

## The Home

By Hattie Haines Churchill.

Questions will be cheerfully answered by mail if postage is sent. Write to the manager of this department and tell what you would like best to appear in these columns. We want the housewives to look forward with pleasure to reading this part of The Ranch.

### Hints to the Young.

You cannot make the weather warm  
By kicking like a steer;  
You cannot stop the raging storm  
By getting on your ear;  
You never can improve your case  
By letting gloom o'erspread your face,  
And grumbling never helped to chase  
Away a foolish fear.  
You cannot make your spirit clean  
By delving into slime;  
You cannot make a hateful scene,  
By fretting, seem sublime;  
It never helps to sit and bawl  
About your bruises when you fall;  
To butt your head against a wall  
Is but a waste of time.

—Chicago Record-Herald.

### Things She Does Not Do.

By the word "she" we mean the truly well bred woman. Nearly everyone desires to be thought up-to-date, well bred and many other things too

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numerous to mention, and, as she is higher or lower in the scale of humanity has different ways of expressing it. One does not do things because it would not be considered good form; another because it would not be "swell" (however there are not many things in the world but what are so called,) and another has no reason only an inherent sense of refinement and the eternal fitness of things.

The well bred woman does not dress beyond her means. Her appearance does not lead one to believe that all her belongings are on her back. She would rather wear a gingham than a silk dress for which her husband will have to struggle to pay for. She knows that simplicity is the key note of good taste. She does not appear on the street or at church in party array. She is not an extremist in dress having her skirts cut in the narrowest style shown, lowest in the neck or shortest in the sleeve, regardless of bones, rolls of fat, hair and black skin. Neither does she have her skirt so short that it appears as if her aim standing or sitting was to display her hose. She does not make herself conspicuous on every occasion by a great display of jewelry. She knows there is a proper time and place to wear her "shiners" and her young daughter is allowed to have only a string of beads, or a very simple piece with which to adorn herself. She does not talk loudly; laugh boisterously or sing in public places for she knows that will attract attention to herself—the very thing a well bred woman wishes to avoid.

She likes the members of the opposite sex, but does not wish to be on such friendly terms with them that they will treat her like a pal, or, what is still worse, a familiarity so slack that it is insolent. She does not read the writing upon every scrap of paper within reach of her hands; neither does she listen to conversation not intended for her ears, nor look stealthily into boxes and drawers not belonging to her. She does not take pleasure in listening to idle talk concerning the shortcomings in the characters of her neighbors and friends. To repeat such gossip, talk slang, to tell questionable stories or proclaim something she has unluckily and unfortunately found out, is, to her nothing short of a crime, and crime it is, to so soil ones life and soul. She does not look down on those less favored than herself in the possession of worldly goods, personal appearance or ability to do. She is not afraid to befriend the humblest, even though by so doing, some, who consider themselves "the people" regard her as common. She does not treat old people with indifference, but rather does all in her power to make their little lane seem more sunny.

There are women who do many of these things yet would be indignant if it were intimated that they were ill bred, or, as the common saying goes, were not ladies. They are always on the lookout to defend their right to that title, just as the woman was in the story. She was a big, brawny one and had engaged in a real fist fight with her neighbor. When asked by the judge how it came about, she replied that "Mrs. B. said she wasn't no lady and she wouldn't take that off'n no one, so she just rolled up her sleeves and 'did her up.'"

But not alone for what people will think should a woman train herself to

be above such things. There is a peace, a happiness that comes when she knows there is nothing in her mind, her life, her soul, that is not pure; her eyes will not drop before the gaze of any one, because there is nothing within that the whole world may not know.

Again, a woman may care for herself in a hygienic and beautifying way; may dress faultlessly, and have manners in accord with the most approved code of society, yet be like a beautiful white rose growing near the dusty highway, much admired at a distance, but regarded with a pity akin to sadness after being brought into closer connection.

No matter how indifferent your women may be in regard to these things on the higher plane, we believe "there will come a time, a sad, sad time, when from out your inmost heart there will come a cry for something more and more divine." Then "each morning open your window to the east to see the marvel of a new day coming fresh from the hand of the Maker, and each evening stand at the opposite window and watch the same day drop over the mountain into eternity. In the flaming sky where so often hangs the silver crescent is always the promise of a new day—another chance to begin anew."

Hattie Haines Churchill.

### Apples.

At this time of the year, when fresh fruit is scarce, housekeepers invariably turn to their old standby—the apple. This fruit is not only valuable in its natural state, but can form the major part of many preparations agreeable to the palate and beneficial to the health.

It has long been known that persons afflicted with rheumatism have been greatly relieved, and, in some cases, been entirely cured by the continual use of this fruit which contains a large per cent of certain salt and malic acid. These act upon the uric acid in the blood, thus helping to purify it by preventing harmful accumulations. The writer's father was almost cured by drinking a glass of cider before retiring. This was done faithfully the greater part of a winter. The finger joints, which were stiff and very much enlarged, became normal in size, and the fingers consequently flexible. His general health was also greatly improved.

Eating the fresh fruit is beneficial, but in cases of persons having a weak digestion, it sometimes gives distress, owing to acid and the fixed air which it contains bringing about flatulence.

Such persons should eat only the ripest fruit and should scrape the pulp fine. This liberates the air. If salt is liked the use will help the difficulty. The core, pips and peel are indigestible and irritating and should never be eaten; neither should the green fruit for the digestive

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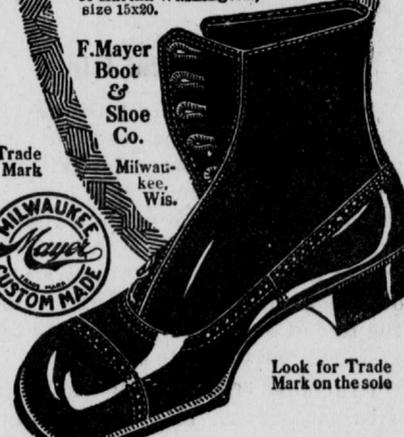
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juices can not act readily upon its unbroken cells containing gum, sugar, acid and mineral properties. The use of apples will also regulate high temperature and the action of various organs of the body.

Cooking changes the flavor of the fruit and also removes all of the drawbacks mentioned. The cooks of today do not confine themselves to plain apple sauce, baked apples, pie and dumplings, but have countless recipes through which they vary their menu from day to day; and since one has to spend about so much time in the kitchen, why not make it worth while. The following makes a

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