

THE HOUSEHOLD.

OUT OF THE WAY.

Jamie's feet are restless and rough,
 Jamie's fingers cause disarray,
 Jamie can never make noise enough,
 Jamie is told to get out of the way.

Out of the way of beautiful things,
 Out of the way of his games and toys,
 Out of the way with his sticks and strings,
 Out on the street, with the other boys!

Easy to slip from home restraint,
 Out of the mother's care, into the throng,
 Out of the way of fret and complaint,
 Out in the fun—borne swiftly along!

Out of the way of truth and right,
 Out with the bold, the reckless, the gay,
 Out of the purity into the night—
 Mother, your boy is out of the way!

Out into darkness, crime and woe!
 Mother, why do you weep to-day?
 Weep that Jamie has sunk so low,
 Who sent him out of your way!

Pray you, mother, to be forgiven!
 And for your boy, too, pray, oh, pray!
 For he is out of the way to heaven—
 Yes, he is surely out of the way!

—*Youth's Companion.*

HINTS FOR MONEY-MAKING GIRLS.

Hundreds of thousands of girls have a great desire to make a little money, and I don't know whether to call it a laudable one or not. I am not a believer in girls going out into the world to work unless it is absolutely necessary. But when it is, then I want them to do it in the right way; I want them to think that every particle of work they do is done not only for their own sakes, not only for their employers—it must be right and honest in the sight of God. A very clever woman not very long ago wrote an article about working women, and in it she used this beautiful quotation of Ruskin's:—"Queens you always should be. Queens to your lovers, to your husbands, to your sons; queens of a higher mystery to the world beyond." But she did not put the rest of the quotation, and in that lies the story of the non-success of many girls. This is it—"But, alas! you are too often idle and careless queens, grasping at majesty in the least things, while you abdicate in the greatest."

With only the hope of making money your work will be worth little, and certainly not be worthy of consideration by noble minds or by the good God who watches over you day and night. You girls hurt yourselves, hurt your work, make it of less value and yourselves less respected because you so entirely draw the line at what you will and what you will not do. That which your hands find to do is the duty before you, and the woman who, employed in a counting-house, finds it but little trouble to keep her desk in order and, when she has time, to straighten up somebody else's who hasn't the time, is the woman whose work is going to be noted and counted as valuable. The woman who, announcing that she must get work or starve, and who yet is not willing to be at her desk at eight o'clock in the morning, deserves to starve. The woman who, knowing that for a certain number of hours she should in honor give her time to her employer, is but a poor worker when ten minutes after the hour finds her arriving, and five minutes before the hour to go away sees her getting her cloak ready and arranging for her out-door costume. The good workman doesn't drop the pen or the hammer at the stroke of the hour; he finishes first that which he is doing, for his heart is in his work, and that's the way it must be with you, girls, if you want to succeed and make even "a little money."—*The Ladies' Home Journal.*

A KITCHEN HINT.

Do weary housekeepers ever think of the number of steps to be taken in setting the table and clearing it off three times a day, the year round? I have, and so when we built our house I asked the carpenter to make me a stand to carry my dishes on. It has strong legs two inches square, with heavy casters. It is three feet long by two wide, and has two shelves below the top. I need to go to the dining-room but once in getting a meal for a large company. When the table is cleared the stand is

rolled to the pantry, the food removed, then it is taken to the kitchen table where the dishes are washed, and where it stands until wanted again. I also find it convenient in house-cleaning. I stand on it and anyone can push me around the room, easily. Try one, and in a few weeks you will wonder how you ever kept house without it.—*Housekeeper.*

HOW TO MAKE DURABLE TABLE MATS.

The materials used are a ball of white corset lacing and No. 40 white cotton. Cut a 20 inch length from the ball of lacing and mark the centre of the piece cut off. Commence at one end of the length and roll the lacing toward the marked centre, sewing the roll neatly on one side to hold it in place. When the centre is reached, take the other end and repeat the operation, only rolling the lacing in the direction opposite from the first. The figure when completed is a double wheel. See illustration.



Fig. 1.

Make six of these double wheels and one single one. The last made with a 10-inch length of lacing. Using the single wheel for a centre, sew the end of a double wheel on either side, making a string of five wheels.

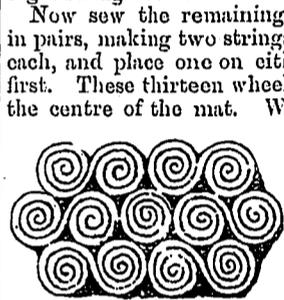


Fig. 2.

Now sew the remaining double wheels in pairs, making two strings of four wheels each, and place one on either side of the first. These thirteen wheels to be used as the centre of the mat. With the lacing, now measure around this centre once and a half, four times, and cut the length so measured, from the ball. Cut this piece in two equal parts and fold each part at its centre. Pin the two folds together on a cushion (or anything to hold them) and make a common four-strand braid, and sew it around the centre of wheels.

Next, measure around braid eight times, find the centre of length, pin down and proceed to make a chain of "True Lovers' Knots" a quarter of an inch apart. The knot is made thus:

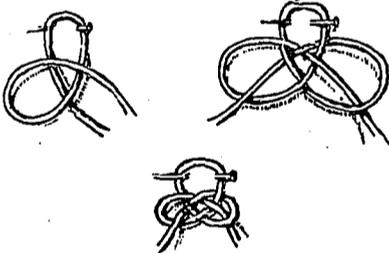


Fig. 3.

The chain when completed to be added to the braid which has just been made. Now add another row of braid, measuring for it (around the knots) once and a half, four times. Finish with a row of wheels.

This makes a mat measuring about 10x12 inches, and larger or smaller ones can

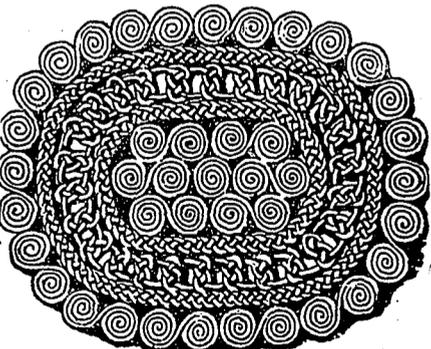


Fig. 4.

be made by increasing or diminishing the number of wheels in the centre. One ball of lacing will make several mats.—*Youth's Companion.*

EARLY HOURS.

Speaking of the importance of everyone securing at the very least eight hours sleep out of the twenty-four, Dr. James H. Jackson says in *the Laws of Life*: The hygiene of sleep is not confined to length of time alone; there are many other points to be considered.

One often hears it said by people who like to sit up late at night and lie in bed late in the morning, that their morning nap is particularly restful and refreshing. This is true, but it is also a fact that for purposes of best recuperation the old adage of "an hour before midnight is worth two after it," points unerringly to the better way, and for this reason: Rest comes from an up-building of the nerve centres and muscular structures, and a general reconstruction of the tissues, including the fluids of the body. This ultimate nutrition, or exchange between the tissues of the body, the blood and excretory fluids, takes place more rapidly and thoroughly before midnight, because at this time there is a more rapid and thorough circulation of the blood, carrying the new material to, and removing the waste and effete matters from the tissues. There is also a greater consumption of oxygen before midnight than after it, until the sleeper shall rise and stir about the next morning. Oxygen is the one thing needed in order that this ultimate nutrition or interchange shall readily and healthfully take place. The heart runs down in force after midnight until sunrise the next morning; the vital processes are slower, the circulation becomes sluggish, and the blood and tissues contain more of waste and poisonous material than earlier in the night. This is demonstrated by the fact that nightmare, dreams, convulsions, croup, attacks of illness, and death, occur more frequently after midnight than before.

One further reason why early sleep is better than late is because the brain or other nerve centres or muscles rest more quickly and thoroughly this side the point of strain or exhaustion than they will the other side; therefore to prolong excitement, study, or fatigue of any sort late into the night is to prejudice recuperation or recovery.

VENTILATION.

Here is a hygienic point not so often or so badly neglected nowadays as formerly, but still woefully disregarded. Sleeping rooms need not necessarily be cold, for the air may be warm and yet fresh and pure. In fact, during cold weather it is objectionable to have the temperature of a sleeping room much lower than it is during the day. But there is a greater necessity at night for pure air than during the day, because less oxygen is inhaled in the recumbent and somnolent state. As a people, during the cooler months of the year we live in too highly heated rooms. Improved conditions of health would result if the air in our artificially heated rooms never reached a temperature above sixty-four degrees Fahrenheit. No one should sleep in a draught, of course, but every bedroom should be provided with some arrangement for withdrawing the foul air as well as for introducing fresh air, so that perfect circulation is secured. The fact must not be overlooked that ultimate nutrition can take place but slowly and imperfectly unless plenty of oxygen is consumed, and that as the consumption of oxygen is less in sleep than at any other time, the greater is the necessity for pure air, in order that nature may have all the materials needed during her hours of recuperation.

THINGS HERE AND THERE.

Cut a piece from the top of old kid shoes and insert it inside the ironing-holder you are going to make.

SOMETHING new for the five o'clock teas are large Japanese trays, which stand on a tripod. They will hold a dozen cups and saucers.

SHOULD a child set fire to its clothes, immediately lay it on the floor, and roll it in the hearth-rug or any other heavy woollen article.

TO MEND a very large hole in socks or woven underwear, tack a piece of strong net over the aperture and darn over it. Thus mended the garment will be much stronger than when new, and look far neater than if darned in the ordinary way.

THE "Journal of Health" says when a person has been out in bad weather, exposed to draughts and the like, and he feels that he has taken cold, the one thing for him to do is to "bundle up" well and walk briskly in the open air until he is in a gentle perspiration. He should then return home, undress quickly in a warm room, take a cup of hot tea, hot lemonade, or hot water, and the chances are that on the following morning he will arise feeling as well as ever.—*Selected.*

RECIPES.

SALMON SALAD.—Free the contents of a can of salmon from skin and bone and arrange them on a bed of lettuce leaves. Pour over the salmon half a cup of lemon juice, and serve very cold.

WHITE ICING.—Stir into the unbent white of an egg, confectioner's sugar sufficient to make a paste stiff enough to mold with your fingers. Spread it on the cake with a knife wet in cold water, and set in a cold place to harden.

APPLE CREAM.—Boil twelve large apples in water till soft; take off the peel and press the pulp through a hair-sieve upon half a pound of granulated sugar, whip the whites of two eggs, add them to the apples, and beat all together until it becomes very stiff and looks quite white. Serve it heaped up on a dish.

MACARONI.—Break macaroni or spaghetti into inch lengths. Boil it fast in salted boiling water for fifteen minutes. Butter a baking-dish and arrange the macaroni in it in layers, dotting each layer with bits of butter and sprinkling it with pepper and a trifle of ground mustard. Over each layer sprinkle a tablespoonful of grated cheese, preferably English. Use two tablespoonfuls for the upper layer. Pour a cup of milk over the whole, and bake twenty minutes in a hot oven.

PUZZLES.—No. 19.

SCRIPTURE EXERCISE.

1. The Lord is righteous, and I and my people are wicked.
2. Thou hast comforted me.
3. Oh, that I were made judge in the land.
4. I will go and see him before I die.
5. If wickedness shall be found in him he shall die.
6. I will not eat until I have told mine errand.

Give now the speakers' names; One, most unjustly, claims

A royal throne,
 Two more are famous kings;
 And one some camels brings,
 Laden with precious things,

But not his own:
 Another told a lie,
 And then was forced to fly,
 But, ere he came to die,

He was deceived,
 His children standing by,
 Heard his despairing cry,
 "I am bereaved."

(Thus find out five.) The other Brought barley to her mother.

Initials tell what serves to glorify The name of Him who dwells in light on high.

A CHAPTER OF SCRIPTURE.

1. This chapter opens with the account of a journey taken by a large company from one country to another.
2. It mentions a city to which angels are sent.
3. The name of a river occurs in it which is often mentioned in the Gospels.
4. It contains the account of an act of remarkable humility and generosity on the part of a great man.
5. A city is mentioned where a golden idol was afterwards set up.
6. An act of devotion is recorded.
7. An illustration of each of the following passages may be found in the chapter—Ps. cxii. 1-3; Rom. xii. 18; Jam. iii. 7, see margin.
8. A difficulty is described which was encountered by Isaac, Jacob, and Esau.
9. Some people are mentioned as "sinners," the only time that the word occurs in this book, which is a long one. Pride, luxury, and idleness were among their sins.
10. It relates a very foolish act on the part of a "just" man which brought him into great trouble. This person is mentioned in Peter's second Epistle.
11. The chapter closes with a promise, and the last verse contains the name of a place where a rebel was proclaimed king.
12. The chapter contains but eighteen verses. The names of only two persons are given, but those of ten different places may be found in it.

ONE VOWEL SQUARE.

1. Things left.
2. First cause.
3. Bustle.
4. Obstacle.

HARRY W. JAKEWAY.

ANSWERS TO PUZZLES.—NUMBER 18.

SCRIPTURE ENIGMA.—Scorner.—Prov. xxi. 24; xxii. 10.

S ling	1 Sam. xvii. 49, 50.
C half	Ps. i. 4.
O strich	Job xxxix. 13, 18.
R ing	Gen. xli. 42.
N ct	John xxi. 6.
E urocydon	Acts xxvii. 11, 40, 41.
R ain	1 Kings xvi. 33; xvii. 1. James v. 17, 18.

RYHMED-WORD SQUARE.—

C R A F T
 R I F L E
 A F T E R
 F L E A S
 T E R S E

BURIED CITIES.—1st sentence—Dayton, Concord, Bangor. 2nd sentence—Oswego, Troy, Cleveland. 3rd sentence—Madison, Omaha, Saco. 4th sentence—Auburn, Boston, Lewistown. 5th sentence—Calais, Utica, Rome.

TRANSPPOSITIONS.—Cameron, Canmore, Romance, Crenona.