



At the Gates of Night

There are two gates that guard the Night;

The one where shadows creep,
And lullabies come crooning low,
Full-throated, soft, and deep;
Where twilight reaches forth her arms

To all by Day oppressed,
And lulls them into happiness,
Serene upon her breast.

And from that gate, all dark and cool,

The night road stretches far,
By palaces of sweet content,
Where many dreamings are;
Where blind may see, and dumb may speak,

And sad ones laugh and sing,
Where hungered ones may drink and eat,
The pauper be a king.

All through the Night the good road goes,

O'er valley, plain, and steep;
Along its sides, in grandeur, rise
The citadels of sleep.

And many things there be that soothe

And comfort us, and bless—
But best of all the blossom fair
Of rich forgetfulness.

The other gate that guards the Night—

The one that ends the way—
Has trumpeters that loudly call
Us forth into the day.

And though we fear the foes of Day
With bitterness and dread,
We know that through the weary hours

The first gate is ahead.

—W. D. Nesbit, in Baltimore American.

On the Small Income

Living well on a small income is more a question of wise planning than close spending, and no woman can plan wisely when she has to depend upon the grudging dole of a few nickels or dimes at a time, just as the absolute need may arise for their spending. Little or large, she should know approximately what she is to get, and then she can have some idea as to what she can do. Where the man does the marketing, it is either a feast or a famine, and many things are wasted because they can not be utilized alone, and there is no money to buy anything else at the moment. The family expense account can not be judged by any one current month, for there are some months in which the call will be for a large amount, while in others, there will be a much less expenditure. Whether she pays cash or not, the wife should keep an expense book, and every penny spent should be noted down in it, while on a separate page the income from all sources should be written. Not only should the housewife keep her own accounts, but the husband should have his expense book, as well, and care should be taken to put down every sum, large or small, that goes out or that comes in. In this way only can one be sure what they are doing, and locate the leaks or decide where retrenchment or expansions may be made. It is not necessary, in order to keep the accounts that one should have a business education; but it is necessary to have some system about it, and to be strictly honest with yourself. Even a simple memorandum account will show at

a glance just where the money came or went. The various items can be separated when the balancing of the accounts takes place. It may be that, through inexperience, the young wife makes mistakes, but if she is given the responsibility of spending the money, getting the best she can for it, she will soon learn its value. One thing you must not do—buy things on the "installment plan," for it is better to deposit the amount each week or month, until you have the sum, and then do the buying.

The Book Borrower

Every book lover who cares for the books because of the value of their contents rather than merely to have full shelves, has at some time had the trying experience with borrowers who do not return the volume. It is bad enough to lose a novel or story book in this way, and if it is worth a second reading, it is extremely annoying to find it gone when wanted. But when a volume is loaned where it is supposed that the borrowed has honor enough to return it, and then finds that no attention is paid to even repeated requests that it be returned, what is one to do? There are always people who want to borrow, and at first thought, it looks selfish to refuse to loan; but a volume is not always easily replaced when thus lost, and the act not infrequently breaks up an acquaintance between two persons that can never be renewed. Many times, one depends so implicitly on the honor of the borrower, that the loan is forgotten when the book is wanted, and for this reason one should always keep a note book in the bookcase in which to mark down the name of the book, who borrowed, and the date of the loan. Do not wait too long to ask for its return, and if the borrower is worthy of the name of friend, it will in all probability be at once forthcoming. But what is to be done when the borrower simply ignores the request, and you find it impossible to regain the volume? If you borrow a book, remember it is the property of the loaner, and you can not honorably keep it in your possession.

Watch the Children

Watch the children these nights. If a child has the habit of kicking the bedclothes off at night, it is a good plan to sew a large button to each corner of the cover and attach a long tape loop to the corner bed-posts; when fastened, this will keep the bed clothes in place, no matter how the child may toss in its sleep. These cool nights are "good for colds," unless you exercise care to prevent.

For the Fall Housecleaning

Before the heating stoves are put up, everything should be as clean as possible, the carpets dusted, cleaned, and all rips sewed up, and thin places darned, while holes should be carefully patched. To be sure, if you can get the new carpet, the old one may be made into very acceptable small rugs. To clean the carpet, nothing is better than a mixture of coarse sand and sawdust; unsieved corn meal is good, also; the salt and sawdust mixture should be of equal parts of each, well mixed. Cover the carpet with the mixture and scrub it with a broom. This

will take up all dust and lint and give the carpet a nice, clean appearance. After the carpet has been well scrubbed with the broom, run the carpet sweeper over it. Grease spots can readily be removed with any of the cleaning preparations to be had at the furniture dealer's at small cost.

If your floors have not been oiled or painted, try to have it done before the rough weather begins. Scrub the boards as clean as possible and let get perfectly dry; then have the oil (linseed) heated quite warm (if you are careful it can be made quite hot), and paint the floor with this hot oil, using any old paint brush. Put on one coat—just what you find the boards will absorb; then let this dry well, and give it a second coat. There should be a "dryer" in the oil to prevent it becoming sticky and gathering lint. There are a number of good floor oils now on the market, ready for use, and these will be best for the beginner. A well oiled floor does not take grease spots, or mud stains, and one has but to wipe up the dust with a wet cloth—no scrubbing. It is better than a painted floor, as the paint will wear off where there is much travel, while the oil will not. Do the kitchen floor and the dining room floor, anyway, and see what a saving it is for the housewife. When fresh oiled do not use any more than you can avoid, but you can go over it by laying bits of board where you must step.

"Pastry Flour"

It is not generally understood what is the difference between pastry flour and bread flour, the distinction between which is so often made in giving recipes. The pastry flour itself is a sort of pale, yellowish white, fine and starchy, retaining the impress of the fingers when a handful is squeezed. The process of making it is grinding the wheat between stones, whereas the flour for breadmaking is cut by a system of knives, which gives it a hard, flinty gluten, with granular consistency. The real pastry flour usually comes in small cartons, as it is often placed on the market without being properly cooled or dried, and hence spoils quickly; the bread flour can be had in sacks of various weights, or by barrel, and keeps well. Most of the large grocery stores keep the pastry flour.

For the Convent Sisters

Many of our readers have friends who are members of a religious order, and would like to send them presents for Christmas. One of our readers suggests that in giving to these sisters, it would be well to give them something that might be passed on from the Sisters to others; cards, calenders, Christmas pictures, gift books, or little trifles of neckwear, handkerchiefs, pieces of lace, etc. The Sisters can buy nothing for themselves, and it would doubtless afford them pleasure to have something to give or send to their friends. It is not necessary to confine your gift to articles of devotion, for she is doubtless well supplied with these. An acceptable gift would be a good book, or a subscription to a good paper or magazine, as these Sisters are usually allowed to accept such things. Do not forget or neglect the friend or relative behind the convent bars, for they have warm, womanly hearts, just as do the loved ones

outside. Try to send your gifts a week or two before Christmas, that, if she so desires, she will have time to pass them on, thus giving two-fold pleasure.

Odds and Ends

Get the habit of dropping into the school room, beginning now, and see what kind of person has charge of the young folks. See that the house is in good repair, clean, and comfortable, with heating apparatus of the right sort, as well as proper ventilation.

Make arrangements for the social gatherings for yourselves and the young people during the winter months. Just now there is much being said about the abandoned country churches and school houses. Find out "where they are at," and get them in shape for gathering points. See that they may be properly heated and lighted, and make use of them.

If you can not have what you want, try to want what you can have so thoroughly that you will set about making it as valuable as possible. Don't neglect getting a good supply of reading matter, and after you have read it, pass it along to others, discussing the questions raised by the editors and writers. There is no excuse for ignorance except your own carelessness.

Fitting the Stout Figure

In fitting the skirt pattern to the figure of the stout, short-waisted woman, the skirt should be pinned around the hips after first allowing it to drop down at the front until the front gore hangs absolutely straight. In order to retain this position, the back and sides of the skirt are raised and the inverted plaits or placket edges are made to come closely together at the exact center of the back. Carefully secure these positions with pins; the darts and seams from the hip line to the waist are then fitted to the figure; the belt should be passed around the waist and pinned in place before cutting off the surplus or uneven goods at top of the skirt. The skirt must not be finished at the bottom until the hips are perfectly fitted and the belt put on, or irregularly hanging gores and sagging takes place.

For the Thin Woman

The fleshy woman is no more to be pitied for her surplus flesh than are the thin women for their lack of it; and each are clamoring for relief. While every one likes to be "just plump," no one likes to be "skinny" or scraggy, but that's what a great many of us are, or will become, if we do not take better care of our diet and habits. Some bony women are simply angular in make, and nothing will make them over into plumpness. It is a matter of temperament. Such women are not always bony because of indigestion or insufficient nourishment. But there is another class whose thinness is caused by lack of assimilation of food, wherein the little mouths of the stomach fail to take up the nourishment a favorable digestion offers—usually from a disordered condition of the nerves; the starving nerves act on the discouraged stomach, which in turn re-acts on the nerves, and so the round continues. Too much excitement, too much worry, too much work, consequent insomnia, poor food, not enough food, or too much of a wrong kind, are all causes of thinness, and this very lack worries the thin woman—a regular "endless chain" of destruction of flesh. It is lamentable that no person, doctor or layman, can prescribe a perfect diet for another. Each must be a law unto herself. Drugs do no good, and doctors disagree; so the thin woman must cosset her di-