



# The Home Department

Conducted by  
Helen Watts May

## The Book of the Wars

When the book of the wars of men is done

And the story is truly penned  
From the yellowing page of the tale begun

To the chapter that holds The End—  
When the trumpets of peace the world around

Have blent in a chorus grand,  
And the battle flag shall no more be found

As a shadow above the land

Will we keep the Book of the Wars of Men

In a high and an honored place  
That our children's sons may be thrilled again

With the stories their eyes may trace?

Will we cherish the book in faithful pride

That men of a future age  
May acquaint themselves with the ones who died

That the volume might have a page?

Will the Book of the Wars of Men tell truth?

Will it mingle the songs and cheers  
With the sacrifice of the beardless youth

And the dew of a mother's tears?  
Will it blazon in gold the noble deed  
That won a forgotten fame?

Will it tell of the grips of a ceaseless greed

That has wrought for a nation's shame?

O, the Book of the Wars of Men; it waits

Till the wakening of the world,  
Till the banners that tell of scorns and hates

In the glory of peace are furled—  
Will we keep it to tell of the rolling drum

And the peals that the fifers know,  
Or to speak to the men of the days to come

Of the ways that they must not go?  
—Chicago Tribune.

We may lose the things we strive after today, but if we bear patiently the burdens, taking the heartache if it comes, being faithful in the midst of the conditions where God has placed us, living nobly to ourselves and fellow-men, we shall have built up for ourselves characters of divine finish, divine beauty and divine glory.—M. F. Savage.

## Useful Reading Matter Free

As the season of long lamp-lighted evenings is now in full force, I want to call the attention of our readers of both sexes to the instructive reading matter which the Department of Agriculture at Washington, D. C., is sending out to "whosoever will," at the cost of a postal card, bearing your name and request for the bulletins. There are many matters designed to greatly augment the comfort and health of the family in which women are fully as much concerned as are the men. These interests appeal to the home, whether in the country or village, and very often to the city home as well. In some of these matters, the men are apt to procrastinate, waiting for the "more fitting season," which never comes, and I hope the sisters will send for these bulletins and insistently keep them before the

eyes of their husbands, sons and fathers.

One of the most important things to be dealt with is the disposal of the sewerage, and the protection of the drinking water, for very often they both amount to the same thing. Farmers' Bulletin No. 43 treats of this, and gives good advice, with illustrations.

The bulletins Nos. 154, 156, 218, 225, treat of the Home Fruit Garden, the Home Vineyard, the School Garden, and the Home Vegetable Garden. These should be studied closely by every member of the family, and many of the ideas therein set forth should be applied to the home grounds the coming year. No crop pays a bigger and surer dividend than that of the gardens—fruit and vegetable. Money can not buy as good on the market as one can raise at home with intelligent culture, and the garden should not be left to "mother and the girls." The horse and plow and the wheel-hoe should be freely used in them. Get these bulletins and study them, and discuss them with the whole family—children and adults.

Bulletins Nos. 142, 182, 256 are also very valuable to the home-mother, giving much information on the subject of nutrition and the nutritive value of foods, explaining many things, giving the reason therefore, and designed to be a "useful summary of available information on the subject," which will shed much light on many a dark problem with which the housewife has to deal. Bulletin No. 182 deals with the raising and care of poultry, preparation for and cooking of the same, and serving as food. Bulletin No. 256 deals with the preparation of vegetables for the table, by Maria Parloa, and has much of deep interest to the one who prepares and serves the family meals. There are many others, treating on kindred subjects, and it would be well to send for the "list of publications" for free distribution, choose what you wish, as many or as few, and send to the secretary of agriculture for them. A postal card, bearing the numbers of bulletins wanted, and your address will bring them to your door, free of charge. Can you ask better terms?

There are many of these bulletins which will greatly interest the young people, and they should be allowed to send for them. When you get them, do not allow them to be destroyed. Teach your children to use them carefully. Refer to them often; use them as "lesson" papers, and make them the subject of home discussion while sitting around the fire through the long winter evenings, or when visiting with your friends.

One of the most valuable aids to mental growth is a good dictionary, and every home should have one. There are many cheap editions on the market, and with careful handling, these books will last a long time. Language like everything else changes with the times; new words are coined and old ones set aside. The meanings of many are changed, and like other books, the dictionary, in a few years becomes "out of date" because of these changes. Thus, a cheap edition, if up-to-date in point of time, can be made to serve as long as it is satisfactory, when a new edition can be substituted. A good binding should be chosen, in order to admit of much use. For ordinary purposes a very efficient edition can be had for one

dollar upward, but for constant usage a serviceable binding should be insisted on. When you get the dictionary, do not fail to consult it yourself, and encourage your children to do the same.

## The Christmas Spirit

While making the usual preparations for the Christmas giving, do not forget those to whom Christmas brings little joys because of poverty—not always poverty of purse. Many a one wearing "purple and fine linen, and faring sumptuously every day" will find little of the Christmas spirit entering into their lives. They will be expected to "give unto others," but few will think of their loneliness and longing to be remembered, even by the simplest of tokens, for which they would be so grateful. Many a hungry heart will beat under costly garments, and the joys of those about them will only add to their feeling of solitude.

Another class to be remembered is the old people. They are grateful for even the smallest kindnesses. Many of them long to join in the fun and frolic of the younger ones, and settle back into the corners into which they are crowded with a heartache keener than they would have you know. Many an aged body holds a young soul, and their hearts are alive to all the hurry and bustle about them, longing to share with you even in the boldest merriment. Let them join in your games, if they care to, and be patient with their feebleness. They will be with you only a little while longer, and—they were patient enough once with you.

Remember, too, the young man or woman far from home: To them, the day will be lonely enough. Even the criminal in his cell will be remembered on that day, but the "stranger within your gates" may be sick for the sight of the far away faces, the voices of loved ones that are missed in the rush and whirl of the crowded streets. Many a hardworking boy or girl would be lifted to a high pinnacle of happiness by only a kind word at Christmas time. There is no solitude like that of a great city to one lost in the crowd. Many a good-intentioned boy and girl have gone recklessly "to the bad" because nobody cared. "The bad" is always ready to welcome the lonely one with music and light and laughter, and the hungry heart craves warmth and welcome and good cheer, for with these, the gnawings of loneliness are for the time forgotten. Remember the lonely.

## Those "Cheap Dinners"

In many of our high-class magazines we read frequently of how cheaply the average family of two to four persons can be fed, and if one could live as cheaply off the paper as he can on it, wages would soon be a matter of indifference to most of us. I have just read directions for getting up a dinner for four persons. The cost is to be forty cents for the whole thing. There is to be a meat pie—nice, tender beef to cost ten cents. When the meat is done, there is to be plenty of rich gravy for the pie and to serve separately. In making the crust, there is to be a rich biscuit crust with butter for shortening. The potatoes are to be boiled and mashed and creamed with a scant cupful of hot milk and a tablespoonful of butter. Egg salad is to be served—six

hard-boiled eggs, seasoned with salt, pepper, mustard, tablespoonful of melted butter, salad oil and vinegar, served on lettuce leaves. There is to be creamed rice—two tablespoonfuls of rice in a pint of rich milk, three-fourths cup of sugar, two eggs and teaspoonful of vanilla. Frost with whites of eggs and powdered sugar. Bread, butter, and with some kind of dainty cake—ingredients not given. There is to be tea. For this, the cost is estimated in detail: Meat, ten cents, (no estimate made of biscuit dough); potatoes, two cents for half a peck; eggs for salad, four cents; whole cost of pudding, six cents; bread and butter, six cents; the milk, butter, seasoning used in all the dishes, five cents; celery, five cents; (no mention made of lettuce-leaves); tea, two cents. This, the writer claims, will make a sufficient dinner for four persons. There is nothing said of fuel, gas or coal.

For the farm family, who does not have to go down into its pocket every time a nickle is wanted, and who has material to burn and land to scatter the ashes on, the cost of material might be approximate; but few farm appetites would be satisfied with the amount. For even the city stomach, there would be apt to be felt a sense of insufficiency after the dishes were cleaned up, while the "expense bill" for even that amount of food would be perilously near the dollar mark, if not above it.

## Bettering the World

It is impossible for the individual to reform the world, or even to a very great extent alter the moral status of his own little corner of it. Sin, depravity, ignorance, perversion and degeneracy will always abound. We are assured, on good authority, that "the poor shall always be with us." So long as the earth follows its orbit around the sun, so long shall the blood burn and the life current flow laden with passions and with pain. We can not defeat the law of being. But there is much of sin and shame, suffering and sorrow, and want and deprivation that could be averted if the people were more tolerant of the mistakes and frailties of others—if the world at large were not so prone to judge all morals by one standard, and to gauge that standard by the narrow ignorance of their own placid lives. One drop of water does not noticeably swell the washings of the sea; one grain of sand is never noticed on the ocean's beach. One voice rarely makes much difference in the volume of sound, and one ray of light does not noticeably increase the volume of light. One billow is never the sea, yet the whole could not exist without the particles. Whatever the quality of the mass, it is the particles that make it. One drop of colored liquid will tinge the whole basinful, one tiny particle will chemically change the whole mixture. So, one person in a neighborhood who lives a right life, one voice lifted for purity and truth, one touch or tone of tenderness for the discouraged, may color the lives of all about us; may influence other individual efforts, and, the leavening matter slowly spreading, may work wonderful results in the social scheme. As with virtue, so with vice. We color our surroundings. If each individual would but cleanse his own dooryard, square his own life by the measure of love and justice, the influence would spread, and other lives would catch the light, and thus, in time, the day would dawn in which there would be no more tears, or sin or suffering. Little by little, the

## AN OLD AND WELL-TRIED REMEDY

MRS. WINSLOW'S SOOTHING SYRUP for children's 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.