



Weighing the Baby

"How many pounds does the baby weigh—
Baby, who came a month ago;
How many pounds, from the crowning curl
To the restless point of the rosy toe?"

Grandfather ties the kerchief's knot,
Tenderly guides the swinging weight;
Carefully over his glasses peers
To read the record—"Only eight!"

Softly the echo goes around;
The father laughs at the tiny girl;
The fair young mother sings the words,
While grandmother smooths the golden curl.
And bending over the precious thing,
Nestles a kiss within a prayer;
Murmuring softly, "Little one,
Grandfather did not weigh you fair."

Nobody weighed the baby's smile,
Or the love that came with the helpless one;
Nobody weighed the threads of care
From which a woman's life is spun.
No index tells the mighty worth
Of a little baby's quiet breath;
A soft, unceasing metronome,
Patient and pauseless until death.

Nobody weighed the baby's soul,
For here, on earth, no weights there be
That could avail; God only knows
Its value through Eternity.
Only eight pounds, to hold a soul
That seeks no angel's silver wing;
But nestles in this human guise—
Within so fair and frail a thing!

O, mother, laugh your merry note;
Oh, pleased on-lookers, gaily smile;
But don't forget that, shut within,
A priceless soul is shrined, the while.
And Grandma's eyes, washed clear by tears,
Looks down the path of years to come,
And with each kiss, a whispered prayer
Is sent to guide the baby home.
—Ethel Lynn, in New York Ledger.

Some Health Notes

No one can be healthy who eats too much, too often or of too many kinds of food, or who eats white hurried, anxious, excited or exhausted. We are told to eat moderately of simple foods, at regular intervals, and our meals should be taken while we are in a calm, restful mood. The crucial questions of diet are, not what we eat, so much as how, how often, and how much. Very little fluids should be taken with our meals, but the bodily functions require daily at least two quarts of water, to be taken on rising, between meals, and on retiring at night. More water drinking will in no wise be hurtful, and the thirst should be quenched as often as necessary, outside of meal time.

Herbert Spencer says: "We have heard enough of the benefits of work; we need now to be told of the benefits of relaxation." The majority of people work too hard and too intensely, whether from force of habit or from supposed necessity. The religion of

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.

rest should be taught to this class. While a large class suffers from overwork, a large number suffers from a lack of work, and for these latter, work if at all appropriate, is a tonic, remedy, panacea. Among this latter class we find the lazy (mentally and physically); idle young people of both sexes, men and women who, having their living provided for them by the exertion of others do little or no work; invalids, self-made and self-kept, through watching their symptoms, experimenting with drugs, diet, bathing, and general living, and by these means so deranging their functions as to weaken both body and mind. Work should be exacted from them in some form suited to their abilities.

There are no "average workers" to which all rules will apply. Workers vary widely in mental and physical requirements, so that it is quite impossible to prescribe a diet which would meet the requirements of all. Some workers (especially indoors) are suffering from obesity, others from emaciation; some are phlegmatic, others nervous; some are doing their work easily, others under tremendous strain. In each of these cases, diet and other matters should be prescribed specifically for the individual; in a work dealing with the general public, only very general rules can be given. The application of these rules must be made either by the patient, or must be effected under the advice of a physician especially acquainted with the case. Reputable physicians are giving less medicines and relying more upon foods, exercise, and sanitation with personal cleanliness, than formerly. One of the best physicians one can employ is common sense. "As a man thinketh, so he is" will apply to every one of us, whether mentally physically or morally.—Health Culture.

Garden Sage

Every garden should have a few plants of sage, and it may be grown either by planting the seeds, or by buying the plants ready started. Any good, sun-exposed garden soil will grow it, and, as it is a perennial, it will be very little trouble after it gets started. It can be propagated by divisions of the root in spring, if one has an old plant. If the plants are kept thrifty, any needed leaves may be gathered during the summer, and in September it may be cut for drying, or, better, the leaves picked off the stems and laid on papers in some shady place to dry. Home grown sage is far superior to that for sale at the butcher or vegetable stalls. Its uses in the kitchen are many, and in our mother's time, its medicinal value was well known. For the hair, nothing is better than a wetting of strong sage tea, as it is a valuable tonic, besides being perfectly harmless.

Recipes for Uncooked Desserts

Prune Jelly.—Soak eight large prunes over night in warm water; remove pits and place a salted almond in each prune. Cover the bottom of the mold with these stuffed prunes, and pour over them the prepared jelly powder. Instead of using one pint of hot water to dissolve the jelly powder, warm one pint of the water in which the prunes were soaked, and use for that purpose. Serve with whipped cream when cold.

Date Jelly.—Prepare one package of raspberry and one package of orange jelly powder in separate vessels; pour half the raspberry jelly into mold;

when this hardens, cover the top with stuffed dates. Pour over this half of the orange mixture, and after it has begun to harden cover the top with stuffed dates. Alternate the layers until all the jelly has been used. Place on ice to harden and serve with whipped cream.

Banana Cream.—Rub through a coarse sieve a half dozen ripe bananas; add as much cream as there is fruit and also a pinch of salt. To each pint of this mixture add two ounces of powdered sugar; beat this with a whip until it is light and frothy. Serve in glasses and sprinkle blanched or powdered almonds over the top. In the center of each glass place a candied cherry. Serve cold.

Prepared jelly powders are to be had in various flavors of the grocer, with directions for use on each package.—From "Uncooked Foods."

Misunderstandings

A great deal of unhappiness in home life comes from misunderstandings. Each of us is more or less affected by the personal impression of conversation, incident or episode. The way it strikes us is very apt to push quite out of sight the way it may strike another; in consequence, we misinterpret moods, or attribute to others motives which never have occurred to them. The quiet manner is taken to mean irritation when it is simply weariness; or the impulsive speech is supposed to spring from anger, when it may have its origin in embarrassment or indiscretion. If one appears absorbed in earnest thought which draws lines between the eyes, or cause a tighter closing of the lips, we are accused of being "mad," or out of temper, and if a "case of nerves" shuts us away to ourselves for an hour or two, we are accused of "sulking," or moodiness. If only we were willing to take each other at our best valuation, and allow to another what we exact for ourselves, much heartache might be escaped, and the home life would become happier and more wholesome.—Ex.

"Ready-to-Wear" Garments

Answering a reader's query, we copy the following, showing the pains taken in material and make-up of garments in a first-class clothing establishment:

"When the goods are received (from the factory), each piece goes over a rack and every yard passes under the scrutiny of an expert inspector. Every defect is marked and the cutters have to work around the spot marked. The sponging is done on a machine; live steam is forced through the material, and it passes between heavy rollers; then through another machine which still further presses the fabric and leaves the goods in perfect condition, with the nap in good condition. A bolt of cloth measures about forty yards, and shrinks from one to three yards during the sponging operation.

The materials are cut with electric knives which follow the hand of the operator with wonderful rapidity; sixty thicknesses can easily be cut at once. The materials for a single garment are rolled together, goods, trimmings and everything. They go to a tailor who becomes responsible for their completion. Every labor-saving device is used that can be safely used; the machines do everything that hands can not do better.

As the garment passes through the different operations it is pressed fre-

quently, then more stitching is done. This gives permanency to the shape. The cheap way is to press the garment when it is done, but lasting form, real style effect, is thereby sacrificed. As the garment is completed it goes to an eagle-eyed inspector, who carefully verifies the measurements and inspects every seam and button-hole; nothing goes out that is defective; sometimes some faultless-looking suits are rejected because the right shade of silk has not been used in stitching.—Men and Women's Magazine.

Saving "Scraps"

We can not all afford to buy the "store" scrap-books, nor could we, if we had them, always take time to paste our clipping in them, but there are other ways by which we can have our clippings handy when we need them. There is the old, out-of-date or useless book, which, by cutting out every second and third leaflet, will answer very well, and be serviceable for a long time, with careful handling. Then, some use small paste-board boxes, labeled with the names of different topics; but these are too bulky for the most of us. Then, there is the long paste-board box (an envelope box will answer) in which a dozen or more envelopes, each marked with a different department name, such as Recipes, Art, History, Literature, Religious, Political, House-cleaning, Cookery, etc., and, as the article which interests us is clipped from the printed page it can be slipped into its especial envelope, ready, at a moment's notice, for reference. This is a very convenient way, where one does not have separate books for each subject; and, indeed, it is a good plan for one who does, as the envelopeful of clippings may then be pasted into its own book with little waste of time.

If one has more time than clippings, it is a good plan to take two pieces of card-board (paste-board boxes will do) of the size wanted for the scrap-book, and cover with some suitable cloth, pasting the cloth down smoothly on the board and letting it reach over the edges onto the inside, which may then be covered with more cloth, or with fancy paper, and the corners made durable by mountings sold for that purpose at the stationer's store. Between these covers, place as many large envelopes (strong ones) as you wish, marking each with a topic department name, punch holes through both covers and envelopes and tie with some pretty tape or ribbon. This may be hand-painted, or ornamented by some of the pretty pictures to be had at the art stores, or those cut from magazines. If any of these means are employed, it will save much time and annoyance from having to hunt up a paper which is never at hand when one wants it.

For the Toilet

If the eyebrows are thin, a little tincture of cantharides, or two or three drops of the oil of cajuput may be gently rubbed into the roots of the hair every other night before retiring—the rubbing being always toward the outer extremities of the hairs; never the reverse. Or the eyebrows may be brushed with cocoa butter or oil, or inodorous castor oil, either of which will promote the growth and give a glossy appearance. Vaseline is excellent for this purpose, as is also almond oil. When the brows have been lost, by fire, or by other causes, it is recommended to use a lotion composed of one ounce of alcohol and five grains of sulphate of quinine. None of these remedies should

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.