



The Home Department

Conducted by Helen Watts Meyer

New Every Morning

Every day is a fresh beginning,
Every morn is the world made new.

You who are weary of sorrow and sinning,
Here is a beautiful hope for you;
A hope for me and a hope for you.

All the past things are past and over,
The tasks are done and the tears are shed,

Yesterday's errors let yesterday cover,
Yesterday's wound which smarted and bled,
Are healed with the healing which night has shed.

Yesterday now is a part of forever
Bound up in a sheaf, which God holds tight,

With glad days, and sad days, and bad days which never,
Shall visit us more with their bloom and their blight,
Their fulness of sunshine or sorrowful night.

Let them go, since we can not re-live them,

Can not undo and can not atone;
God in His mercy receive, forgive them;

Only the new days are our own
Today is ours and today alone.

Here are the skies all burnished brightly

Here is the spent earth all re-born,
Here are the tired limbs springing lightly

To face the sun and to share with the morn,
In the chris of dew and the cool of dawn.

Every day is a fresh beginning;

Listen, my soul, to the glad refrain,

And spite of old sorrow and older sinning,

And puzzles forecasted and possible pain,

Take heart with the day, and begin again.

—Larona Miller.

"Keeping Accounts"

One of our girls writes that, in their family of five, they had never kept account of expenses; had "just been living along, without taking note of cost, ordering what they wanted, and paying for it when delivered," but decided to take The Commoner's advice to keep account of expenses, beginning with the first of the new year. At the end of the month, she writes, "they were paralyzed to find the expenses had amounted up to nearly \$100;" they saw at once just why they never had any ready money with which to meet an emergency. She says that, in looking over the items, there was much that could readily have been done without, and often where a cheaper grade was chosen because they didn't have quite money enough to pay for the better. Many expenses could have been modified, and not a few entirely eliminated without any inconvenience or discomfort. She ends by saying: "It is not enough to pay cash, for as long as the cash lasts, it is liable to be spent, while, if one keeps in mind the possibility

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

of doing without useless things in order to keep a little money in the pocket, the savings bank will get full a whole lot quicker."

One other girl says it is useless to keep accounts, because they don't get any more than they have to spend, and the money goes, anyway, only just meeting the needs of the family. But it might be some comfort to know just where it goes, and whether a better use might not have been made of it than was done. There are many sides to the question of income and expense. It is well to see all of them.

"A Reader" says it is no use to try to save, for the husband will only grumble if anything is stinted; but adds that he grumbles, anyhow, and finds some fault, no matter what the bills are; that if she could have some benefit of what she saved, it would be different. She says: "What do you think of a husband that insists on doing all the buying, himself, and gets to suit the moment, without a thought of what is really needed?" I think such husbands have very little sense, and they should be made to plan out the day's meals, as well as to buy the materials.

Hand Labor, or Machinery?

It does not pay to be too sacrificial. In every avenue of the home work, the profit is often wiped out by the cost of production, because, where hand labor is demanded of the housewife, there is an extravagant waste of the priceless human machine, the mother, and this blood, muscle and brain machine, when it once breaks down, can seldom be repaired, and never replaced.

Every device for the saving of labor in the household should be taken advantage of and at least tested. Many housewives are too conservative for their own good; they hesitate about changing the old order of things on the principle that it is better to bear the ills to which one is accustomed than to flee to remedies that may prove both expensive and unsatisfactory. We grow so used to the wear and weight of our chains that we feel lost without them, and it would doubtless take some time to get used to the new leisure and lightness; but the freedom is worth the price. Old methods are often the most expensive and extravagant that could be devised, not only demanding the sacrifice of the house mother, but causing no end of inconvenience to the other members of the family.

How often do we see the house mother bending over the steaming tub, rubbing her strength away at the family laundry, while somewhere about the premises there is a washing machine which would, with the aid of the children, or an hour of the father's time, do the whole washing in a couple of hours, and do it better than the hands can possibly do it. I have seen women sewing, patching and mending with the hand needle, while close at hand stood a thoroughly capable sewing machine, simply rusting its insides out with a longing to relieve her of the work. Another woman breaks herself down carrying coal up stairs and ashes down, rather than have a radiator connected with the stove on the floor below. The only excuse these women offer is that it is "too much trouble" to bother.

Sisters, learn all the short-cuts, get all the machinery possible, and

do as the men do—let the iron and steel do the work while you get the habit of taking care of yourself. A new wife won't cost much.

Caring for the Children

Warmth is necessary to nearly, if not quite all young animals—human as well as brute. It is a noteworthy fact that the children who are least exposed to cold are, as a general thing, most healthy, while those who are victims to the erroneous principle of hardening by too little clothing and cold baths are scarcely ever free from disease. More children are sacrificed than saved by being subjected to this treatment. Another cause of sickness among children is the giving of them too much medicine, especially purgatives. Some mothers are constantly giving the little ones castor oil, rhubarb, tincture of aloes, and other relaxing drugs which have a tendency to irritate the lower part of the intestinal canal, bringing on most distressing complaints, as well as inducing indigestion of the stomach or bowels. Heating doses, given to remove flatulency, soon impair the coating of the stomach. Opiates are often used indiscriminately to quiet a crying child, no matter what the cause of the crying. It is pitiful, to think of the ignorance of so many mothers, and to contemplate the destruction of health, if not the death of the child resulting therefrom. Among the reforms devoutly to be hoped for is the one which will demand of every one at least an elementary knowledge of the treatment that must be given to the young child in order that it may grow from babyhood with reasonably good health. Before we clamor for more children, let us instruct the mothers how to rear the ones they have.

Laundering Embroidery

Every woman who loves beautiful embroidery should learn how to launder it properly. Do not let a careless woman ruin the pieces, but put them, one at a time in a bowl, washing them out quickly, using warm rainwater and a pure white soap. Do not rub soap on the goods; make a lather, rubbing lightly, and rinse thoroughly, then iron on the wrong side while damp. Be sure to use only fast colors when doing the work, and do not let them lie in water a minute longer than necessary.

Trained Workers

"American Motherhood" says: "What the working girl needs—what all workers need—is not charity; not over-doses of sympathy; not new methods of diversion, but work—steady, honest work; work that they are fitted for and therefore can enjoy. In order to do this work intelligently and well enough to earn a living by it, there is need of careful, wise training, and for this purpose, the trades schools are becoming popular and being patronized."

They need, also, in many instances, to learn that work of any kind is not degrading—that the worker, and the way the work is done, is the determining point. Any task performed in a slipshod, slovenly manner is a disgrace—to the worker; while any task well and carefully done, no matter how menial, is elevating. Girls and boys should be taught that their best is none too good. Good work is never wholly unnoticed, and by

doing the very best we know how, or can learn to do, and keeping ourselves always ready to do a little better, if circumstances make it possible, we are fitting ourselves for the "step higher" that is always hunting for its own. Very few of us are given just the work we would like best to do; and we may never quite reach our ideals; but we should make our every effort leave us just one step nearer to our goal, no matter what the path we must tread. Charity and sympathy are all very well in their place; but there is nothing like good, steady, hard, honest work to develop what we are made of.

Query Box

"Marion"—Whether or not poor cookery is a cause of poverty, it certainly is a source of great waste, and "waste makes want," you know.

Elsie—Whip the lace and edging on the ruffles, as it looks and launders much better than when stitched on.

Mrs. H.—It is quite correct to keep the veil down for the first few months when in mourning. While we can but grieve for our loss, we should remember that we must live for the living, and try to be cheerful.

S. S.—Sponge black silk with equal parts of black tea and vinegar, shake until nearly dry, then iron on the wrong side with a rather cool flat iron.

J.—Clear lard is the best thing for tar stains. Carefully scrape the loose tar away, so as not to spread it, rub the lard into the stain, after which wash as usual.

Jennie D.—A ten cent package of slate color dye for woollens, dissolved in boiling water, will make a pint of excellent ink for ordinary uses. Other colors may be made in the same way.

"Hygiene"—Well cooked cereals may be more healthful foods than meats, but many people do not like cereals, while they do like meats. Good bread is the most economical food, but one can not live by bread alone.

Mrs. Amanda C.—It is scarcely worth while to write to millionaire philanthropists, for they seldom investigate individual cases, and you will only be out your postage and stationery.

E. C.—Kissing games should be ruled out. Even among members of one's own family, there is danger of communicating contagious diseases of the throat and mouth through kissing. There are very strong reasons why promiscuous kissing should be discouraged, even among women and children.

Ella S.—Pansy seeds should be sown in boxes in the house in March, unless you have a hot bed or cold frame. They give best bloom during the cool months. For bloom this spring, get plants of your florist. Spring-sown seed do not bloom until late summer.

Good Recipes

Scotch Broth—Wipe clean three pounds of lamb or mutton cut from the fore quarter; discard the fat and cut the lean into inch cubes. Put into a kettle, cover with three pints of cold water, bring quickly to the boiling point, skim, and add one half cupful of barley which has been soaked in cold water to cover over night. Simmer until the meat is tender—about two hours. Put the bones in a second kettle, cover with cold water, heat slowly to the boiling point and skim; let boil one and one-half hours. Strain the stock from the bones and add to the meat. Fry for five minutes in two table-spoonfuls of butter, one-fourth of a cupful each of finely-chopped carrot and turnip and half an onion sliced

WHAT CAUSES HEADACHE

From October to May, Colds are the most frequent cause of Headache. LAXATIVE BROMO QUININE removes cause. E. W. Grove on box 256