

of our middle-class homes is expense. The rug on the floor may be ingrain and only half wool. The curtains may be scrim or cretonne or serge, the chairs may be the cheapest made, your plants may be a fifteen-cent primrose and a wreath of smilax, your lamp shades may be paper ones, and the whole cost just half the money an ordinary "front room" does. But what a difference! The cosy sitting-room may have toys on the floor and a cheerful litter of papers on the table, but it is a place to live in, and a stiff, prim "parlor" is not. In the cities where rents are high, the number of rooms determines the price of the house. What a shame to give up the best to the occasional visitor.

The very rich are a law unto themselves. They have libraries, back drawing rooms, sitting rooms, boudoirs, dressing rooms. But most of us are not rich, except in content and peace of mind, and why should we pattern ourselves after them?

"I like one room fit to bring people into," says one housekeeper. Another one wisely decides that she will decline to sit her family in a room which is not "fit to bring" a stranger into. Little children cannot play and be absolutely tidy, but they can always be clean and can be taught to be neat. Besides, early in the evenings, little children should be in bed, so that the mother and father may have some chance to talk and read and think together.

"But I have to keep myself so tidy if I sit in the front room," exclaims some other woman. Well, and why not? Women ought to be tidy and—clean. If you intend to loiter around in a wrapper all evening and your husband sits in his shirt sleeves, then I really think the kitchen is the best place, after all is said and done. But it's not elevating and pretty; dainty furnishings and neatness, cheerfulness and good literature are.

The house mother who wants to get the best results from the food she serves to her family must study food values, food constituents and the effects of the various methods of cooking. It is more than custom which induces us to serve corned beef and cabbage, pork and beans, lamb and peas, and goose with apple sauce. The woman who knows which foods are carbonaceous or heat and force-forming foods, and which are nitrogenous or muscle and flesh-builders, will so arrange the menus for her meals that each part of the system will be properly nourished.

Don't punish your boy for displaying a temper which you showed him how to use. Weed it out of your heart before you dare to even call it by its name.

Sew brass rings to opposite corners of your kitchen towels. Hang up on the rail and use the lower end for a few days. Then change it about to bring the cleaner corner down, and one towel will have done the work of two.

Provide holders for your kitchen towels. Hang them conveniently near the stove, and then you can, with reason, be very disagreeable when holes are burnt in your tea-towels. Eight inches square is a good size, and the best are made from heavy linen with a layer of sheet wadding between. Sew a brass ring at one corner and get over the difficulty of broken tapes.

Don't expect your one servant or your half dozen of them to be any neater, any more economical, or any more polite than you are.

In this department I shall be very glad to have letters from the readers. Any especially good recipe which has been tried will be given a place. Any little house-keeping wrinkle or advice will be laid before the women readers. Any little thought for home-makers will be thankfully received and gladly given space. Women can help other women wonderfully if they are only willing, and many hands make light work. Homes are the dearest, holiest places on earth, and anything that will help us to make them happier, brighter or better is surely what we are most earnestly striving for.

"Where the sun does not enter the doctor does," is an old, old proverb, but it holds its own truth yet. We have all seen those puny pieces of wretchedness, which pass for children, and who grow up in darkened houses. Either the sun will injure mamma's complexion, or fade mamma's curtains, so it must be kept out—kept out with all its blessing of cheerfulness and health, and the children are dosed with tonics to strengthen them though they wear veils on their faces to keep away tan and freckles while they are out.

Home-makers may not hear the echo of their "footfalls in the corridors of fame," but if their children "rise up and called them blessed," they will look back upon earth and life with a sweet content.

While it is certainly true that the husband of the home-maker should not be called upon to endure the rehearsal of her troubles, yet he likes to tell her the worries of the day, and a sorrow divided is half borne.