



# The Carlisle Arrow

A Newspaper of the Carlisle Indian School

EDITED AND PRINTED BY INDIANS REPRESENTING FORTY AMERICAN TRIBES

VOLUME SIX

CARLISLE, PA., APRIL 16, 1909

NUMBER 32

## HOUSEKEEPING.

(A Commencement Paper.)

JOSEPHINE GATES, SIOUX.

The home into which I was born stands on a low hill which slopes down into a little valley surrounded by large hills and forests. There are no near neighbors—the nearest a mile away—and here in this beautiful, secluded spot I spent my childhood under the gentle influence and indulgent training of my dear mother and older sisters.

My mother was a chief's daughter. She never went to school, but she learned some things about housekeeping—such as, plain cooking, cleaning, preserving, and sewing—from the field matron who visited the different homes once a week. As my mother was not strong, my sisters did the heavy work, and I was early taught to wash dishes, clean vegetables, and do other small tasks about the house. In summer time, I helped to pick the wild fruits such as plums, cherries, grapes, and blackberries—which my mother made into jelly or jam.

My mother and sisters made most of our own clothes, and shirts for my my brothers. I learned to sew on the machine when I was about twelve years old, helping with the plain pieces—aprons, pillow-cases, and my dresses. Besides, my mother did beautiful beadwork during her spare time, just as our white sisters do fancywork when they are at leisure. And, thus, at my home, I learned the rudiments of good housekeeping; that is, I learned that each season, each day, has its own special duty, and each member of the household has his or her share of responsibility in the making of a good home. And, also, although I was fond of play—in which I was generously indulged—I acquired from practice and observation the thought of work, and, for a little Indian girl, was given a fairly good start in this work-a-day world.

It was in October, 1902, that I arrived at Carlisle, where I remained

only seven months before going to the country. During this interval, I was detailed, in succession, to the sewing-room, diningroom, and laundry. As I had already learned to darn, wash dishes, and clean vegetables, my additional knowledge came mostly from the laundry. There I learned to iron shirts, dresses, waists, and aprons. When the time came for the girls to go the country for the summer, after some hesitation, I decided to go with the second party—in May. I went and remained three years and four months. I left my classmates in the fifth grade and joined my present classmates in the eighth grade.

My home was with Mr. and Mrs. Gayley, in Chester, Pa. There was only one child, thus making a family of four, including myself.

I soon found that I knew practically nothing about housekeeping. I had learned some phases of the work, but only as so many separate tasks done under the watchful eye of an instructor. Now I began to realize that housekeeping meant a great deal of hard work and care. My knowledge increased rapidly.

My work, to begin with, was to help. I still had to wash dishes, pare vegetables, and help clean, but in a different way, because the family was small. As I became accustomed to my country-mother's methods, I was gradually given full responsibility. My work was so arranged that on each day I had something special to do. On Monday, the washing was done by the laundress, until I had learned how to do it myself. Tuesday was ironing day. On Wednesday, after cleaning the refrigerator, kitchen, and dining room, I cleaned the third floor. On Thursday, every room on the second floor was thoroughly cleaned and put in perfect order. On Friday, the parlor, the reception hall, and the dining room underwent the same process. The kitchen was left for Saturday. In the kitchen, the gas and coal ranges

were blackened and polished, the tables and sinks scrubbed, the cupboard cleaned, and the floor washed. Twice a year we renovated the entire house from top to bottom; papering, painting, varnishing, and calcimining, wherever necessary.

But it was not only a knowledge of how work should be done that I received from my country-mother, but, also, many valuable lessons in economy—how to buy, how to make use of "left-overs" after each meal, how to wash fine fabrics without injuring them and flannels without their shrinking, how to remove stains, and that with the mending a "stitch in time saves nine." From her I learned that housekeeping requires, not only hand-work, but head-work and heart-work as well, and that there is great dignity and beauty in it,—

"That duty is beauty,  
And beauty is duty."

All this training received through the Outing System will be of great value to me in planning my home. I shall try to be very economical, and, at the same time, make all the rooms as convenient and attractive as possible. By the tactful use of denim, and other inexpensive, material, homemade articles often serve every purpose, and are much daintier than the heavy, cheap furniture one sometimes finds in the stores.

First, the kitchen: It is not a large room, and, therefore, every square foot of space is utilized. With this end in view, I have chosen a small range, because it occupies less space than a stove and gives just as good service. For the same reason, I have a breakfast table with drop-leaves. The dining chairs not needed for the table may be used in the sitting room. The work chair is a low and comfortable one. The work-table should be supplied with a drawer and a drop-leaf. The room is greatly improved in appearance and comfort by the adjustable screen which stands between the

# The Carlisle Arrow

Issued Fridays from the Carlisle Indian Press  
About ten months in the year.

**Twenty-five Cents Weekly**

Second-class matter—so entered at the Post-office at Carlisle, September 2, 1904.

Address all communications to the paper and they will receive prompt attention.

dining room and kitchen proper. It also protects those at the table from the heat of the range.

Neither is it necessary to buy many things for the sitting room. A good, strong, center table for lamp, papers and magazines; the rockers and arm-chairs selected for comfort, instead of ornament; and a sewing machine, so indispensable in a busy household—are about all. The beautiful, Indian rugs are found in every Indian family. They are more healthful than a carpet, for they can be cleaned more easily and oftener. The lounge, bookcase, shelves, waste paper box, and tabret are entirely homemade, and require very little outlay for material.

For the sleeping room, the largest expense is for the bedroom set. Homemade rugs, which cost nothing but the labor, cover the floor where needed. The shirtwaist box is homemade, as are all the other little conveniences.

Thus we see that our Indian homes, even the best of them, may be improved in many ways with very little trouble or expense. But we must remember that a new home, comfortably and prettily furnished, is only the beginning. The character and disposition of the housekeeper are of vastly more importance. She must be, not only a home-maker, but a home-keeper—that is a keeper of the home and all its interests. This requires faithfulness, ambition, and love. Possessing these qualities, she will keep the house perfectly clean and in exquisite order. Love will cause harmony to rule, for studying the nature and disposition of each member of her family, she will be enabled to bring happiness to them.

Some women think because they are only housekeepers they have no opportunity to show their ability. In this they are greatly mistaken for the home is just the place where a woman can show her ability to the

best advantage—for there a true woman is the acknowledged queen. One well-ordered household in any community is a power for good! On an Indian reservation it is eagerly copied after, and serves as a beacon light to all. Such a home would my mother have graced had she had the opportunities that have come to me.

## ABOUT CARLISLE ATHLETICS.

### BASE BALL NEWS.

On Wednesday last the home team was beaten out in the tenth inning after having the game well in hand up to the ninth inning, when with two out a ball was allowed to drop safe by the infield after which the team went to pieces and allowed the visitors to walk away with the game.

Carlisle.....	0 2 0 0 1 0 0 0 0—3
Ursinus .....	0 1 0 0 0 0 0 2 2—5

Batteries, Tarbell, Garlow, Hayes, Hauser & Newashe: Harlin & Freese.

On Friday the team journeyed to to Atlantic City and braved a cold icy wind which swept across the field to play Pennsylvania.

The Indians played fast ball in both games. W. Garlow's pitching in the first game was the feature of the game. In the second inning with three men on the bases and no one out, he pulled himself together and retired the side without a run. The entire infield worked together in fine shape and easily defeated Penn.

### INDIANS.

	R	H	O	A	E
Deer, cf.....	0	0	4	1	0
J. Garlow, rf.....	0	1	0	0	0
Balenti, ss.....	0	1	1	3	0
Newashe, c.....	1	1	4	1	0
Hauser, 1b.....	2	0	12	2	0
Twin, 3b.....	0	0	0	0	1
Libby, lf.....	0	2	0	0	0
Poodry, 2b.....	0	0	4	2	0
Garlow, wp.....	1	1	2	5	0
Totals.....	4	6	27	14	1

### PENN.

Thayer, cf.....	0	2	1	0	0
Brokaw, 2b.....	0	0	1	3	0
Merrick, rf.....	1	1	2	0	0
Wood, lf.....	1	3	3	0	0
T. Smith, 1b.....	0	0	15	0	1
Cochran, ss.....	0	0	1	4	0
Cozens, c.....	0	0	3	1	0
Smiley, 3b.....	0	0	1	1	0
Beams, p.....	0	0	0	6	0
Totals.....	2	6	27	15	1

Three base hit—Newashe, Wood; Base on balls off Garlow 4, Beams 1; Left on bases Carlisle 2; Passed, Newashe; Hit by pitcher, Twin, Hauser. Umpire, Bill Smith.

Saturday Carlisle lost the game to Penn through wild pitching. The team fielded fast and hit fairly well, but Hauser and Tarbell were too generous with their gifts and Penn got away with a lead which was too hard to overcome.

### INDIANS.

	R	H	O	A	E
Deer, cf.....	1	1	2	0	0
Garlow, rf.....	1	1	0	0	0
Balenti, ss.....	0	2	2	2	1
Newashe, c.....	0	1	6	2	0
Hauser, 1b.....	0	1	11	0	0
Twin, 3b.....	0	0	1	1	0
Libby, lf.....	0	0	0	0	0
Poodry, 2b.....	0	1	2	4	0
Hays, c.....	0	1	3	0	0
Tarbell, p.....	0	0	0	4	0
Totals.....	2	8	27	13	1

### PENN.

Thayer, cf.....	1	0	2	0	0
Aldern 2b.....	1	0	2	2	0
Merrick, cf.....	2	1	2	0	0
Wood, lf.....	1	0	0	0	0
Garrison, 1b.....	3	3	11	0	0
Cochran, ss.....	0	4	4	3	0
Cozens, c.....	0	0	5	0	0
Smiley, 3b.....	0	0	1	2	0
Chapman p.....	0	0	0	2	0
Totals.....	8	8	27	9	0

Two base hits Cochran, Deer, Hauser; Sacrifice hits, Cochran, Wood; Base on balls by Hauser, 4, Tarbell 6, Chapman 2; Hit by pitched ball, Merrick, Libby; Passed balls, Hays 2.

### TRACK NEWS.

At a meeting of the wearers of the track C last Monday George Thomas was unanimously elected captain of the track team for the coming season, the former captain having been debarred from athletics for a probationary period, thereby leaving the position vacant. Captain Thomas is an all-around athlete of ability, his specialties being the high jump, broad jump and shot-put, in each of which he can be counted upon to score points for Carlisle in all the scheduled contests. He is an athlete who always trains faithfully and conscientiously and will set a good example for his team, and Carlisle can well be proud of such a leader for her track team.

Lewis Tewanima will run in the Boston Marathon next Tuesday. This is the most important Marathon race that is held in America and has been an annual feature on Patriots' Day at Boston for many years. About 200,000 people will be lined up along the course. Tom Longboat, the famous Canadian Indian, holds the record for this course.

The relay team runs a one-mile race at a big indoor meet at Pittsburg tomorrow night and John Corn will enter the five-mile run in which some very fast men are entered.

The class meet is only two weeks ahead and no time should be lost by the classes in getting their athletes in condition for this great contest.

GENERAL SCHOOL NEWS.

The baseball boys enjoyed their trip to Atlantic City, although it was very cold.

Last Sunday evening the boys were allowed to attend their different church services in town.

John White, of the print-shop force, is enjoying life out in the country for a few days.

Our second baseball team was defeated last Saturday by the Mercersburg team. The score was 18 to 6.

Miss Bachman arrived here last Saturday from Lebanon to take Mrs. Taylor's place as teacher in Room 3.

Friday afternoon a great many girls came in from the country to go to school. We were all glad to see them.

Alonzo Brown, a member of the class of 1909, left for his home last week. Our best wishes for his success follow him.

Last Sunday was a beautiful Easter day. All are wishing for many such days, for they fill our minds with beautiful thoughts.

Promotions took place in the academic department on Monday and those who were promoted are getting down to hard study.

If you did not get promoted, do not feel discouraged, but make up your mind that you will be up with your class next fall.

The painters have commenced painting the shops, and hope to have all of the buildings looking new before the first of September.

The carpenters are putting a new porch across the east front of the hospital. Porches are also being placed on the north and south wings.

Martha Day, who graduated with class 1909, has left the school for her home in Seama, New Mexico. All her friends miss her very much.

The sociable, which was held last Saturday evening, was enjoyed by all, although a great many were absent on account of going to the country.

On account of Miss Wistar's illness and her inability to be with the girls during Sunday, the Y. W. C. A. meeting was postponed until next week.

A very interesting and appropriate talk was given to the students who attended Sunday school Easter morning by Mrs. McIntyre, from Carlisle.

Every member of the Invincible Debating Society on the grounds should be present at the next regular meeting, April 16th, to help elect new officers.

Several boys visited the poultry farms Sunday and found them very interesting, especially the young chicks that have been hatched by the incubators.

Miss Wood, the Senior teacher, gave the new Freshmen such a fine and encouraging talk that they feel like doing their very best with their studies for the year.

Peter Regis, who has been recently spent two weeks at the hospital, was out Monday with his friends who were glad to welcome him back to quarters.

The program rendered by the Mercer Literary Society last Friday was mostly voluntary, as many of those who were on the program went to the country.

The Standards elected new officers last Friday. The membership of the society is greatly reduced on account of some of the members going to the country for the summer.

Michael Balenti, Geoge Gardner, Orlando Johnson, Samuel McLean and Charles Mitchell are now regular students in the bookkeeping section of the Business Department.

Last Monday the Junior 'Varsity had their first practice day in baseball. They expect to develop a strong team under the management of their captain, Peter Gaddy.

William Winnie, a member of the commercial department, who went to his home in New York last week, writes to a friend stating that they are having fine weather and that he has found good work.

About 200 pupils left on Thursday and Friday for Bucks County farms. We hope they will all get down to business and work for all there is in them. There are also many coming in who have been out for the winter. The second party will be larger than the first one. It goes out the early part of May.

Miss Reichel substituted very acceptably in No. 11 last Friday in the absence of Mrs. Henderson. The classes spent their time as usual in that room. We hope Mrs. Henderson will soon be with us again.

This week the classes were promoted. The class 1910 has begun its last year's study, hoping to be able to finish next commencement. Some of the 1909 class have taken up the business course, while others have returned home.

The class of 1911 was sorry to lose their classmate, Michael Chabitnoy, who went to Hershey, Pa., to work for Mr. Murrie, the superintendent of the chocolate factory there. He left last Saturday and expects to "stick" until fall.

The Standard Literary Society held an election of officers last Friday evening. Many a seat was vacant by the graduates and the boys going to the country. That gave a chance for new members to become a part of the back-bone of the Society.

Micheal Balenti's oration, given in the chapel Monday afternoon, was a very helpful one. He said it was our duty to develop not only our physical powers but also the moral and religious side of our natures.

The Seniors held their class meeting Wednesday evening for the purpose of electing class officers. The result of the election was: president, Inez Brown; vice-president, William Nelson; secretary, Carlisle Greenbrier; treasurer, John Feather.

The S. L. L. S. had an election of new officers last Friday evening. Sarah Hoxie is our new president. After the program was rendered the new critic, Stella Skye, urged us to keep up our society spirit. On account of the graduates and country girls leaving, members are becoming fewer, and we need to work all the harder.

Monday morning after chapel exercises the graduates who have started the business course, Michael Balenti, Samuel J. McLean, Orlando Johnson, Elmira Jerome, Elizabeth J. Webster and Helen Lane, spoke very encouragingly to the Seniors, who appreciated their kindness, especially the advice to begin now to think about the year after graduation.

## LEARNING THE PRINTING TRADE.

(A Commencement Paper.)

PATRICK VERNEY, Alaskan.

With the assistance of a brother apprentice I will endeavor to show you a little about the printing trade as taught at the Carlisle Indian School.

There are several essential factors required in one who would become a printer. The main ones are intelligence and patience, to which he must add energy if some day he would become a successful printer. Before a beginner is given his first lesson he must be well acquainted with reading, writing and spelling, as with these subjects he will have to deal as long as he follows this trade. No printer can be too well educated.

At Carlisle when an apprentice begins work at the trade and goes to the case for the first time, he must learn the name of each case and become familiar with the different types and figures that are found in a set of cases and the location of each character.

A set of news cases usually consists of two, one placed above the other. The upper case contains capital letters of two sizes known as "caps" and "small caps"; in the lower case are small letters, figures, spaces and quads. The types in the lower case are not arranged in alphabetical order like those of the upper case, but are so placed that the letters most used are the most convenient to reach. Having become acquainted with the cases and familiar with the location of the different letters, and other characters necessary in printing, he is taught how to use the stick and set type properly.

After the apprentice has acquired a reasonable knowledge of composition he takes his copy and adjusts his composing stick to the required measure, and begins to set the first line. He of course begins with a paragraph, an indention of which is usually one em, sometimes two ems. When he sets in his stick as many whole words or divisible parts thereof as will go in the first line, he will doubtless find a greater or less space at the end. This space must be equally divided among the other spaces in the line. Care must be taken in doing this that the spaces between the words are all the same. The first line thus justified, place a lead against it if it is to

be leaded, lift out the composing rule and place it in front of the line and commence the second line without indenting. The next step is to see that the second line is neither wider nor more closely spaced, neither tighter nor looser than the preceding line. When a stick has been filled it is emptied on a galley. As soon as the job has been set up it is placed on the galley and a proof is pulled. This first proof is called the office proof. It is carefully read and compared with the original copy by the proof reader and marks are made for corrections—for a beginner is bound to make mistakes. The compositor takes this proof and makes the corrections, after which another proof is pulled. The second one is called a revised proof and goes to the author. When a correct proof is made the matter is placed on the imposing-stone, where it is prepared for the press. An iron frame, called a chase, is placed about the type and in the space between the type and chase is placed furniture, either wooden or metal blocks, which vary in size. After arranging the furniture, quoins are placed next the furniture. These quoins are to lock the type in the chase so it can not fall out. Quoins are placed at the top and right end of the form. The form is then planed, after which it is tightened, then it is ready for the press. When it is placed on the press, a proper amount of packing is put on the platen of the press, then an impression is made on it and the gauge pins are then set. Before taking the first print you have to see that the grippers do not touch the type. The tympan is then adjusted so as to get the right impression. The gauge pins are placed in the tympan to hold the sheet of paper that is to be printed. After this is done, the ink fountain is regulated so that it will let out the required amount of ink and you start to print the job. After printing the job to number required, the form is taken off and placed on the stone again, then washed with gasoline or benzine. After the type is cleaned, the form is unlocked, chase put away, and the type is put on the galley ready for distribution; that is, the type is returned to its proper boxes in the cases.

I have tried to explain in a few words the most important steps

through which an apprentice must pass here at Carlisle to get his working knowledge of the trade. The printing trade covers much more ground than I have told. In fact it is almost impossible for one man to become master of all its branches. There are two principal divisions in the printing office—composition and presswork.

The job compositor must at first thoroughly master the principles of plain composition; that is, newspaper and book composition.

The majority of job compositors must study to attain perfection since great versatility is required, part of which must be cultivated. First of importance to the compositor is a realization of what constitutes a good job of printing. A general idea may be obtained by a search for the best printing products and a study of them, such as type foundry specimen sheets and the best work of high-class commercial printeries, and by studying the art elements that govern job composition. The first thing to keep in mind is to make a nicely balanced form with plenty of white space. Other matters of importance are proportion, shape, style, symmetry, harmony and marginal space.

The second principal division of printing is presswork. The one who operates a press is called a pressman. He has just as important a part as the compositor has. He knows every detail in running a press and the care of it. A pressman must know all kinds of ink used in printing, such as news, job, cover and half-tone ink, and also the various stocks handled.

When an apprentice has gone through all these processes of this trade at this school he is capable of working in any print shop in any town or city.



## A Correction.

By carelessness the article "Indians in Opera," appearing in THE ARROW two weeks ago, was credited to The Volunteer instead of The Sentinel, the paper which should have received the credit. We are glad to make this correction, for if there is one thing we wish to be careful about it is that of giving proper credit to everything we take from other publications.