



"Keepsake Mill"

Over the borders, a sin without
pardon,
Breaking the branches and crawling
below,
Out through the breach in the wall of
the garden,
Down by the banks of the river,
we go.

Here is the mill with the humming
of thunder,
Here is the weir with the wonder of
foam,
Here is the sluice with the race run-
ning under—
Marvelous places, though handy to
home!

Sounds of the village grow stiller and
stiller,
Stiller the note of the birds on the
hill;
Dusty and dim are the eyes of the
miller,
Deaf are his ears with the moil of
the mill.

Years may go by, and the wheel in
the river
Wheel as it wheels for us, children,
today;
Wheel and keep roaring and foaming
forever,
Long after all of the boys are away.

Home from the Indies and home from
the ocean,
Heroes and soldiers we all shall
come home;
Still we shall find the old mill-wheel
in motion,
Turning and churning that river to
foam.

You with the bean that I gave when
we quarreled,
I with your marble of Saturday last,
Honored and old and all gaily ap-
paralled,
Here we shall meet and remember
the past.

—Selected.

Our Social Chat

Do not fail to take an outing dur-
ing the summer months, if it can pos-
sibly be brought about. A few days,
a week, a month, spent in the wooded
hills, on the sea beach, the lake shore
or at the river side, will do wonders
at recuperating the "worn-outs,"
whether from the city, the village or
the farm. Every season, people are
growing more sensible in this mat-
ter, and much of the old, exhausting
toil of preparation is being eliminat-
ed from the idea of a vacation. With
the many and multiplying conven-
iences for camping out to be had so
cheaply, camp life is not as burden-
some as it used to be, and for such
an outing, it does not seem necessary
to prepare a lot of clothing which
would better be left on the shelves
at the store, making the old clothes
do duty while "running wild" in the
fields and forests, beside the lakes and
streams. With a good wagon, with a
safe, stout pair of horses, with tent,
hammocks, camp cooking utensils that
pack in small space for transporta-
tion, and only the really necessary
comforts to fill in the odd corners, is
a delightful way to take a trip, and
if two or three genial friends make

up the crowd, nothing can be more
pleasant. In this way, expenses may
be greatly lessened by each providing
part of the outfit, and such an outfit,
if taken care of, will stand the service
of several seasons.

It is all very nice to send "mother"
to visit some friend, taking the chil-
dren along "for company," but the
one visited may be as much in need
of an outing as the visitor, and "oth-
er people's children" are not always
a welcome addition to the family of
the best of friends. A much better
way would be to arrange for an out-
ing for ourselves and friends, appoint-
ing a meeting place, and, with camp
equipment divided among the several
families, spend a season, long or short,
in some convenient region, visiting
and being visited around the camp
fire, with the pleasure of entertain-
ment distributed among the whole
crowd, each rejoicing in the other.
Two families camping side by side is
far pleasanter than one family alone.
There are so many ways of taking a
vacation that all may be suited.

Ptomaine Poisonings

It has been claimed that poison is
generated about and in the solder
used to seal the cans, and around the
rubber rings and corks used with glass
cans and bottles. For the first there
is no justification. Whatever danger
there may be of lead poisoning is
due to changes in the metal after the
can is opened and the contents
left in it. Every can of fruit, fish,
meat, vegetables should be emptied
into an earthen dish as soon as
opened, and every glass jar should
have its rubber ring removed from
possible contact with the acid. Poison
from chemical changes in the rubber
is but remotely possible, but it is
easy to be on the safe side in this
matter.

To know whether a can of meat,
fish or, indeed, any food product, is
preserved properly in tin—that is,
while at its highest heat—one must
notice the top of the can. If this be
depressed, even in the least, its con-
tents are in a proper condition. If
it be raised, or even perfectly level,
the article was not sufficiently heated
when it was sealed, and it is or has
been in a more or less fermenting con-
dition. A little careful observation of
the tops of cans by the purchaser will
prevent a wrong selection; or, if the
goods have been ordered without in-
spection, they should be critically ex-
amined at once upon receipt and each
can that does not show a slight de-
pression should be immediately re-
turned, or its shipper notified. What
effect age has upon canned meats,
fruits and vegetables, no one knows
definitely, but experience proves that
after they are a year old they are
not as good in flavor as when fresher,
and very likely they are not as whole-
some. The prudent purchaser will de-
mand foods put up within the year.
Freshly canned goods are a little high-
er in price than the old stock, but
it will usually pay to buy it. Stale
meats, fruits, vegetables and dairy
products should be let alone, as they
are often detrimental to health, as
well as lacking in flavor.

That "Muddy Complexion"

A sallow, muddy complexion is not a
thing greatly to be desired, but when,
through ill-health or neglect, one has
been acquired, nothing but work and a
determination to overcome the condi-
tions which brought it on will do any

good. No amount of whitening
creams, lotions or washes will avail.
The beauty must come from within.
Sallowness is not always caused by a
lazy liver, except as the torpor of the
liver itself is caused by some other
trouble; it is often caused by nerve
trouble, poor circulation, and a badly
nourished skin. Such skins are gen-
erally dry and leathery, and the "sal-
low" may be either distributed evenly
all over the skin, or in spots of more
or less darkness. The skin of the
hands and arms show the same color.
Here is a remedy recommended by
one who has tried it:

"First, you will have to quit scowl-
ing back at the sour face you see in
your mirror each morning, and the
day must be begun with a brisk exer-
cise to get the sluggish blood into
circulation; if possible, a sponge or
towel bath with cool water should be
taken, the body well rubbed with soft,
warm towels, and the practice of a
few movements such as physical cul-
ture teaches. A systematic course of
deep breathing with open doors and
windows, should be taken, as an air
bath for the lungs, to rid them of the
stagnation the night's rest has brought
them. To get up, dress hurriedly and
start into the day's work in the kitch-
en may be industry, but it is not
"exercise," and will not take the place
of the course prescribed. The bath
and exercise and deep breathing will
take but a few minutes' time—about
the same as you would spend yawn-
ing and "trying to get awake"—and
you should count it as your first duty
of the day. You will work all the bet-
ter for its performance. Every night,
the muddy skin (face, neck and arms)
must be well washed with a pure soap
and hot water, using either the hands
or a wash cloth, rinsed well in cool
to cold water to remove all soap, and
then bathed in vinegar (which will
leave it chemically clean). When dry,
rub in the cold cream or skin food
with sufficient friction to get up a
good glow on the skin, rubbing until
the oils are absorbed. This treat-
ment must be followed up by attention
to diet and hygienic habits, abstain-
ing from pastries, sweets and anything
hurtful to the digestive organs, and
eating not too heartily of easily di-
gested, nourishing foods. A treat-
ment at odd times, now and then,
will not avail; it must be regularly
attended to.

In order to do anything well, one
must "get the habit," and use the
means to the end with judgment and
common sense. The hurried wife and
mother who not only does her own
work, but quite a lot that belongs to
other members of the family, will
often think she is too tired to take all
this trouble; but in the long run, it
pays, as her health will be greatly im-
proved by it.

Celebrating "The Fourth"

The month of June is drawing to
a close, and almost before we know
it, the din and disaster of "the Fourth"
will be filling our ears, hands and
hospitals with the happenings of the
day in all quarters of the country. It
is not alone the small boy who will
be responsible for the noise and
trouble, but it is to be hoped that the
many serious disasters that have
marked the observance of Independ-
ence Day in the past will have taught
the patriotic a lesson, and that our
demonstrations and rejoicings may as-
sume a quieter form, with less of the
exposure to risk from the reckless

handling of explosives, and conflagra-
tions from ill-spiced fireworks than have
usually marked the doings of "the day
we celebrate."

Little Things

Do not forget that the teakettle
should be washed and scoured out
just as you would treat any other
cooking vessel. When we remember
that water is cooked in this vessel
before being used in a great many
preparations of food, we should seek
to have it as clean as we would the
potato or the soup kettle. But it is
seldom that the housewife realizes
that this must be done if she would
have delicate flavored dishes, espe-
cially tea or coffee. The kettle should
not be washed out with soap unless it
is thoroughly rinsed afterward. A
handful of washing soda boiled in it is
much more effective, but in all cases,
the kettle should be well rinsed after
washing.

In laundering colored clothes, one
must be careful not to use strong alka-
line soaps, and care should be taken
to rinse out all the soap of whatever
kind used from the cleaned clothes.
There are many excellent white soaps,
some of them containing the proper
amount of coal oil to insure easy
cleaning of the garment without in-
jury. Cheap yellow bar soap is usu-
ally made of plenty of alkali with a
harmful amount of rosin and other
unnecessary ingredients. Soap should
not be rubbed on the garment, but
should be made into a suds with the
water. If the clothing is very dirty
with either oils, or soot, a little coal
oil should be stirred into the suds,
beating it briskly while very hot. Col-
ors should not be dried in the hot
sunshine; neither should they be
washed in hot suds.

For removing paints or tar from
work garments, equal parts of tur-
pentine and ammonia should be used,
soaking the spots well before wet-
ting.

The easiest way to clean and sweet-
en old glass jars is to rinse them out
carefully, getting all dirt of any kind
out, then put them in the wash boiler,
laying them on a folded towel or other
protection so they do not touch the
metal, cover them with cold water,
and add enough pearline to make a
strong suds. Allow them to boil and
steam for ten minutes, take out,
rinse with hot water until all suds
is removed, then, if wanted to fill at
once, set in a pan of hot water and
fill rapidly.

The Wife's Part

Women have something to do on
the farm besides housework, and
where the wife manages to look after
the little things, such as small fruit,
chickens and garden, there is a vari-
ety and change of food on the table
which is sorely lacking if left to "the
men folks." If anything is sold from
these departments of the farm indus-
try, it is but fair that the wife be
given the proceeds from it. She will
always see that the table is supplied,
before allowing anything to be taken
to market, and it is but just to her
to have the spending of the money
the surplus may bring in, and the un-
questioned spending of it, too. From
this source she may stock the kitchen
with improved utensils and necessary
machinery, and add many little con-
veniences which the "gude mon" will
think she might do without, if he is
asked to buy them from the money
which other industries bring in. She
should not be expected to spend this
money for groceries, or for outdoor

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.

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.