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THE HOME

TOO MUCH 'FEELING.'

Two middle-aged men who had been friends in youth met after a separation of years and began talking over old times. In the course of the conversation, one of them said, "What is the trouble with Tom Walker? He seems to be very unsuccessful, and yet when we were boys together I used to think he had the best chance of us all. Why is it that he doesn't get on in the world?"

"Too much feeling," was the response. "You didn't know Tom as I did, or you would remember that even as a boy he would never do anything unless he felt like it. If he did not feel like going to school, he stayed at home. If he felt like learning his lessons, he did, otherwise he didn't trouble himself about them at all. He had a good deal of musical ability, but he so seldom felt like practising that he never learned to play or sing well. You see he didn't have a mother like yours or mine to teach him that what he ought to do must be done without regard to feeling. On the contrary it was only necessary for him to say, 'I don't feel like it,' to be excused from any duty. It didn't matter so much while he was a boy, for he was a bright fellow, but by the time he was ready to go into business, the habit of giving up to his feelings had become fixed, and he could not find any employers like his mother. Consequently he has never been able to hold any position long nor to count for much among his fellow-men."

"I believe you're right," was the companion's reply, "for only the other day a prominent business man said to my son, 'If you want to succeed in life, you must learn while a boy to control your feelings and work whether you feel like it or not.' We can't be thankful enough that we had mothers who realized the truth of these words."

Unfortunately not all boys and girls have mothers who realize the importance of doing what is right without regard to feeling, but this will not excuse them for wasting their lives. When they are old enough to think and decide for themselves, they are still young enough to overcome bad habits. Let them stop to think how little would ever be accomplished in the world if its workers acted only in accordance with feeling, and they will learn to give so childish an excuse.

In all departments of life, whether in church work, charitable work, or in our social relations, if there is some good reason why we cannot do the work which is asked of us, let us state it frankly, but let us beware how we say, "I don't feel like it."—Selected.

AN EASY WAY.

("Congregationalist.")

Wouldst thou be wretched?
'Tis an easy way:
Think of but self, and self alone, all day;
Think of thy pain, thy grief, thy loss thy care;
All that thou hast to do, or feel, or bear;
Think of thy good, thy pleasure and thy gain,
Think only of self, 'twill not be vain.

Wouldst thou be happy?
Take an easy way:
Think of those round thee—live for them each day;
Think of their pain, their loss, their grief, their care;
All that they have to do, or feel, or bear;
Think of their pleasure, of their good their gain;
Think of those round thee—it will not be in vain.

ANSWER AT ONCE.

Prompt acknowledgment of an invitation is a mark of good breeding. Whether a girl is to accept or decline, she should make every effort to have her answer go by the next post, or by hand the same day; and to keep open an invitation, acknowledging it, but neither accepting nor regretting it, is the height of rudeness, save where special permission has been given.

GOOD-NIGHT.

Do not forget to teach the children to say good-night to each other, as well as to older members of the family when they go to bed. It is seldom they will do it of their own accord, because comradeship and equality render them thoughtless of little courtesies. Familiar use has robbed the phrase of its significance, but every child should know that "Good-night" and "good" spring from the same root, and the same meaning. "Good-bye" is "God be with you," and the old-fashioned phrase, "Good-night to you" is "God guard the night to you." It may, perhaps, have a different meaning for the children, if they know this, and perhaps the homely phrase will come more readily for each other.

THE LOVER LIKES THIS GIRL.

The girl who keeps her lover does not give up all attempt to please and charm him just because she has said "Yes." She studies his tastes and his likings, and lets him see that it is her pleasure to do it, but she never takes the attitude of a slave, for she knows a man's love lasts longer looking up than looking down. She never bores him. She talks more about herself than her own self. She is always bright and patient, and never exigent or unreasonable. She does not reproach him, or quarrel with him. She is never out of temper and she does not "nag." She lets him see she loves him, and she is not cold; but she never lets him guess the real depth of her devotion, for then he might presume on it. She has enough coquetry to be charming, but not cruel, and though she lets him taste to the full the rapture of knowing she is some day to be his, she never lets him feel too secure of her. This type of girl not only keeps her lover till their marriage day, but she stays in a lover's attitude till their lives end.

THE DRAUGHT OF PAIN.

Bearing two crystal goblets in his hands
To a philosopher an Angel came;
One wine shone clear as water, o'er white sands,
Came red as flame.

"Choose!" said the Angel. "From life's wine-press flows
For all mankind the vintage which I bring.
The pale cup holds exemption from life's woes,
The red brings suffering."

"One wine is colorless," the dreamer said,
"Who suffer keenest nobler joys attain."
And to the dregs drained from the goblet red,
The draught of pain.

Then spake the Angel: "Thou hast chosen well,
What seemeth loss to thee, shall prove thy gain.
All that is pure, and sweet, and beautiful,
Is born of pain."

The dull white flowers of life everlasting which grow in pastures and on the edge of woodlands make excellent filling for sofa pillows, and one may enjoy through the winter the sweet wholesome fragrance that recalls the summer fields.

Peppermint Drops.—1 cup of sugar (powdered is best), moisten with boiling water and boil five minutes. Take from the fire and add cream tartar size of a pea, mix well and add 4 or 5 drops of oil of peppermint. Beat briskly until the fondant whitens, then drop on paper. Measure cream tartar and oil of peppermint while the sugar is boiling. It should not sugar before it is dropped; should it do so, add a little water.

ALL FOR A LITTLE WOMAN.

All for a little woman, out of the lands of rose,
Over the hills of morning, to the beach and the beam he goes;
All for a little woman, and the rose of a woman's soul.

He threads the mills where the hammer thrills and the furnace shudders roll!

All for a little woman—brothers of toil made sweet;
We swing and sing 'from the little cots in the lane and valley and street.

All for the little woman and the sunlight of her face,
We stride the tide of the seas worldwide, in the roar of the market place!

All for a little woman, in the holy and heavenly dusk
We follow the trail of the brambled lane, the scent of the meadow-musk;

All for a little woman, the blooms of our love and light,
That lean to our kiss in the tender bliss of the homes on the hills of night.

—Baltimore Sun.

BAKED APPLE PUDDING.

Fill a three quarter dish with pared and quartered apples. Sprinkle on these one cupful of sugar, a slight grating of nutmeg, one tablespoonful of butter and half cupful of water. Cover and bake thirty minutes. Roll a piece of paste into a strip that will reach around the pudding dish. This strip should be about two inches deep. Roll the remainder of the paste to cover the dish. Take the dish from the oven, slip the strip of paste between the apples and the dish and put on the top crust. Return to the oven and bake one hour longer. Serve with a rich cream sauce.

To Become a Centenarian

Those who take no particular joy in living and would be content to die off at 100 can adopt a less exacting regimen than that of Minister Wm. Sir Henry Thompson, a famous doctor, who attended royally, prescribed a set of rules for would-be centenarians. These rules he himself followed, and it is rather disappointing to note that while his book "Diet in Relation to Age and Activity," was going through the press, Sir Henry, passed away aged 86. However, his advice is valuable, although it does clash with that of the Chinese philosopher. For instance, Sir Henry advises four meals a day. Nor does he advocate a diet composed exclusively of fruit and vegetables. They agree with each other, and with nearly every other authority, in declaring that we eat too much rather than too little. An old man should be lean and live on slender rations. Before rising in the morning an old person should sip a cup of weak tea and milk. Breakfast should be eaten about 8.30, luncheon at 1, dinner at 7, and a little refreshment should be taken at 11, if desired.

Sir Henry continues: "Following this course, the animal food supplied for breakfast and at luncheon may include an egg or fish cooked in various well known ways. At luncheon a little tender fowl may be taken, unless it is preferred to reserve it for dinner, in which case fish and a farinaceous pudding may be substituted. This last named meal should commence with a little good consommé, often substituting a vegetable puree, varying with the season, and made with a light meat stock or broth, or both, or a good fish soup as a change. Then a little fowl or game and a dish of vegetable according to the season of the year. Of bread eaten at meals it may be said that, whether brown or white, it should be toasted; the white, as containing too much starch, should be toasted thoroughly, so as to be quite brittle."

We in this age are extremely sceptical over the claims of phenomenal age, and authenticated records are rare. However, despite our incredulity, there are cases as well authenticated, perhaps, as that of Methuselah, though not to be compared with this veteran's career on any other ground. Old Parr, the most famous of old men, was 152 years old, and had his last few years been characterized by as much frugality as the rest of his life he might have lived much longer. Harvey, the famous anatomist, and discoverer of the circulation of the blood, dissected Parr and found nothing the matter with any of his organs, save a slight accumulation of fat, brought on by easy living of his last few years. It was Parr's ill luck to attract the kindly attention of Thomas, Earl of Arundel, who made him a domestic servant in his London establishment. The old fellow simply ate and drank himself to death in short order.

Henry Jenkins, once butler to Lord Conyngham, is said to have been 169 years old, and his case is well attested. At the age of 100 he was a fisherman, and made his living on the sea, and fifty-seven years later he was a witness in a lawsuit, and gave his testimony with as much intelligence as the average witness. He was not, however, a man of much mental attainment, although he knew enough to live so long. His food was of the coarsest description, and he drank plenty of sour milk. The latter fact is particularly interesting in view of the modern claim that sour milk is the perfect diet. It is alleged that Thomas Carn, who died in London in 1588, was 207 years old, and according to the St. Petersburg Gazette, of 1813, a Russian, whose death was announced, was more than 200. In all there are said to have been a score of men and women who lived to be 150 years old. With hardly an exception they were peasants who lived on rough fare and never coddled themselves, and it is reasonable to suppose that one who would live as long must live as simply—Mail and Empire.

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