

grow laggard in the work. Yet it is not done altogether by cosmetics, though these, in a way, are often very helpful and their use is to be commended; healthful living, cheerful thought and kindly deeds do far more toward making one fair to look upon. If a woman have good health and a reasonable self-respect, it gives color and clearness to her complexion, grace and carriage to her movements, and an appearance of youth which no amount of "making up" with cosmetics can do. A scowling brow, a discontented air, neglected cleanliness, and a disregard for becoming styles or colors will mar the loveliest outlines. Much happiness and no inconsiderable amount of beauty belong to age, as well as to youth, and it is a pity that women do not take a proper view of life in all its stages, making the most of all that is given them. Some of the most charming women in history never developed their charms until past the glory of youth, and the symmetry and beauty of their characters made full amends for the loss of youthful charms.

Women have it very much in their own power to "grow old gracefully," and the beauty of a faded face depends very much upon how much of the sweetness of life lives on in the kindly features, the tender voices and the touching sympathies. Keeping the faculties alive through exercise also adds to a youthful appearance, and mental activity may be exercised long after the physical seems to fail. To be youthful in appearance, one must keep in harness, doing the world's work as well and as faithfully and as long as possible.

Midsummer Gardening

To get the best results from your garden from now on, until frost overtakes it, you must give it some care during the hot, dry weather of July and August. The present month, in most localities, has given us an abundance of rain, and plants should now be in fine condition and full of present bloom or promise. Plants are like children; they must be fed, watered, washed and cared for, and the garden, like the children, must be "dressed." When the spring is dry and warm, plants send their roots down into the soil in search of moisture; but if the season has been wet, the plant spreads its rootlets out just under the surface, and if the summer months be hot and dry, there is danger of the plants burning out, and suffering irreparable injury. For this reason care should be taken to water them according to their needs. Watering should be done in the late afternoon or evening, in order that the moisture retained during the night will enable the plants to withstand the heat of the day.

Do not spray the blossoms if it can be avoided, as with most plants these, when water-soaked, turn black and decay. It is better to turn on a slow stream and let the water run over the ground, not wetting the plant at all, except an occasional spraying to remove dust from the foliage. Where there is no hydrant, or force pump, a good plan is to dig little trenches about the garden, near the plants, and pour all wash, and waste water in these, letting soak into the ground at will. A still better plan would be to keep the ground stirred enough to prevent forming a crust, as the hard crust prevents even the rain or dew entering the soil, to the injury of the plant roots. Mulching with lawn clippings, or well-decayed manures, or other fibrous material is a good thing for the plants. In many instances, a judicious application of fertilizers is necessary; but these, especially the commercial fertilizers,

should be applied with care and proper dilution. Stable manures, well rotted, are much to be preferred, both on account of cheapness and safety in its application. It may be applied in liquid form with good results.

A Cheap Paint

A recipe given by the Scientific American for a cheap and durable paint for the various purposes of the farm buildings is as follows: Stir into one gallon of milk about three pounds of Portland cement, and add sufficient Venetian red, powder, or any other colored paint-powder, to impart a good color. The milk will hold the paint in solution, but the cement, being very heavy, will sink to the bottom, so that it becomes necessary to keep the mixture well stirred with a paddle while applying it. This feature of the need of stirring is the only drawback to the paint; as its efficiency depends upon administering a good coating of cement, it is not safe to leave its application to untrustworthy help. Six hours after applying, this paint will be as immovable and unaffected by water as a month-old oil-paint. The party who gives this recipe claims that he has heard of buildings twenty years old painted in this manner, in which the wood is well preserved. The effect of such a coating seems to be to petrify the surface of the wood. Whole milk is better than buttermilk or skimmed, as it contains more oil, and this is the constituent which sets the cement. If mixed with water instead of milk, the wash rubs off and soaks off readily. This cement-milk paint flows on smoothly and easily, almost equal to genuine oil-paint; is cheap, easily procurable everywhere and recommended.—Farm and Fireside.

Protecting the Birds

In Missouri, the game law, which went into effect June 16 last, permits women to decorate their hats with birds of only a few specimens. Only the feathers of domestic birds, such as chickens, geese, ducks, etc., may be used. The wild birds allowed to milliners are restricted to English sparrows, hawks, horned owls, crows. Fines of \$25 and upwards will be imposed for violations of the law.—Ex.

Many very beautiful things may be made of the beautiful white feathers of the domestic fowls, as well as of some of the colored species, imitations of other birds, flowers, and other ornamentations, colored or white. And one may use them with a conscience at rest, as they may be had without committing murder.

Fighting the Garden Pests

During the summer months, insect pests are very apt to "take" the garden, if one is not very watchful, doing lasting injury, if not killing the plants outright. Aphid, the green louse, and the larvae of many kinds of moths and butterflies will be found destroying the foliage and tender shoots of nearly all kinds of plants. Bugs and beetles also find satisfactory foraging grounds on them, and caterpillars of various kinds clean the foliage entirely off of some plants. These must be fought persistently, or the glory of our fall gardens will be ruined.

There are many kinds of insecticides, and some of them must be used with extreme care, or the plant, as well as its enemy, will be killed.

An old and popular insecticide is finely-powdered tobacco, sweepings of factory floors, dusted liberally over the plants while the dew is on; stems of tobacco, which any cigar maker will give you, laid about the roots, is said to discourage the depredators; repeated sprayings with a decoction of tobacco stems, about the color of good coffee, is regarded as better than any of these, if applied to the under as well as the upper sides of the foliage. These remedies are best for the soft-

bodied plant lice; but for the bugs, caterpillars and larvae, it is best to watch the foliage, and on the first indication of their presence, as shown by bitten leaves and buds, look for the enemy and give no quarter. Many of the poisonous insecticides should be avoided, because of their danger to those gathering the flowers. Kerosene emulsion, if properly made and judiciously applied, is the most successful remedy, but if not properly mixed and diluted, may injure the plants. Common tar soap, and several other soaps which we cannot name in these papers, dissolved in a pail of hot water and sprinkled on the plants with a garden syringe or brush broom, is safe and sure in many instances. Several insect powders and white hellebore, either in powder or decoction, may be safely used, and are often very efficacious. In removing the caterpillars or larvae, if you are at all "squeamish" about handling them, they can be cut in two with a pair of scissors without touching with the fingers.

Raisins as Food

The raisin, which is only the grape dried in the sun, is no longer considered as purely an article of luxury, but is said by those who profess to know, to be of intrinsic food value, and contains elements which are fully as necessary to good health as fibrine, dextrine, etc. Sugar, which the dried grape contains in its natural state, has long been recognized as a genuine food; so much so that manufactured sugar is no longer regarded as an article of luxury, but as a household necessity. This being so, it would seem that dried grapes, or raisins, would furnish the sugar which the system needs in its purest and most concentrated form, for nature's laboratory surpasses all the skill of the chemists, and outdoes all the triumphs of analysis, quantitative and qualitative. It is acknowledged that the grape, itself, in its fresh state is one of the finest correctives found for the human body, and it should be eaten much more than it is.

Linens

Every true, womanly woman is a "dear lover" of nice house linens. In order to have the best that your purse will buy, it is necessary to know how to hem, embroider in outline, do drawn-work, and set neat stitches. The needle work will make a very handsome article of a very plain material. Bureau and wash-stand covers should always be washable, and preferably of linen, though cottons are now made in very lovely weaves and finish. Asiatic embroidery silks and the best brands of linen floss and art thread are the material for embroidery work. Silk and satin for bed spreads are not so much used as formerly, because linen and cotton fabric are equally beautiful in finish and coloring, and, being more durable, come from the laundry as nice as new. In order to know the latest styles and fabrics, one should send to a linen house for a catalogue and sketches of designs, and this may enable one though living in out-of-the-way places, to furnish herself with up-to-date fabrics and finishes.

Speaking the Kind Word

A famous writer once said she "did not believe in keeping all the flowers for the funeral," but I am afraid too many of us do that very thing. We so often fail to speak the encouraging word to "our own," or to let them know how dear they are to us until their ears are closed to all sound. We are quick to lay flowers on the coffin, but how few of us take the trouble to lift the thorn from the pathway of the living feet! We stint them and ourselves of the pleasure the spoken word might bring us,

ignoring in effect all the little rays of sunshine which intentionally or unintentionally fall about us. We accept the little services as though they were matters of course, and give no utterance to the little praise that would be as dew to the thirsty flower to the heart of the one who serves. It is "the word we leave unspoken," fully as often as the words we said that fills our hearts with remorse when we look down upon the face of dead opportunity. Let us tell our loved ones that we love them when they do their best, let us praise their endeavors; even though they fail, they are deserving of praise for the effort put forth, and the smile of encouragement and the spoken word will act like a tonic to strengthen their lagging spirits. Do not keep all the praises and appreciation shut up in your heart when by giving expression to it you may lighten another's load and send the discouraged on their way rejoicing. Some day, perhaps, you may think of it all, and be willing to give years of your life for a moment in which to speak the word withheld, and your heart may break over the thought that no more can voice of yours reach the ear you disregarded. Do not be afraid to praise. No one ever lost anything by showing kindness.

For your own, if you cannot brighten their lives by giving them material things, give them of your spoken love. Strew the flowers of love in their pathway now, while they can enjoy them, for "the dead know not anything"—even that we love and sorrow for them.

O, be kind to the living, for few there be who do not sorely need the word of tenderness and appreciation.

CHANGED HUSBAND

Wife Made Wise Change in Food

Change of diet is the only way to really cure stomach and bowel trouble.

A woman says: "My husband had dyspepsia when we were married and had suffered from it for several years. It was almost impossible to find anything he could eat without bad results.

"I thought this was largely due to the use of coffee and persuaded him to discontinue it. He did so, and began to drink Postum Food Coffee. The change did him good from the beginning, his digestion improved; he suffered much less from his nervousness, and when he added Grape-Nuts food to his diet he was soon entirely cured.

"My friend, Mrs. ———, of Vicksburg, (my former home), had become a nervous wreck also from dyspepsia. Medicines had no effect, neither did travel help her. On my last visit home, some months ago, I persuaded her to use Grape-Nuts food. She was in despair and consented. She stuck to it until it restored her health so completely that she is now the most enthusiastic friend of Grape-Nuts that I ever knew. She eats it with cream or dry, just as it comes from the package—keeps it in her room and eats it whenever she feels like it.

"I began eating Grape-Nuts food, myself, when my baby was two months old, and I don't know what I should have done without it. My appetite was gone, I was weak and nervous and afforded but very little nourishment for the child. The Grape-Nuts food, of which I soon grew very fond, speedily set all this right again, and the baby grew healthful, rosy and beautiful as a mother could wish. He is two years old now and eats Grape-Nuts food himself. I wish every tired young mother knew of the good that Grape Nuts would do her.

Names given by Postum Co., Battle Creek, Mich.
There's a reason.

AN OLD AND WELL TRIED REMEDY
Mrs. Winslow's Soothing Syrup for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle.