

# The Home

Conducted by MARY FORD

## LIFE'S LOWLY TASKS

The lowliest household task may always be

A service meet,  
That we may lay without reluctance  
At Jesu's feet.

One drop of dew may be enough to fill  
A lily's cup;

One word of hope a sorrowing heart  
may still,  
And raise it up.

The softest whisper uttered in Thy  
name

May chase its way  
Through angels' notes to God's ear with  
a claim  
Greater than they.

The busy days and hours are filled so  
full

Of noisy din,  
That good, through rifts scarcely per-  
ceptible,  
May filter in.

The lowly Christ still sends heaven's  
music down

In chords that wake  
From lowly ministries and labor done  
For His dear sake.

## MIRANDY TELLS WHY WOMEN CANNOT VOTE

Says it is Because They Were Born With  
a Wishbone Instead of a Backbone

"De reason dat women ain't got de  
right to vote ain't because dey is lackin'  
in sense an' probusness," said Mirandy,  
"hit's because dey's lackin' in back-  
bone. Dey ain't got no spinal column,  
and dey hain't to blame for dat because  
hit's along of de way dat de good Lawd  
made 'em."

"I ain't never had no trouble in be-  
lievin' dat woman was made out of  
man's rib. What worries me is why  
de Lawd's choice fell on de rib, which  
ain't nothin' but a sort of rafter to  
hold up a man's chest an' swell hit out,  
an' make him look proud, but dat ain't  
nowise important in hitself, an' dat is  
about de easiest thing dat he can spare  
widout missin' hit."

"Co'se I ain't a-presuming to criti-  
cize de good Marster, but hit look like  
to me dat when he was a-creatin' wo-  
man an' had de whole man to cut from,  
dat he could have saved us a lot of  
trouble ef he had made Eve out of a  
few j'int's of Adam's backbone instid  
ob dat rib."

"Yassum, dat's so, for ain't a rib de  
easiest squashed thing in de whole hu-  
man body? An' when you goes to de  
market an' wants to git de tenderest  
roast, don't you buy de rib roast?"

"Yassum, dey torks 'bout de differ-  
ence between men an' women, but de  
biggest difference is in de matter ob de  
backbone, an' hit's what keeps women  
good an' gives men de right to be bad,  
for dere ain't no foolishness dat a man  
will stand in a woman, an' dere ain't  
no foolishness dat a woman won't stand  
from a man."

"Dat's de reason dat we women can't  
vote an' ain't got no say 'bout makin'  
de laws dat bosses us. Ain't we got de  
right on our side? Yassir, we's got de  
right on our side, but we ain't got de  
backbone in us to jest retch out an'  
grab dat ballot."

"Yassir, we's jest a ho'nin' for de  
franchise, an' we might have had hit  
any time dese last forty years ef we  
had had enough backbone in us to riz  
up an' fought one good fight for hit;  
but instid of dat we's set aroun' a-  
holdin' our hands, and all dat we's  
done is to say in a meek v'ice to men:  
'Please, sir, I don't like to trouble you,  
but ef you'd kindly pass me de ballot  
hit sho'ly would be agreeable to me.'"

"An' instid of givin' hit to us, men  
has kind of winked one eye to each  
udder an' 'sponded: 'Lawd'm, she  
don't want hit or else she'd make a  
fuss 'bout hit. Dat's de way we did.  
We didn't go after de right to vote  
wid our pink tea manners on. Co'se  
some day we's got to gite her her share  
ob de estate, but we'll hold on to it  
ontil she comes after hit wid hay on her  
horns. Den we'll fork it over to her in  
a hurry.'"

"Yassir, dat's de true word, an' you  
listen to me de day dat women spunks  
up and rolls deir sleeves an' says to deir  
husbands dat dere ain't gwine to be no  
cookin' in dis house, nor darnin' of sox,  
nor patchin' ob breeches ontill dere is  
some female votin' doin', why, dat day  
de ballot will be fetched home to women  
on a silver salver. All dat stands be-  
tween women and suffrage is de lack  
ob a spinal column."

"Yassum, most ob de trouble in dis  
worl' dat women has comes along of  
deir bein' born wid a wishbone instid  
of a backbone, but I 'low dey can't  
help hit. Hit's all de fault ob de way  
dey was made. But what I'd like to  
know is dis—why woman didn't get a  
show at Adam's backbone instid of his  
chest protector?"—Dorothy Dix in Wo-  
man's Journal.

## DOMESTIC ECONOMY

The most important part of a house-  
wife's routine is planning the daily  
meals, yet it is a study but little under-  
stood. The necessity for exercising care  
and forethought of spending wisely, of  
wise economy and equally wise extrava-  
gance cannot be over estimated, for the  
mother is building with the most

malleable materials, the most wonderful  
structure in the world—the human body.  
In studying this subject, three distinct  
points must be noticed 1.—Amount of  
family income; 2.—health of the family;  
3.—time and strength of the house-  
keeper. It is impossible to specify either  
a maximum or minimum amount of  
money and food for all families as  
there are innumerable reasons why one  
group of people cannot live on the food  
found adequate by their next door  
neighbors. Mrs. Brown, for instance,  
has a family consisting of five adults  
and a child, while Mrs. Smith's family  
includes herself, her husband and three  
children. Mrs. Brown's meals would  
be much heavier than Mrs. Smith's  
but Mrs. Smith's bills would be quite  
as high because of the extra milk,  
fresh fruits and more expensive easily  
digested meats necessary to the child-  
ren's growth. Another point to be  
kept definitely in mind is that it is  
never wise to cut down expenditures  
to the lowest point at which nutrition  
can be obtained, if the income justifies  
a larger expenditure, because such  
cookery, which must of necessity be  
strictly economical, calls for a tre-  
mendous amount of care and prepara-  
tion on the part of the housekeeper.  
It is never wise economy to underfeed  
a family, for the only asset of the  
majority of young men and women is  
splendid health, obtainable only through  
the three great factors—proper nour-  
ishment, plenty of fresh air and floods  
of sunshine. On the other hand, it must  
be kept in mind that starving in the  
midst of plenty is quite possible, and  
that it is as inadvisable to overfeed as  
to give too little.

A diet that is too heavy is liable to  
bring about indigestion and anaemia

almost as readily as one that is too  
light, because the body rebels at too  
much food, cannot absorb it, and dis-  
cards it as waste. In planning the  
everyday family meals, the correct food  
for each individual must be kept in  
mind, yet the whole must be condensed  
into a meal that everyone can eat. A  
man working in the open demands  
hearty food as heavy meats, bacon and  
ham, hearty vegetables like onions,  
cabbage, beets, stewed beans or baked  
beans and substantial puddings like  
baked Indian meal and plenty of pie—  
foods that are not easily digested, and  
as a result remain in the digestive tracts  
a longer time. He would say that he  
liked such foods because they "stayed  
by him." Growing boys, from 12 to  
18, who are exercising constantly in  
the open air, require much the same  
kind of food with plenty of bread and  
butter, and if they are normal boys  
they will probably sprinkle their  
battered bread plentifully with sugar,  
and rightly, as the rapidly developing  
body insensibly demands the quick  
warmth and energy that the sugar can  
give. Sugar is to the body what coal  
is to the engine, quick fuel to give  
forth heat. The man doing sedentary  
work requires less substantial food  
and will be satisfied with thin soups,  
steaks, chops, meat loaf and an oc-  
casional salad and light dessert. The  
girl in high school and house mother  
will enjoy less meat, more fruits and  
vegetables and more salad. The elderly  
lady, if she is seventy or over, will  
gradually demand, as age increases, less  
food and of the type served to the four-  
year old. It is a queer fact that age  
and extreme youth require about the  
same amount and kinds of food, plenty  
of eggs, light soups, easily digested  
meats, chicken, tender beef or chop,  
well cooked cereals, cooked fruits, very  
light desserts and rather stale bread or  
toast must be included for them. Given,  
then, the members of the family and  
understanding somewhat about the kinds  
of food required for different indi-  
viduals, the next step is to gain a  
working knowledge of the different food  
materials that intelligence may be exer-  
cised in combining them.

(To be continued.)

## EUGENICS

(Continued from last week.)

### Parenthood and Race Culture

In the general study of a subject to  
which no human affair is wholly alien,  
it has been impossible to deal adequate-  
ly with the great question of eugenic  
education; that is to say, education as  
for parenthood. If only to emphasize  
its overwhelming importance, one must  
here insist upon the argument. There  
is, I believe, no greater need for society  
today than to recognize that education  
must include, must culminate in,  
preparation for the supreme duty of  
parenthood. This involves instruction  
regarding those bodily functions which  
exist, not for the body nor for the  
present at all, but for the future life  
of mankind. The exercise of these  
functions depends upon an instinct  
which I have for some time been in the  
habit of terming the Racial instinct—  
a name which at once suggests to us  
that we are to represent that instinct  
to the boy or girl at puberty, not as  
something the satisfaction of which is  
an end in itself—that is the false and  
degrading assertion which will be made  
by the teachers whom youth will cer-  
tainly find, if we fail in our duty—but  
as existing for what is immeasurably  
higher than any selfish end. It is a  
sacred trust for the life of this world  
to come. We must teach our boys what  
it is to be really "manly"—the fine  
word used by the tempter of youth when  
he means "beastly." To be manly,  
is to be master of this instinct. And  
the "higher education" of our girls, as  
we must teach ourselves, will be lower,  
not higher, if it does not serve and con-  
serve the future mother, both by teach-  
ing her to care for and guard her body,  
which is the temple of life to come, and  
how afterward to be a right educator  
of her children.

### The Rights of Mothers

It is to be doubted whether anyone  
else can claim, for him or herself, any  
real and final right that can for a  
moment compare with the rights of a  
mother to fair conditions in which to  
perform her supreme and indispensable  
work. That is a right worth having  
and worth claiming by all who know  
a fundamental when they see one. As



7319 Girl's Tunic Dress, 8 to 12 years.

### GIRL'S TUNIC DRESS 7319 WITH SQUARE OR ROUND NECK, WITH ELBOW OR THREE-QUARTER SLEEVES

The tunic dress is one of the newest and prettiest  
for little girls. This one is equally well adapted  
to one material throughout and to combinations.  
In the illustration it is made of a striped voile and  
the tunic is made on the straight while the skirt  
is made on the cross, but the tunic could be made  
of one material with the skirt of another equally  
well. Striped material could be used over plain or  
over plaid, or one fabric could be used over another.  
In whatever way it is treated the model is a charm-  
ing one, admirably adapted both to the present  
and to the coming season. Dresses of this sort  
will be charming made from the washable fabrics  
that are so varied and so beautiful.

The dress consists of tunic and skirt. The skirt  
is straight and plaited and is joined to a belt. The  
tunic is made with front and back portions joined  
over the shoulders and under the arms above the  
belt, but is open at the sides below the belt. Trim-  
ming is arranged over the shoulder seams for a  
portion of their length and the closing is made  
beneath this trimming.

For the 10 year size will be required 41 yards of  
material 27, 31 yards 36 or 44 inches wide with  
11 yards of banding.

The pattern, No. 7319, is cut in sizes for girls  
of 8, 10 and 12 years of age, and will be mailed  
to any address by the Fashion Department of  
this paper, on receipt of ten cents

No. .... Size .....  
Name .....  
Address .....



7313 Plain Blouse or Shirt Waist,  
34 to 44 bust.

### PLAIN BLOUSE OR SHIRT WAIST 7313

The plain shirt waist that is made in mannish  
style is a smart one for many occasions. Here is  
a model that is made with the new turned over  
cuffs and collar, but the collar is adjusted over a  
neck-band, consequently, if it is not becoming, it  
can be omitted and any preferred stock worn with  
the waist. In the illustration the waist is made  
of striped madras, but the light weight washable  
flannels are much liked for such models, and cotton  
and linen materials include a long and satisfying  
list.

The waist is made with fronts and back. The  
patch pocket is arranged over the left front and  
the closing is made with buttons and buttonholes  
at the center of the box plait. The sleeves are with-  
out fullness at the shoulders, but gathered at the  
wrists and are finished with wide cuffs that are  
folded at the center and turned over to be held  
by means of links. There are openings and over-  
laps. The neck-band finishes the neck edge, and  
the double collar, which is also designed to be held  
by links, is arranged over it.

For the medium size will be required 31 yards of  
material 27, 2 yards 36, 1 yards 44 inches  
wide.

The pattern, No. 7313, is cut in sizes for a 34,  
36, 38, 40, 42 and 44 bust, and will be mailed to  
any address by the Fashion Department of this  
paper, on receipt of ten cents.

No. .... Size .....  
Name .....  
Address .....