

Country Home Department.

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

LIFTERS AND LEANERS, WHICH ARE YOU?

Ella Wheeler Wilcox.

There are two kinds of people on earth today, Just two kinds of people; no more I say.

Not the sinner and saint, for 'tis well understood

The good are half bad, and the bad are half good.

Not the rich and the poor, for to count a man's wealth

You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,

Who puts on vain airs is not counted a man.

Not the happy and sad, for the swift flying years

Brings each man his laughter, and each man his tears.

No, the two kinds of people on earth that I mean

Are the people who lift and the people who lean.

Wherever you go you will find the world's masses

Are always divided in just these two classes.

And, oddly enough, you will find, too, I ween,

There is only one lifter to twenty who lean.

In which class are you? Are you easing the load

Ox overtaxed lifters who toil down the road?

Or are you a leaner who lets others bear

Your portion of labor, and worry, and care?

—Selected.

A DECORATIVE CRETONNE BAG.

The cretonnes grow prettier every year, and as long as that fabric is manufactured, cretonne bags will be the delight of many a housekeeper, for the average housekeeper can never have enough bags and closets to satisfy her longings for tucking away places. A beautiful bag is made of crash cretonne adorned in large pink roses and green leaves. It requires one yard of cretonne for the outside, and one yard of pink lawn or cambric for the lining, with four yards of narrow ribbon for bows and enough gilt braid to cover the two hoops. Sew the cloth together at the sides to within two inches of the top and fasten with a bow of ribbon. Cover the hoop with gilt braid. To adjust the hoops, gather the top to within two inches of the end and sew the hoops to the outside of the bag. Turn back the corner and fasten, placing a bow at each side of the hoop. The pink and gilt makes a very artistic and pleasing combination.

HELPFUL HINTS FOR HOME NURSES.

Even in this day when trained nurses are plentiful, the mother or sister must often be the "ministering angel" in times of sickness. Even the woman who seems to be naturally skilled in "comfort's art" will value a few hints.

Make the sick room attractive.

Give the invalid the best room in the house and one as far removed as possible from the noise of the household machinery.

Have no gloomy pictures in the room.

If possible, put the invalid in a

room, the walls of which are covered with plain paper, for a nervous patient is often driven almost frantic counting the roses or patterns on the wall.

Keep the room well ventilated and tidy. Never dust with a feather duster, since that merely agitates the dust to the annoyance and danger of the patient.

Avoid disagreeable topics of conversation. Tell no depressing news in hearing of the patient.

The first requisite of a sick room is a good bed. Cover the mattress with a thin, soft covering. Make the bed carefully, draw the undersheet tightly, smooth at the sides and pin down the corners with safety pins. This will prevent the sheet wrinkling. Never place the bed so the light will fall in the eyes of the invalid. Have a number of small pillows to tuck under the back or shoulders or to raise the knees. For temporary use cover the pillows with cheese cloth.

Before serving food, bathe the invalid's hands and face and freshen the air in the room.

Never argue with the invalid, but be patient and firm.

REPUTATION.

Boys and girls, you were born with a reputation. From the age of innocence to the last call, it is up to you to sustain that reputation with which you were endowed and launched upon the sea of life.

From the cradle to the grave the roads are rocky and the narrow paths are thorny; and it needs a brave heart and a steadfast disposition to even avoid the loss of natural innocence, and travel through the world without attracting austere attention and adverse criticism.

Every act in the life of man has some censor. In the end the sum total goes towards establishing what is commonly known as reputation. In other words, the eyes of your fellow man are fixed upon your course in life.

The strenuous life symbolizes the difficulty of the position, for envy, hatred, malice know no ethics of mercy nor of morality; but are seeking to destroy the good and to roll the bad further down hill.

The down hill movement when once started possesses vitality that is remarkable, and it is hardly ever arrested. So that the one false, first step, is garnished with an importance that should be headed by every boy and girl.

To carry a good name to the grave should be the craving of every honest soul, and fortunately it is true that it is the wish of the greater part of mankind.

In the various spheres of human endeavor, with our ambitions and lesser desires, no matter how great nor how small, it is our own will that guides our actions, and it is for each man or woman to shape one's own course for good repute or for bad repute.

EDUCATION OF THE FUTURE.

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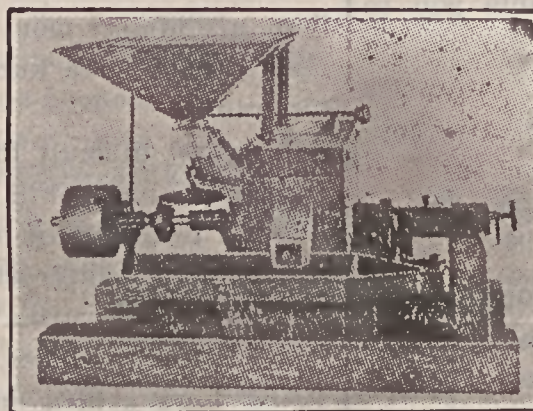
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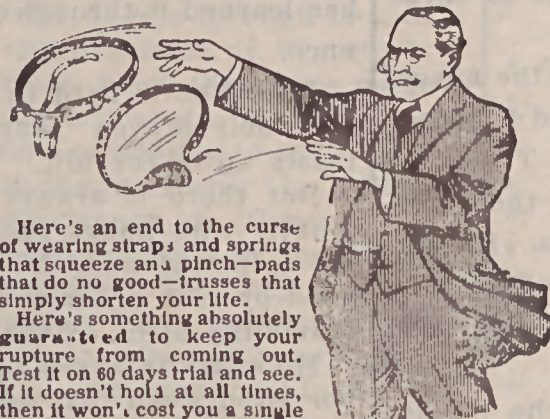
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