



# The Home Department

Conducted by Helen Matis Noyes

## The Unseen Guide

There is no blind, unguided chance:  
The wandering atoms feel the sway  
Of central forces, till they dance,  
Harmonious, in the sunbeam's glance,  
As star-worlds in the Milky Way.

The loneliest can not walk apart:  
A hand unseen is in his hand,  
A heart is beating with his heart,  
And thrills of homelike music start  
The pilgrim in a desert land.

The brook that, down its sinuous  
way,  
Goes humming with a low content,  
Though clinging with a pleased  
delay  
Round flower-banks many a sum-  
mer's day,  
Runs, fate-like, whither it was  
sent;—

Runs to its marriage with the sea,  
Not less predestined than the shock  
Of arrowy torrents foaming free,  
And roaring down in boisterous glee,  
Or madly hurled from rock to  
rock.

What foolish pains we take to reach  
The prize we can not miss or hold!  
The simplest rill, whose gurgled  
speech  
Is musical mirth, could better teach  
How inward laws our fates unfold.

Great Nature, nurse of mortal life,  
Smiling or stern, nor threats nor  
bribes,  
Too careless of our peace or strife  
To purchase change, she bids us drive  
Right on, nor heeds our plaints or  
gibes;

Yet, under all, and life of all,  
A mother heart beats warm and  
great:  
Blind to its mighty pulse we call  
Our gain or loss, its rise and fall,  
Nor know how all things undulate.

Let him thank God who, at the last,  
Though sorely scourged by storm  
and wave,  
On any solid shore is cast.  
There shall he find the very blast  
That wrecked will drift him food  
to save.

More proudly may he tread the wreck  
Of shattered hopes compelled, once  
more,  
To bear him home, than, ere the  
check  
Of adverse fates, he trod the deck  
Of his gay barque and turned from  
shore.

Strength comes from trial, soon or  
late,  
And that omnipotence of will  
Which dares to man a helmless fate  
No sleek-browed fortune can create,  
No scowling fortune daunt with ill.  
—George Shepard Burleigh, in Suc-  
cess Magazine.

## "The Red River"

The body may be compared, not  
to a tree, but to a jungle; because  
the body, as it appears, is not a unit.  
In reality it is an aggregation of  
countless millions of particles called  
cells. Each of these cells is an in-  
dividual—a separate, independent,

**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 the pain,  
cures wind colic and is the best remedy for diar-  
rhea. Twenty-five cents a bottle.

and to some extent, intelligent indi-  
vidual. Each has its history, its  
birth, its growth, its period of ac-  
tivity, decline and death. Each re-  
produces others like itself. These  
individual particles are constantly be-  
ing born and constantly dying, just  
as in the jungle plants are constantly  
dying and being replaced by others  
springing from their seeds. As the  
great Virchow has said, "If the cells  
of the body could be kept healthy  
indefinitely, we should never die."  
The "blood is the life," and into the  
great red river constantly rolling  
through the channels of the body, all  
things enter. The blood stream—the  
great "red river of life"—travels at  
the rate of seven miles an hour, flows  
through the body in a great double  
circle like the figure 8. From heart  
to lungs, then back to the heart;  
from heart to tissue, then back to  
the heart flows the blood through  
miles of piping, making a complete  
circuit of the figure eight three times  
in each minute. Each moment count-  
less millions of old cells are dying,  
while young cells are being born to  
take their place; the dead cells are,  
for the most part, thrust into the  
blood which, like a great thorough-  
fare, holds both living and dead—  
both the elements for the body's re-  
building and the results of its con-  
stant crumbling away. It is the most  
wonderful stream known, yet very  
few possess any knowledge of its  
wonderful activity, or the purpose it  
serves.—Health Culture.

## A Question of Etiquette

The custom of men rising and step-  
ping into the aisle to let a woman  
enter the pew in church dates from  
a period when good Christians were  
not safe, even in church, and as the  
enemy might appear at any moment,  
the men had to be in positions of  
advantage. Why the custom has been  
preserved to these peaceful days it is  
hard to say, unless it be attributed  
to the masculine desire to get out  
of the house of prayer as quickly as  
possible when the service is over.  
Men who step out of the pew so po-  
litely into the aisle doubtless would  
let a woman crawl over them in her  
effort to reach a seat in a street car.  
In church and street car, considerate  
men move up in the seat.

## Health Notes

We shall hear some one complain-  
ing of freckles, pretty soon, and it  
is just as well to have some simple  
remedy at hand. Here are some old,  
tried removers: The juice of one lem-  
on combined with a teaspoonful of  
powdered borax and one teaspoonful  
of sugar. Put in a bottle and apply  
twice daily. Another old-fashioned  
remedy is the juice of half a lemon  
squeezed into a tumbler of milk,  
which forms a curd like buttermilk;  
bathe the face night and morning,  
and dry gently. This is for a greasy  
skin.

An excellent cleanser for the stom-  
ach is to squeeze a half lemon into  
a tumbler of water (not cold) and  
drink it before breakfast. All stom-  
achs can not take acid; so, if it does  
not agree with you, stop its use.

One of the best beautifiers, and ex-  
cellent for the health, is to drink at  
least two quarts of water—more, if  
you can—daily, cutting out all drinks  
at the table, and for half an hour  
before and an hour after meals. This  
will flush out the sewers of the body,  
and bring the impurities from the in-  
side. If one can not drink cool, or

cold water, try the temperature  
which suits the stomach best; but  
drink the water freely. Do not ex-  
pect results in a day, or a month;  
but stick to the drinking, right along.  
If constipated, do not drink cold wa-  
ter at all; but use it slightly warm.  
Many stomachs can digest pork much  
easier than mutton and chicken. No  
one diet can be prescribed to suit all  
cases, and only one rule can be fol-  
lowed by all—if the food "agrees"  
with you, eat it; if not, let it alone.  
Eat all that hunger demands of easily  
digested food, but do not crowd the  
stomach by over-eating. If hungry  
between meals, a good substitute is  
clear, good water, as much as you  
can drink. It will stay the hunger.  
Hot water drinking will often cure  
the headache.

The plainest, nourishing food is  
best, and one should eat only to sat-  
isfy hunger, not appetite. It is sur-  
prising how small a quantity of food  
will serve to keep one in health and  
comfort. Get the habit of eating to  
live, and there will be a lot more  
comfort in the world, as well as less  
waste.

## Reaping the Harvest

Those who planted plentifully of  
the hardy bulbs last fall are now  
enjoying the blooming period of such  
plants, which comes before anything  
else is really budded. Many yards  
are gay with the hyacinth, daffodils,  
crocuses, tulips, and kindred bloss-  
oms, from late March to late May  
and June. If you did neglect the  
planting last autumn, try to correct  
the omission by dealing in summer-  
blooming bulbs now, and at the  
proper time, set out a store of the  
hardy ones. Sow flower seeds in all  
the bare places and have all the  
beauty-spots you possibly can. A  
great many things can be set out in  
May, and many of the most expen-  
sive plants and shrubs can be raised  
from seeds sown this month. We  
talk about our "Grandmother's Gar-  
den," and the old-fashioned flowers;  
but if grandmother could come back  
and look at our flower borders, do  
you think she would recognize the  
brilliant, perfectly formed blossoms  
seen there as the old favorites of her  
time? I hardly think so.

## Vines

In training the new growth of  
vines, cut the soft tops from cast-off  
shoes and use in strips to fasten up  
the growth as it lengthens.

Ampelopsis, both quinquefolia and  
Veitchii, is propagated by cuttings  
buried in winter, or very early in the  
spring. For the Veitchii (Boston Ivy)  
the cuttings of green wood may be  
used in May or June.

The best hardy evergreen vine is  
the Halliana honeysuckle. It is ex-  
cellent for draping the face of walls,  
or rocky cuts, or for trellises. It  
will crowd out everything else, and  
must be kept within bounds. The  
bloom is deliciously fragrant.

Clematis paniculata is readily pro-  
pagated from cuttings, or may be  
grown from seeds. It makes a rapid  
growth, blooms beautifully in the  
fall, covering its top with small, deli-  
ciously-scented snow-white flowers. It  
is perfectly hardy, and can not be  
recommended too highly.

The old Chinese Matrimony vine  
grows and flourishes even under  
abuse, throws out long sprays covered  
with dainty purple flowers followed  
by bright scarlet berries growing as  
thickly along the stem as they can

be crowded. Very showy, very  
hardy, fine for trellises, or covering  
unsightly cuts or banks.

A goodly quantity of old, well rot-  
ted manure should be worked care-  
fully into the soil about the roots of  
hardy vines in the early spring. The  
roots should not be disturbed, and  
if mulched heavily with chip dirt, and  
given a lot of the laundry suds dur-  
ing the hot days, the result will be  
fine.

There are so many beautiful,  
hardy, everblooming climbing roses  
on the market that they should be  
plentiful about every home. Mail-  
size plants cost ten to fifteen cents  
each, and if given even ordinary care,  
by the second year they will be ready  
to give "bushels" of bloom. Do not  
delay getting them. They should be  
set as early in May as possible.

## Pick-Ups

When holland shades are soiled,  
brush all the dust off with a soft  
cloth, then rub with corn meal moist-  
ened with gasoline, having the shade  
out of doors and laid on a flat sur-  
face. Use a clean, dry cloth to rub  
with, and exchange for a fresh one  
when it gets soiled. If the lower end  
is much damaged, take the shade  
from the roller, and turn the dam-  
aged end to the top, tacking it on the  
roller just as the other end was,  
using the same small tacks, then hem  
the fresh end, run the stick in the  
hem, and you have a very excellent  
imitation of a new curtain.

Every housewife should have a  
short step-ladder, and any one handy  
with a saw and hammer can construct  
one that will answer, if the "store"  
one can not be afforded. Three or  
four steps are all that is needed, and  
the ladder can be used for many pur-  
poses all over the house. Such a  
ladder can be had at department  
stores for 25 cents.

If you can not have all the labor-  
saving devices for the house, have  
as many as you can get. Many con-  
veniences can be home-made, and the  
work of making them is so little that  
no husband should be excused for  
their not being provided. Many

## OLD SOAKERS

### Get Saturated With Caffeine

When a person has used coffee for  
a number of years and gradually de-  
clined in health, it is time the coffee  
should be left off in order to see  
whether or not that has been the  
cause of the trouble.

A lady in Huntsville, Ala., says  
she used coffee for about 40 years,  
and for the past 20 years was  
troubled with stomach trouble.

"I have been treated by many  
physicians but all in vain. Every-  
thing failed to perfect a cure. I was  
prostrated for some time, and came  
near dying. When I recovered suffi-  
ciently to partake of food and drink  
I tried coffee again and it soured on  
my stomach.

"I finally concluded coffee was the  
cause of my troubles and stopped  
using it. I tried tea and then milk  
in its place, but neither agreed with  
me, then I commenced using Postum.  
I had it properly made and it was  
very pleasing to the taste.

"I have now used it four months,  
and my health is so greatly im-  
proved that I can eat almost any-  
thing I want and can sleep well,  
whereas, before, I suffered for years  
with insomnia.

I have found the cause of my  
troubles and a way to get rid of  
them. You can depend upon it I  
appreciate Postum."

"There's a Reason." Read "The  
Road to Wellville," in pkgs.

Ever read the above letter? A new  
one appears from time to time. They  
are genuine, true, and full of human  
interest.