



Conducted by
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The Home Department

Discontent

Two boats rocked on the river,
In the shadow of leaf and tree;
One was in love with the harbor,
One was in love with the sea.

The one that loved the harbor
The winds of fate out-bore,
But the other was held, close-cling-
ing,
Forever against the shore.

The one at rest on the river,
In the shadow of leaf and tree,
With wistful eyes turned ever
To the one far out at sea.

The one that rode the billows,
Though sailing fair and fleet,
Looks back to the peaceful river,
To the harbor safe and sweet.

One frets against the quiet
Of the moss-grown, shaded shore,
One sighs that it may enter
The harbor nevermore.

One wearies of the dangers
Of the tempest's rage and wail;
One dreams, amid the lilies
Of the far off, storm-tossed sail.

Of all that life can teach us,
There is naught so true as this:
The winds of fate blow ever,
But ever blow amiss.

—Unidentified.

"The Higher Education"

We've done it! It took some hard knocks and much disciplining, and our advance army suffered no end of persecution; but the battle once started, it spun merrily on to victory. Now, everybody is willing to share in the spoils and say, "I told you so," but they do not specify just what they did tell us; some of their tellings were a little discouraging, to say the least.

The combined business and profession of housekeeping and home-making is becoming one of the fine arts, and science is taking a strong hand in the developing of the "new departure." Everything is tending toward the elevation of the heretofore despised housework—indeed, we are thinking of dropping that word and taking the all-comprehending term, home-making, in its stead—and the art of preparing wholesome foods is becoming the cornerstone of the home structure. Very soon it will be recognized as disgraceful for a woman of intelligence to aspire to home-making without at least a high school smattering of the various branches of domestic science. The women's clubs are taking it up; the public schools are teaching it; the colleges and institutions of learning are devoting departments to its promulgation, and the projected \$400,000 annex, where it is to be placed along side of the law, medicine and pedagogy, in importance by the Columbia University has set the seal of approval on its claim to be one of the learned professions. This last splendid indorsement has been rendered possible by a woman's gift of \$400,000 to be used for that purpose.

Just a few more years, and the old, dingy, ill-constructed, poorly ventilated and badly conditioned kitchen in which our forbears sacrificed themselves upon the family

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altar will have given way to the beautifully and scientifically equipped laboratory from which our "health-foods," perfectly combined and cooked, will be perfectly served. The millennium is at our door, and there shall be no more curses, neither sickness nor sighing; for the old things shall have passed away.

The Gospel of Good Health

In addressing a class of medical students, nearly one hundred years ago, Dr. Abernethy, one of the most celebrated physicians of his day, said that, in his opinion, "the cause of the complicated afflictions of the human race was their gormandizing and stuffing, and their stimulating the organs of digestion to an excess, thereby producing nervous disorders and irritation." It is admitted by the best physicians of our day also, that nearly every ailment that distresses mankind is the result of trouble with the stomach, and these troubles in various ways, afflict equally those who under-eat and those who gormandize. One of the prominent chemists declares that "in order to live long, it is only necessary to know how," but he leaves us as much in the dark as though he had kept still. A writer, in the Lippincott's magazine, commenting on this, says: "To live long, we must not only know how to find time to learn the laws of which he speaks with such confidence but we must have the prescience to distinguish between two or more conflicting laws proclaimed by different people with equal vehemence; and then we must know how to procure the things the said laws prescribe—which opens up the whole question of jobs, wages, cost of living, and the rest. * * * Not only must we know the proper kind of food, but we must know that the pure food law is in good working order. Not only must we know that pure water is wholesome, but we must know how to control the political machine that controls the water-works."

Worry prostrates more people than work, and mental worry, whether real or imaginary, is one of the worst foes to health, for it affects the action of every organ of the body through the well-known law of mind over matter. It throws the whole physical machinery out of gear, and renders our best efforts abortive. But very often the worry itself is due to the action on the blood of a poison generated by the ferment of undigested foods which some sluggish organ has allowed to pass into the alimentary canal. Perfect health is perfect happiness.

Education Without Schooling

It is sheer nonsense, in this age of cheap literature, to seek to excuse one's ignorance by complaining of a lack of schooling. Some of our brightest men and women had little to do with schools yet have developed breadth and depth of information which renders them shining lights in circles where the mere college-bred person fades into insignificance. It is a fine thing to have had the advantages of training in institutions of learning, but the lack of it is no disgrace, and, in many instances, no handicap. Books treating on every subject, papers, periodicals, pamphlets suited to every need, are to be had almost for the asking, or at least at very little expense. "Not how

many, but how good books, and how thoroughly digested," is what counts for success.

If one is determined to succeed, and has grit and courage to conquer circumstances, the means for doing so are always at hand; but every good thing has its price, and nowhere are there better opportunities for self-advancement than in the country homes. In the cities, the people are compelled to give their best strength, mental as well as physical, to the work of getting a living, and the wonderful educational advantages lying about everywhere are necessarily neglected. The dwellers in towns and country can not understand this, because they can not realize the limitations which bind the worker to his work, and which force him to confine his reading principally to the pages of the daily paper, or a "story" magazine which can be read "tween whiles," when going to and from his work.

It is well to read the newspapers, and often a good story is a great soother of disturbed nerves; but one should read such things—especially the newspapers—in the same spirit in which he crosses a filthy street—picking and choosing to avoid the worst of it, where even with the utmost care, the shoe-soles are apt to be sadly soiled.

Some Homely Recipes

Boiled Onions with Cream—Par-boil the onions in salted water, drain, then plunge into boiling salted water again and cook until tender—about three-quarters of an hour, then drain again and sprinkle with a little salt and pepper; add a tablespoonful of butter and two tablespoonfuls of cream, and serve hot.

Deviled Cheese—Run half a pound of good, mild cheese through a meat chopper; mix with one tablespoonful of butter creamed, one tablespoonful of vinegar and one of worcester sauce; tarragon vinegar is preferable. Season with one teaspoonful of sugar, half a teaspoonful of mustard and the same of salt. Spread between square crackers, and serve with salads.

Dried Apple Jelly—Take two pounds of tart dried apples (evaporated is best), wash, pick over and cover with boiling water, set on the stove and let cook until well done, adding hot water as it boils away; strain through a colander, and let drip as long as it will; stir into this juice sugar in proportion of two-thirds cupful of sugar to each cupful of juice, the sugar having been heated in the oven. When the sugar is thoroughly dissolved, strain again, and pour into glasses to harden.

Celery Salt—Get ten cents worth of celery seeds of your grocer and grind it fine as pepper; mix with this about ten parts of fine table salt to one part of celery. If the celery taste is liked stronger, give less salt. Bottle for use, and put in a common pepper or salt box when wanted for use.

Potato Puffs—Steam sufficient potatoes without paring, and when done, peel and mash thoroughly. For every six potatoes cooked, allow one tablespoonful of butter, half pint of cream, teaspoonful of salt and a pinch of cayenne pepper; add to the potatoes while very hot, and beat until light and smooth, then fold into the mass the beaten whites of four eggs. Heap the mixture by spoonfuls on a baking dish, sprinkle over it grated or finely chopped cheese,

set in a hot oven and let brown. Serve hot.

Helps for the Housekeeper

For a cheese salad, chop fine half a pound of any dry cheese and add half as much walnut meats, chopped fine, as you have cheese; salt to taste and mix with a pint of whipped cream; beat this lightly together and serve on lettuce leaves. Any scraps of dry cheese will do.

When purchasing a roast of veal, have the butcher lard it with salt pork. This will make the meat juicy, doing away with the unpleasant dryness, and gives it a fine flavor such as nothing else will.

A good batter for fritters is made thus: Beat one egg, white and yolk together, add a tablespoonful of olive oil, beating it in gradually, and a pinch of salt; add this to a cupful of milk and pour all into a cupful of sifted flour, beating until perfectly smooth and about the consistency of a good cream. Have your fruit ready, drop into the batter, dipping out and laying into hot fat, which must be hot enough to begin cooking at once, so the batter will not absorb the fat.

A good use to which to put sassafras roots is to make them into a refreshing mead. Make a tea of the roots, steeping until quite strong, strain, and bring to a boil; to this add a half pint of honey, three pints of good molasses (not corn syrup), and a tablespoonful of pure cream of tartar, stirring all well together. This should make a half gallon of the tea, and it should be put into pint bottles and sealed. To a glassful of ice water add a pinch of soda and a teaspoonful of the mead, and the result will be a refreshing effervescent drink.

An excellent lemon pie is made as follows: Beat smoothly four tablespoonfuls of corn starch in a little cold milk, and stir slowly into a quart of boiling water in a large sauce pan. Let cook a few minutes until clear, stirring all the time. Set aside to cool. Grate the yellow from the rinds of two lemons, express the juice and add both to the starch mixture, with three beaten eggs and a pinch of salt, when the starch is cool, stirring well. Bake in a bottom crust, and when done, cover the top with a thick meringue and place in the oven to "set."

A Straight Lace Edge

To sew a lace edge to a circle without any fullness, as is now the custom, baste the lace to the edge of the circle before it has been shaped, or rather, before the cloth has been cut to shape; the pencil marks defining the circle must be made, however; baste the lace over the pencil marks, pulling the lace as tight as possible. This pulling will draw the lace up into a cap all around the cloth. Do not be troubled regarding this, but stitch the lace down with the sewing machine. After this has been done thoroughly wet the lace with a sponge and water, and iron dry with a hot iron. This will shrink the lace slightly and cause it to lie flat to the linen. After this has been done, cut away the linen from the edge of the lace and roll the linen between the thumb and finger and blind-hem down; this will prevent the linen from fraying. Press once more and you will have a perfectly flat lace; and if you have fastened the ends of the lace neatly, on a match of the pattern, you will not be able to tell the lace was not woven with the edge of the cloth. There should not be the slightest

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