



The Home Department

Conducted by
Helen Watts Meloy

"Coming Back"

There is no coming back.
The wave that left the seashore with
a kiss
Returns in haste; but shifting sands
Have changed the spot forever more;
the murmur low
Of moaning, ebbing waves attest the
truth;
The steadfast miracles of Nature's
round—
The sun that never fails to rise or
set—
The quiet stars that ne'er forget
To light the windows of the sky, for
fear
Some worn and weary soul might lose
its way
Without their light, or miss them,
coming home—
The mystery of buds—of waving
grain—
Of ripened fruits; of shining, ice-
locked streams—
Each in their turn recurring. These,
it is true,
Return; but come they back to us?
Not so.
Are we the same we were at yester-
day? *
Ah, no. The heart has beat a few
more roll-calls
To the ranks of life, and we have an-
swered.
We, who are older soldiers, now, and
worn;
Once shining uniforms are thread-
bare grown;
Our feet have wearied of the march.
To us
There comes no more the things of
yesterday;
For we are not the same—or what we
were
We have forgot—outgrown. All
vainly now
We summon friends who were true
hearted once,
And pledged forever constant. Will
our call bring them?
From the grassy graves the sighing
summer winds
Bring back an answer, and from
graves—
Strange graves, wherein no body lies
—there's answer, too.
There is no coming back. Pass on,
O, soul bereft.

—Selected.

The "Jack of All Trades"

One of our readers, commenting on the poverty and enforced idleness to be found everywhere, despite the boasted "prosperity" of the nation, offers as a remedy, the teaching of every child a knowledge of more than one trade or occupation, so that, if one fails to afford employment, another could be taken up. As conditions now are, this would be hard to do, as every trade is divided into branches, and one man is not allowed to do another's work. Specializing seems to be the order of the day. Besides, the people that are oftenest out of work are not sufficiently versatile to do well more than one or two things, and many of them fail at even one.

In the "old times," the "all-around" worker was the rule. Among the workers of the generation now passing away are found men who could do, and do well, every branch of their business. Many of these old men are carpenters, brick and stone mason, painter, glazier, plasterer, etc., and good in all, and cannot only take the tree from the forest and convert it

into a building, but can quarry and dress the stone, mould and bake the brick, burn the lime and weld their own irons, together with many other things, and could do them all equally well.

Women, too, were "versatile." They could do their part in growing the flax and cotton and caring for the wool-growing sheep, gathering the vegetable material and shearing the sheep, preparing the product for the wheel and loom, and from the finished fabric, cut and make garments for the whole family, men and women, girls and boys, and furnishing even the household linen.

But times and conditions have so changed that, even if they now wished to do so, it would not be possible. The work has been distributed to many hands, and men and women alike are forced to become specialists in their labors.

Another reader urges that the use of intoxicants and tobacco is the cause of all the trouble. But there are thousands of poor people who use neither the one nor the other.

Bedroom Slippers

There are very few mothers who do not indulge in a habit of prowling about the house during the night, looking after the comfort of the careless or helpless ones of her family, in the matter of enough, or tossed-off bed-clothing, or to watch and check any incipient cold or cough, or other ailment that she has cause to fear will become troublesome during the night. In these night prowls through draughty hallways, cold rooms and over-cold floors, the mother seldom thinks of herself, and thus she invites much personal discomfort, if not actual disease. To protect herself, she should have at her bedside a pair of thick bed-socks to draw on as soon as her feet are pushed out from under the bed-clothing. These may be home-made, as plain or as elaborate as one desires or can afford. Very useful bed slippers, or socks, can be knit just as one would knit a foot for a stocking, using coarse woolen yarn, or even doubled yarn thread. Scraps of thick cloth, made like a stocking-foot, cut out with two sides and stitched together, or pieces cut from the thick parts of the worn-out or castoff sweater or fleeced underwear, or from eider-down, pieces of blankets—the material does not matter, so the foot wear is available. The mother owes this to herself and to her family, for the most precious possession in the house should be the good health of the mother—so often neglected by herself, and overlooked by those she serves. A thick robe, like those sold in the stores as bath-ropes, should be found in the wardrobe of every woman, and will be found invaluable for use if called upon to get out of the warm bed during the night hours, for whatever cause. These robes, like the bed-shoes, need not be expensive, but they should be found in every woman's bed-room; they last a long time.

Do not neglect the airing of the bed-rooms during even the coldest days. On getting out of bed, do not neglect to toss the covering off so the sheet and mattress may be thoroughly aired and look carefully after any bed-room vessel in the matter of cleanliness and daily scalding.

"Stooping"

One of our readers, getting along in years, asks how she can get a straight form. If she has "stooped" a long time, it will require considerable per-

sistence to undo the work of years, but it is worth while. Elderly women who stay much at home do not pay as much attention to their appearance as they should. If they did, there would be fewer bent forms and un-gainly figures among the grandmas. The habit of "lolling" should not be indulged in, no matter how tired one is, for such a posture does not rest. It displaces the internal organs, crowding the heart and lungs and inducing general indisposition, besides eventually deforming one. Learn to hold the body in a correct position, with the head well up and the shoulders thrown back. Practice the position every time you think of it. Stand against the wall with your heels, shoulders and head touching the surface, and when you lie down, throw away all the pillows, and use only a very small one when you lie on your side. Observe how others who have straight forms carry the body, and whenever you walk, no matter if only across the floor, see that your shoulders are set back, your head up and your body upright. If your work forces you to stoop, straighten yourself often, breathe deeply and exhale the breath slowly as often as you can. Decide that you are not going to be old and antiquated as long as you can help it, and, if you are in real earnest, and willing to take some pains with your appearance, that will be a long time in the future. We are told that we can do anything we will, if we will hard enough.

Do not discourage either the girl or boy in the matter of taking pride in their personal appearance. No matter if they overdo a little in their "salad" days, time and developed taste will tone it down. There are so many dirty, slipshod men in the world—men who, before marriage were quite passable as to cleanliness, but who allow themselves to degenerate into "slouches"—that it seems a duty we owe to the boys to impress upon them early the value of neatness, orderliness, and a due regard for the care of the body. No dainty woman likes a dirty man, even though he be her husband.

Remember the Lamps

Remember, that the half of life's battles are fought out under the lamp-light. During the season through which the family is drawn into the closest communing, the light of the home-hearth is that drawn from some kind of lamp and, in order that our light may shine, care must be given daily to keeping the lighting apparatus in order.

Nothing will quite take the place in the ordinary home of the good, oil-burning lamp. Gas, acetelene and electricity each has its place, but the soft mellow light from the clean oil-lamp is the most soothing for the eye-sight where much hard study or usage is the rule.

Do not put up with a poor burner, or cheap oil, or a dirty wick. Nothing can ever take the place of good eyes, and, once the sight is damaged by poor light, it is hard to regain it. Well-fitted lenses may, in a measure restore the power of the eye; but it is best to keep the organ in good health by proper treatment.

The oil-bowl should be filled each morning, and the chimney cleaned; the burner should be boiled in strong soap suds, or a solution of sal soda and water, often enough to keep it clean; the wick should have the charred portion rubbed off with a soft cloth every morning, and when not in use, it should be turned down so the

top is just even with the top of the wick-tube, to prevent the oil from overflowing and gumming up the burner.

When the inside of the lamp becomes dirty, the oil should be poured out, and a teaspoonful of soda to a quart of hot suds, with a little fine gravel or shot, should be turned into the bowl and shaken well. They should then be drained, and wiped dry, inside and out, and refilled. Use only the very best oil. It is the cheapest and makes the brightest light.

Floral Matters

Have you made your selection of seeds? If so, did you allow for the late-blooming kinds—those that fill the interval between the beginning of cool autumn days, and the coming of cold weather? Among these are the asters, and there are many varieties, both as to color and form, and every one of them is beautiful. If you do not care for any special color, get a package of mixed kinds, and they will not disappoint you. Zinnias are lovely, if seen from a little distance; but the petals are too coarse and stiff to be really beautiful in one's hand. They fill in odd corners, or border by-paths with a blaze of beautiful color until heavy frosts. Cosmos are lovely, and make beautiful vase flowers, if the frost does not catch them. Chrysanthemums should be planted early and as soon as they get of any size, should be transplanted, setting them a foot apart; or they may be potted and kept growing, pinching into shape, so they may be taken indoors when the cool nights come. Many seedlings make inferior bloom, and none but the best and most satisfactory should be kept after the bloom shows what they are.

Among the most satisfactory late bloomers are the hardy, ever-blooming tea roses. They are very cheap; many florists offer them "six for a quarter," and ten cents each, or \$1 per dozen, the florist to do the choosing. They are seldom sent out until the first of May, when they may be set in the border or bed, and given good care. As soon as they get established, they begin to put out buds, and bloom at intervals until a sharp freeze discourages them. If given good care through freezing weather, they will bloom abundantly the second season, increasing in beauty and size every year. They do their thriftiest growing during the cool autumn months, and literally cover themselves with buds and blossoms.

Try to have some fragrant-leaved plants. They "fill in" so deliciously with the blossoms when making bouquets. If you cannot have house-plants, have all the hardy, beautiful things you can gather about you during the summer.

Unleavened Bread

One of the best recipes for making this bread is here given: Take what flour is required for the number of persons to be fed. Add a little salt, though the quantity should be small; wet with just water enough to make into a soft dough, stiff enough to be handled. Work and beat it—the more the better. Have your oven and pan sissing hot; roll the dough into a cake about half an inch thick, cut with a biscuit cutter, and lay in the hot pan and put into the hot oven. The oven should be hot enough so that the heat will instantly strike a steam-tight crust over bottom, top and sides, and thus turn the water in the dough into steam, which this crust retains, and which puffs up all parts of the dough and lightens the bread. If the dough is thick, it will press out this steam, leaving the bread heavy; but the crust

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.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets.
Druggists refund money if it fails to cure.
E. W. GROVE'S signature is on each box. 25c