



The Home Department

Conducted by
Helen Watts May

Teach Me the Truth

Teach me the truth, Lord, though it
put to flight
My cherished dreams and fondest
fancy's play;
Give me to know the darkness from
the light,
The night from day.

Teach me the truth, Lord, though my
heart may break
In casting out the falsehood for the
true;
Help me to take my shattered faith
and make
Its actions new.

Teach me the truth, Lord, though my
feet may fear
The rocky path that opens out to
me;
Rough it may be, but let the way be
clear
That leads to Thee.

Teach me the truth, Lord, when false
creeds decay,
When man-made dogmas vanish
with the night;
Then, Lord, on thee my darkened soul
shall stay—
Thou living light.
—Frances L. Green, in *Woman's
Journal*.

How oft, Oh, God, when we have wept
in vain
O'er Thy decrees, and blurred with
fretful tears
The heavenward windows of the soul,
appears
Thy purpose sweet and wise, in after
years,
Like sunshine streaming through the
rain!
—Selected.

Our Social Chat

To the girls behind whom, last June,
the doors of the many school rooms
closed, never to be opened again to
them as pupils, the opening of the new
school year will bring a sense, more
or less vague, of a something lost.
The restfulness, the change, the new
scenes of the vacation months brought
with them a delicious sense of freedom
while they lasted, but on returning
home, they hardly know what to do
with themselves or how to fill in their
time.

It is a blessed thing not to be
obliged to enter the business world as
a wage earner, yet the average girl
does not so consider it; with the cour-
age born of a blissful ignorance of the
demands of the business life, the girl
will go smilingly out of the safe har-
bor of home with no misgivings; no
idea that the work she takes up will
ever be anything but a pleasure. To
such, time alone can bring—as it
surely will—the true appreciation of
the blessedness of a life spent in the
haven of a quiet home. We cannot
restrain these courageous young spir-
its; so they sweep out into the surge
and storm of the world—followed by
many anxious mother's prayer and a
troubled father's misgiving. God bless
and keep them. We wish them well.

Happy the daughter who may choose
to "stay at home and get acquainted
with mother." In many a home, the
mother's life has been filled with much
sacrifice of self, much bearing of bur-
dens, that the young life might be de-

veloped for future usefulness, and she
so needs the young strength and sweet
companionship of her woman-child. To
these girls, I would say, as I wish
some one had said to me, in the long
ago: "Daughter, don't let mother do
it." Do not refuse to learn of her,
whose "yoke is easy;" the fear will be
that she will still seek to spare you by
doing the hard, unpleasant work her-
self, giving to you but the lighter tasks
that carry with them but little toil and
responsibility. She will look at your
soft, white hands—she loves them so
and feel that the handling of the soft
muslins, the pretty china, the polished
silver and the sparkling glass must be
left to them, while to her own scarred,
knotted hands must still cling the
broom, the scrubbing brush and the
scullery work. Poor mother! she has
done it all so joyously all these years
for the sake of her loved ones!

Don't let her do it. Look over your
wardrobe, and if you have nothing
suitable, make a neat calico or ging-
ham dress, with plenty of big aprons,
over-sleeves and dust cap; begin your
dressmaking education with these, and
then take your place in the kitchen
and laundry work, sending mother—
protesting stoutly, no doubt—to the
easy chair. While you are sorting out
your own wardrobe, give a look at
mother's. Ten chances to one, you
will be surprised to see how the tread-
mill gowns predominate—if, indeed,
there are any other kind. You will
find few, if any, laces or ribbons; you
wonder why she likes the plain, poor
things so well. She is not old, or ugly
or ignorant. With a little "fixing up"
you think she might still be rather
pretty. She seems to have good taste,
too, for she orders exquisite lingerie
and laces and muslins for you. You sit
down and think it over. Cannot you
guess why? You watch her, as you go
about, and you see, clearly, that she
loves pretty things; why does she
have so few of them?

Now, dears, watch mother about her
work; insist on "learning by doing,"
and then, when you feel that you can
do a few plain, necessary tasks by
yourself, take father and the older
children into your confidence, and
some day, before she realizes what it
is all about, just bundle mother up
with a nice assortment of new, rejuve-
nated and brightened-up garments,
some pretty laces and lingerie, and
other likings which you have "picked
out of her" by questionings, and pack
her off to see some one she loves and
longed to see, and, while she is trying
to adjust herself to the new circum-
stances by taking a rest and having a
good visit, do the very best you can to
fill her place, and make the home
pleasant for the family. Surely, your
reward will come. Blessed is the
mother of a good, loving, sympathetic
daughter.

The Lunch Basket

This is of more importance than
mothers or "big sisters" usually real-
ize. Especially should the school
lunch be carefully prepared if you
would have your boy proud of his
mother. Many mothers think that if
the boys and girls have a plenty of
well cooked foods it is not necessary
to "fuss over appearances;" but in or-
der to appreciate this necessity, it is
only needed to watch a child trying to
bite through two slices of thick bread
between which is sandwiched a slice
of not overly tender meat, while its
companion is daintily nibbling a sand-
wich prepared with thin slices of
bread and chopped meat or other fill-

ing that calls for no twisting and tear-
ing. It hurts a child to be laughed at,
and the irritation turns immediately to
the one who is to blame for the humili-
ation.

The child who has a nicely-put-up
luncheon, even if it be but plain bread
and butter, if it thinks at all, will un-
consciously give the praise of it to its
mother. One can scarcely blame a
child for "eating like a pig" if the jelly
so liberally spread on the buttered side
of its bread has leaked over into the
mashed-up mess of pie and cake which
usually accompanies it. Nobody could
take a pride in eating such a mess,
and there are so many things that are
better for a school lunch than the
wedge of soft pie and the "hunk" of
crumbly cake. Individual (and not
overly rich) pies and little whole cakes
are much better; but substantial,
nourishing foods daintily prepared, are
best.

Alcohol

Answering J. L. N.—If you have ac-
cess to a good encyclopedia, you will
find the subject much more fully dis-
cussed than can be done here. There
are two kinds of alcohol; one is manu-
factured from grains and other farm
products, and is obtained by distilla-
tion. This is the kind used in prepar-
ing medicines and many other liquids
to be taken internally. The other kind
—wood alcohol—is prepared chiefly by
distillation of wood, and may be used
in varnishes, paints, as fuels, and for
many other purposes for which the
grain alcohol is used; but it must not
be taken internally, or as a beverage.
An ordinary drink of wood alcohol is
pretty certain to kill the drinker.
While the two kinds of alcohol have
the same physical properties, they are
quite different, chemically. For pur-
poses for which it can be safely used,
the wood alcohol is much the least
expensive. Denatured alcohol is grain
alcohol mixed with some chemicals
which prevents its being used as a
beverage, or in medical preparations.
As regards household purposes, its
principal uses will be for economical
lighting and heating. Nothing is defi-
nitely known, I think, as to what the
cost of its manufacture will be, but it
is expected that it will be sold for 18c
to 25c per gallon. It is expected that
it will be largely used in farm machin-
ery for motor purposes. You might
get more satisfactory information by
writing to the secretary of agriculture,
Washington, D. C.

A Poem Wanted

One of our readers would like to get
the words of a poem, the first lines of
which are:

"See this pretty, fragile thing
That some bird has made;
With what careful fashioning
Every twig is laid."

The words may be sent care of this
department.

Few women past their youth pay
much attention to the way in which
they carry themselves. Especially is
this the case after marriage. To this
may be attributed the fact that we
have so many ungainly, bent figures
among our middle-aged women. To
stoop ever so little today means a
further stopping later on, and before
we know it we become bowed and
aged in appearance, when we might
still retain much of our youthful grace,
if we would only cultivate the habit of
holding ourselves correctly. A lazy
habit of both body and mind is indi-
cated by the awkward stoop and round

shoulders, unless sitting by one en-
gaged in sedentary habits. This should
be corrected.

Hardy Bulbs

A great deal is written at this sea-
son of the year about the planting of
hardy bulbs. If you are not already
familiar with the subject, you will do
well to read it all. Among the first
things to bloom—even through the
snow-covering, is the dainty little cro-
cus. Mixed colors of these may be had
for 40c to 60c per hundred. Take
your trowel, make an opening in the
lawn about two inches deep, tuck the
bulb in and re-cover. The blooms will
dot the lawn with beauty-spots before
the grass thinks of growing.

The most popular hardy bulbs, es-
pecially for house culture, are the lilies
and hyacinths; tulips, narcissus, free-
sias, scillas, oxalide and many others
well repay care; but none of them
compare with the lilies and hyacinths
for generally satisfactory results.
Many of these bulbs, when planted out
of doors, will live and bloom for many
years. Few of them can be "forced,"
as we call potting and having them
bloom indoors, more than once, but the
bulb can be planted out of doors, and
after one or more seasons' rest, will
recover and bloom in the border.

Many florists advertise sample "col-
lections" at a very low price this
month, and, if you have nothing of the
kind, and wish to try your hand at
caring for a few pots of bulbs, this is
a good way to start. After you have
learned to care for these, you will
want more of them, and larger bulbs,
next fall. Your first trial will be your
hardest, generally, and you may fail
with them, because of not giving them
the right conditions; but just resolve
to "try, try again," making of your
experience a stepping stone toward
success in your future trials. You
won't begrudge the time nor the money
spent when you see the bloom and
smell the fragrance, next spring.

Plants by Mail

When the plants you have ordered
from the florist reach you, carefully
remove the wrapping and, without dis-
turbance the moss about the roots, set
the bunch in a vessel of slightly tepid
water for an hour or so—only the roots
should be in the water. If the plants
are badly wilted, let them stand in the
water longer—twenty-four hours, in
some cases; then having prepared
your pots with drainage and suitable
soil, carefully unpack the rootlets,
spreading them a little, and, holding
the plant over the pot, sift the soil
about the rootlets through your fin-
gers; pack it tightly about the roots
when the pot is full, set in a vessel of
water until the surface shows damp
spots, and then set the plant away in
a cool dark place until the foliage
brightens, when it may be set out to
catch the dew at night, returning to
the darkness as soon as may be the
next morning, and gradually accustom-
ing it to the light and warm air, until
it is recovered from the shock of the
journey sufficiently to bear the sun-
shine, watering sparingly until it shows
signs of growth, but never letting the
soil dry out. Do not "over-pot;" many
failures with newly received plants are
caused by putting them in pots too
large for the roots. Use small pots
for small plants, and study carefully
the best authorities you can reach as
to their needs.

Spiced Fruits

To each seven pounds of fruit al-
low four pounds of sugar, a pint of
good vinegar, a level tablespoonful

BETTER THAN SPANKING

Spanking does not cure children of bad wetting.
If it did there would be few children that would do
it. There is a constitutional cause for this. Mrs.
M. Summers, Box 118, Notre Dame, Ind., will send
her home treatment to any mother. She asks no
money. Write her today if your children trouble
you in this way. Don't blame the child. The
chances are it can't help it.

AN OLD AND WELL TRIED REMEDY
MRS. WINSLOW'S SOOTHING SYRUP for children
teething should always be used for children while
teething. It softens the gums, allays all pain, cures
wind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle.