



The Home Department

Conducted by
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"In Earnest"

The hurry of the times affects us so,
In this swift rushing hour, we
crowd, we press
And thrust each other backward as
we go;
We do not pause to lay sufficient
stress
Upon that good, strong word, true
"earnestness."

In our impetuous haste, could we
but know
Its full, deep meaning, its vast im-
port, Oh,
Then we might grasp the secret of
success.

In that receding age when men were
great,
The bone and sinew of their pur-
pose lay
In that one word. God loves an
earnest soul—
Too earnest to be eager. Soon or
late,
It leaves the spent horde breathless,
by the way,
And stands serene, triumphant at
the goal.

—Selected.

For Thanksgiving Dinner

An exchange tells us that a great deal of gratuitous advice is given the housewife as to what to serve for the great home-coming festival at the end of this month. Most of housewives know just about what to have, and how it should be cooked, and served, and if we could only tell them how they can provide the materials, there would rarely be a lack either in quantity or quality. Unfortunately—or is it fortunately—the usual "things" are not on hand. They, even in American homes, as has been the rule, and many a home woman will have difficulty in solving satisfactorily the problem of supply and demand. Too much has been thought of the stomachs in the past, and the "Thanksgiving dinner" has been a species of gormandizing, rather than of giving thanks for blessings received. The general lack, because of high prices, may turn our thoughts to the fact that we have much cause of gratitude, and can show our thankfulness in better ways than by indulging in the species of gluttony which has been the rule so long. As one little girl expressed it, a few days ago, we shall be glad to have even enough "soup meat" to set off the table, for in a great many homes, where prodigal plenty has been the rule, the strictest economy will now have to be observed. Especially will this be so in the towns and large cities. No matter how high the wages of the worker, the prices of foodstuffs are higher, and our years of careless extravagance have left us in poor condition to meet the new order of things. The "grasshoppers" that have fiddled and danced throughout the long summer of prosperity are now confronted with a serious condition, and the "ants" who remembered that "winter was a-coming in the summer-time," and laid by in store, to meet the spare and lean years, are not disposed to deal out their savings at the risk of suffering for themselves, to aid those who scoffed at warnings when the air was balmy and the sun was warm. But we all have something to be

grateful for, and let us give thanks, even if our meager fare leaves us longing for the olden flesh-pots. In the fierce fires of today, let us "hold still," for the dear Lord has promised us that the days of disaster shall be shortened.

For the Toilet

Professor Lewis, of the Ladies' World, says: "A woman's search for personal charm never ends. This well-known fact, coupled with a knowledge of her ignorance of the frauds and deceptions practiced, forms a very fertile source of revenue for the unscrupulous manufacturer of so-called 'beautifiers.' The letters concerning face creams, lotions, powders, flesh-builders, hair dyes, etc., letters of simple inquiry, urgent letters, sometimes even hopeless letters, lead all the rest."

We are assured, by our most trustworthy physicians, that "a clear complexion, colored and glowing with health, can be obtained and retained only by paying the price of strict attention to the laws of hygiene; gross eating and clogged bodily sewers are the two greatest enemies to a beautiful complexion." The essentials of good health are good, wholesome, nourishing foods, suited to our needs; plenty of exercise in the open air, rest and regular hours for sleep, with a mind given to pleasant, optimistic thoughts; these will do more toward building bodily tissue and beautifying face and form than all the lotions, powders, washes or greases that can be manufactured, even of the most harmless and best.

A most pitiful fact is that few women know how to keep well, or how to regain health when it is lost, or threatened. Every woman is, in such matters, a law unto herself, and it is impossible to lay down strict rules; only by experimenting, and using good judgment can one be sure of anything as suitable to her individual needs. A cheerful mind is one of the best medicines that can be prescribed, and for this each woman must depend on herself; nobody can supply it for her. Each one must depend upon herself.

Using Canned Milk

Canned milk is coming more and more into use, and is usually found to be very satisfactory for use in cooking. It is made from whole, or partially, or wholly-skimmed, milk, according to the uses it is intended for. "Plain condensed milk" is a term applied to milk that is concentrated and sold in bulk without being sterilized or preserved with sugar, and the term "evaporated milk" is applied to milk concentrated and preserved in cans by sterilization. Evaporated milk has, to a large extent, taken the place of sweetened condensed milk; it contains nothing but normal milk reduced to about one-half its original bulk, while the sweetened condensed milk contains fully one-third cane sugar. The advantages of canned milk are that it can be diluted to the consistency of either cream or milk, is unadulterated, keeps longer and contains less germs than fresh milk. There is no risk in using this milk, and it can be used for almost every purpose where fresh milk is called for, according to the amount of dilution, or lack of it.

It can be kept in store, and is always ready at hand. One should buy the canned milk only from reliable makers, and then keep in a cool place when the can is opened.

The Eyes

When our attention is called to the fact that a large majority of even young people wear glasses in these days, we are told that it is because diseases and deformation of the organ of vision are better understood than formerly, and are largely remedied by mechanical helps in the way of fitted lenses. But we are also assured by those who claim to be best informed, that the organ is undergoing a process of degeneration because of its disuse as an organ of pleasure, as the majority of people—business men, scholars and thinkers—are occupied with abstract questions which do not call for exercises of the sense of sight except at close range. They are thinking of profit and loss, and other matters which can not, or need not be visualized. Language itself reflects this condition, and is getting less picturesque and more abstract. But this degeneracy may be, and probably is, a matter of habit; the civilized man is gradually losing the habit of looking closely into the appearance of things. Not one person in many can tell you what he or she sees on the way down into town; probably she saw nothing in particular which would seem worth mentioning, but more probable still it was because the faculty of observation was not used. One finds its difficulty to describe accurately something in which he was interested a few hours before. The eyes, unaccustomed to the task, do not absorb the scene, and hence, there is only a confused impression instead of a clear-cut picture in the memory. It is a matter of fact that we do not often know the color of the eyes of a person we often talk with, and although we may not be color-blind, we often can not give the color of even those of our own household. Indoor life and the printed page has rendered the eyes comparatively useless for purposes of pleasure. Learning is now got from books, rather than observation. Try your own powers of observation, and see how

clear an account you can give of what goes on about you, "under your very nose."

Carpet Beetles

In houses where there are furnaces and the rooms kept warm all the year round, the house pests, such as moths, carpet beetles, and others, breed the entire year through, although more active in the hot season than in the cold, and must be fought in winter as well as in summer. Care should be taken to hang all woolen clothing on hooks, off the floor; furs and valuable fine woolens should be beaten and sunned, then wrapped in newspaper bags or good cotton sacks entirely free from any holes, and the mouths of the sacks should be tightly tied. Hanging in light closets, free from the floor, with no lint or refuse woolen goods or feathers in corners. The carpet beetles are of two kinds, the black and the speckled, the speckled kind commonly known as the buffalo moth. The adult black beetle is a small, oval, black insect, from one-eighth to three-sixteenths of an inch in length; they are more common than the speckled kind, which are oval in shape, at least one-eighth of an inch long, mottled with bars of white on a black background. Formaldehyde does little good as a fumigant, and infested closets, trunks and other receptacles should be fumigated with carbon bisulphide at least once a month, using one ounce for every twenty cubic feet of space. The liquid should be put into a dish, set in the infested place, and the receptacle closed tightly; the bisulphide is highly inflammable and explosive, and no fire or flame should be used about it. Where the moths are known to be in carpets, lay a damp cloth over the goods and press with a hot iron; the steam will kill larvae and eggs. They are usually found under heavy pieces of furniture that can be moved but seldom. Look for them there until exterminated.

Contributed Recipes

Fruit Sponge Cake—This is claimed to be an excellent cake: To make it will require seven eggs, cup and a half of sugar, two and one-fourth cupfuls of flour, one-fourth cup of cold water, two teaspoonfuls of baking powder, and one teaspoonful of extract of vanilla and lemon, equal quantities, mixed. Bake in two layer cakes, and put together with this excellent filling: One minced orange pulp, one sliced banana, one can of grated pineapple, one-half

Think of It--

People cut out tea or coffee before retiring when these beverages interfere with sleep. In the morning they drink freely of them, strangely overlooking the fact that at whatever time of day the cup is drunk the drug, caffeine, in tea or coffee is irritating to the nerves.

More and more people are turning to

Instant Postum

the drug-free, nourishing, comforting cereal drink.

"There's a Reason"