



Every Day

O, trifling tasks, so often done,
Yet ever to be done anew!
O, cares which come with every sun,
Morn after morn, the long years
through!
We shrink beneath their paltry
sway—
The irksome calls of Every Day.

The restless sense of wasted power,
The tiresome round of little things,
Are hard to bear, as four by four
Its tedious iteration brings.
Who shall evade, or who delay
The small demands of Every Day?

The boulder in the torrent's course
By tide and tempest lashed in vain,
Obeys the wave-whirled pebble's
force,
And yields its substance grain by
grain.

So crumble strongest lives away
Beneath the work of Every Day.

The steady strain that never stops
Is mightier than the fiercest shock;
The constant fall of water-drops
Will groove the adamant rock;
We feel our noblest powers decay
In feeble wars with Every Day.

We rise to meet a heavy blow—
Our souls a sudden bravery fills—
But we endure not always so
The drop by drop of little ills.
We still deplore and still obey
The hard behests of Every Day.

The heart which boldly faces death
Upon the battle field, and dares
Cannon and bayonet, yet faints
Beneath the little frets and cares—
The stoutest spirits they dismay—
The needle-points of every day.

And even saints of holy fame,
Whose souls by faith have over-
come,
Who wore amid the cruel flame
The molten crown of martyrdom,
Bore not without complaint alway
The petty pains of Every Day.

Ah, more than martyr's aureole,
And more than hero's heart of fire,
We need the humble strength of soul
Which daily toils and ills require.
Sweet Patience, grant us, if you may,
An added grace for Every Day!
—Elizabeth Akers Allen.

The Difference

A writer claims, with considerable show of truth, that, were a strong man to eat breakfast at any ordinary American table and then sit down at a work table, or even move about briskly from one room to another, he would have a splitting headache before noon, and the chatter of his children would seem like the jargon of fiends. The mid-day meal would increase his wretchedness, and by dusk he would be stretched in misery upon his bed, with one hand mopping his forehead with ice water, while with the other he would threaten with a club or pistol any one who dared to enter the room or make a noise outside. Yet how many wives and mothers toil on, day in and day out, under just such conditions, growing peevish and fretful, or nagging and ill-tempered, with no one to do her the simple justice of pointing out the fact that the close air, the confinement, and the absence of all diversity of interests or mental stimulus, the wretched, unvarying routine of never-finished duties, is to blame for her unamiability, rather than her

supposed ugliness of temper or liking for the disagreeables of life. Women, as a rule, live too much alone. True, many of them have their children; and we are told she should not look upon her household duties as drudgery; but an intelligent woman's nature craves something more than this. Every hour or minute of the day, she is giving to others, and to the thoughts for their welfare, the life and energies that rob her of vitality, and leave her exhausted, with no field for recuperation. This she does willingly; but there is no reason why the human machinery of even a woman should not have reasonable treatment, and given the stimulus so much needed for the generation of the life force so heavily drawn upon by the compulsory labor for the family which consumes a large portion of every day.

Doctoring the Baby

The treatment of the baby should consist largely of keeping it clean and comfortable, giving it proper food, fresh air and plenty of rest. If ailments develop in spite of good care, use the simplest remedies known, and remember that good care is better than drugs. If medicine must be given to the baby, always place the tip of the teaspoon against the roof of the mouth, and in this way there is little likelihood of the baby sputtering, strangling and ejecting the dose. A teaspoonful of peppermint tea given directly after the dose will remove any unpleasant taste from the little mouth. When it is necessary to open the mouth of a small child, do not attempt to force the little lips apart, but place the forefinger on the chin just above the cleft where the dimple is apt to be, and the little mouth will open of itself; generally the little tongue will come out as soon as the finger is placed on this spot, and the spoon can be placed directly on it, the tip of the spoon resting against the roof of the mouth. Make it a point to smile as you pour out or offer the medicine, for the child takes its lesson from the mother's facial expression. A bit of lemon dipped in sugar will remove the unpleasant taste more quickly than anything else. Whenever possible, give the medicine in hot water, as the hot drink relaxes the throat and makes the swallowing involuntary.

When the baby is bathed or washed, do not stop at the washing, but rub dry, and use friction with the towel, or the bare hand until the little body is warm and rosy. Watch the weather, and dress the baby accordingly. Often the temperature of the atmosphere changes several times a day, and the baby must be kept comfortable, and this is imperative during the hot months. Careful nursing is less expensive and far more satisfactory than a funeral, or even a suffering baby. Be good to the baby.

Uric Acid and the Teeth

One of our readers, who is a dentist, says: In many cases, the cause of loosening of the teeth, headaches, rheumatic conditions, dizziness and a few other aches and pains, is an excess of uric acid in the system. The cause and cure of this trouble is not so well understood as it should be. It is advised that those suffering from the uric acid trouble should avoid sweetbreads, internal organs of animals slaughtered for food, yolk of

eggs, and in some instances, beef. A light diet is recommended. Avoid taking quinine, atropine and pilocarpine, keep the excretory organs active, the skin clean, and live as much out-doors as possible; oxygenate the blood by every means possible, drink largely of pure water, and take care of the general health. Use a good, healing mouthwash, and keep the teeth well cleaned and do not neglect any caries, however small.

We have begun to work for a "sane Fourth of July" with a show of satisfactory results; now let us begin the "sane Christmas" campaign, and see if the holiday will not lose much of its terrors, without in any way losing its pleasures. Let us make of it something better than a season of barter and exchange, simply.

The Roach Pest

Quite a few letters, asking for roach destroyers, are on my desk, and I wish I could give the information wanted. But singular as it may appear, in all the half a century of my life, either in my mother's or my own home, I have never had any personal experience with the pests, except in one or two instances, and then the roaches were but few, and easily destroyed. I do not know that either my mother or myself, or my sisters, were any of us "painfully neat" housewives, but I can truly say that none of us ever had much experience with house vermin of any kind. When we happened to move into a house where the pests abounded, we never "stayed our hand" until the last of them were exterminated, though in a few cases it required a few months to entirely rid us of them. For myself, I have seldom lived in a rented house, believing that even the veriest shanty of one's very own is more to be desired than the palace belonging to another; yet in the progress of years there have been buyings and sellings and rebuildings, and this has frequently taken me into houses from which other families have passed on. Fleas, ants, bedbugs, flies, moths and mice, and in a few instances, rats, have infested some one or more of them, but the war of extermination was carried on successfully in all instances. It is claimed that roaches will not stay in a house where there are no damp spots or corners, or where wet rags or exposed food are not found. It is also recommended to pour into all cracks where the vermin will hide a hot solution of alum water, having it boiling hot; to keep all wet corners cleaned and dry; to keep no foods where they can get at them, whether in the house, cellar or yard; but it is especially recommended to catch and kill every one that it is possible to reach or entrap. Now, won't our housewives who have had a victorious experience along this line, please send us their methods for their distracted sisters. We will gladly pass it on, with any we can gather up to help out.

Some Toilet Notes

An old southern mammy says there is nothing so good for clearing the complexion as a pint of hot (not warm) water, with a pinch of fine table salt in it (a teaspoonful), and this is to be sipped from a spoon, as hot as can be taken, every morning or at night, whichever is most convenient. If taken in the morning, it

must be the first thing on getting up. Try it.

A few simple physical culture exercises should be taken on getting out of bed of a morning; beginning with the simplest, and trying them but a few minutes, if the exercise tires one, increasing the time as one gets strength and suppleness.

The moth patches, which are the bane of life to many women, must be washed out from within. A bleach that will take off the old skin will sometimes remove them, but unless the liver is kept in good shape and made to attend to its business, the spots are likely to re-appear. Plenty of outdoor exercise, light, nourishing diet, cleanliness and free bodily sewerage will do wonders to clear the skin of blemishes.

To have the hair thick, soft and glossy, try this: About once in two weeks, boil for half an hour or more a large handful of bran in a quart of soft water. Strain this into a basin and let cool to tepid warmth. Rub into it a little good white soap, then, parting the hair all over the scalp, dip the corner of a soft linen cloth in the liquid and wash the head thoroughly so as to reach the roots. Then, take the yolk of an egg, beat slightly in a saucer, then rub it well into the scalp, let rest a few minutes, then rinse well in pure cool water until the soap and egg are all removed. Rub dry with a warm towel.

For Destroying Flies

These remedies for the pest of flies were published something over a year ago, but have been repeatedly asked for; hence are given again. A thorough application of soap and hot water well rubbed in with a scrubbing rag, wherever the flies may congregate, especially in the kitchen. A sharp stick should be used to clean out the cracks, crevices, corners, moulding and isolated places which will kill many eggs deposited there.

Flies are not prohibitionists, and like the taste of beer. At night put about two tablespoonfuls of beer in a saucer and drop into it a pinch—about two grains—of arsenic of soda; as soon as daylight comes, the flies wake up horribly thirsty and swoop down on the saucer of beer, and take long draughts. Presently they get the stomach-ache, and a few minutes later they are dead. The saucer should be removed before the daily routine of housework begins, otherwise the dead flies may be dropping in the cookery preparations. When there are little children, the saucer must be out of their reach.

Flies like to roost on a pendant cord; take equal parts of resin and sorghum molasses and boil them until the resin is in solution. Dip strings in the mixture and hang the strings so as to make them inviting to the flies. They will go for the string like a hungry dog for a bone; the combination of roosting place and molasses to eat can not be resisted. The mixture in which the string is dipped is the same as that used for sticky fly paper. The strings with their load of flies should be taken down and burned every morning and fresh ones hung in their place. This method is safe, and inexpensive and effectual.

Requested Recipes

We have calls for so many recipes, this month, that we devote a good deal of space to them, and to those contributed. In asking for a recipe which has appeared before in our department, it would help matters a great deal if a general outline of the recipe wanted were given. We give so many that it is hard to answer a call which says "A recipe for (bread, cake, pickles, preserves, as the case may be) was given at a certain season, and will you please publish it again." Sometimes we look over our