

HOUSEHOLD.

'Say No Harder.'

'Mamma,' said a small boy to his sweet, gentle mother, 'I do wish when you say no you would say it harder. When Cousin Jane says no to me I know just as well it's no use at all to beg her; but when you say "no" I always think you'll say yes if I beg long enough, and then I have to do it, and I get awfully tired of it, and you get sorry, and I just wish you'd say no hard like Cousin Jane.' The little fellow rested in the strength that denied him more than in the tenderness which he could control, and the poor tender mamma learned a lesson that cost her some tears, but which she never forgot. Nothing on earth is worth having that has not its price; and as surely as it is true nothing buys nothing, it is true that submission does not buy peace.—'Bazar.'

Salt Baths.

If your child is just recovering from some child's disease and does not grow strong rapidly, give him a salt bath. This may be prepared with the sea salt purchased from your druggist or from superior dairy salt. The water must be as warm as possible and a good-sized handful of salt added. Rinse off in clear water and rub until the body is in a healthy glow. The bath should be taken immediately before retiring for the night.—Selected.

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Peace of Heart.

'You have been so brave through all these changes of plan,' said one woman to another. 'I should be all restless and discouraged if I were in your place.'

'Why, no,' said the cheerful little woman, whose plans looked so upset, 'why should I be discouraged? I've got the Lord's fresh air, and sunshine, and good rain and wind, and all His people, and all His help, as long as I'm here on His earth at all. What's the sense of being discouraged, with all that?'

'If I only didn't have to worry about money,' mused another woman, 'it seems to me the world would be so peaceful and lovely.'

Said her friend, 'If peace and loveliness is what you want money to bring you, you can have them without waiting another day. And,' went on the wise friend, 'you do have them already. When I see you sitting there at your mending, quiet and busy and unselfish, your whole face shows peace and sweetness. What more could money do?'

Large amounts of money bring their own special train of cares. There is no evading a certain definite sum of responsibilities in this world. But peace of heart, the peace-giving and sunshine-radiating spirit, has absolutely nothing whatever to do with money. It is often most apparent in those who have the heaviest money difficulties to face; and it has in itself, for all whom it reaches, the finest, broadest, truest sort of advantage and education. The Lord's Prayer and the Sermon on the Mount hold all the needed wisdom for the acquisition of peace and contentment.—The 'Wellspring.'

Household Hints.

Insects, it is said, will never attack books which are dusted once a year with powdered alum and white pepper.

For softening water for bathing purposes nothing is better than oatmeal. Place a small quantity in a cheesecloth or muslin bag, place in the water for a minute or two, then squeeze and remove. The oatmeal must be renewed every few days.

A box filled with lime and placed on the shelf in a pantry and frequently renewed will absorb the damp, and keep the air pure and dry.

Butter is so common a commodity that people use it and scarcely ever think what wonderful value lies at their hands in the pats of dainty yellow cream fat. But this delicate fat is as valuable as the dearer cod liver oil for the weakly, thin people, and doctors have frequently recommended the eating of many thin slices of bread thickly spread with butter as a means of pleasantly taking into the bodily tissues one of the purest forms of fat it is possible to get. Butter is a carbon, and all excess of it is stored up as fat in the body. It gives energy

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and power to work to those who eat heartily of it; so it is not economy at table to spare the butter even to the health folk.—'Presbyterian.'

When washing knives be careful not to put the handles in the water, as if this is done, after a time the blades will become loose and the handles discolored.

Table Manners.

Teach the little one table manners as soon as she is old enough to hold a spoon. Nothing forms a completer dividing line between well-bred and ill-bred persons than manners at table. Eating in company is not merely for gratification of appetite. It is in some sort a festival and should be so regarded.

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