

SELECTED AND

EDITED

BY

MRS. JOHN HOLMES

IN THE HOME



Correspondence is invited on all matters relative to the Home. Questions pertaining to any feature of domestic life, or of interest to women generally, will be readily answered, when possible, in this department.

CHIT-CHAT.

A WOMAN TALKS TO WOMEN—A MOTHER SPEAKS TO MOTHERS.

What I Live For.

I LIVE for those who love me,
Whose hearts are kind and true,
For the heaven that smiles above me,
And awaits my spirit, too;
For the human ties that bind me,
For the task by God assigned me,
For the bright hopes left behind me,
And the good that I can do.

I live to learn their story
Who've suffered for my sake,
To emulate their glory,
And to follow in their wake;
Bards, patriots, martyrs, sages,
The noble of all ages,
Whose deeds crowd history's pages,
And Time's great volume make.

I live to hold communion
With all that is divine,
To feel there is a union
'Twixt Nature's heart and mine;
To profit by affliction,
Reap truths from fields of fiction,
Grow wiser from conviction,
And fulfil each grand design.

I live to hail that season,
By gifted minds foretold,
When men shall rule by reason,
And not alone by gold;
When man to man united,
And every wrong thing righted,
The whole world shall be lighted
As Eden was of old.

I live for those who love me,
For those who know me true,
For the heaven that smiles above me
And awaits my spirit, too;
For the cause that lacks assistance,
For the wrong that needs resistance,
For the future in the distance,
And the good that I can do.

AT the recent convention of the Kentucky Federation of Woman's Clubs, a prominent speaker asserted that the golden age of civilization would not arise until men, women and children were better fed. "If the hundreds of thousands of intelligent club women," she concluded, "would this year study scientific cooking as well as civil service reform, they would materially forward good government."

While ignorance of domestic economy may not be one of the seven deadly sins, light is yet thrown on its ramifications by the study of criminology. Scientists affirm that crime is a disease, and that if the convicts of to-day had been better nourished, many of them would have become worthy citizens.

More mischief in the form of disease, impaired vigor and shortened life comes to civilized man from erroneous eating,

affirms Sir Henry Thompson, "than from the habitual use of alcoholic drink. Indeed, many men have recourse to stimulants merely to bridge over the time between insufficient meals."

Specialists in insanity says that its various forms almost always begin with the inability of the victim to digest food.

If the mistress or daughter of the house believed that she might save father, husband or brother from crime, drunkenness or insanity, would she begrudge study given to the chemistry and the proper preparation of food?

A young woman invited to act as bridesmaid last winter insisted on going to a distant city for a month preceding the wedding. Pressed for the reason, she admitted that while visiting certain friends her complexion invariably cleared. Her mother, startled at the imputation upon her own housekeeping,

p
as
de
ke
re:
gr
abi

we
her
his
A
laid
said
bald

I
v
wear
amon
elect
Queer
more;
Russi
man s.
the be
dowed
patheti
sympat
her.
Russ
to inspi
woman,
endures
and mo
women
Her h
but he
severe a
etquette
fainted a
views, th
she is obj
Notwit
virtues, t
the Russi
confided i