

The HOME CIRCLE

WHAT CONSTITUTES REAL HAPPINESS.

Everywhere we see prosperous people who are making a great deal of money, and yet they are dissatisfied, discontented, unhappy, restless.

They mistake the very nature of happiness. They put the emphasis on the wrong things.

The secret of happiness is not in your fortune, but in your heart. It does not consist in having, but in being. It is a condition of mind.

Real happiness is of such a nature as to satisfy us day by day as we go along, now or never. Like the manna which the children of Israel tried to hoard, if we try to keep it for to-morrow it spoils.

Most men seem to think that when they cease their fortune they can change their life habits, that they will not be anxious. They do not realize that they are the victims of their life habits, that they are no more likely to get away from these than a leopard is likely to change his spots.

What a mockery most of us make of our lives! They are but the lessee of the life we were intended to live. We know that the Creator intended life to mean more, to be infinitely richer, nobler, happier than it is.

A strong resolution to be contented every day, to wear a cheerful face, and to speak a pleasant word to the newboy, the elevator boy, and the office boy, to be civil to the waiter in the restaurant or hotel, to speak cheerily to the servants, to everybody with whom we come in contact, would not only add enjoyment to the ordinary industries of life, but would also keep the wheels of our ordinary social activity well lubricated.

It is a great art to learn to see the things close to us, to enjoy life as we go along.

Do not spoil 1908 by trying to crowd 1909 into it; do not try to live February in January. Do not be mean and stingy this month, this year, because you are aiming for next month, next year.

Do not trample on the violets and the daisies to-day, never seeing the world of beauty and marvel all about you, under your very feet, because your eyes are fixed on the stars.

Resolve that you are going to enjoy the horses and carriages you own now and not spend your time riding in imagination in the fine automobile you are going to have next year.

Just make up your mind that you are going to make the most of your little cottage, the home you have, that you are going to make it the happiest, sweetest place on the earth to-day and every day, and that you are not going to try and live in that long-dreamed-of new house until it is finished.

Resolve that you are not going to mar your life, ruin your happiness while single, in planning what you are going to do when married. Instead of all the time thinking what you are going to do when you have a home of your own, enjoy what you have now—not stungily, not with a pang of yourself, but completely, royally, wholly. Fling your whole life into the present moment. Do not plan to get 99 per cent. of your happiness out of to-morrow, while you take 1 per cent. to-day. Get a 100 per cent. out of the day you are living in.

Learn a lesson from happy, care-free childhood. See the abandon with which a child gives himself to the joys of life. They are no "ifs" or "buts" or "wherefores" in his bright sky. No care-filling thought of time or money haunts his visions; he simply gives himself up to the passing moment; enjoys himself unshadowed by dreams of what is to come.

This does not mean that we should never plan for to-morrow or have pleasant anticipations of things that are to come. It only means that we should not focus our eyes and attention on the future, and be so absorbed in anticipation of to-morrow that we get nothing out of to-day; that we lose its pleasures, its opportunities and its joys.

It is not intended that we should always live in anticipation. Imagination, that blessed faculty, was given us as an occasional retreat from suffering, from trying conditions, a retreat to which we can fly and get a better outlook on life, where we can refresh our minds and renew our fancies.

Living too much in the imagination makes life seem dry and dreary. It makes our vocations drudgery instead of the delight which they were intended to be. It destroys our power for enjoying the life that now is.

If you have made a botch of 1907; if it has been a failure; if you have not succeeded in your undertakings; if you have blundered and made a lot of mistakes; if you have been foolish, have wasted your time, your money, do not drag these ghosts over the new line to haunt you, to destroy your happiness. Let it all go. Forget it; bury it. Do not let it sap any more of your energies, waste any more of your time, destroy any more of your peace or happiness. You can not afford to give it more thought or attention. "Leave thy low-rauled past."

Resolve that when you cross the line between the old and the new year you will throw away all useless baggage, drop everything that hinders, which can rob you of joy or power, that when you enter the door of the new year you will not be mortgaged to the past and will never look back.

Live in the here and now. Let this be the bugle call for the new year. Live your life fully, completely, richly. Do not make this a mean, stingy, poverty-stricken year. Pack this year, not next year, with all the good things you can command. Live as you go along.—O.M.S., in Success.

Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked do not delay in getting a bottle of Dr. J. D. Kellogg's Dysentery Cordial, the medicine that never fails to effect a cure. Those who have used it say it acts promptly and thoroughly subdues the pain and disease.

Mother Graves' Worm Exterminator does not require the help of any purgative medicine to complete the cure. Give it a trial and be convinced.

HINTS FOR HOME-MAKING.

Unless a woman knows something about foods and how to prepare them, unless she knows wise methods of cleaning, unless she knows something about house furnishing, and most of all, unless she knows just what the family income is and how to expend it so as to get the most out of it, she can't make a very helpful sort of home. And it is the people who come from comfortable, orderly houses where there is a cheerful atmosphere, opportunities for cleanliness, plenty of wholesome, appetizing food, who make the most efficient workers. So you see, making a home is worth some thought. It is because women so rarely appreciate the far-reaching influence of food and its preparation that they are so anxious to shirk all consideration of it. And they do shirk it whenever they can. There are a few thrifty, sensible, well-balanced souls who seem able to see the relative values of things. They are mostly women whose brains are honestly trained, not "cultivated."

One often wonders why most girls when they contemplate matrimony give so little thought to what they are to contribute toward making the home. Most of them, unless they are too young to be allowed to marry, give some consideration to whether the prospective husband will be able to support a home. If his salary is too small to support a household, the sensible girl proposes to wait until he reaches a larger income. But somehow, it never occurs to her that she is going to enter into a very practical partnership with a business side to it, and that unless she is a practical partner with business ability and training the firm will not prosper, no matter how large a salary the outside partner may bring home. It's quite a common happening for a girl to marry without the smallest notion about how to prepare a meal, let alone about the necessity for variety and balance in the week's menus.

She has no idea how much things cost or how much she ought to spend for food. She has never learned how to systematize her work, and in consequence gets tired and discouraged. No wonder she is irritable and hates housework. All this is very hard on her husband, who had an ideal of a comfortable, well-ordered house, with wholesome meals, nicely cooked, and some money left over to put in the bank. Poor food and bad cooking and worry over money, would ruin the temper of a saint.

Sometimes, if she is intelligent and affectionate, she learns better, after a while, and things begin to go more smoothly. But both might have been saved a great deal of worry and unhappiness if the wife had given some serious attention to the cost of living, to household management, and to the trades that underlie the home, before actually setting up housekeeping.

It is isn't enough to be able to cook well. Some of the best cooks make the worst housewives imaginable. They had no idea that food and cooking had any other object than to please the palate. They cooked appetizing meals when there was company, and served bread and bologna and tea when only John and the children were at the table. Meals were served in the dining room on company occasions. Other times they ate better-skillet among the cooking dishes on the kitchen table. No amount of talking would convince these women that John's progress at his work depended upon a proper diet, and that the children's failure to keep ahead in their classes was caused by the wrong food eaten in uncivilized fashion.

So while ability to cook is desirable, it isn't half so important as knowing the values of foods and which foods should be put together to make a nourishing meal. And you must know how to plan and manage and how to make a very limited income cover the real needs.—Exchange.

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The Catholic Business Man Not long ago a Chicago Journal—"The Business Man's Magazine"—asked Bishop Muldoon, of that city, "What influence has the Catholic Church on the business man?"

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