



The Home Department

Conducted by Helen Wat is Meye

A Winter Afternoon

"All silently the snow sprites whirl
and dance
Across the fields outspread in
ivory—
Save when they cling for rest, and
thus enhance
The beauty of each bough that
one may see
Outflung as is an arm to catch the
folds
Of ancient draperies of graven
stone;
Each stately tree spreads wide its
arms and holds
The fabric of the winter on it
thrown.

"The stream is sleeping 'neath the
gleaming ice,
Along its banks are trailed the
snowy vines
That breathe into a quaint and odd
device,
An arabesque of curving sweeping
lines;
The meadows are as billowed seas
of snow
Whereon no craft may far hori-
zons lift,
But as a current halted in its flow
The frozen waves arise in drift on
drift.

"The winds shout madly from the
empty north
As though some angry god with
spears of steel
Had driven them in sudden fury forth
To make the barren forests shake
and reel;
In frightened flight they race across
the day
And beat at windows and at close-
shut doors
Until with muttered threats they flee
away
To seek the snow sea's farthest
frozen shores.

"Then comes the dusk, and all is
strangely still;
The moon sends down its flood of
silver light;
The little stars are weirdly far and
chill;
The world is in the clutch of win-
ter's night."
—W. D. Nesbit in St. Louis Republic.

Doing Our Best

We so often hear repeated that
"life is just what we make it," and
that we are "architects of our own
fate;" that environment does not
count, etc., that we, who feel the
weight of the handicap, grow rebel-
lious and shake our chains as evi-
dence of our powerlessness. But in
most instances the saying is appli-
cable to each of us, though in differ-
ent degrees. If we are given so
many yards of material of a certain
texture, we must face the fact that
we must fit the pattern to the goods,
the wear to the material. There is
no use to fret and worry, for we
never can make a silken gown out
of a piece of serge, nor a flowing
robe out of a scant pattern. But by
careful selection and the exercise of
a little taste, we can "make the most
of the material," and instead of do-
ing honor to the garment, make the
garment add to our own accepta-
bility.

Many of us, in the attempt, may

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

feel that we have made but
sorry work of it; but we should con-
tent ourselves that we have done the
best we could, according to our light,
and we know that nothing more will
be demanded of us. If we can not
have the silken attire, we can make
up the serge neatly and becomingly,
and we shall know it is serviceable,
at least. The purple and fine linen
may fall just beyond our reach, but
the hoden-gray may fit into our cir-
cumstances far more favorably. There
is nothing gained by fretting
and coveting, but if we will make
the most of what we have at hand,
we shall grow to new heights, and
in freeing ourselves from the mists
of the valley, we shall steadily climb
into the sunshine of the hill-top.

And however we may climb, we
shall find the same worries and han-
dicaps awaiting us—perhaps in a new
guise, but the scratch will reveal the
grain of the wood. Only by the ex-
ercise of faith and the determina-
tion to overcome, can we ever reach
the "green pastures," far above the
quagmires of discontent. If we have
done our best, we can do no more;
and nothing more will be required
of us.

"The Spirit of Discontent"

One of our readers urges that a
contented spirit is one of the best
possessions one can have, and con-
tends that about the worst thing that
can befall an individual is to be
ruled by a spirit of discontent. Well,
maybe. It depends very much upon
the view-point from which the mat-
ter is seen. If one considers only
individual ease and freedom from
care, perhaps the contentment which
sets him apart from the world's un-
rest is good; but it would be very
hard to convince an aspiring, ambi-
tious person that such ease is hap-
piness. The discontent which makes
one miserable, peevish, fretful, fault-
finding and envious is a very bad
thing; but the discontent which is
the outcome of the feeling that what
we have is not the best that may be
had, and which urges us to reach
out after the better, no matter what
the individual cost to ourself, is the
discontent which spurs the world on
to progress. Ambitious, aspiring
workers find their great happiness
in following the out-leading path-
ways, and they glory in overcoming
the obstacles they encounter. They
courageously take the hard knocks,
and enjoy the discomforts, as they,
in their unrest, open up the pathways
which, sooner or later, the idle feet
of others shall carelessly follow.
Without this spirit of discontent to
urge the world on, men would re-
turn to barbarism, content with the
cave and the bed of leaves, and the
glory of achievement would never be
known. "Blessed are they that do
His commandments," and the folded,
idle-handed contentment which seeks
only ease and freedom from the work
of growth will never reap the bless-
ing promised to the active, earnest
hands that help in the work of world-
building.

Query Box

"Ask The Commoner"

C. G. S.—Wash, dry and polish
the gum shoes with a good shoe pol-
ish; this will brighten and preserve
the gum.

Elsa—The poet, Whittier, died at
the age of eighty-four years, at
Hampton Falls, N. H., and was bur-

ied in the family burial lot in the
Union cemetery, Amesbury.

S. L.—There are magazines to be
had at \$1 per year that will give
you much information as to the care
of the children; you will find several
in the "combination" offer with The
Commoner.

"A Subscriber"—Why not get a
manual of etiquette and study it at
your leisure? A very good one can
be had through your book dealer
for fifty cents to one dollar, and a
reference to its contents would set-
tle many questions for you.

Mrs. B.—Equal parts of turpen-
tine, raw linseed oil and white liquid
dryer is a good dressing for the hard-
wood floor. Apply with a cloth spar-
ingly to a very small place at a time,
polishing this until perfectly dry
with clean woolen cloths before go-
ing to another. Do not try to cover
the whole floor at once; it can not
be successfully done.

F. R.—To relieve the hands after
washing with alkali soap, rinse in
cider vinegar; if the hands are
chapped, it will smart a little, but
vinegar is healing and whitening.
Oil has a tendency to redden the
hands if applied without the vinegar
bath.

M. M.—The secretions of the eye,
we are told, are diminished during
sleep, the surface of the eye-ball not
needing so much lubricating while at
rest. The feeling as of sand in them
so noticeable when one can not sleep
may not be a sign of disease so much
as a hint that you are expected to
be asleep and the organ resting.

"Hope"—If you have tried so
many treatments, including your
physician's, without relief, I am
afraid I can not help you. (2) The
system mentioned depends for effect
mainly upon physical culture, hy-
giene, rubbing, pressing and other-
wise working the muscles and nerves,
together with manipulations for ad-
justing faulty displacements. It has
many followers. (3) Any furniture
dealer should be able to supply you
with the desired cement. (4) Your
physician can tell you better than I
can what is the proper treatment for
the kidneys. (5) I doubt if there
is any firm that employs home work-
ers in crochet or knitting. The fac-
tory-made is so satisfactory and so
cheap, that you could hardly get
enough to pay you for your material
and time.

A. G.—"Nerve exhaustion" is
caused by so many things, and the
cure of it depends so much upon
the sufferer and the habits of life
indulged in, that it is a very hard
ailment to relieve. Very few drug
treatments do any good.

A Bread Recipe

One of our readers says: "Women
coming west fail with their bread
although they were successful bread
makers when living in the east. In
Idaho we have excellent success with
the following method: The day be-
fore baking, keep the water that you
drain from the potatoes boiled for
dinner, and when it is cool, dissolve
one yeast cake and add to it, and
thicken with flour to a medium bat-
ter (there should be about one
quart), and set this in a warm place
to raise over night. In the morning,
take three quarts of flour, a table-
spoonful of salt and two fistfulls
of sugar, the yeast, and water enough
to mix the flour stiff (I never bother
setting the sponge first), let this
rise, and after it is light, work out
into loaves; let rise again, and then

bake in a rather slow oven, as too
much heat at first makes the crust
thick and hard. After taking the
loaves from the oven, grease the top
of the bread and cover with a thick
cloth; the crust will be a nice color
and can be eaten.—C. D. A.

Some Macaroni Recipes

When the potato bin is getting
empty, try substituting macaroni a
few times for the potato. If prop-
erly cooked, it is appetizing and
wholesome.

Break into short lengths one-
fourth pound of macaroni and put
to boil in two quarts of boiling wa-
ter, salted slightly. Cook about
twenty minutes, then drain through
a colander, and pour clear cold wa-
ter quickly over it, but do not chill.
Put at once into a hot vegetable
dish, season with butter, pepper and
salt, and pour over it half a cupful
of cream, or rich milk. Serve hot.

(2) Boil and drain as above; put
the pieces into a shallow dish or
pan and mix with it a quarter of a
cupful of dry cheese, grated. Pour
over this a cupful of white sauce.
Mix two-thirds of a cupful of cracker
crumbs with a quarter of a cupful
of grated cheese, and moisten this
with a third of a cupful of melted
butter; sprinkle this on the top of
the macaroni, put in the oven and
bake until the crumbs are brown.
A dash of cayenne may be added to
the cracker crumbs before baking,
if liked. Serve hot.

Spaghetti—Boil one pound of spa-
ghetti in a deep, broad-mouthed ket-
tle, in salted water. Do not break
the spaghetti, but take a handful of
long sticks and plunge the ends in
the boiling water, coiling them down
as the sticks soften until all is in.
Boil rapidly until tender—about
twenty minutes; drain as above.
Have ready a large sized deep plat-
ter into which has been poured five
tablespoonfuls of olive oil, or melt-
ed butter, as liked; with a salad fork
mix the spaghetti and oil together,
then pour over it plenty of tomato
sauce, sprinkle grated cheese on the
top and serve at once. To make the
sauce, take a quart can of tomatoes,
or the same amount of fresh ones,
and put over the fire, adding one
scant tablespoonful of granulated
sugar, teaspoonful of salt, a little
pepper and a dash of cayenne. While
this is heating, melt two tablespo-
onfuls of butter in a sauce pan and
cook in it a tablespoonful of minced
onion, being careful not to burn it.
When the onion is yellow, add two
tablespoonfuls of corn starch, stir-
ring all the while; stir the mixture
with the tomato, which should be
boiling. Cook ten minutes, stirring
to blend the thickening well, then
strain and mash through a colander
and pour over the spaghetti. This
will be found "both frugal and
fillin'."

For Graying Hair

However one may admire gray
hair on another person's head, few
are willing to have it on their own.
But it seems there is nothing known
that will arrest the loss of color, or
turn the whitening hair to its origi-
nal color again. Sometimes a tonic
containing iron as its principal in-
gredient will partially restore it, but
not always, or often. The person,
man or woman, who begins to dye
the hair will find it a tedious job,
as, no matter how successfully the
coloring may be applied, the con-



For fifty years a staple
remedy of superior merit.
Absolutely harmless.