

Country Home Department.

Conducted by Mrs. E. D. Nall, Sanford, N. C., to Whom all Matter for this Department Should be Sent.

GRANDMOTHER.

"Careful hands that toil all day,
Patient lips that smile and say
Argosies from fairy isles,
But the soul of her has wings
Many-hued, not dull and brown
Like her body's faded gown.

"Bent of shoulders, worn and old;
But her treasures are all gold—
Gold and frankincense and myrrh
Hidden in the heart of her—
Argosies from fairy isles,
Curve her lips in wise old smiles.

"Fairy music, soft and low,
Makes her rapt of dface aglow;
Watch her, listening, and surprise
Far, dim candles in her eyes—
See her fine old wrinkles run
Like pool-eddies in the sun.

"All her frame outworn, but still
Young, young thoughts that roam at
will—
Wandering as of old they went—
Garlanded and well content—
Down flower-bordered paths that
wind
Through the garden of her mind."
—Selected.

FOR THE COOK.

Use a knitting needle rather than a fork for testing vegetables while cooking.

In preparing pineapples slice the fruit up and down—not through the tough and fibrous core.

Stove polish mixed with vinegar and a small bit of sugar will give additional and more lasting luster.

The raveled threads from old linen will be found most satisfactory for darning tablecloths or napkins.

A good cook adds a teaspoonful of sugar to each quart of water in which corn, peas or squash are cooked.

Keep stirring custard for at least five minutes after it has cooked and the objectionable skin will not form on top.

Since milk bottles are invariably handled by the top, fastidious women will wash off the bottle before removing the paper cap.

To clean bronze, moisten salt with vinegar, rub briskly with a woolen cloth dampened in this, rinse in clear water and polish with a clean woolen cloth.

Very few home laundresses are aware of the fact that blankets, when they have been washed and dried thoroughly, should be well beaten with an ordinary carpet beater. This has the effect of making the wool light and soft and giving the blanket a new and fresh appearance.

Cheese wrapped in a cloth previously steeped in vinegar and water will keep fresh for a considerably longer time than if kept in the store-room in the ordinary way. A dry cloth should be kept wrapped round the saturated one, and the latter re-steeped in vinegar and water from time to time.

It is wise to have a fine strainer in the kitchen sink to prevent solid substances from washing into the waste pipe. Once a week flush the waste pipe with a solution of copperas or washing soda used boiling hot. Pour a gallon of very hot water through the pipe first so the disinfectant will act quickly. Strainers to fit the sink corner can be obtained from any house-furnishing store, but if not obtainable in small towns use a colander.

HOW TO AVOID TUBERCULOSIS.

A medical authority gives us these valuable suggestions to avoid this dread disease:

Acquire a protective immunity to tuberculosis by the establishment and maintenance of sound health.

An increased chest expansion is the best insurance to take out against pulmonary consumption.

If you are a frequent victim of nasal catarrh or tonsillitis, look to the plumbing system of your body, it is defective and requires attention.

An inflamed nasal membrane forms an ideal culture ground for the growth of tubercle bacilli to which the city worker is so often exposed.

The tonsils are the guardians of the throat; when diseased, the portals are left unattended.

Maintain a high nutritional standard. Do not impair your bodily resistance by excesses, physical, mental or emotional.

Seek a change of climate, or at least a change of altitude during your vacation.

Avoid dead air, sunless apartments, damp garments, irregular hours and irregular meals.

Consult your physician if you find that you are the victim of an intractable cold, a hacking cough, or progressive loss in weight.

Helpful Breathing Exercises.

The following breathing exercises will be found helpful:

Inhale a deep breath very slowly, holding it for about eight seconds, then exhale as slowly as possible.

Inhale a deep breath during four seconds, then count out loud to as high a numeral as possible in one breath.

Inhale a breath very quickly and exhale very slowly, and vice-versa.

Draw in as deep a breath as possible; hold it a few seconds, let out a little, and hold again; repeat until all the air is expelled.

When Your Are Tired.

Don't grit your teeth and work harder. Ease up a little.

Don't talk any more than you can help; taking takes vitality.

Lie down in a dark place if only for a few minutes.

Don't read anything in which you are not interested.

Don't feel that everything must be done in one day.

Realize that it is better to leave things undone than to overdo yourself.

Avoid people and their woes at that time.

Don't try to improve yourself; give your mind a rest.

Don't forget that a little lemon juice in cold water in the morning is a great help.

FOR A SUMMER EVENING.

The most enjoyable party is one that is not attended by too much preparation. Do not, therefore, plan special games, but if your guests are all congenial, allow them to entertain themselves and each other. You might have tables placed conveniently near the light, where those who desire can amuse themselves by card games. Music, too, should be provided if your guests are so inclined. Then there are a number of quiet games, such as Consequences, Conundrums and others which sometime serve to amuse during a warm evening. Light your porch with Japanese lanterns and have bowls of flowers about, and on a near-by table a large punch bowl of some tempting iced drink, from which your guests may help themselves as they wish. For refreshments, sandwiches, small cakes and ice cream will be sufficient.

Sometimes a festive air may be

given to the ordinary bread and butter if it is merely cut very thin and two slices placed together in the form of a sandwich. It is well to butter the bread on the loaf for this purpose, and then to cut it very thin with a sharp knife. A slice of brown or graham bread placed with one of white makes a dainty and appetizing sandwich. Graham bread sandwiches spread with butter and some tart jelly are relished by the children and grown-ups alike. Entire wheat bread spread sparingly with butter and orange marmalade makes delicious sandwiches.

For a piquant sandwich try this: Cream, two tablespoonfuls butter, add one canned pimento forced through a sieve and work together until thoroughly blended; season with salt and spread on slices of buttered white bread, cover with a slice of brown bread and cut in fancy shapes.

A SUNDAY VISIT.

I do not, as a rule visit much on Sundays. Occasionally I go to see my mother or some one of the family and spend the Sabbath, but last Sunday morning all the family decided on a trip several miles distant to a church where the protracted services began that day. Don't you like to be at such meetings out in the country, though? There's nothing else like them. In some out-of-the-way communities these protracted meetings are the oases in the desert of the routine of the year's work. They usually come along during the leisure time with the country folks, and they all enjoy spending the days for a week at the old country church—and such a sociable hour is the noon hour! But I started to tell you about my visit. I decided that I would not stay at home alone all day, but would go over to one of my neighbors. When I arrived I found her sitting on the cool shady porch reading. The children had gone with their father to Sunday-school and she was alone. Such a quiet time we had to talk; not a sign of dinner did I see or hear or smell, though my walk through the balmy air of the woods had whetted my appetite considerably. But presently they came from Sunday-school and the next half hour was spent in discussing the lesson of the day, each child taking part, and each seemed anxious to relate something to their mother which the teacher had explained—perhaps something that had not occurred to them while preparing it at home. Then my neighbor excused herself, and in a few, very few, minutes the dinner bell rang and we enjoyed a most delightful cold dinner in a cool house. She had prepared part of the dinner the day before, and the remainder was finished while preparing breakfast that morning. Sunday was a day of rest for that housewife. I could not but draw comparisons between her way and the one who prepares the Sunday dinner in the middle of the day, just roasting in a hot kitchen and then too tired and warm to enjoy eating it. Let's make our work as light on the Sabbath day as possible, and spend it as it should be spent, instead of being so busy with things that could easily be left undone, and one of those things is, spending long hours in the kitchen that the family may have an extra nice dinner. It would be better for their digestion and your peace of mind if you would follow my neighbor's example.

A HOUSEKEEPER.

I know that the housekeepers among our readers have been busy canning, preserving, etc., but the most of that is over now, and I trust that some of them—many of them—may find time to write a letter for this page. We all enjoy reading how other women manage their work,

solve their problems, spend their vacation, and the thousand and one things interesting to the housewife. Write again, Housekeeper.

The Carriers Department.

ASHEVILLE MEETING.

Dear Brother Carriers:—Our meeting at Asheville, N. C., was a great success. Several new counties reported as organized and several reported an increase of membership. We were royally entertained by our old "stand-by," Chas. U. Munday. The following officers were re-elected and elected: President, C. H. Howard, St. Paul's, N. C.; Vice-President, J. M. Hayes, Burlington, N. C.; Secretary-Treasurer, R. C. D. Beamon, Stauntonburg, N. C.; Chaplain, D. N. Hunt, Oxford, N. C. Executive Committee: D. S. Hall, Chairman, Burlington; W. B. Gant, Eufola, N. C.; and R. F. Gore, Wilmington, N. C. Delegate-at-large to National Convention at Nashville, Tenn., J. W. Jacobs, Reidsville, N. C. C. U. Munday was elected as alternate. M. G. Yerton, T. A. May, and Mr. Wharton were also elected delegates to Nashville, Tenn.

The R. F. D. News now being a weekly and being the National organ, was chosen as State organ. This was done without a dissenting vote.

Wilmington was chosen as the next meeting place.

The carriers appreciate the interest taken in them and the association by the Union Farmer, but they did not show it in a material way, namely, subscribing for the paper. That was the reason it was not offered again by this writer as State organ.

With best wishes for your paper and the carriers all over North Carolina, and congratulations to all for the material "raise" in salary, and thanks to our good friends "up yonder" who so nobly stuck by us, I beg to remain,

Your friend,

J. M. HAYES,

Vice-President North Carolina Rural Carriers' Association.

MONEY FOR THE FARMER.

Not so many years ago, when the members of the populist party insisted that some way be found by which the farmer could secure a larger line of credit on which to do business, they were denounced, ridiculed, derided by many business men and politicians. Now, in the platform of the Republican party adopted at Chicago we find the following:

"It is of great importance to the social and economical welfare of this country that farmers have facilities for borrowing easily and cheaply the money they need to increase productivity of their land. It is as important that financial machinery be provided to supply the demand of farmers for credit as it is that the banking and currency systems be reformed in the interest of general business. Therefore, we recommend and urge an authoritative investigation of agricultural credit societies and corporations in other countries, and the passage of State and Federal laws for the establishment and capable supervision of organizations having for their purpose the loaning of funds to farmers."

Of course, we must not take this too seriously. The convention was controlled by the standpat wing of the party, and the gentlemen who lead that wing have never been very hot with zeal for measures calculated to help the farmer. We suggest that they begin to get in training for this new reform by enacting a parcels post law which will make the money we have go a little farther.—Wallaces' Farmer.