



The Over-Running Cup

The minister read a chapter
About a beautiful cup;
He said it was full of blessing,
And the dear Lord heaped it up;
Up, till it all ran over;
Were the very words he said:
Out of the beautiful chapter
He found in the book he read.

That cup (I've been asking mother,
And she says it is my heart.)
Is going to be big or little,
Just as I do my part.
For mother says (and in such things
Your own mother always knows,
That when I'm glad and thankful,
The cup of thanksgiving grows

A little, mean, stingy heart-cup,
Sour and sad and dull,
Though the Lord pours out His bless-
ings,
Shrinks to a thimbleful.
So I'm going to keep thinking and
thinking,
For God is so good to me
My cup would keep running over,
"Though deep as the big, blue sea."
—Selected.

Mothers and Children

One of the best arguments in favor of few children and "far between," is the fact that with a family of three to five, the mother will have time and strength to give proper care to the training of their minds, morals and manners, whereas, if she had a family of eight to twelve, she must inevitably (unless of superior health and strength of character) give up the fight and let them come up as best (or worst) they can.

Very few mothers who can command no help have the time or strength to do well all the various tasks devolving on them in the matter of providing for the material and corporal wants of half a dozen "nearly-of-an-age" children, and at the same time train their minds and develop their manners. Inevitably, something must be let go, but it is a hard matter with most of us to decide just what may be neglected. I know we shall hear a chorus of cries—"Oh, anything but the children," and that is the feeling of every mother; but in most cases, the children have to be the ones that suffer, for the demands of food and clothing are so insistent that when these are properly attended to, most of mothers are so exhausted in body and brain, especially if they be conscientious and feel that they must do all they can, regardless of their own feeling, that they are apt to grow irritable, nervous, cross, and nagging, and in such cases, the children, as soon as their stomachs are filled and their bodies even inadequately protected from the weather, seek relief from what they do not understand, by going out of hearing of their mother's complaints and scoldings, and this takes them generally into the streets. In many instances, the relief to the mother is as great as to the children, and—somehow, they drift apart, never to gather into close companionship again.

I know there are some women who can handle creditably a dozen to fifteen children, and see them grow to manhood and womanhood while the mother still enjoys hearty good health; but these are the exceptions; the credit of this success must be given to the calm temperament and good health that blessed them, rather than to their superior minds and methods. I have a strong sympathy for the "nervous" mothers. I was one of them.

"Intending to Do"

To be always intending to do, yet never finding time to set about it—is there anything more discouraging or disheartening in the end? The habit of "just a-going to" is responsible for much of the hard luck and unhappiness of this life, and the habit of "intending," but never putting the intentions into deeds, causes more failures in life as well as in business than any other one cause.

The habit of indecision—of never really doing, but just intending to do: is it not pitiful? Never to know the joy of tasks accomplished; of work done or steps taken; always loitering along the valley road, and missing the exhilaration of the climb to new heights! How much better to do, and done with it! If you have a disagreeable task to perform, tackle it at once, and get it off your mind. How often we worry and dread and delay some wretched work, weakened and distressed by the constant presence of this bugbear to such an extent that we cannot do the things that would be a pleasure, and wasting in miserable procrastination hours that can never be regained! If our intentions are carried out, intending will become doing, and good deeds are better than idle plannings. If you stand still, looking across the muddy stream and longing to be over it you are, in your heart doing the disagreeable task all your idle time; while, if you gather up your courage and strike out, stroke by stroke, or step by step, you will find the way opening before you, and almost before you know it, your feet will touch the earth on the other side. "Blessed are they that do."

When Johnny came home at noon with torn clothes and bruises, his mother scolded him. "Johnny," she said, "don't you know I have always told you not to fight?" The little fellow looked thoughtfully at his torn clothes and scratched hands, then said, with a long breath: "Well, mother, I knew we had to fight sometime, so I thought the sooner I licked him, the better it would be for both of us, for we are getting bigger every day."

The Family Drug Store

While the dweller in the city is wending his way toward the drug stores in search of "spring medicines" through the taking of which he hopes to be relieved of the many ailments the winter's food has left in his blood, the family in the village or on the farm can have their "specifics" right at hand, fresh from the laboratories of Nature, in doses warranted to cure, and leaving no bad effects or harmful complications from taking the wrong medicines. These medicines are not to be had "without money and without price." No good thing is. But the price is within reach of the poorest, and, while Nature does not "give credit," she makes the payment to suit all circumstances, if only one is willing to do the work she exacts. Here is a partial list of her "cures," warranted to do what they claim:

Dandelion is a blood purifier; lettuce is a remedy for insomnia; spinach is a "clean sweep;" tomatoes are for a torpid liver; beets and potatoes are flesh builders; water cress is a tonic; onions and celery are for the nerves; parsley assists digestion; asparagus is a kidney cure; cucumbers aid digestion; cucumbers, internal and external, are complexion clearers; parsnips are better than any sarsaparilla preparation; onions are a germicide and prevent malaria; garlic and leeks are

good for the blood circulation; peas and beans are nutritive, and flesh-formers; cabbage, if properly cooked, is a valuable medicine, possessing marked anti-scorbutic virtue; carrots are valuable for the complexion, if for nothing else. They should be eaten freely, cooked, or raw, every day.

These are but a few of Nature's wonderful, never-fail remedies, and every one who has a little piece of ground and a bundle of persistence and industry, can have them on most satisfactory terms. These be the days in which to make your bargain with Mother Earth, and if you do your part, be assured she will do hers. Do not neglect to stock up the family drug store, for by so doing, you will save, as well as earn, more than money.

"Tub Frocks"

All the material to be used for tub frocks, that is, garments that are to be laundered repeatedly in one season, should be subjected to a thorough shrinking before the material is cut. Washable fabrics all shrink perceptibly in the first washing, and almost all garments in the making of which the precaution of shrinking has not been taken, will be found short, tight, and scant in every direction. The process of shrinking is not difficult to accomplish, but it must be done thoroughly in order to obtain satisfactory results.

The material should be completely saturated with hot water and allowed to remain in the water a few minutes. It is then taken out without wringing and hung on a line, pinning it along the selvage as evenly and straight as possible. When the material is partly dry, a roll of paper as long as the width of the material is covered with a clean cloth and the fabric is rolled on it, being careful not to wrinkle it in doing so. Now the material is ready for pressing. This should be done on the wrong side and very accurately, always pressing up and down or straight across from selvage to selvage, keeping these on perfectly straight lines. Every section should be pressed quite dry before the next one is commenced, and it is practical to roll the pressed material on a paper roll when finished, rather than to fold it and thus cause creases. If the material is reversible, it may be necessary to spread a cloth over it when pressing, so that one side of the goods does not show more gloss than the other. Laces, embroideries, braids, etc., to be used in these garments, should be shrunk before being used.—Delineator for April.

An authority on fashions tells us that "When the mass of plain and only reasonably attractive women grasp the truth that they may at least approach distinction if they will dare to be simple, our standards of dress will rise. But the majority will continue to trim themselves into likeness of a Christmas tree, with edgings and insertions, incrustations and pipings, with jangling chains and strings of beads, and with innumerable bracelets."—Delineator.

The Home Seamstress

For making buttonholes in thin, soft, or easily-frayed material, mark the size of the buttonhole with either a pencil or a basting thread, then stitch around that marking with the machine, using a very short stitch, leaving room enough inside the stitching to cut the buttonhole, then work it as any other buttonhole. This gives a firm basis,

and prevents the buttonhole-stitching from pulling out.

A good way to mend torn silk shirt-waists is to get sewing silk of the right color, separate the thread into the strands which compose it, and darn the rent with one of these strands. The darning thread will be about the size and softness of the weave of the silk.

If you find it hard to run tucks in the gored skirt, try simulated tucks, made by stitching bias bands where the tucks were wanted, stitching down only the upper edge of the band.

For sewing narrow lace edging on ruffles, put the hemmer of the right width on the machine and crease the hem by sewing it without any thread on the machine; then smooth out the goods and stitch the lace flat along the crease which is to be the bottom of the hem, refold, and stitch the hem down.

For a broken stay, or where a short one is desired, smooth the end of the stay and bind it with a piece of chamois skin; this will prevent its cutting through the cloth, which it is very apt, otherwise, to do.

A good way to mend a kid or silk glove is to work a loose buttonhole stitch around the edge, then overcast, taking the thread of the buttonhole stitch on the edge and drawing the edges together with a few darning stitches.

In looking over the last year's clothing, be sure to darn all thin places, or set a thin patch of the same color under the thin place, and, darning down with "blind" stitches, fasten the edges so as to relieve the worn parts from unnecessary strain. In using crinoline or stiffening goods with old material, be sure to first shrink it.

Some Desirable Roses

Answering a request for a list of desirable roses for the border, I give below the names of some which are highly recommended to me by a prominent rose-grower. Nearly all of them can be had of any florist, and all can be obtained from any large rose-grower. All are ever-bloomers, fragrant, free-bloomers, strong growers, and nearly all of them hardy in any situation, while, with reasonable protection, all will do well in the border.

Keystone, one of the best ever-blooming climbers, rosy pink in color, and absolutely hardy.

Rubin, is an improvement on the Crimson Rambler; free from mildew; color, shining crimson-scarlet. Climber.

Climbing Clothilde Soupert, Fine; perfectly hardy; color, ivory-white, shading to silvery rose in the center. Climber.

Helen Gould, color, rosy pink. Princess Bonne; color, solid crimson. Pink Soupert, color, rich pink. Virginia, color, light-yellow. Marion Dingee; color, deep crimson. The Queen; snowy white. Henry M. Stanley; clear amber colored. Pearl Rivers; color, ivory white, with petals delicately shaded and bordered with pale rose. Golden Gate; creamy-white, tinged with yellow and rose. Souvenir de Francois Gaulain; velvety crimson. Souvenir de Clairvaux; bright, rosy-pink flowers. White Golden Gate; color, ivory-white; one of the best white roses. Papa Gontier; rich cherry-red color. One of the finest for the border. These are listed at ten cents each, for mailing plants, sure to bloom this season; but will not give as much bloom as after becoming established. They are well worth giving protection to, the first winter.

Culture of Roses

Get roses that are free bloomers—a list is sent in for this issue—and

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.