

HOUSEHOLD.

Do the Best You Can.

(Eben E. Rexford, in 'Golden Days.')

What use to frown when things go wrong?
A frown won't set them right,
Be brave of heart, and sing a song
To make the burden light.
That this is true I quite believe:
He is the wisest man
Who sings when care and trouble come,
And does the best he can.

The man who broods o'er trouble finds
His burdens heavier grow,
As he climbs up the hill of life,
The wise man does not so.
He gathers flowers beside the way;
He says to fellow-man:
'Let's make the most of pleasant things,
And—do the best we can.'

In thinking of another's need,
We oft forget our own;
So let us think of others more—
Not of ourselves alone.
Keep up a brave and cheerful heart,
'Tis aye the wisest plan
To sing when care and trouble come,
And—do the best you can.

Peace, Obedience, Faith.

John Ruskin, in counting up the blessings of his childhood, reckoned these three for first good: Peace. He had been taught the meaning of peace in thought, act and word; had never heard father's or mother's voice once raised in any dispute, nor seen an angry glance in the eyes of either, nor had ever seen a moment's trouble or disorder in any household matter. Next to this he estimated Obedience; he obeyed a word or lifted finger of father or mother as a ship her helm, without an idea of resistance. And, lastly, Faith; nothing was ever promised him that was not given; nothing ever threatened him that was not inflicted, and nothing ever told him that was not true.—Hurlburt.

Full Hands.

It is sympathy rather than wealth that bears the world's burdens, and generous self-sacrifice is a virtue that may flourish among the poorest. A touching illustration of this truth came to the knowledge of a lady who left her address at a free employment office and asked that a woman who could do house-cleaning be sent to her. The next day a small, tired-looking woman came.

'You don't look strong enough for such hard work as I want done,' said the lady.

'Well, I ain't over and above strong,' was the reply, 'but I'll try to do the work well if you'll let me. I need the pay very much.'

'Do you have a family to support?'
A ghost of a smile hovered around the other's lips.

'I should say I had,' she answered. 'That is, my husband and I together have. He's working on half-time now, and he don't make but seven dollars a week, and my hands are so full I ain't been able to go out but two or three days a week, and we've nine in the family.'

'Then you have seven children?'

'No, only four; but we had to take in an old aunt of my husband's, or let her go to the poorhouse, and my husband went and saw just how she'd be situated if they took her there, and he said she shouldn't go a step.'

'You see, she took him in when his mother died, and cared for him as if he'd been her own child, and he ain't forgot it. She's nearly blind and almost helpless, but she tries to be as little trouble as she can.'

'Then my mother lives with us, because she's no other place. It'd kill mother to go to the poor-house, and she's not going while I live, if all of us have to live in one room. We've only four rooms now, and of course we're awful crowded; but we don't complain so long's we can have mother.'

'That makes eight. Who is the ninth?'

'Well, it's a little crippled child of my husband's sister. She and I were just like born sisters, and almost her last words to me were, "Jennic, don't let anybody take my baby away," and I said I would not. It's fa-

ther is dead, too, and I couldn't see the poor little crippled thing going off among strangers; and Jim, my husband, he says, "We'll make room for it somehow, Jennie," and so we have.

'It's got a spinal trouble and can't stand, and never will; and it has awful bad nights, so I have to be up with it half the time; but I always say to myself, "Poor little thing! It's harder for it than it is for me," and I try to be patient with it.'

'Then I've a baby of my own, less than a year old, that's real fretful, so you see that Jim and I have our hands full, ma'am.'

'Your hearts are full,' said the lady with tears in her eyes; 'full of that which, if everybody had it, would make this world Heaven.'
—J. L. Harbour, in 'Youth's Companion.'

The Foot-bath.

The foot bath is often a source of great relief and comfort to a sick person and everyone who is likely to have charge of the sick at any time should learn how to give this bath in bed with the least tax and worry to the patient.

Here is a good way: Cover over the lower half of the bed with a large piece of oil-cloth (and said piece of oil-cloth no housewife should ever allow herself to be found without); then place a foot-tub with a small amount of water of medium temperature in the bed. Have the patient lie on the back, and flexing the knees place the feet in the tub; the knees can be supported if necessary by an attendant. Cover the tub and knees with an old blanket, having placed a board over the tub to keep the blanket out of the water.

The patient can now lie there and thoroughly enjoy his bath. The water can be heated from time to time by adding more hot water. At the close of the bath cool the water to 100 degrees; lift the feet out into towels and dry them.—'Journal Hygeo-Therapy.'

My Work.

Let me do my work from day to day,
In field or forest, at the desk or loom,
In roaming market place or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
'This is my work, my blessing, not my
doom,
Of all who live, I am the only one by
whom
This work can best be done in the right way.
—Henry Van Dyke.

Selected Recipes.

ECONOMICAL PLUM PUDDING—WITH-OUT EGGS.—Cream one-third of a cup of butter with a cupful of light brown sugar, add three-quarters of a cupful of sour milk, a half teaspoonful of baking soda, a half teaspoonful each of cloves, cinnamon, nutmeg, and allspice, one-half cupful of raisins (dredged with flour) and two heaping cups of flour, to which a pinch of baking soda has been added. Bake for 45 minutes in a moderate oven.

ORANGE CREAM CAKE.—Make a plain cake with two eggs, one cup sugar, one large tablespoonful of butter, half cup of milk or water, one teaspoonful baking powder, and one and three-fourths cups of sifted flour. Bake in a long biscuit pan. When done and cold enough, split in half, fill with orange cream and cover the top with sections of orange arranged in rows or like spokes of wheels. Ice over with boiled icing. If preferred, the orange sections may be placed on top of icing.

SPICED RAISINS.—These are nice to serve with cold sliced tongue or boiled ham. Make a syrup of two pounds light brown sugar, a pint of vinegar, and teaspoonful of cloves and cinnamon. Tie in a bag. When it boils skim carefully and pour over two pounds of finest

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