

## Woman and the Home

### True Knighthood

True knighthood is transcendent;  
Not in the arms of old,  
Nor shining shields, resplendent  
With heraldry and gold,  
Its accolade eternal,  
Unerring in its sway,  
Awaits the deed supernal  
In tourneys of to-day.

The true knight's soul is burning  
With noble discontent;  
His eager feet are turning  
To one more steep ascent;  
The joy of life he measures  
By heavy hearts made light,  
Unselfish deeds the pleasures  
That make his pathway bright.

His eyes in fields Elysian  
May look on things unseen,  
But in his daily vision  
His kindly gaze is keen;  
He sees a brother weary,  
And lends a helping hand,  
And when the sky is dreary  
Points out the silver band.  
John Mervin Hull.

### The Fun in Life

A sense of humor is more valuable for a busy woman than all the latest inventions for making housekeeping easy.

Unfortunately there is no school where this accomplishment can be learned. The giggling girl is not sure to grow up a laughing woman. She may regard herself and her own affairs with a portentous seriousness. Egotism is fatal to a true sense of humor. So is a lack of imagination. So is that morbid conscientiousness, which is our least desirable inheritance from Puritanism.

That family is fortunate indeed where the mother is first to see a joke, and to lead the mirth. In too many homes her sole share in merriment is her dismal, "I'm sure I don't see what you're laughing about!" The mother, an invalid for years, who could answer an inquiry about her health with a quizzical smile and a quick "Sick as bed, and worse up!" was not a burden but a joy to the children, who found her room "the jolliest place in the house."

A nonsense rhyme, a droll conundrum, a lively repartee, a story of misadventure, may all serve as sauce for a dull day. The appetite for fun may be coaxed to grow by what it feeds on until the mature woman, laden with responsibilities, can smile at her own small trias and help others to follow her example. She will learn first not to cry over spilt milk, and later will master an even more useful accomplishment, and will laugh over it.

### To Be Careless is Cruel

A vast amount of unhappiness is caused by simple thoughtlessness. There are people who never stop to consider what the consequences of any action may be. An idea occurs to them, and straightway they act on it without thinking if it may cause inconvenience or distress to others. If they use an article which is common household property they do not return it to its proper place, and others must spend much time and patience looking it up. They are often late at meals and irregular in keeping appointments, and generally not to be depended on. They are full of apologies and seem contritely sorry, but it never occurs to them to think carefully beforehand so as to be in time for engagements, or to avoid doing that which will cause trouble to others.

One or two persons of that character will keep a whole household in hot water a large part of the time, and wear out the energy and vitality of those responsible for the smooth running of the household affairs more than all the burden of their necessary duties. It is difficult to resent the conduct of these irresponsible persons, but their treat-

ment of those with whom they come in contact has the same effect as intentional cruelty. Their excuses do not remedy the wrong, but more consideration for the comfort and convenience of others would make them more agreeable members of society, and add greatly to the health and happiness of their friends.

### Woman's Highest Glory

It is a singular fact that those women who have become famous in the world's history because of the great passions they have inspired, have been women who were not beautiful in the accepted sense of that term, but women who had

times not a blessing to a woman, for when its evanescent charm is gone, all is gone that gave life to, and kept alive, the sentiment it inspired. The charm of physical beauty is limited, but psychological attractions are infinite. And so the world finds here a new beatitude: Blessed are the plain and imperfect, for theirs is the kingdom of love.

### Emergency Study

Faye N. Merriman

A young friend of mine recently lost a child through not knowing what to do when the child was seized with violent convulsions. She was alone and with no one near to call, and when help arrived it was too late. One of the neighbors came in and upon her breast the young woman sobbed out her anguish.

any unforeseen calamity and even have an emergency shelf where remedies may be selected at a moment's notice. The labels on the bottles are in large, lurid red letters and above the shelf I have a small two candle-power electric light which illumines the shelf at a moment's notice.

When my own baby was seized with convulsions I had him up and in a hot bath before I even realized what I was doing, and when his stiff little body relaxed and the perspiration broke out, as I laid him back upon the bed I thanked God that no one could say to me, "I don't know" never saved a life."

There is no quicker, surer relief in child's ailments than the hot or warm bath. Nothing will so quickly break up a fever of any kind, and one need have no fear of scarlet fever or any such disease if the kettle is always boiling. Even in the little everyday illnesses of the child the bath is invaluable.

My little boy was sick with teething and lay listless and feverish all day, refusing to eat or notice anyone. In the middle of the afternoon I plunged him in a tub of nearly hot water rubbing his back and stomach and across his bowels vigorously. He slept soundly for an hour or more, when he expressed a desire for food. I fed him lightly upon toasted crackers and milk and by evening he was up and running about. So the first thing when the child is ill, clear the clogging impurities from his pores—no matter if he has had his bath that day—and give nature a chance, aided perhaps by a dose of some simple cathartic, and a great many serious illnesses will be prevented.

As to preventatives, a goodly proportion of the accidents which call for emergency treatment could be prevented. Quite often we hear of a child tipping over in its high chair onto a red hot stove. What can be the cause of this except criminal carelessness? No mother should place her child within four or five feet of the stove, nor is it in any way necessary. Such proximity to a red hot stove can not but be injurious and discomforting to the child, and the change from the heated portion of the room to a place of lower temperature is likely to cause a serious cold.

There is no safe-guard against accidents by burning like teaching a child a wholesome fear of fire. When the child is placed at the table and reaches for everything in sight, allow him to grasp a hot bit of food or potato. The burn will soon heal but the lesson will long be remembered and upon saying "burn, burn" as he approaches the stove he will learn to avoid playing near to it.

### The Children's Evensong

(By Richard La Gallienne.)

The sun is weary, for he ran  
So far and fast to-day;  
The birds are weary, for who sang  
So many songs as they.

The bees and butterflies at last  
Are tired out, for just think, too,  
Their little wings have fluttered  
through.

How many gardens through the day  
And so, as all tired people do,  
They've gone to lay their sleepy heads  
Deep, deep in warm and happy beds.  
The sun has shut his golden eye  
And gone to sleep beneath the sky.

The birds and butterflies and bees  
Have all crept into flowers and trees.  
And all lie quiet, still as mice.  
Till morning comes—like father's voice.

So Geoffrey, Owen, Phyllis, you  
Must sleep away till morning, too.  
Close little eyes, down little heads,  
And sleep—sleep—sleep in happy beds.  
—Selected.

Spare the children from suffering from worms by using Miller's Worm Powders, the most effective vermifuge that can be got with which to combat these insidious foes of the young and helpless. There is nothing that excels this preparation as a worm destroyer, and when its qualities become known in a household no other will be used. The medicine acts by itself, requiring no purgative to assist it, and so thoroughly that nothing more is desired.

## Household Suggestions--Western Home Monthly Recipes

Carefully selected recipes will be published each month. Our readers are requested to cut these out and paste in scrap book for future reference.

### POTATO SOUP

3 potatoes	1 tablespoonful flour
1 pt. milk or	1 teaspoonful salt
1 pt. milk and water	½ teaspoonful white pepper
2 teaspoonfuls chopped onion,	2 teaspoonfuls chopped parsley
	Celery salt
	1 tablespoonful butter

Cook the potatoes until soft and drain; cook the milk and onion in a double boiler; beat the potatoes with a wire potato masher, add the hot milk, strain and use as a liquid to make a white sauce. Cook 5 minutes and add the chopped parsley just before serving.

### STEAK AND HAM SHAPE

1 lb. steak	½ teacupful water
¾ lb. ham	A little nutmeg
1 egg	Salt and pepper
	1 cupful bread crumbs

Mince steak and ham together; add crumbs and seasoning; beat up egg and mix with water; stir in until all is used up; grease a bowl and put in mixture. Cover with buttered paper and steam for 4 hours. Allow it to cool before turning out.

### MAPLE CREAM

2 cupfuls brown sugar	Butter size of egg
½ cupful milk	1 teaspoonful vanilla

Boil 20 minutes, stirring constantly—it is done when it hardens on the edge of the dish or drops in hairs from spoon; add vanilla and beat until it begins to stiffen, then spread on buttered dishes and cut in squares. Chopped walnuts or almonds may be added if desired.

learned this subtle secret, this charm which is something more than physical. All of them were women who could grip men's souls, and hold them with a tenacity unshakable. And it has also been remarked that the famous beauties of history have almost always had unhappy endings in their love affairs.

No woman, however plain in features, need ever lead an unloved or loveless life. She has only to exercise that womanly tact and wisdom which is the natural inheritance of her sex, to win all the love she desires. And love thus won through pleasing graces and tender sympathies she will find far more lasting and satisfying than any won by even the highest physical charms.

The highest glory of a woman is not that her charms have made her admired and brought men captive to her feet, but that she has made her very defects to be loved. Beauty, in fact, is some-

"I didn't know what to do," she sobbed, "I didn't know."

"My dear," said the older woman, "I don't know" never saved a life yet."

It was a trifle cruel of her I thought at the time, but afterwards I decided she was quite right. No woman who has a child has any right not to be prepared for an emergency. Taking the rebuke to myself I immediately bought a blank book and in it I have recorded every hint I read or hear from a reliable source upon the subject of emergencies of all kinds.

But I decided that this was not enough—what if the book itself should meet with an accident or be mislaid? Even the time consumed in turning the pages and hunting for the proper remedy is sometimes precious and under strong excitement one is likely to read incorrectly. So each day I decided to give a half hour's study to the contents of the book until now I am prepared for