

THE VIEW OF LIFE

BY LUCILLE DAUDET.

WHAT are your views of life? Is it only something to be endured? Do your surroundings seem dull and disagreeable? Are the people that you meet unattractive and unfriendly? Or do you see every moment of life, the hours of work as well as play? Is there something agreeable always happening to you and do friends spring up like mushrooms wherever you go? The first class almost boasts that it does not belong to the type which is born with a lucky temperament, who draw people by the force of their superior natural attractions. They do not seem to think that they can ever be different, but that they must always remain in the ranks of the less favored.

It is true that many people are born with happy hearts and sweet dispositions. On the other hand, there are many who have never enjoyed good health, and have had besides a hard road to travel; yet they always have staunch friends to call upon. Why is this? Ralph Waldo Emerson has expressed most cleverly the lesson. He says, "We find in life exactly what we put in it."

It seems a pretty stiff truth, but look about you and see if it is not true. There is the woman in your nick who seems to be entirely without friends. Occasionally some gossip will visit her; but she as surely comes out again with some tidbit about her hostess. There is no real friendship there, no give and take of useful ideas, no mutual uplift, yet the woman has everything that would lead you to suppose that she could have many friends.

Then there is that poor invalid. At first glance it seems as if the people in your town were especially charitable, because they never neglect her. Every time you have been there—and you are a frequent visitor—you find others there before you. You think hard for a moment and you realize that it is not all unselfishness that brings about your visits. It is because she gives you something that you can get no other place. She fairly radiates cheer and an indefinable comfort, and you go away humbled, with a knowledge that you can never give her enough jellies and desserts to equal the spiritual gifts she has showered upon you.

This is why the appreciative wife has an affectionate husband. It is the reason why children are willing to do tasks that are hard or uncongenial, because the helping hand of praise and encouragement is there. A word of encouragement will go more than twice as far as discouragement.

But you will say, that though you were agreeable to an acquaintance the other day, she did not reciprocate. It may have been because of some really worrying her, or else she may not have felt very well. This may not absolutely excuse her; but it explains. We are finite ourselves, and we cannot expect others to be infinite. We have moods—so have they. In moments of sorrow or physical pain, we are apt to make a bad impression. So, then, we cannot expect more of others than of ourselves. And kindness is never wasted, for afterward the recipient of our attentions will think of us as gracious, and be grateful that we did not seem to notice her impoliteness.

Friendship is a huge game of give and take. Do not think that you may find fault with your friends at every turn, picking out their defects and dwelling upon their imperfections, unless you are willing to be constantly censured in return.

A good plan to which many people add is the setting aside every day of some time, no matter how small, in which they can go over the past day, and meditate upon their actions, and the rights and wrongs. At such a time one will see most clearly just where she failed a friend, or hurt some one perhaps even more dear.

Life may be compared to a mirror— as a glass will catch the sun's rays, so our cheerful dispositions will be reflected by the world with open arms, and not only be credited to us, but sent out again in all directions; for joy, like sorrow, always doubles, triples and continues to multiply until it seems to fill at least one corner of the globe, though who may say how far it really spreads? Which would you prefer to send forth, rays

THIS SETTING UP DRILL CORRECTS A SLUGGISH LIVER

POETRY FOR CHILDREN

BY EDNA EGAN.

WHEN you are selecting a book for a small child you do not pay so much attention to the form as you do to the morals and interest the story holds. Form is only considered as a means of making the book more readable. But, in a short time, the form becomes most important, takes every impression, whether good or bad, and if the book is ungrammatical, he grows like his faulty model. Moreover, his tastes become blunted, and he cannot appreciate a well-written book.

On the other hand, good and beautiful language, as it is found in our best poetry, not only satisfies the child but inspires him. Many of our great poets owe their success to some gift which they received in their early years, but we can trace the same enriching vein throughout all of their masterpieces.

So it is with the child. He cannot read and enjoy good poetry without carrying away some part of its style of expression, and a great deal of enthusiasm and inspiration and love of beauty.

Especially when the children are young, poetry should be read aloud to them. Begin by reading from a good selection of poems. "The Pory Ring" may be followed by Reppier's "Book of Famous Verse," "Golden Numbers," and Palgrave's "Golden Treasury," or "The Oxford Book of English Verse." If you prefer, you might read the poems of Longfellow, Whittier, Bryant and Tennyson after you have finished "The Pory Ring." All these books are collections of representative verse, and are useful to the child because they contain many short poems, easy to memorize.

Among the poems written especially for children are "Child's Garden of Verses," by Stevenson; "Nonsense Books," by Lear; "Poetry for Children," by Charles and Mary Lamb; "Rhymes of Childhood," by Riley; "Sundown Songs," by Richards; "When Life Is Young," by Dodge. We must not forget, either, the nonsense verse of Lewis Carroll or childhood poems of Eugene Field.

Of appeal to young people are "L'Allegro" and "Il Penseroso," by Milton; "Lays of Ancient Rome," by Macaulay, and selected poems of Holmes, Shelley, Keats, Longfellow, Scott, Burns, Byron and Lowell.

ODDS ENDS

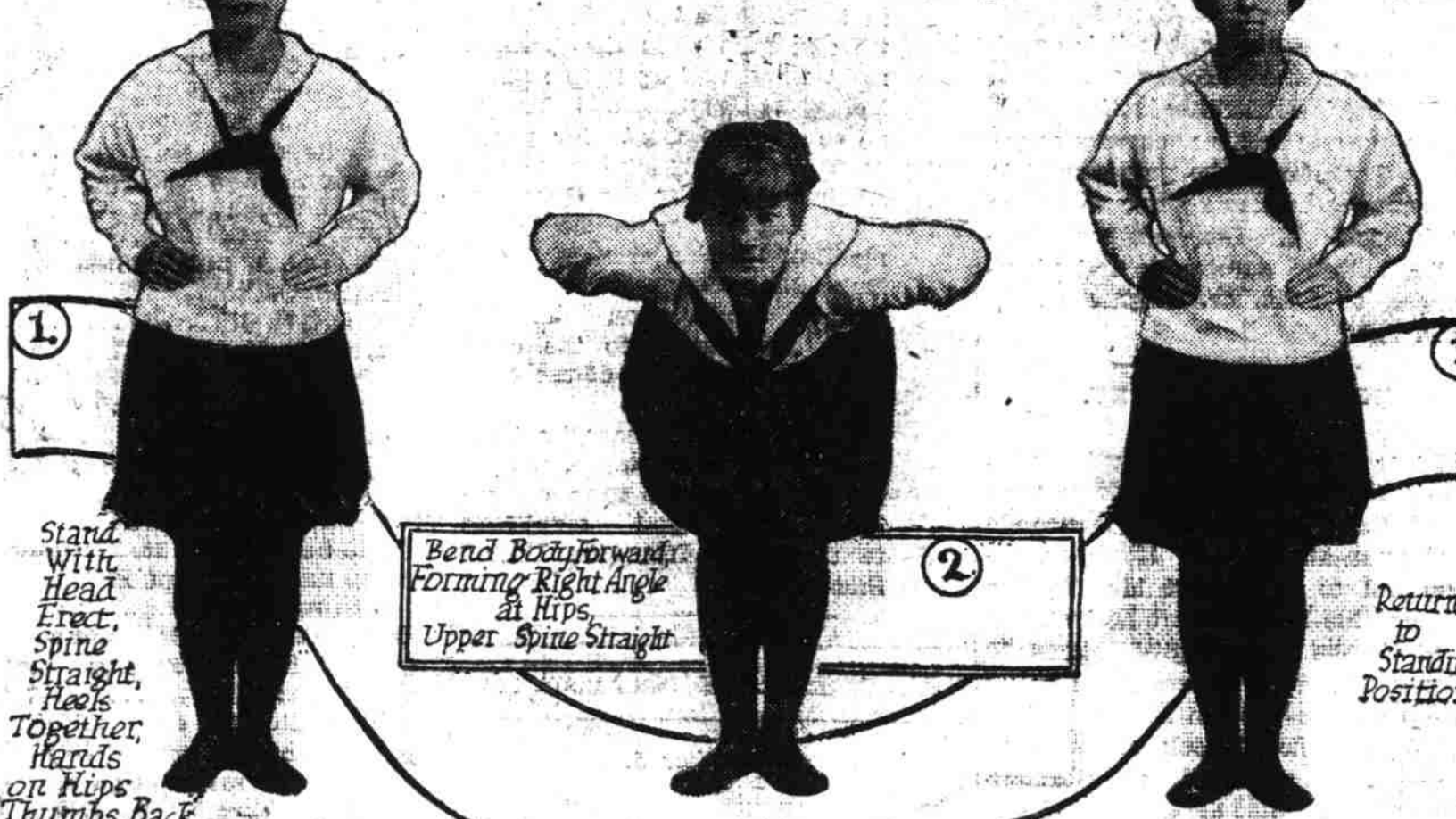
HOT-PLATE mats that grandmothers used to have on her dinner table when you were quite small are returning, and are very useful they are. They are much prettier than those of asbestos or straw and are far more durable than those two materials when it comes to placing them on a damask cloth. A large hank of heavy linen or cotton is used. It is divided into groups to form the required thickness and is then knotted into a square mesh. The thread is divided into sufficiently thick groups to hold the hot plate well away from the table. The threads end in a loose fringe about the edge of the mat. These woven mats are exceedingly easy to make, and children's fingers can be quickly taught the art.

SMELLING salts can be made to last for years if fresh spirits are poured over the balls of salt from time to time, so as to keep up the original strength of the mixture. Many people use spirits of ammonia in this connection, but a still more powerful specific may be found in a combination of this spirit with oil of lavender, in the proportion of two parts of the former to one of the latter. In procuring the ammonia, however, care must be taken

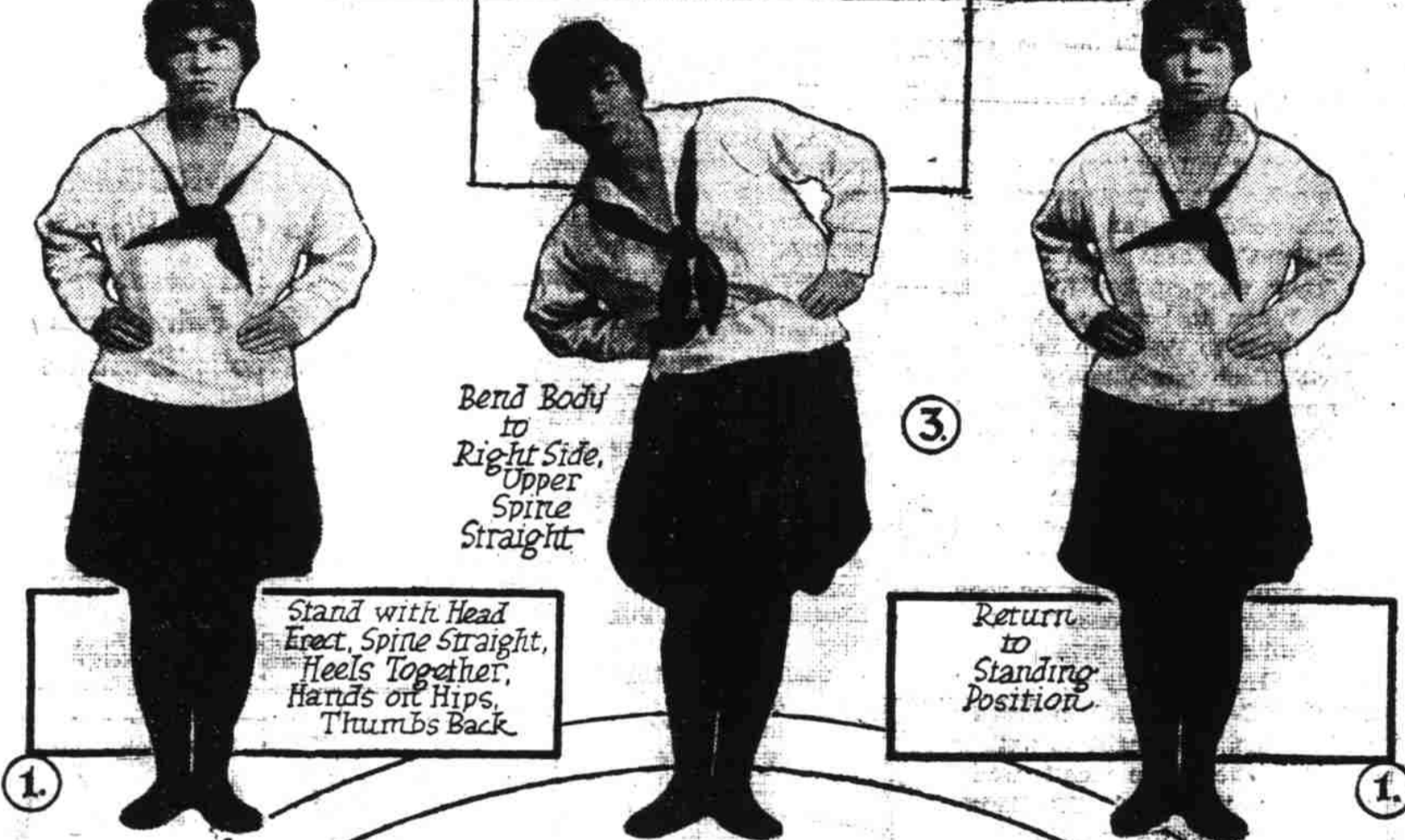
to avoid choosing aromatic spirits of ammonia in error, the water which it tains preventing it from amalgamating with oil.

HERE are many causes for headaches—a disordered stomach, a torpid liver, fatigue, overexcitement, irregular meals and lack of fresh air. If it is a disordered stomach it would be well to go on a simple diet for a day, taking a little soda in a glass of hot water and give the stomach some rest from food. If it is a torpid liver take calomel, one-tenth grain, every half-hour until you have taken ten (one grain) before bedtime, and before breakfast the next day take a tablespoonful of salts in a glass of hot water. But in the meantime, if the headache is bad, take some harmless but effective remedy, such as your doctor prescribes. For neuralgia pains heat applied locally is soothing and effective. To most pains anywhere, including headache, external heat is grateful and soothing. It is best to keep a rubber hot-water bag always in the house, as it is one of the most comfortable ways of applying heat. There should be small flannel bags for covering the rubber bag, as it will make it more comfortable when next to the skin.

EXERCISE ONE



EXERCISE TWO



EXERCISE THREE



EXERCISE FOUR



CLOTHES

WITH the large majority of the women the great question this winter is how to be chic without expense for the dress allowance of the average woman is not large. Despite this fact most of us possess the feminine and most laudable instinct for "looking nice." Every right-minded, natural woman is wholesomely interested in her clothes, and it is her bounden duty to make herself attractive and to be well-dressed in the best sense—in the sense of not panting for extravagance or freakishness, or going to any of those extremes which are merely the essence of bad dressing. We do not want empty vanity and self-adornment, but we need the self respect engendered by a certain amount of elegance and suitably pretty attire, but simply to please ourselves and keep us sufficiently high in our own esteem. Dress has an enormous effect on the mentality of womankind, and bad dressing is generally a sign of either slothfulness or a slackening of the mental and even moral attitude. Fine feathers are not necessary, but it is necessary to pay the great attention to your skin, your hair, your hands, your general grooming. Spend money wisely on good things if few, have all your accessories, such as hats, shoes and gloves, well chosen and well thought out, your hair well brushed and prettily done. The tout ensemble that is soigne really achieves far more distinction, and is altogether more agreeable than the one on which much money has obviously been spent. It has been well said that color is the salvation of the impetuous. A good color sense will save many dollars in dress allowances, and the colors well is the true economist in

WITH LOVE IN THE HOME

HOME should be the happiest, brightest, cheeriest spot on earth. As life is what we make it, so also is home what we make it. The peaceful, happy home in some sequestered spot is joy's abiding place. It may be but a tiny shack in a mining district or a stately mansion in a great city. What makes the real home, the happy home, the true home? A man and wife who love each other, who speak to one another and to the world and are just what they seem; who keep their hands and hearts clean and give to the world the best they have, knowing the best will come back to them; who scorn to harbor a revengeful thought; who have their convictions without malice and who are big and brave enough to forgive and forget when this is necessary. Sometimes, of course, one may err, then cannot the other overlook it, or if it is a real fault help to overcome it? Blot out as far as possible the disagreeable things in life; these will come, but they grow larger when you remember them, and the constant thought of acts of meanness or worse still, malice, will only make us more familiar with them. Obliterate everything disagreeable from yesterday, start out with a clean page for today, and write upon it for sweet memory's sake, only those things which are lovely and lovable. Think that the loved one whose hand you touch, whose voice you hear and into whose eyes you look with so much confidence today may by tomorrow be gone past your touch, out of your sight and remembrance; marvel that those of one household could

MILADY'S BEAUTY

GREEN liquid soap, which is recommended by skin specialists for fine skins, or for those which have the pores extended, can be made at home. Take equal parts of glycerin, water, alcohol and green castile soap. Shake the soap into the water and stir over the fire until the mixture is smooth. Add the glycerin and lastly, after the kettle is removed from the fire, the alcohol. Add a tablespoonful of eau de cologne if perfume is desired. RINKLES are caused by the dissolving or the little fat cells and the muscular formation under the skin, leaving the outer cuticle loose, all ready to fall into little grooves. Astringent washes are helpful, but the real remedy is found in building up the tissues by means of a good, pure oily skin food and energetic massage. The friction, of course, stimulates the blood vessels, which produce a healthier condition generally. Electricity is a wonderful aid, because of the stimulation to capillaries, glands and tissues. Scientific massage helps because it renews the muscular formations. For simple home treatment nothing is more effective than the use of cold salt water several times a day, with a warm facial scrubbing at night, and gentle massage with skin food. WHILE you are preparing to retire for the night, health and beauty sleep, do you wash your face thoroughly? It is absolutely necessary that the grime and soil accumulated on the countenance during the day be removed. That is, if you are doing things to keep your complexion in good order. Of course, you take a bath before retiring as a means of better rest and consequent good health. Certainly, along with the bath, you wash your face. But perhaps you dash it with cold water, while telling yourself that "the cream will do the rest." This is a mistake. Wash the face thoroughly and then apply the cream. Wipe off the first application of cream and you'll take off more grime with it. Then rub cream into the cuticle to nourish the flesh. Keeping the skin as clean as possible is first-rate assistance in removing blemishes and great help in keeping them off.

HOW TO CAN SOUPS U. S. Government Expert Tells Women's Clubs the Process of Canning It in the Home.

A SUPPLY of canned soup is frequently of great convenience to the housewife, as such soup may be prepared ready for serving at almost a moment's notice. Many economical and palatable soups may be put up in the summer and early fall, and in this way the odds and ends of vegetables and cereals may be utilized as well as meat scraps, bones and ligaments that are often wasted. The canning of vegetable soups, purees and consommés is thoroughly practical and should be a part of the canning work of every home as well as canning-club member," say the specialists in home canning instruction of the extension work, North and West, States Relations Service.

The following recipes, in which the soup stock is made from beef, are prepared for the use of home canning clubs, and the products are intended for home consumption. When these products are intended to be sold, those undertaking this work are cautioned to inform themselves as to the requirements of state and federal food laws and meat-inspection regulations. Soup Stock—Secure 25 pounds of beef hocks, joints and bones containing marrow. Strip off the fat and meat and crack the bones with a hatchet or cleaver. Put the broken bones in a thin cloth sack and place them in a large kettle containing five gallons of cold water. Simmer (do not boil) for six or seven hours. Do not salt while simmering. Skim off all fat. This should make about five gallons of stock. Pack hot in glass jars, bottles or enamel or lacquered tin cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 40 minutes if using a hot-water bath; 30 minutes if using a water-seal or five-pound steam pressure outfit; 25 minutes if using a pressure-cooker outfit.

Vegetable Soup—Soak one-quarter pound of lima beans and one pound of rice for 12 hours. Cook half a pound of pearl barley for two hours. Blanch one pound of carrots, one pound of onions, one medium-sized potato, and one red pepper for three minutes and cut into small cubes. Mix thoroughly vegetables and cereals. Make a smooth paste of half a pound of wheat flour and blend in five gallons of soup stock. Boil three minutes and add four ounces of salt. Pour this stock over vegetables and fill cans. Partially seal glass jars. (Cap and tip tin cans.) Sterilize 90 minutes if using the hot-water bath outfit; 75 minutes if using a water-seal or five-pound steam pressure outfit; 45 minutes if using a pressure-cooker outfit.

Okra Soup—Slice eight pounds of okra into thin disks. Blanch 10 minutes and cold dip. Boil one and a half pounds of rice for 25 minutes. Mix the okra and rice and fill the cans or jars half full. To five gallons of soup stock add five ounces of salt, one-quarter teaspoonful of coriander seed and one-quarter teaspoonful of powdered cloves, and bring to a boil. Fill the remaining portion of the jars or cans. Partially seal the glass jars. (Cap and tip tin cans.) Process two hours if using a hot-water bath outfit; 90 minutes if using a water-seal outfit; 75 minutes if using a five-pound steam pressure outfit; 60 minutes if using a pressure-cooker outfit.

Bean Soup—Soak three pounds of beans 12 hours in cold water. Cut two pounds of ham meat into one-quarter inch cubes and place in a small sack. Place the beans, ham and four gallons of water in a kettle and boil slowly until the beans are very soft. Remove the ham and beans from the liquor and mash the beans fine. Return the ham and mashed beans to the liquor and add five gallons of soup stock and seasoning, and bring to a boil. Fill into glass jars and tin cans while hot. Partially seal glass jars. (Cap and tip tin cans.) Process two hours if using a hot-water bath outfit; 90 minutes if using a water-seal outfit; 75 minutes if using a five-pound steam pressure outfit; 60 minutes if using a pressure-cooker outfit.

BORROWING

SOME girls have a habit of borrowing sums on all occasions, perhaps only a few cents at a time, but by the week's end the amount is often big enough to take up quite a large part of the salary. That means that the borrowing must be repeated the week following, and so on, endlessly.

What's more, borrowing a nickel here and a quarter there, they often fail to repay. The sum small, and those from whom they have borrowed do not feel like asking for it. But none the less they don't enjoy losing it.

It is a bad, disintegrating habit, and if any of you are falling into it, my advice is to quit it at once, even if it means real hardship for a while. Make up your mind that you won't borrow a single cent, no matter what you have to deny yourself, and stick to it. It needs a lot of determination to break a habit, and you will find it hard to keep from asking for a little loan to "tide me over till tomorrow," or to buy this or that notion that has struck your fancy, or to make your lunch a little more elaborate.

There are times when it is necessary, when it is wise, to borrow a sum of money. It is the avoidable, petty, habit-forming borrowing that is fatal, and that grows to be a vice.