



### What Have You Given Away?

"What I spent that I had;  
What I saved that I lost;  
What I gave that I have."

Carve your name high over shifting sand,  
Where the steadfast rocks defy decay—  
"All you can hold in your cold, dead hand  
Is what you have given away."

Build your pyramid skyward, and stand,  
Gazed at by millions, cultured they say—  
"All you can hold in your cold, dead hand  
Is what you have given away."

Count your wide conquests of sea and land,  
Heap up the gold, and hoard as you may—  
"All you can hold in your cold, dead hand  
Is what you have given away."

Culture and fame and gold—ah, so grand—  
Kings of salon, the mart, a day—  
"All you can hold in your cold, dead hand  
Is what you have given away."  
—Kansas Children's Home Society.

### The Nation's Soul Call

The deeps of the nation's soul-life  
Are calling men true and strong;  
The groaning ground-swell of progress  
Inspires like a battle song.

Our sacred institutions,  
The home, the church, the school,  
The state, with her holy offices,  
Cry loud for men worthy to rule.

Men who have courage and kindness,  
Men who love justice and truth,  
Men who believe in a God of Right,  
With conviction and ardor of youth.

Men who are clean in their morals  
And nourish the Spirit within,  
Whose manhood recoils from devotion  
To vulgar and heinous sin.

Men with the spirit of service  
To poor and rich and learned;  
Men with the Master's Own Spirit  
Who never from duty turned.

America's young manhood,  
The challenge is for you!  
Your country calls! Your answer waits!

Shall its tone be false or true?  
—James Davidson Dingwell.

### Christmas Toys

In selecting toys for the children's Christmas, remember they should be such as to suggest action, and bring the imagination into play, as it is the child who plays, not the toy, and imagination is the soul of the play. The best toys are those which set the mind to work, and give the little brain scope for expansion. This is one of the strongest recommendations for the simpler toys. The wonderful mechanical toys sold in the shops are complete in themselves, and leaves the child nothing to do but to wind them up and start them going. In this case, it is the toy that plays, not the child. Children soon weary of having nothing to do, and, losing interest in the monotonous

repetitions, the little inquisitive mind sets about investigating the internal mechanism, greatly to the damage of the toy, which is soon ruined and thrown away, while the child turns for amusement to the old toys that are so hopelessly undone that everything they are supposed to do must come from the play-spirit in the child.

### The Question of Santa Claus

As often as the Christmas comes around, there is much said for and against the story of Santa Claus, and many conscientious parents are troubled about the answer to be made to the inquisitive child. Many believe the story should be denied, while others like to cherish the delusions of childhood. It is safe to say, however, that to every child that believes, there always is a Santa Claus. There are a great many other things in this world that exist only for those who believe in them, and for the child, just so long as he believes there is a Santa Claus, there certainly exists the Saint, but only while he believes.

Nothing is so near to the heart of the little child as the belief in anything that is wonderful, and the old fellow with the red, fur-trimmed coat and pack of toys is certainly most wonderful.

### For the Cold Days

Women should be careful to protect the feet and ankles, not only of the children, but of themselves during the winter weather. This is far more important than to protect the neck and arms, but it is not uncommon to see the body wrapped well in woollens, while the feet are shod with low or thin shoes, with only the thinnest kind of cotton stockings. As soon as the first frosts come, the low shoes should be set to one side, and the high shoes, with a good, comfortably thick sole, should be substituted. If cotton stockings must be worn, then two pair is better than one, or the thick fleece-lined will answer. Leggings should be a part of every child's wardrobe, and every woman should wear them when going out into the cold street, or when riding. Especially should they be worn by the country woman whenever she goes out to attend to the "chores" which nearly every woman of the country finds that she must see to, herself; or when riding between the home and the market, or on other excursions. All kinds of ailments are due to improper clothing—either too warm or too cold, one part overdressed, while another part suffers from exposure. If the vitality is lowered by any means, diseases, and minor ailments which open the door to serious diseases, are sure to accept the invitation thus given and enter the system.

Many women say they "haven't the time" to attend to such things; but when one is pulled down by sickness caused by such carelessness, the time must be taken, and though there may be no serious disarrangement of the household routine, there is always a loss and weakening that bring on a chain of evils at a later date. Many a child is being doctored for cough, or a disagreeable catarrh, which might have been perfectly well, had their feet and legs been properly clothed, and the comfort of the body attended to. While it is by no means advisable to attempt

facing the cold and storms of winter with scanty clothing, it is surely just as foolish to bundle one's self up so no accidental exposure can be met without a severe cold.

### "Earning Money at Home"

We are in receipt of many letters from our dear women, asking for advice along this line. But it is very hard to suggest work by which these sisters who are kept in the home by reason of home duties, little children, an invalid, or invalidism, or those living in country neighborhoods far from markets, can earn anything. It is easy enough to suggest, and to cite examples of what a few rare "other women" have done; but it is only the exceptional woman who can do these things, and though she may not realize it at the time, the added work is a heavy drain upon her vitality, and she is more likely to be an old woman or an invalid while she is yet young in years, than if she had let it alone. A woman who is raising a family, or who has full charge of all the household duties, should be exempt from further earning.

It is impossible to say what any one woman can best do; half of us do not know this, ourselves; any work we may attempt at home may be but experimenting, and that in a losing direction. Where one woman is so versatile as to succeed at any one of half a dozen things, another will fail, no matter what she tries—so much depends on the woman, and the wish or the will, or even the necessity, to do, is not all that is necessary. Whatever one undertakes, it will be necessary that there be an available market, or it will do no good. One must brace herself for failure, and refuse to be discouraged until a reasonable trial has been given the work. The output of her industry must be such as to sell itself, and this can only be done by doing the work better than any one else can do it, and by pushing it in the market which demands it. Business methods must prevail, and, like Henry Ward Beecher's "lie," it must be well stuck to, if it becomes a success. A writer says: "Put your eggs in the nest, and then watch the nest—never take your eyes off it until your chickens are hatched. Then watch the chickens."

### For the Toilet

When soap does not agree with the skin, take two tablespoonfuls of oat meal in a muslin bag and drop into a pint of very hot water; let the water cool so the bag can be handled, and squeeze all the starch out of the bag, strain and let cool, add two tablespoonfuls of eau de cologne or alcohol, and apply to the face with a soft cloth. Keep the face very clean, and use a soft complexion brush to take out the "black heads," which is nothing but dirt allowed to lodge in the pores, and with the brush use a good vegetable oil soap, if need be. Afterwards wash well with clear warm water in which there is enough benzoin to make the water milky. This treatment must be continued a long time.

A correspondent asks what makes a woman look old, and how shall she avoid the appearance. First, the figure is neglected, and allowed to get all out of shape and slouchy; second, bad dieting, careless washing and caring for the face, which causes a faded or yellowed complexion and

wrinkles; third, neglected hair. A habit of "don't care," and "nothing matters" makes any woman look old, no matter what her years. A bright, hopeful, generous habit of mind has much to do with keeping one young.

Don't expect a clear complexion unless you pay attention to the bath—inside and outside. Temperance in all things, exercise, cleanliness and careful dieting are imperative. Keep the sewers of the body open, and allow no clogging of any organ. Fruit, rather than meat, should be partaken of freely. Green vegetables are blood purifiers, and plenty of fresh air and a constant practice of "good will to all" will do wonders, where powders, pills, lotions and unguents will fail.

### Query Box

**Young Mother**—An easy way to make the bed-slippers is to knit them, just as you would the foot of a sock or stocking. Let them come well up the ankle, and fit rather snugly. When finished, tuck them in about the bed somewhere, so you can get them before putting the feet out in the cold.

**Alice L.**—The only way you can find a market for your sketches is to study the contents of the magazines or papers, and then send your manuscript to the one containing your style of writing. You must enclose stamps for return, as you will probably get a lot of it back.

**H. H.**—The household editor of a popular journal sent word to one who sent her a lot of household stuff, that it was no use to send such matter, as even the boys and men were copying recipes and "hints" and sending them in; and there are many editors that are utterly unqualified to judge of such stuff, hence, much useless trash gets into print.

The formula for making almond extract requested by a reader in California will be given in our next issue. The chemist mislaid the request, and it had to be furnished again.

**S. S.**—Many times the condition referred to is caused by a lack of tone in the system, with no disease existing. A good physician will advise you. A weakened condition of the nervous system is to blame for many aches and pains.

**E. E. S.**—It would be impossible to tell you what sort of present to give your friend; perhaps the best would be nothing but good wishes. Men are not always delighted with the selections of their girl or woman friends. A neat card would convey a message of good will.

Tincture of myrrh and spirits of camphor, equal parts, is a good thing for the teeth and to sweeten the breath. A solution of borax and water is also good.

### Health Items

An old remedy for stomach troubles where there is an excess of acid, is a tea made of soot and ashes. A quart of boiling water is poured onto a half pint of clean hardwood ashes mixed with a tablespoonful of soot, well stirred. Let this stand over night, then pour off the clear liquid and bottle. A tablespoonful is to be taken in a glass of hot water after meals, or whenever acidity is felt.

Soot is a valuable medicine, containing potash, lime and magnesia, ammonia and creosote.

For curing nasal catarrh, one of the simplest and most effective remedies is a solution of borax, one teaspoonful to half a pint of water. Have the solution warm, but not scalding hot; pour a little in the palm of the hand and sniff it up each nostril several times a day. This should be continued a long time. One of the greatest difficulties to be met