

## THE HOME DEPARTMENT.

### What are You Wishing.

Do you wish the world were better?  
Let me tell you what to do—  
Set a watch upon your actions,  
Keep them always straight and true.  
Rid your mind of selfish motives,  
Let your thoughts be clean and high;  
You can make a little Eden  
Of the sphere you occupy.

Do you wish the world were wiser?  
Well, suppose you make a start,  
By accumulating wisdom  
In the scrapbook of your heart.  
Do not waste one page on folly;  
Live to learn, and learn to live;  
If you want to give men knowledge,  
You must get it, ere you give.

Do you wish the world were happy?  
Then remember day by day  
Just to scatter seeds of kindness  
As you pass along the way.  
For the pleasure of the many  
May be oftentimes traced to one,  
As the hand that plants an acorn  
Shelters armies from the sun.  
—Ella Wheeler Wilcox.

### Try a Glass of Water at Bedtime.

The human body is constantly undergoing tissue changes. Water has the power of increasing these tissue changes which multiply the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are removed. Any obstruction to the free working of natural laws at once produces disease. People accustomed to rise in the morning weak and languid will find the cause in the secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This materially assists in the process during the night, and leaves the tissues fresh and strong, ready for the active work of the next day.—The Household Physician.

### Too Much to do.

My wife has too much to do. "Why don't you help her then?" "She is not a woman who can be helped," said the man wearily. "She is so very particular, and worries so over every trifling bit of dust and dirt. If she could take the range clear out every Saturday, she would be better satisfied than she is."

The husband put his finger on the weak spot in some women's house-keeping. They are over-fastidious, and do more than they need; they are ever boastful of their extra nicety, and do not reflect that they are recklessly using up their strength and vitality. When a woman's excellent housekeeping kills her at forty-five, or leaving her alive, transforms her into a nervous wreck, making her a burden to herself and a terror because of ill-temper to her family, that sort of housekeeping is a fearful blunder.—Christian Herald.

### Little Hints.

Never boil clothes before washing, but after.

As the hand towels wear thin and shabby cut them for dish wipers.

It is not polite, without an invitation, to make your country relatives a long visit in hot weather.

Try keeping food fresh for late comers by standing the dish in a pan of hot water, and keeping the food closely covered with a lid.

If a glass dish of any sort gets broken see that the pieces are taken away from the house so that no one will be injured by them. Never throw

them out where the barefoot little folks will step on them.

Persons very much afraid of lightning may feel perfectly safe if they put on their rubbers and stand where their clothes will not touch any object.

In a house where space is at a premium a good place for an umbrella rack is on the inside of the closet door fastened across the bottom. It occupies space not otherwise used and is very convenient.

There is nothing that drives away ants so quickly as a little petroleum simply poured around their haunts. A good way is to use a sponge filled with oil and fastened to a pointed stick, which can be thrust into their runs, or put down upon the ground and so moved from place to place.—Farm Journal.

### Words of Wisdom For The People.

If you would know what a dollar is worth, try to borrow one.

When the dog is down, every one is ready to bite him.

A good name is better than a good face.

When fools go to market, peddlers make money.

When industry goes out of the door, poverty comes in at the window.

He who serves well need not be afraid to ask his wages.

He who has four and spends five, has no need of a purse.

He who buys wants a hundred eyes and he who sells need have but one.

A young man idle, an old man needy.

A good paymaster never wants workmen.

Who undertakes many things at once, seldom does anything well.

A good wife and health are a man's best wealth.

One ploughs, another sows—who will reap no one knows.—Central Farmer.

### Orderly Habits.

One of the most important items in the early education of girls, and boys, too, is frequently neglected by the mother of the household.

And this is—the putting of things in their places.

When the boy comes home from skating, or coasting, it is just as easy for him to put his hat and coat and mittens where they belong as it is to fling them down anywhere for mother to pick up.

If he takes care of his belongings he will know just where to find them when he wants them, and he will not have to run like mad through the house, yelling at the top of his voice: "Ma! ma! Where's my hat? Who's got my overcoat? What did you do with my shoes?"

There is no reason why every person, who is well, should not wait upon himself. Two hands and two feet were given us that we might use them in serving ourselves, and not be dependent on others perhaps less able to work.

The girl who is self-respecting, the boy who wants to be manly and dignified, like to wait on themselves. It is not a trouble to be avoided, but a pleasure to be sought. It will save mother so many steps.

The orderly closet, with the garments neatly hung on their respective hooks, the boots and shoes in their proper receptacles, and the whole thing thoroughly aired at least once a day, is a delightful sight to see in any home.

The boy who in his youth has formed habits of order will make a good husband and father. His wife will not have to run herself into a premature grave hurrying to find his collars and sleeve buttons and gloves when he is five minutes late and must

"catch that car!"

He will have an accurate knowledge of where his personal belongings are, and can put his hand right on them.

And all women with shiftless husbands will envy that man's wife, and they will have good reason for doing so. For no matter how much you may love your husband it is a weary task to be forever picking up his things after him and getting them together again when he requires them.

And the girl who has been trained to put her things in place, to wait upon herself, and to be on hand is the kind of girl all sensible young men are looking for.

The self-helping, self-reliant man is the man who succeeds in business. The tidy, orderly, self-respecting young woman is a joy to herself, and a perpetual comfort to all beholders.—Clara Augusta Trask in Farm Journal.

### Cultivate Thrift.

It is not the rich who are the most extravagant, as a rule. The majority of men and women of the wealthier classes are well educated, and no one whose intelligence has been sufficiently developed to appreciate real values of any kind, would be wilfully wasteful. Thriftlessness flourishes chiefly in the homes of the middle and working classes, where, too often, the temptation to appear in comfortable circumstances carries it off over prudence and common sense. A lady does not fear to enter a shop and purchase exactly what she needs, however small the quantity or modest the quality, but there are women many degrees below her in the social scale who are "ashamed to be seen" making small purchases. A vulgar desire to impress the salesman behind the counter or the casual observer at her elbow leads many a foolish shopper into needless extravagance. The same unworthy desire to attract notice is responsible for much recklessness in the treatment of good food, clothing or furniture. A garment which is accidentally stained or torn is rolled up and thrown into the rag bag, to be replaced by a new one, when an hour's work would have restored the first to its original usefulness. Fragments of good food from the dinner-table sufficient to furnish a second repast are deposited in the ash-barrel. Furniture, books, china and cutlery are ill-used until they become unsightly and useless, then are thrust into the attic or cellar for the rats and rust and mould to do the rest. In due time, the thriftless are brought by an inevitable, swift process to the grim edge of poverty, though even then they fail to recognize the causes that operated to produce such a calamity, or to realize the necessity for a radical reformation in their ways. Reduced to the humiliation of begging for what was once thrown away, they accept this condition as an unlucky accident or decree of fate, and go on vaguely hoping that in an equally unexpected way things will soon or late right themselves again.

The science of economy should be taught in the nursery. The wise mother begins with the infant in arms, firmly and perseveringly checking the tendency to waste or play with food, to damage walls or furniture, to neglect toys and picture-books, to treat any article of clothing with disrespect. As the little ones grow up, and have assigned to each one a place for their various small belongings, habits of neatness and order are formed unconsciously, with economic results of the highest importance. A system of weekly inspection and small rewards encourages all efforts in the right direction. Children thus wisely trained develop into conscientious and capable men and women, fit for positions of trust, which they quickly find and invariably keep.

Among the mothers who are now



Time seems most untimely when he brings a woman to the turn of life. Life is or should be at its ripest and best for her, and she approaches this change with a dread of its effect born of her knowledge of the sufferings of other women at this season.

There is not the slightest cause for fear or anxiety at this period if Dr. Pierce's Favorite Prescription is used. It gives health of body and cheerfulness of mind, and by its aid the pains and pangs of this critical period are prevented or cured.

Dr. Pierce's Favorite Prescription is woman's medicine with a wonderful record of cures of womanly diseases. Diseases that all other medicines had failed to cure, have been perfectly and permanently cured by the use of "Favorite Prescription."

"I feel it my duty to write you as I have received so much benefit from the use of your medicine," says Mrs. Lizzie A. Bowman, of New Matamoras, Washington Co., Ohio. "I have taken four bottles of 'Favorite Prescription' for female weakness and change of life. Before I began taking it I could not do anything. I had such pains in my head and in the back of my neck that I thought I would lose my mind. Now I can work every day. I recommend 'Favorite Prescription' to all females suffering in the period of change of life. It is the best medicine I have found."

"Favorite Prescription" has the testimony of thousands of women to its complete cure of womanly diseases. Do not accept an unknown and unproved substitute in its place.

Keep the bowels healthy by the timely use of Dr. Pierce's Pleasant Pellets.

ardently longing for the day when the sons and daughters shall be able to contribute to the support of the family, how many are laying the nucleus of an equal number of fortunes by teaching their little ones saving and careful habits? No matter how old and shabby the little coats and hats, let each have its own peg to hang on, when not in use, each its full complement of stitches and buttons, each its daily brushing and cleansing. See that school-books, too, are handled gently and kept free from disfiguring pencil or ink marks. In a hundred little ways economy can be encouraged in growing children with the certainty that the happiest results will follow in later life. Teachers can exercise a salutary influence in this direction, as it is frequently through association with other scholars that the dangerous tendency to extravagance is acquired. Unfortunately, there are mothers who do not scruple to inspire their children with unworthy sentiments of rivalry toward their school mates. "I am sure no one will have a prettier hat than yours," or "What did the girls say about your new frock?" are remarks often thoughtlessly made to the school-girl on her return home.

It is too late, alas! for many of us to acquire thrifty habits, but not too late to encourage them in "one of these little ones," who, be sure, will live to bless us and be blessed by others for the salutary lesson.—Family Herald.

## HEADACHE



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