Health Hints -:- Fashions -:- Woman's Work -:- Household Topics

How to Win Happiness

Everybody is in pursuit of happiness and yet no two are governed by the same ideas as to what constitutes perfect bliss. It is the exception when anyone is found who is really happy and contented. The more resources people have the less likely they are to be contented or reconciled to their lot in life.

Generally, when people are satiated with everything that life can offer, they are morose, and sigh for more worlds to conquer. They are out of health from over-indulgence, or something is wrong that they cannot in some way right. They are out of tune with themselves or their environment.

It was never intended that mortals should be so satisfied with this world that they have no desire to try to get to a better one. The truth is, there are few persons who are so situated that it is possible for them to be happy.

Naturally, there are times in the lives of most persons when afflictions fall so heavily that it seems difficult to find a rift in the clouds through which any sunshine may be expected to brighten the future. But if one will look to Him who sendeth joy and sorrow, there will always come a lightening of afflictions.

A thing is never quite so bad but it might be worse. Joy is the legitimate successor to grief, but can only come to those who "take up arms against a sea of troubles, and, by opposing, end them."

The lighter and the deeper veins ever run parallel. Smiles follow tears as the sunshine follows the rainfall. Conflicting emotions are ever at war with us, yet it is within our own power to control them. We can foster sadness or gladness as we will to do. We have only to appreciate what we have, be thankful for the manifold blessings daily showered upon us, make the best of everything, be cheerful ourselves and let our light so shine, that others seeing our happiness, will be influenced accordingly.

Happiness and misery are merely questions of temperment; neither is brought about by circumstances surrounding one, but are the result of one's own construction and acceptance of them. Persons with well-balanced minds are not affected by poverty or wealth, youth or old age.

They look back at things from a rational standpoint, and turn to advantage all the opportunities that come to them. They laugh at trouble and folly, and take hold of wisdom and happiness.

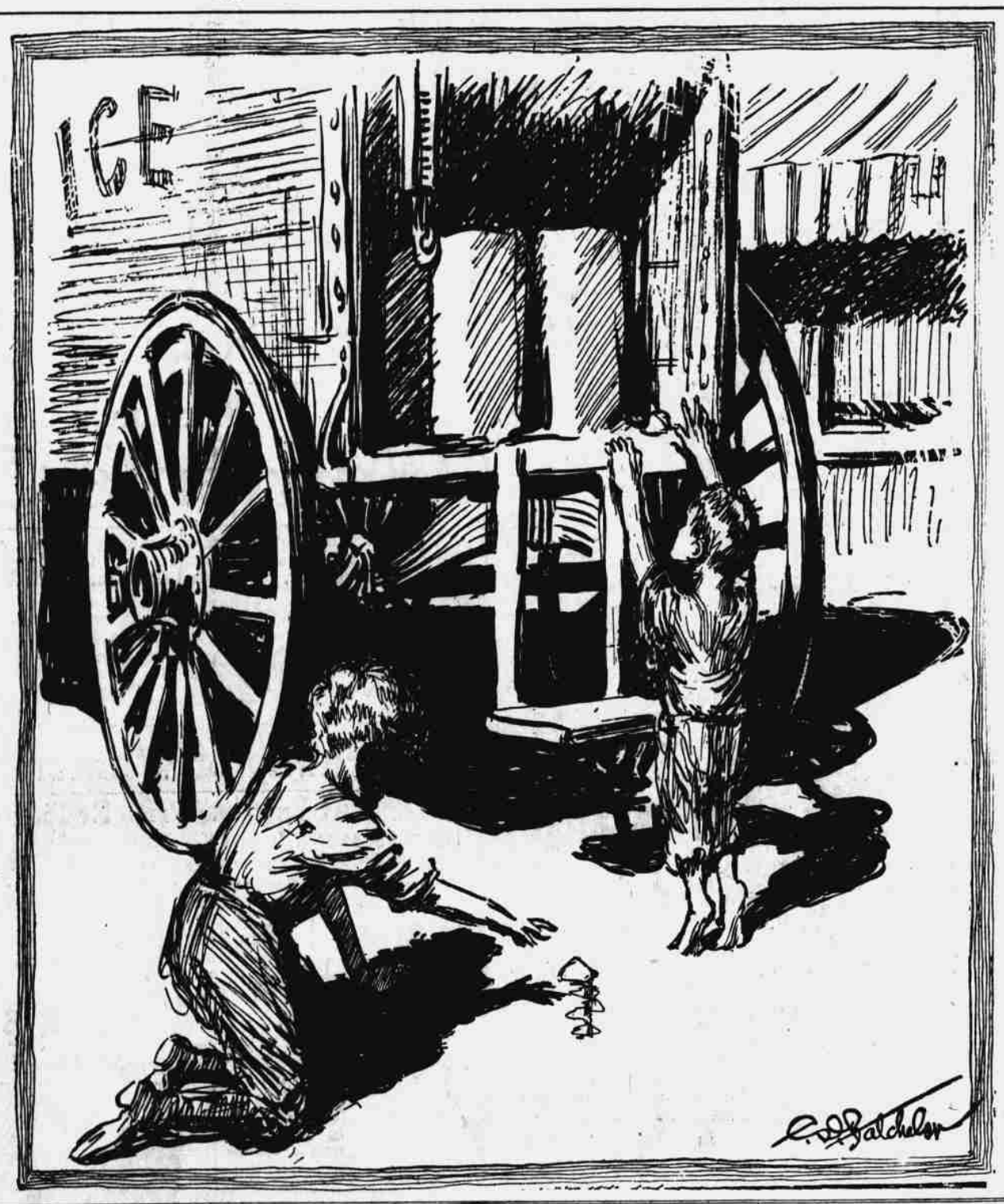
They do not indulge in repining because today it is raining; they are sure that on the morrow the sun will be shining. They see the gold of their hopes and ambitions at the end of every pathway, though they may have to cross the slough of despond en route.

They do not stop by the wayside to pick up all the stones of trouble that impede their progress. They do not appropriate to themselves all the delicious fruits of pleasure. They do not overlook the struggling, weary travelers who pursue the same path, but stop ever and anon to help them along, by lightening their burdens and giving them at least a word of cheer. They scatter the bread of kindness to the winds as they go through the world, and it is constantly coming back to them in multiplied loaves.

They climb to the top of all the mountains that rise before them, and send back cordial greetings to those who gave them aid and encouragement. They are always ready to help others whom they encounter on their journey through life.

Their Only Chance

Drawn for The Bee by Batchelor : : : : :



Advertising is the pendulum that keeps buying and selling in motion

For Luncheon or Tea Table

Currant Cake.

One pound of flour, one-quarter pound of butter, one-half pound of sugar, one-half pound of currants, half pint of milk, one teaspoonful of carbonate of soda. Mix all the dry ingredients together. Place the butter in a basin a little way from the fire until it gets soft, beat it up with a fork until it is like cream; mix a good teaspoonful of carbonate of soda in two teaspoonfuls of milk, set aside until you have mixed with a knife the flour, etc., with butter and milk, then pour in the milk and soda; beat well until thoroughly mixed, place in a greased tin, leaving plenty of room to rise, bake slowly for half an hour, then in a hotter oven for one hour.

Date Cake.

One pound of household flour, one-half pound of dates, six ounces of butter, a tablespoonful of vinegar, milk (less than a quarter of a pint), one-quarter pound of sugar, mixed spice, carbonate of soda. Rub all the dry ingredients well together, melt the carbonate of soda in the milk, and add to the mixture, then add the vinegar, beat all well together, and bake for one and a half hours in a moderate oven.

Ginger Cake.

Three-quarter pound of flour, three-quarter pound of syrup, one-quarter pound of lard, two teaspoonfuls of sugar, half a teaspoonful of spice, a little candied peel, one teaspoonful of ground ginger, one ditto of carbonate of soda, a little milk. Mix all dry ingredients together, then add enough warm milk to make a stiff dough. Bake one and one-quarter hours in a moderate oven.

Why Jack Spratt was Wrong Not to Eat Fat

"Jack Spratt could eat no fat," says the nursery rhyme. A great many people have a prejudice against the fat of meats, and a recent issue of the Londan Lancet shows why they are wrong.

Many minor ills of the body would be avoided if only care were taken to include a sufficiency of fat in the diet. Fat, we know, is about the most compact form of fuel which we possess, while it exercises a favorable effect upon the process of the internal tract.

In excessively cold countries a rich fatty diet is indispensable, for fat is the only substance which will rapidly replace the heat lost by the body, and travelers in the Arctic regions have related that they can only be kept warm and comfortable by a general supply of fatty foods, in comparison with which the effect of extra clothing was inappreciable.

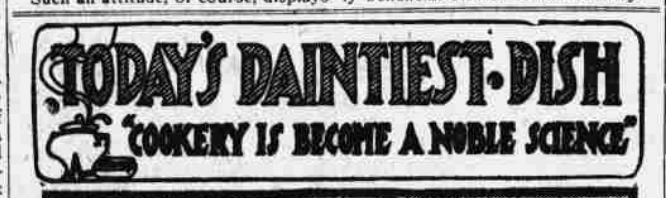
The tendency of today in many quarters is to exclude as much as possible the fatty portions of animal foods. Pieces of fat are carefully cut off the slice of ham, mutton or beef, and only the lean parts are eaten. Indeed, for some unaccountable reasons the eating of fat is regarded by not a few as positively vulgar.

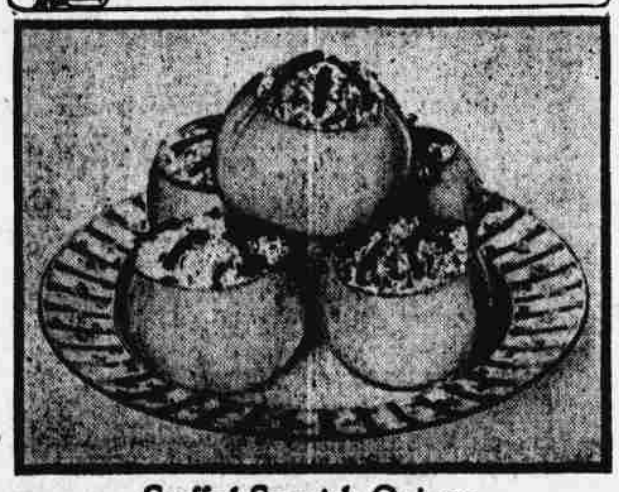
Such an attitude, of course, displays an ignorance of physiological facts. Cold feet, hands, fingers, ears and chilblains would in many instances be avoided under a generous diet of fatty foods. A digestible fat favors nutrition considerably; it spares much waste of the tissue-forming elements of food.

When lean meat alone is given large quantities are required in order that nutrition and waste may balance one another, but if fat be added the demand for flesh is less. Besides, therefore, giving an advantage in regard to making good the repair of the body, the use of it is economical from the point of view of dollars and cents.

The absorption of large quantities of fatless meat again tends to overload the blood with nitrogeneous waste products. In anaemic persons the partaking of an easily digested fat is commonly followed by the best results, nutrition is greatly improved and the condition of the blood is often restored to normal. It is well known, again that easily absorbable fats, such as butter, cream, cod liver oil, bacon fat and dripping, are especially valuable to sufferers from wasting diseases.

The introduction of the old fashioned and well prepared suet pudding into the diet is in perfect accordance with scientific teaching, and from the dietetic point of view, especially in the feeding of young, growing people, does probably a really beneficial service to the country.





Stuffed Spanish Onions

By CONSTANCE CLARKE.

This is a delicious dish, tasty and just what one wants when the appetite is not just as keen as usual.

Put four or five Spanish onions as nearly the same size as possible into a saucepan of boiling salted water and let them boil until tender. Then take out, wipe them thoroughly and scoop out the center, leaving a half-inch shell. Grate one-quarter pound of cheese into a bowl, add one-half a cup of fresh bread crumbs and one-half cup of cooked macaroni, pepper and salt to taste. Mix well together, then gradually mix a teaspoonful of mustard into a half cup of milk, then stir into the dry ingredients and beat all together. Fill the shells with this mixture and cover with bread crumbs. Wrap each one in a piece of buttered paper and bake in a moderate oven. Serve hot, garnished with parsley and strips of green peppers. (Tomorrow—Little Russian Cakes.)

Each Atom a Universe, and Perhaps Inhabited

By GARRETT P. SERVISS.

We are beginning to get glimpses into the world of the infinitely little which startle the imagination even more than the vast spectacles of the firmament above us.

The unlocking of the atom, within the last few years, has revealed the fact that all things about us, even our very bodies, are made up of miniature solar systems, spinning so swiftly that their infinitesimal "planets" may make as many as three millions of revolutions, or even more, in a single second!

No doubt you know what an atom is, but, nevertheless, we will define it again, according to the older ideas of science. An atom, until the recent discoveries were made, was supposed to be the smallest particle of any kind of matter that could exist. When they spoke of an atom physicists and chemists thought they were referring to something that was no longer divisible. There could be, they believed, nothing smaller than an atom. When they got down to that they imagined that they had got to the very bottom of things. Out of atoms, as the ultimate particles, every kind of substance was built up.

Now we know that this was all wrong. An atom is not the smallest possible thing, and instead of resembling an unbreakable, indivisible particle, an atom is made up of a vast number of things so much smaller than itself that, in comparison with the whole atom, they have been likened to the sun and planets in comparison with the whole solar system.

The name corpucle has been given to these infinitesimal particles which constitute an atom, and it has been found that an atom of hydrogen probably contains a thousand corpucles; an atom of oxygen, 16,000; an atom of iron, 55,800; an atom of gold, 197,200; an atom of mercury, 200,000, and an atom of radium, 225,000. This is sufficiently marvelous in itself, but it is by no means the whole story.

Amazing motions are continually taking place in the atom. Its corpucles are in constant revolution, like the planets going round the sun. But they travel, in some cases, 100,000 miles in a second! In some substances, like radium, a certain disorder arrives in the revolutions. Owing to the escape of energy the velocities are disturbed, and certain corpucles fly away with a speed of 20,000 miles per second! It is as if the solar system should suddenly reach a critical stage and go to pieces, the earth and other planets shooting away into space.

Now, atoms, with their corpuscles, combine into larger (but still invisibly small) particles, called molecules, and in these also revolutions take place. The atoms in a molecule revolve around other atoms. They do not travel as swiftly as the corpuscles in the atom, and yet it has been shown that in a drop of water the hydrogen atoms, which are the lightest, may revolve round the oxygen molecules so fast that they make 3,000,000,000,000 revolutions in a second! This is the same number we have referred to above.

Imagine one of those revolving atoms to represent the earth, and call its period of revolution an "atomic year," thus comparing it with the revolution of the earth around the sun—and then go a step farther, and imagine infinitesimal beings inhabiting that atom. If their lives lasted the same number of atomic years that our lives last of our years, at least fifty thousand million generations of those creatures would pass in a single second of our time!

A similar comparison was made by Dr. Johnstone Stoney many years before the discovery of the real consituation of the atom. At that time he took the velocity of the vibrations of light as a basis for his caluculation, and he said: "The motions of light bear the same relation to one second of time that the motions of our limbs bear to a period of 30,000,000 years. If there were sentient beings with bodies which move as deftly as this ether, and with thoughts and perceptions as quick as their bodies are active, there would be sufficient time for them, within a small fragment of one second, to live the lives of all the generations of men that have dwelt upon this earth, thinking all their thoughts and doing all their acts."

The comparison becomes all the more striking when it is based upon the revolution of an atom, which so curiously simulates the revolution of the earth in its orbit. It is no violation of reason to suppose that an inhabitant of an atom would think and act with a quickness proportioned to the measure of time in his world.

Are we forbidden to imagine such beings? No more than we are forbidden to imagine gigantic inhabitants among the numberless worlds of space. We do not know what life is, and it is mere folly to assert that it can only manifest itself in the forms familiar to us. The quality of mind is of so incaluculably fine a grain (if such an expression can be used of mind) that, as far as we can see, it might as easily be present in a creature transcending in minuteness the utmost imaginable powers of the microscope as in an animal six feet tall.

Things Worth Knowing

Drive a nail through an empty spool. It will make a handy peg to hang damp towels on. The spool will not tear or rust the article hung upon it.

Cream cheese into which chili sauce is mixed, rolled into balls and served with lettuce salad, is a piquant relish.

To prevent lard or butter from spattering out when potatoes, eggs, etc., are dropped into it to fry, sift a wee bit of flour into the fat just before they are put into it.

Grind up left-over meat, roll together with beaten egg, form into cakes, cover with biscuit dough, steam twenty minutes and serve with tomato sauce. Makes a palatable and economical dinner dish.