



"For To-Day"

Strength for to-day is all that we need;

There will never be a to-morrow; To-morrow will prove but another to-day.

With its measure of joy and of sorrow. Strength for to-day, that the weary hearts

In the battle for right may quail not; That the eyes bedimmed with bitter tears,

In their search for the true may fall not.

Strength for to-day, for the weary feet

On the down-hill track near the valley. That the morrow may find them climbing up

To the heights where they may rally.

Strength for to-day, that our joyous youth

May happily shun temptation; And build from the rise to the set of sun,

On a sure and strong foundation.

Strength for to-day, in the house and home,

To practice forbearance sweetly— To scatter kind words and loving deeds,

Still trusting God's love completely. Strength for the head and heart and soul—

For the burdens of joy or sorrow— Strength for the path, whether smooth or rough—

There will never be a to-morrow. —Anonymous.

"What Would You Do?"

This is the question asked by a dear, worn-out mother, who is striving to live according to her greatest light, and to make her home and the home-life an ideal one for those that belong to her. She tells of toils and troubles and trials; of obstacles, discouragements and unrewarded effort, and of her strivings after the "perfect conditions" to which she realizes that she can never attain. Then she says: "You tell us to take a rest; to go out into the open air; to drink pure water, and wash and be clean after the day's unrest and struggle with dust and dirt. How would you do it, under these circumstances?"

When I had read the letter, I took down my worn, old bible, with the "Concordance" in the back, and hunted out all the passages that treat of doubt, distrust and the longing to have our own will in the matters of this life. There are more than you would think, and the commands are most arbitrary. The Divine counselor does not say, "Don't worry any more than you can help;" "try not to distress yourself about to-morrow's duties;" "Take a moment's rest whenever you can get it without neglecting some (supposed) duty." No. The words strike out squarely—"Take no thought of your life, what ye shall eat; neither of the body, what ye shall put on;" "neither be ye of doubtful mind," "make straight

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 pains, cures
wind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle.

paths for your feet;" "casting all your care upon Him; for He careth for you!"

"O, thou of little faith!" Can you not take comfort in the assurance that one wiser than all others, "knoweth that ye have need of these things," and even as "God feedeth them" than whom "ye are of more value," and clotheth them because of His great love, so will you, too, because of your faith and trust, share in the tenderness of the Motherheart of God.

There are many things which must be done; but it is the unnecessary things—the extra, uncalled for burdens that break us down. If one would go over the day's supposed duties, marking out each one that can be dispensed with; go over the list yet again, still further cutting it down, until the really needful lies before you in all its bareness, it will greatly surprise you to see what a lot of unnecessary things you have been doing. We are assured that the life is more than meat; the body more than raiment. With this fact before us, I think I should call a family council, and, stating the case clearly, let the family say, individually, which they will have—a worn-out, broken-down, ailing mother, with an immaculately clean house, an elaborate menu and extensive wardrobe, or a bright, companionable, happy, wholesome mother and a household regime of a revised and much simplified brand. Let them decide what matters are to be dispensed with, and what personal inconveniences they will put up with; what things they can and are willing to do for themselves, and how they may lighten your burdens by more orderly and considerate habits. If they refuse to hear you, or doubt the justice of your case (and some of them may, since you have spoiled them by indulgent self-effacement), then take the matter into our own hands; try the eliminating process and measure your work by your strength—giving short measure in most of cases, in order to do a little for your own comfort. Remember the injunction that only one day's duties at a time shall be considered. Do what you can, cheerfully, and trust the rest to the arm that should uphold you.

There are many women (and men) who are learning (often too late) that there is no other way, and regretting that they did not sooner "Make straight paths for the feet" that "that which is lame be not turned out of the way; but let it rather be healed," by taking only the necessary steps. If any of our friends know of a better plan, may we not know it? For I assure you, this is one of the "crying needs."

Discarded Clothing

About these days, the housekeeper, especially in cities and large towns, is solicited to give, either to individuals or associations any cast-off clothing she may have to dispose of. Whether the garments are given to those near at home, or sent away by the societies, there are some rules which should be observed. If the garments are somewhat worn, either put them in repair yourself, or indicate to the society what should be done. If the garment is good, but past use in its present form, have it ripped apart and neatly pressed, ready to be made over. Don't give finery to the destitute; the limp mus-

lin or delicate challie would be of little use. If cloaks, coats or capes are given, see that they are clean; replace missing buttons and repair worn button-holes; neatly patch or darn any thin places or holes.

In underwear, darning is important; the thin, worn places should be darned or patched; the ravelled edges of the neck and wrists should be rebound; see that the bands are strong and that buttons and tapes are where they should be. The woman destitute of underwear will, in all probability be destitute also of buttons, tapes, needles and thread, and in many cases destitute also of habits of neatness and order, and pins, in such hands, soon destroy a garment. Pins seem to be particularly useful to slatterns. Have you not seen mothers pin the backs of their little girls' dresses, from top to bottom, or the boys' blouse and breeches wherever a button was necessary, either from lack of buttons or thrift?

If waist and sleeves are hopelessly worn, and the bottom of the skirt frayed out, take off all trimming, turn the skirt up and make an underskirt of it. It will be far better if societies soliciting such things would overhaul each garment and attend to these repairs before bestowing them. If this would be done, many things that are now sold to the rag man for a trifle could be made up into comfortable garments. Most of people who solicit second-hand clothing are not noted for their frugal habits, or for their skill in "making things over."

Spring Diet

With the coming of the fruits and vegetables, meats and other heavy foods will be largely dispensed with; but we must not forget that stomach troubles increase with the warm weather, due, in great measure, to the use, in the country, of poorly chosen, unripe and badly cooked foods of the garden and orchard, and, in cities, to the use of stale, wilted, green, or rotten-ripe materials. It is best to work understandingly in the kitchen, and do one thing well, rather than many, poorly. Variety of foods does not necessarily mean that a large number of different kinds should be served up at each meal; rather, there should be but one or two kinds of fruits and vegetables, the variety differing at each serving. Thus, we would not so soon get tired of what lay within our reach, and the getting up of the meal would not be such a burden. Variety in ways of preparation will also prolong the relish of foods. Due regard should be given to dishing up, as well as to preparation, for it is true that we "eat with our eyes," as well as with our mouths. Have the vegetables gathered as freshly as possible, or study ways of keeping them as nearly so as may be. Try to have the fruits "just right" for use in the natural state. Do not make the fruits up into pies or puddings or stews, if it can be used fresh. If one must use stale fruits, as one is often forced to do in cities, it is well to subject them to heat in some form, but use them raw as much as possible. Many vegetables may be made into most toothsome dishes—salads, etc., without cooking, and many vegetables are much more digestible, we are told, in the uncooked state. There is a demand for easily-prepared, digestible and nourishing foods, and I hope, if

any of our readers have really good tested "ways and means," they will not forget to let us have them. You will get as much as you give, even though it is but the knowledge that you have helped some one else; but we must seek to give only our very best.

Food Fads

Speaking of food fads, one hardly knows, now-a-days, what to eat as the markets are full to overflowing with these "foods," each one claiming greater value than another. Hygienic authorities tell us they are very little better, if any, than the old-fashioned mushes, cracked wheats, hominys, pearl barleys, etc., that our mothers used to give us, and they are far more expensive. They have one recommendation to our favor—they are all easily prepared for the table; this may, or may not, be a virtue, however. There is a great diversity of opinion in regard to their values as foods. One day we read of them, lauded to the heights, while the next day some equally responsible authority condemns them as being the cause of the almost universal stomach troubles found among us. Speaking of these foods, a writer in an Eastern magazine says: "Mush is a superb 'sour mash' in a weak stomach. If one must eat breakfast foods, eat the breakfast first, and eat something that you like, and that agrees with you; then, if you like, eat the 'food,' for mushes do not always agree with an empty stomach, and, besides, all stomachs are not alike."

For the Tired Feet

With the warm, dusty weather, comes the complaint of tired feet. Whether walking or standing, the strain is a source of much suffering. For their relief, this is recommended: "Get one ounce of powdered alum, two ounces of rock salt (which you can powder yourself), two ounces of powdered borax. Mix all these together, and bathe the feet every night in three quarts of hot water in which two tablespoonfuls of the mixture have been dissolved. Keep the feet in the hot water for at least a half hour, keeping the heat of the water up by adding boiling water as it cools. Shower them, at the end of that time, with cold water, and rub over them thickly all the pure oliveoil or vaseline you can rub into the pores by rubbing briskly for some minutes. Then wipe dry, and in the morning give them another slight oiling. Repeat twice a week for a time.

Discarded Clothing

When sorting out and putting away the winter's clothing, one often comes across garments for which, in their original form, there seems no further use, yet the material is too good to be thrown into the rag-bag. Men's overcoats, coats, pants, underwear, etc., may often, by cleaning and mending be made to serve another year, or handed down to the "next in size," by a little altering. The best use such things can be put to, often, is to give them to some needy one whom we "have always with us," for it is a task that few care to undertake to make them over into some other shape. If neither of these plans are deemed advisable, cut (not rip) the seams, brushing, dusting and cleaning, saving the unworn parts of the outsides, linings, and canvas, together with the buttons, buckles, etc., and put them away neatly bundled up for use next fall or winter. Of the light-weight goods,

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.