every day, while the men are seldom seen and do not frequent the street. While the women are in evidence everywhere, they are polite, modest, intelligent and happy, shrewd in business and careful in details, and no foreigner can compete with them. It is difficult to account for the strong development of the women in comparison with the degeneracy of the men. The people are the Zapotecos Indians.

Query Box.

Mrs. M. R.—Answered by mail.

Josie G.—Question came too late to aid you.

Allen R.—Names of firms cannot be given in the Query Box. You should have sent your address.

Housekeeper.—For damp walls, paste over the damp place a sheeting of common table oil cloth, as you would wall paper; then, when dry, paper as the rest of the house.

Beryl.—For removal of milk stains from dress goods, paint the stain with glycerine, then wash out the glycerine with lukewarm soft water.

Querist.—Charcoal may be had of your druggist usually in either powdered or tablet form. The powdered form may be taken mixed with honey. Its effect is to absorb gases and impurities from the stomach and intestines, and it acts as an internal disinfectant. Ask your physician.

Reader.—Sir Walter Scott was made a baronet by order of the king in 1820, in recognition of his great literary ability. "Abbotsford" was of his own building, and paid for from the earnings of his pen. He had two sons, neither of whom left posterity, and two daughters, who had families.

Nurse.—For a hot sand bag, get some clean, fine sand, heat in the oven until perfectly dry, and sift out all coarseness and trash. Make a bag about eight inches square of flannel,

fill with the sand and close the opening; make another cover of linen or cotton to prevent the sand leaking through. When wanted to warm any part of the body, feet or hands, lay the bag in a pan and set in the oven until hot, and then apply. The sand holds the heat a long time.

L. M. F.—Ember Days are twelve days of fasting and prayer, three in each of the four seasons—Wednesday, Friday and Saturday after the first Sunday in Lent; after Whitsuntide; after September 14; and after December 13. They are of old English or Saxon origin, and not of Roman Catholic ordinance. The Church of England's Book of Common Prayer adopts them.

Busy Bee.—To clear muddy water, throw a little powdered alum in the tub. If water is scarce, a little thrown into a tub of soap-suds will cause the soap to curdle and, with the particles of mud, sink to the bottom, leaving the water comparatively clear, and this water may be used a second time. To remove warts, dip the end of a stick of nitrate of silver in a little water and touch the wart with it, a few applications will cause their disappearance; the surrounding parts must not be touched by the silver.

G. H. T.—For the sprain, put the part into water as hot as can be borne for half an hour at a time, every two hours, keeping the temperature of the water even, until the pain subsides. The white of an egg thickened with flour stiff enough to handle, then thinned down with turpentine and a teaspoonful of salt added, made thin enough to spread well, makes an excellent application; this will make one plaster and a fresh one should be made every time. Three will generally cure.

Bessie M.—For the removal of tartar from the teeth, the surest way is to visit a dentist; but if that be impracticable, here are some things which are recommended: Powdered cuttlefish, one ounce; precipitated chalk, 2 ounces; powdered orris root one ounce; otto of lemon, 45 drops; otto of neroli, 20 drops; mix thoroughly and rub the teeth with a little of the mixture every day for a fortnight;

KNOWS NOW

Doctor Was Fooled by His Own Case for a Time

It's easy to understand how ordinary people get fooled by coffee when doctors themselves sometimes forget the facts.

A physician speaks of his own experience:

"I had used coffee for years and really did not exactly believe it was injuring me although I had palpitation of the heart every day.

"Finally one day a severe and almost fatal attack of heart trouble frightened me and I gave up both tea and coffee, using Postum instead and since that time I have had absolutely no heart palpitation except on one or two occasions when I tried a small quantity of coffee which caused severe irritation and proved to me I must let it alone.

"When we began using Postum it seemed weak—that was because we did not make it according to directions—but now we put a little bit of butter in the pot when boiling and allow the Postum to boil full 15 minutes which gives it the proper rich flavor and the deep brown color.

"I have advised a great many of my friends and patients to leave off coffee and drink Postum, in fact I daily give this advice." Name given by Postum Co., Battle Creek, Mich.

Many thousands of physicians use Postum in place of tea and coffee in their own homes and prescribe it to patients.

"There's a reason."

A remarkable little book, "The Road to Wellville," can be found in each package.