



"Better Than You Knew"

It was in the autumn of the year,
The strawberry leaves were red and
sere,

October's airs were fresh and chill,
When, pausing on the windy hill—
The hill that overlooked the sea—
You talked confidingly to me,
Me, whom your keen, artistic sight
Had not yet learned to read aright,
Since I had veiled my heart from you,
And loved you, better than you knew.

You told me of your toilsome past;
Of tardy honors won at last;
Of trials borne, of conquests gained;
Of longed-for boon of fame attained.
I knew that every victory
But lifted you away from me;
That every step of high emprise
But left me lowlier in your eyes.
I watched the distance as it grew,
And loved you, better than you knew.

You did not see the bitter trace
Of anguish sweep across my face!
You did not hear my proud heart beat,
Heavy and slow, beneath your feet.
You thought of triumphs still unwon—
Of glorious deeds as yet undone;
And I, the while you talked to me—
I watched the gulls float lonesomely
Till lost amid the hungry blue,
And loved you better than you knew.

Your life's proud aim, your art's high
truth
Have kept the promise of your youth;
And while you won the crown which
now

Breaks into bloom upon your brow,
My soul cried strongly out to you
Across the widening distance blue,
And, unremembered and afar,
I watched you, as I'd watch a star
Through darkness struggling into view,
And loved you better than you knew.

You walked the sunny side of fate;
The wise world smiles and calls you
great;

The golden fruitage of success
Drops at your feet in plenteousness;
And you have blessings manifold—
Renown, and power, and friends, and
gold.

They build a wall between us twain
Which may not be thrown down again;
Though patient love was naught to you,
I loved you, better than you knew.

I sometimes dreamed, throughout
those years.

Of patient faith and silent tears,
That love's strong hand would push
aside

The barriers of place and pride—
Would reach the pathless darkness
through

And draw me softly up to you.
But that is past. If some far day,
Some face recalls a thought of me,
Some gentle touch, some tender tone
Re-wake a dream of days long-gone,
Some chance, perhaps, may say to
you—

"She loved you, better than you
knew."

—Anonymous.

Home Chat

October is a month by itself, and
the edible riches it offers can only
be rivalled by the richness of color-
ing and the restfulness of its cool,

BETTER THAN SPANKING

Spanking does not cure children of bed wetting.
If it did there would be few children that would do
it. There is a constitutional cause for this. Mrs. M.
Summers, Box 118, Notre Dame, Ind., will send her
home treatment to any mother. She asks no money
Write her today if your children trouble you in this
way. Don't blame the child. The chances are it
can't help it.

crisp, frost-suggesting atmosphere.
It is a month when one longs to get
out into the open; to leave behind the
dust and drudgery and decay of the
dirty city streets, and "lie in the lap
of Nature," encompassed by her cool,
fragrant arms, and rest as only such
nursing can rest us. It is the after-
noon of the year—the cool of the day
that precedes the setting of the sun,
and the earth and sky are lighted
up with the radiance of deeds well-
done; of tasks finished; of forces set
free from the drudging grind to
which all the year else has held us.
It is the time when the "children"
are, for a space, loosened from the
lessons of the school, before the
"evening chores" are to be taken up
in preparation for the shutting down
of the darkness.

To the husbandman and the house-
wife, it means the gathering to-
gether of the last things of the year's
bounty. The ripened fruits are al-
most endless in quantity and kind,
while, in the vegetable lines, in addi-
tion to the "second crop" of the early
kinds, there is an immense variety of
those which are but now in their
prime. The materials for sweet and
sour pickles, preserves, jellies, but-
ters, marmalades, canning and "dried"
things, to say nothing of those kinds
which will "keep" in careful storage,
are piled high on every hand. Labor
in gathering these seems but a frolic,
in the delightful air and sunshine
that the month gives us.

Game, also, is plentiful, while the
domestic fowls, dressed and un-
dressed, meet us on every hand. The
fish markets offer a bewildering var-
iety, with the addition of shell-fish
which have been having a vacation
for the hot months. If the pocket
book is plethoric, one has but to
choose; but even the slim purse can
find much within its reach.

Preparing for Cold Weather

These cool, crisp October days
bring it sensibly home to us that the
year is drawing to a close; that cold
weather will soon settle down upon
us. One of the most important duties
of the home-keeper is to make sure
that the cellar is sweet and clean,
and in the best possible sanitary con-
dition before the supply of vegetables,
fruits, etc., are stored in it. Much
of the health of the family is depend-
ent upon this. Quicklime, borax,
charcoal, dry copperas and plaster
are all or variously used for this
purpose, and one of the most effec-
tive is the old-fashioned whitewash of
our mother's time. Every corner,
underfoot and over head should be
well swept, and all dust, dirt, debris
be taken outside. No old, mouldy
boxes, barrels, kegs, jugs, or other
vessels should be allowed to remain.
In every inclosed space, an earthen
dish should be set, in which lumps
of unslacked lime should be placed,
and over these, dry copperas should
be sprinkled, after which the lime
should be sprinkled with water—not
enough to wet it, but just enough to
thoroughly slack it. The steam from
the slacking lime will carry off all
bad air and odors, which will pass
out through the open doors and win-
dows. After a few hours, scatter in
all corners and along the walls, dry
powdered borax, and in corners and
overhead hang bags of cheesecloth in
which pieces of charcoal have been
placed. If the walls and overhead
are treated to a good coating of old-
fashioned whitewash, made from good
lime, the air will be greatly sweet-
ened. In pans, or old crocks, lumps

of unslacked lime should be left about,
as this will absorb any dampness,
and at the same time sweeten and
purify the air. Every few weeks, the
charcoal bags should be taken down
and the charcoal heated very hot and
returned to the bags to be re-hung.
Do not allow any vegetables or fruits
to rot in the cellar; as soon as no-
ticed, such should be removed. The
cellar should not be "hermetically
sealed," during the cold months, but
should have frequent airings when-
ever the weather will permit it.

Meats and Fishes

With the advent of cool weather,
the kitchen range is again coming in-
to favor, and the menus are gradu-
ally including the heavier dishes and
meats; bakes, boils, broils, brews and
stews are taking the place of lighter
foods, and it is well for the house-
wife to study the possibilities of the
different "cuts" of the meat she buys,
with an eye to both nutritious quality
and economic quantity. If we could
only know just "what is what," and
how best to prepare it for our family
table to get the best results for the
money spent, the problem of a health
diet, which would really bring health,
would be more readily solved. But,
alas! we can only approximate. We
are not as wise as we should be. It
is a well-known fact that the cheaper
pieces of meat may, by proper cook-
ing, be fully as nutritious and palat-
able as the more expensive ones.
Even the highest-priced meats are
very poor eating if spoiled in the
kitchen. It is a well-known fact that
into the sausage and "hamburg steak"
grinder go many disreputable scraps
and trimmings, and it is claimed that,
in some instances, these products
are treated with acids, or other pre-
servatives that disguise present taints
and prevent future ones for at least
a few days' time. It is but natural
to suppose that anything that will
prevent decomposition will also affect
digestion. For these two forms of
meat one should buy the meats and
grind for themselves.

Absolute freshness of fish is essen-
tial to its wholesomeness. Any ten-
dency to flabbiness or softness of
flesh, or dull-looking, or "off color,"
should be strictly avoided. Oysters
should be plump, cold and free from
any iridescent coloring or pink
streaks, which show that taint has
already started, and that there is
danger of ptomaine poisoning in the
eating of it. The rules of freshness
and brightness apply to all kinds of
fish. Fish, such as we find on the
market, is seldom as richly flavored
as those freshly caught, but with re-
putable dealers, it is usually safe to
eat it.

Meddlesome Children

Mothers should watch the inquisi-
tive fingers of their children and
teach them to respect other people's
belongings. If allowed to rumage in
your drawers and wherever they like,
they will be very apt to extend their
investigations into the affairs of your
guests. Forbid the little ones to pry
into bundles and packages, whether
they belong to yourself or others, and
do not allow them to take liberties
with letters and papers. Suppress,
in all ways, the inordinate curiosity
and inquisitiveness about other peo-
ple's affairs which make of some oth-
erwise lovable children such insur-
ferable nuisances.

Do not allow children to run to the
pantry or sideboard, picking over and

handling the fruit, or knick-knacks,
cutting and hacking off chunks of pie
or cake to suit their appetites, thus
ruining the appearance of your choic-
est viands. Very few guests like to
eat of viands which the cleanest of
children have picked over and backed
out of shape. Do not allow them to
drink from the glass that is set out
for use of the guest with the water
pitcher.

Do not allow your children to ex-
hibit undue curiosity as to the move-
ments or affairs of your visitors.
Some of their questions, aside from
an appearance of impertinence, may
be very embarrassing, and even lead
to very mortifying results. Do not
allow the children to climb over or
"lool" on the visitor; or to pick and
handle the clothing of your guest.
In some families, these attentions
from the children are so disagreeable
as to cause much discomfort, and
often drive away your most valued
friend.

Do not make the wonderful smart-
ness of your children too much the
subject of your discourse with your
friends, for some people may like to
discuss other matters; they may even
have smart children of their own. At
any rate, they may not see the prodig-
ies with your eyes.

Shuck Door Mats

The corn will soon be ripening, and
now is the time to select a lot of
long, nice shucks from which to work
up the supply of door mats for the
winter. Select nice, long shucks,
leaving the coarse outer and the fine
inner ones, as they are not good.
Soak the selected shucks half an
hour in warm water before beginning
to braid; tie the stem-end of three
shucks together, nearly two inches
from the ends, and begin to braid;
add one shuck every time the strand
is brought over, letting the large end
of the new strand (or shuck) project
the same as the first ones. Hold the
braid firmly and braid as tightly as
possible. As soon as the braid is
long enough, tie a stout string to the
end, and fasten this string to some-
thing to hold the braid tight for the
plaiting. When several yards are
made, begin to sew it into a mat,
using stout twine for thread, and the
"hole-end" of an umbrella rib, sharp-
ened, will answer admirably for a
needle. Double the braid for about
eight inches at the end first made, or
it may be started round, and sew the
braids together on the under side,
with the needle and twine, drawing it
tight enough to hold firmly. Carry

NOTICED IT

A Young Lady From New Jersey Put
Her Wits to Work

"Coffee gave me terrible spells of
indigestion which coming on every
week or so made my life wretched
until some one told me that the cof-
fee I drank was to blame. That
seemed nonsense but I noticed these
attacks used to come on shortly after
eating and were accompanied by such
excruciating pains in the pit of the
stomach that I could only find relief
by loosening my clothing and lying
down.

"If circumstances made it impos-
sible for me to lie down I spent hours
in great misery.

"I refused to really believe it was
the coffee until finally I thought a
trial would at least do no harm, so
I quit coffee in 1901 and began on
Postum. My troubles left entirely
and convinced me of the cause.

"Postum brought no discomfort, nor
did indigestion follow its use. I have
had no return of the trouble since I
began to drink Postum. It has built
me up, restored my health and given
me a new interest in life. It cer-
tainly is a joy to be well again."
Name given by Postum Co., Battle
Creek, Mich.

Read the little book, "The Road to
Wellville," in each pkg.