

THE HOME DEPARTMENT.

We Two.

In the bright October weather,
At the closing of the day,
In the golden mists of sunset,
We two met—my love and I.
Many a long, long year had faded
Since—our lives all sweet and new—
We had pledged our truth and prom-
ised—
Promised to be "always true."

We were young and joyous—foolish,
All our path was strewn with flow-
ers,
While with mirth and song and sun-
shine,
Gaily sped the morning hours.
O, our morn was golden, glowing,
Blue, unclouded was our sky,
And youth's joyous, glad ambitions
Lay about my love and I.

Then our clasped hands idly parted;
Still we smiled, nor dreamed of
tears;
So, the way between us widened—
Widened into years and years.

Now the somber shades of autumn
Darkens all the daylight gleam,
And the hush of drowsing nature
Lies o'er woodland, wold and
stream.

At our feet, the dead leaves rustle,
Stirred by autumn's fitful sigh,
And our arms are full of thistles—
Gleanings from a toilsome way.

Each to each, with hands outstretch-
ing,

Vainly calls, through blinding tears,
Looks across the sea of silence
That engulfs the years and years.
"O, my love!" his voice, sob-shaken,
Breaks the silence of the sea—
"What are all these empty honors—
What are wealth and fame, to me!"

"What to me, without your sharing
All the gifts the years bestow?
They are empty dreams without you—
O, my love, did you not know!"
And I, turning from him, weeping,
Sob the words I may not say,
While, within the deepening shadows,
Fades the last faint gleam of day.

Some Preventives.

Now that the chilly nights and mornings of early autumn are with us, the house mother should see that the clothing suits the season. It is yet too early, except in case of delicate children, to bring out the flannel underwear, as the atmosphere warms up with the sunshine, and the extra warmth from heavy clothing would render the child uncomfortable. There should be old garments, however, laid away from last winter's wear, which are thin, and, in most cases, these can be used; but if not, there should be some light additional over garment for the early hours—one that can be laid aside when the morning chill is off, or thrown on as the evening advances.

At this season of the year, when coughs, colds and catarrhs are readily contracted, preventives are important, as, even slight attacks of these prepare the way for more serious troubles, by weakening the system, and rendering it liable to attacks of disease.

One of the best materials for children's night gowns is canton flannel—flannelettes, in the various weight. Some of the colored ones are very pretty, but white, unbleached, is the most serviceable, as it is warm, soft, easily laundered, can be boiled and scalded to suit any case, and they last several seasons. White, unbleached canton flannel will shrink when washed, and should be made quite large when new. In the case of young children, or those afflicted with disagreeable urinary ailments, the canton flannel is much better than wool flan-

nels. If one wishes to trim them, there are plenty of pretty, coarse cotton laces that can be very effectively used.

For children who "kick off the covers," and take cold easily, the night clothes should be made after the patterns for night drawers, with or without feet. Some mothers make them long enough to run a draw string in the hem, and tie this, with the feet inside; but this form is not desirable, or even advisable, as, in case of accident, the child would be helpless.

In caring for her family, the mother should not forget herself. We hear a great deal about the "beauty of a mother's unselfishness," but that seems nonsense to me. The health of the mother is the sunshine of the home. In this respect, the mother should practice a little selfishness. She owes a duty to herself, and should acknowledge that debt by self-care. A pair of bed-slippers should lie at the side of her bed, and into these she should not fail to slip her feet, if called upon for any night errand about the house. A long, loose sack of some warm material—wool, or cotton flannel, in some pretty pattern—should hang beside her bed, and this should be put on when she leaves her warm bed to attend to the wants of the children.

Children—and especially those of an age that can be trusted to wait upon themselves—should be taught not to call upon "mother" for the little, and oftentimes imaginary needs, of the night hour. I have known grown children who did not hesitate to awaken the mother from her absolutely needed sleep, in order that she might do them some such service as hand them a cup of water, or lay an extra covering on their bed. And "mother" would get out of her warm bed, "dead on her feet" for want of rest, and drag herself uncomplainingly about the service they were more able to, themselves, perform. Complain? Why, did you ever hear of a mother who complained because of waiting on her children?

And in this, she is teaching her child to be selfish and unfeeling, regardless of the rights of others, and caring only for its own comfort. The happiest, wisest, best mothers, and those who are the best loved, are the healthy ones. Every member of the family should be taught to consider mother the most important personage in the family, and should be taught also that she has rights which they must respect.

Talk about woman's rights! It is time that somebody took up the cudgel in defense of mother's rights, and they should begin the attack on mother herself. She should be taught that she has rights. She has not learned that lesson yet. She has never had time to study the question, and she never will have, unless we make her think it out.

Bed Coverings.

In buying muslin for sheets, try to get the muslin that comes in regular sheeting widths, as it is much more satisfactory than the "yard" width, which has to be seamed up.

For children's and workmen's beds, try the medium weight, unbleached, as it launders easily, and soon bleaches out white. Pillow slips for such beds may also be made of the same, which comes in "pillow slip" width—42 inches wide.

If you cannot afford good, all-wool blankets, a better substitute for them than the cheap grade is a blanket made of Scotch flannel. This is warm, wears well, and shrinks but little in laundering. In making bed coverings, always allow for some shrinkage, as

all bed wear should be washed, more or less.

Faithfulness in Small Things.

Women with broad and evenly developed minds do not find the smallest details of housekeeping and homemaking trivial or mean. All the tasks which are called "menial" are accepted as necessary factors in developing the comfort and making home life desirable, and women who are able to suggest and plan from a basis of experience are the ones who are gaining the ground from which the women of the future will not recede. There are many "Mrs. Jellabys," no doubt, but these are but the pretenders to intellectual superiority, for the truly intellectual, cultured woman holds the homely responsibilities as sacred, and to be the promoter of comfort, cleanliness, thrift and order, to rear children to habits of industry, punctuality, and self-respect is to them a sacred and not transferrable duty. Such women appreciate the dignity and importance attached to such service, and feel that "it is better to sweep a room as by God's grace" than to grind out a lame and lifeless lecture. Women who have succeeded in literature and the professions have succeeded just as fully in the domestic circle. A slatternly, slipshod housekeeper will do work in whatever time she attempts it, in just the same slipshod, slatternly manner.

In this life, nothing is valueless. Every act, word, deed or thought bears fruit somewhere, somehow, sometime. Faithful in little things, one can be trusted with large ones, and a woman who can be trusted to sweep a room, make a garment, or peel a potato may be trusted in any line to which her talents may lead her. A prominent writer has said: "It is not that she can do nothing else, but that she can do this better than any one else can; if she does not make home, home cannot be made;" and the woman who can rule the world can also rule herself, bringing to the coarsest, commonest tasks the dignity and self-respect that idealizes even the most menial work.

It is an inspiring thought that "the hands that tolled among the brick and straw for Pharaoh, were accounted worthy to work among the gold and silver of the temple for God; from serving in the brick kilns of the heathen king, they were lifted to be spinners of the curtains for the sanctuary of the Most High."

Getting Ready For Winter.

In every home—and especially in the homes of the "plain, common people"—there are boxes, bags and bundles that must now be opened, and the contents overhauled. The last winter's garments must be assorted; some for wear, some for repair, and some for the rag bag. The clothing of the little folks must be "let down," and "let out" to fit the growing forms of the lads and lassies, while many a hopelessly outgrown garment must be cut down to fit the next in line.

It is always well to neatly patch and darn clothing before putting it away for another season, yet in the case of children's clothes much must be left for the fall sewing season, as one can never "guess" just how much the boy or girl is going to grow, or whether the garment must be "passed down the line," because of an unprecedented growth of the original owner. In many cases, it is best to rip all seams, wash, or otherwise clean, the goods, press out all wrinkles and roll up the best parts, either for cutting down, or for use as patches, linings, combinations, etc.; this method will save much time and will show just how much material one has which can be "made over." This rule will apply to summer goods, as well as to those for winter, and before stowing away the discarded summer wear, this "sorting over" would

doubtless save much work and worry, and some expense next spring.

Do not think to economize by using material already worn thread-bare for "cut down" garments, for it is generally a waste of time and temper, and the finished garment will always be in need of repairs. In deciding about the new garments, it is frequently the case that one can almost clothe the little folks from the clothes bags, and by this means, the new goods may fill the needs of the elders.

One can almost clothe a child under eight years of age from the "scrap bag," if all "fragments" have been carefully put away. It is surprising to what excellent uses many half-worn garments may be put by a mother who is "good at contriving," and can handle her needle and scissors deftly and skilfully. By purchasing good material, and caring for it wisely, much expenditure may be saved. A neatly made garment of even poor material is much handsomer and more "lasting" than one of better value put together in a slovenly, haphazard manner. Economizing does not mean "cheap" things, or niggardly expenditure.

Household Helps.

Mothers should teach their boys to take an interest in household affairs. The home should be a co-operative establishment, where every member should expect to do his or her part toward keeping it orderly and pleasant—to share its responsibilities as well as its comforts. If the masculine mind were trained to an intelligent appreciation of the fact that man was made to be useful as well as ornamental in the home, there would be fewer broken-down wives and mothers, and fewer families would be forced to endure the incompetency of hired help. It is as easy for the "pater" to fold and lay his newspaper on the table, or to hang it upon its hook, as to throw it down, in sprawling sections, for "mother" or the girls to pick up, straighten out and put in its place. It is as easy for the men and boys to put their soiled clothes in the wash-bag, as to throw them down in corners or "on things" for their

A DOCTOR'S EXPERIENCE

Medicine not Needed in This Case

It is hard to convince some people that coffee does them an injury! They lay their bad feelings to almost every cause but the true and unsuspected one.

But the doctor knows; his wide experience has proven to him that to some systems coffee is an insidious poison that undermines the health.

Ask the doctor if coffee is the cause of constipation, stomach and nervous troubles.

"I have been a coffee drinker all my life. I am now 42 years old and when taken sick two years ago with nervous prostration, my doctor said that my nervous system was broken down and that I would have to give up coffee.

I got so weak and shaky I could not work, and reading your advertisement of Postum Food Coffee, I asked my grocer if he had any of it. He said, 'Yes,' and that he used it in his family and it was all it claimed to be.

So I quit coffee and commenced to use Postum steadily and found in about two weeks' time, I could sleep soundly at night and get up in the morning feeling fresh and well. In about two months, I began to gain flesh. I only weighed 146 pounds when I commenced on Postum and now I weigh 167 and feel better than I did at 20 years of age.

I am working every day and sleep well at night. My two children were great coffee drinkers, but they have not drank any since Postum came into the house, and are far more healthy than they were before." Stewart M. Hall, Fairfield, W. Va.