

When the world seems full of trouble—
Than letting the dart cut into the quick
And making your trouble double;
For trouble despises a smiling face
And feeds on flurry and scurry—
Just bury your griefs for a little space
And look straight ahead—don't worry.

Let The Boy's Help

'Let us get here at quarter past seven and have a sail together,' cried Fred Baker. 'We all have supper at six, and that will give us lots of time to get here.'

'I can't come until half-past seven,' said Will Adams. 'I have to wash the supper dishes.'

There was a chorus of derision. Wash the dishes—a boy wash dishes! Who ever heard of such a thing?

'I have,' said Will, quietly. 'I know of three boys in the Hamilton Hotel who wash dishes three times a day.'

'Oh—but they are paid for it.'

'Well, do you mean to say that you would do for pay what you wouldn't do to help your sick mother?'

This was silencing, if not convincing, as the boys were 'good' boys, as boys go. Yet one and all felt that Will Adams had belittled himself in some way by doing what they all called 'girls' work.'

Is it not strange that these ideals should prevail, not only among boys, but among the boys' mothers as well?

Many a smart boy wants to help his mother, but does not know how, beyond bringing in wood and water or going an errand. There is nothing that will injure him in his learning how to wash dishes, make beds, sweep, set the table or cook a plain meal of victuals. Indeed, all these things are accomplishments which may prove valuable in after life.

In this topsy-turvy world a young man may save himself from beggary at some stage of his career by learning how to cook.

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To claim that these are girls' work is nonsense. There are men who make a living by sewing, cooking, washing and ironing. Not a boy's work! It is a positive harm to the moral character of a boy to allow him to be idle while his overworked mother is staggering under her household burdens.—'Columbus Dispatch.'

Cream of Spinach Soup.—Wash and pick over two quarts of spinach. Add one and

one-half pints of boiling water and cook for twenty minutes. Then drain, chop fine, and rub through a sieve. Heat one quart of white stock and pour over the spinach. Bring to boiling point, season with salt and pepper, and thicken with four level tablespoonfuls of flour and two of butter rubbed to a smooth paste. Add one cup of green cooked peas and two tablespoonfuls mushroom catsup or lemon juice, and when serving garnish with a cup of cream, whipped.

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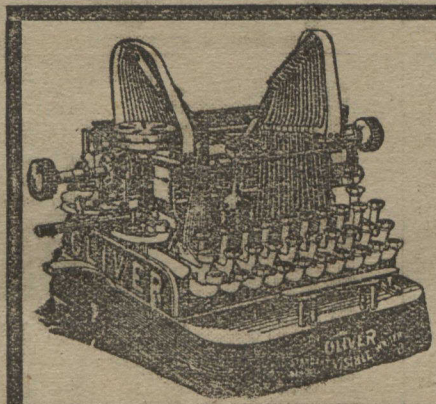
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