



At Last.

'Tis sweet to rest. The years bring peace—
The peace that comes of pain's surcease—

Of Life's decay.

And I, who used to chafe and fret—
To watch the hours, with wild regret,
Slip fast away.

I grow contented not to do—
To watch Time's sands slip idly through,

Without a tear.

And as the world goes raging by,
I smile to think, at last, that I
Am done with fear.

I do not fret that, idly now,
My worn feet lag upon the brow
Of Life's long hill;
Around me Nature's pulses beat,
I pause to catch its rhythmic sweet
Ecstatic thrill.

And often in its measured rhyme,
Voices from out the olden time
Call softly "Come."
My restless heart grows calm and still,
As, hushed, I wait upon the hill,
My summons home.

For, like a tired child at play,
I know my ears, at close of day,
Shall catch the call.
And, fearless, on a loving breast,
My weary head shall sink to rest,
When Night shall fall.

Nature's Healing

Now that the hot months are approaching, it is well to plan for little convenient outings, to be taken whenever time and business will permit. The resting spell may be but a few hours in length, and the journey but a short distance from our own doorway, but let us get out whenever we can, into the blessed sunshine and fellowship with Nature. In this age of artificial life and pursuits, there is so much that is exhausting to both mind and body, that our mental, as well as physical, health demands a certain amount of relaxation to be gotten in no other way than by wandering in green fields and drinking in the sweetened airs of the outer world. Many tired and depressed men and women would be lifted out of the slough of their own despond if they could live more out of doors. Women, especially, need this relief. It is not needed that we become a Thoreau and live in a hut in the woods in order to commune with Nature, though if one might leave the city behind and seek the solitude of woods and fields, "the world forgetting, by the world forgot," the cure would be more complete, and the benefit much greater. But anything that takes one out into the open air, if but for an hour or two, and creates an interest in the green things of the natural world, if it be only the care of a little patch of flower garden in a city backyard, is helpful, and no woman ever learned to love and care for a plant or flower without becoming, to that extent, a better and happier woman. Even a small bed, sown to a mixed package of flower seeds will be a source of perpetual delight to the one who is interested in watching the continual surprises there are stored up in the expectancy of the ever-varying blooming time. Let us resolve to get as many outings as we possibly can, and let us take every one we can get.

Some Entertainments.

People, as a rule, much prefer to "drop in" on their friends than to

make a conventional visit, or go to a ceremonious dinner or reception. "Formal" affairs are just what their name implies, and the real advantages derived from them are few. Such affairs lack the individual atmosphere, the guests being expected to stay just so long, say just so many words, eat and drink and depart. Informal gatherings admit of more social intercourse and intelligent conversation. They are excellent means of broadening one's ideas by a consensus of thoughts. There is more freedom in the atmosphere of such entertainments, and one is really the gainer where intellectual, refined people are the guests. Ceremonious entertainments are frequently given out of compliment to some important personage or visiting friend; and quite frequently from an innate love of display. A certain amount of ceremony in official and other phases of life is necessary, but as a rule, it is the informal gathering that is the more enjoyable.—American Queen.

Moth Pests.

The only way to guard against the ravages of the moth is to exercise eternal vigilance. Very frequently air, brush, shake and beat any article of wool, fur, silk or velvet, or anything that would possibly harbor a moth. If a garment of any moth-encouraging texture is not in use, sew it up in a whole cotton or linen bag; if possible, take it out every month or six weeks for examination, airing and shaking. Only this care and cleanliness can protect against moths. A few whole cloves, a bit of real camphor gum and newspaper wrappings are good, but fancy preparations are not only offensive to a sickening degree to many persons, but they are irritating to nose, throat and eyes of those who remain in their atmosphere and will seldom do any good in preventing moth ravages.—Ex.

Our Daughters.

Is it best to say much to our daughters about themselves, and to be constantly "preparing" them for motherhood? I believe in keeping them, during their childhood and young girlhood, in an atmosphere of purity and letting them, with as little self-consciousness as possible, just grow up artless and pure. As the crisis of their lives approaches, let the wise mother gradually lead them along the paths of necessary knowledge, telling them all they need to know of life's laws and mysteries, answering their perplexities and imparting information as their natures awaken. Should the watchful mother perceive in her child the need of special warning and instruction, let it be given immediately, and as fully as the case requires.

The best preparation, however, for any calling, is to lead them up, healthy in body, natural in mind, and gentle in heart. I believe it is better that a girl should not know anything special of the responsibilities and duties of wifehood and motherhood, until she is well grounded in the duties of girlhood.

Let her health be preserved sacredly, and the normal development of her young body be unrestricted. Cultivate in her a healthy mind, and encourage in her life habits of industry, truth and unselfishness. When she is well grown, and her school duties are behind her, be careful to instruct her thoroughly upon all that marriage

means, practically, as well as spiritually; do not let any feeling of delicacy prevent you from telling her all you can impart.

When she is a wife and mother, give her of your most practical experience, and if she has grown up properly, she will have unconsciously made the best possible preparation by being what she is. Do not, however, let her marry ignorantly, but supplement your own personal teachings by placing in her hands several of the best books written especially for such learners. There is surely a blessed medium ground between the preposterously wise maiden and the painfully ignorant young wife, and I believe that on this medium ground the preparation most necessary and acceptable for coming motherhood may be made.—Ex.

Dining Table Dots.

One may begin to eat as soon as those near one have been served. The oysters are eaten with the smallest fork. Soup is taken noiselessly from the side of the spoon, and to tip the plate to either side betrays too good an appetite. Olives may be taken in the fingers if no better means is provided.

Bread is broken, not cut, and conveyed to the mouth in small pieces. Fish is eaten with the fork held in the right hand, with the aid only of a bit of bread, unless silver fish knives are provided.

Entrees are eaten with the fork only, and when, for the roast or game, a knife is used, the fork is held in the left hand, tines downward—and the right relaxes its grasp of the knife as the fork is raised to the lips.

Salad is always eaten with a fork; even with lettuce, the leaves may be folded into convenient size. Ices are eaten with a fork or a spoon. These should never be auxiliaries. Fruit is cut into small pieces and eaten from the hand, or with a fork, never bitten. Bonbons are taken in the fingers and are served when the finger-bowls are accessible.

When one passes one's plate the knife and fork should be left upon it, side by side.

A fork is always preferred to a spoon where the character of the food permits its use.

In spreading bread, it should be rested on the plate, supported by the fingers of the left hand. One may drink bullion from the cup or use a spoon. Cheese is cut with a knife—preferably a silver one, and a morsel placed on a cracker or a piece of bread to be conveyed to the mouth.

Asparagus may be taken up in the fingers when the stalks are large and hardy, dipped in the sauce and bitten off—otherwise, the points should be cut off, eaten separately and the butts held by a fork to the mouth. When drinking from a cup the spoon is removed and the cup held directly over the saucer.

To sop up gravy or sauce with a bit of bread, to pile one thing upon another on the fork so as to eat meat and vegetables at the same moment, to crumble bread into one's soup, are breaches of the prevailing rules of table etiquette. One should endeavor to keep one's plate in as orderly a condition as circumstances will allow.—Ladies' Home Journal.

Out-Door Work for Women.

An exchange advises the woman seeking for a means of livelihood, to

take up horticulture and market-gardening as a calling, with the remark that no industrial pursuit is better fitted to women, and they to it, than the culture of fruits and vegetables. It all reads very pretty—on paper. It is very pretty to see a pretty woman in her sun-bonnet, out in the sunshine, digging about among her flowering plants and even vegetables "for the fun of it," or even for profit on a limited scale; but to lay it down, flat and solid, that a woman is in her place at the hard work of the field or the market garden, is all nonsense. We admit that, so far as her strength goes, she is better out-doors than in the kitchen, but everybody who grows vegetables for profit must labor hard and be out in all weathers, early and late, and it is one of the most exacting callings that can be engaged in. It is doubtful if any woman was ever benefited by laboring in a field, and we do not believe she belongs there. In the flower garden, she is an ornament, and, the work being light, she finds great pleasure, and often financial profit in floriculture; but the broad advocacy of hard labor for women, just quoted, smacks too much of the Indian's conception of woman's rightful sphere.

Care of Roses.

To be successful with roses, attention must be paid to insect enemies. The slug is probably the worst in most localities; being small and green, it is likely to do serious damage before discovered. It is found on the leaves, where it feeds on the green part, leaving the skeleton, which soon turns brown and shrivelled. On the first appearance of the worms, sprinkle the leaves, either with a whisk broom or through the nose of a watering-pot, with the following mixture: A level teaspoonful of white hellebore powder stirred into a gallon of water. This is a sovereign remedy, and seldom requires more than one application; it should be used in the shady part of the day—morning or evening, and when rain is not imminent. Hellebore is a deadly poison, when taken inwardly, and should be labelled and handled carefully.

Query Box

Mrs. J. B. V., Newton, Ia.—Will try and find the recipe for you. Thanks for the promise.

Mrs. G. E. L., South Berwick, Me.—Thanks for kind words. Am glad I can help you. Wish I could hug those sweet babies.

Mrs. A. F.—Soft fresh light bread is bad for the stomach. Should not be eaten until a day old. Toasted, pulled or small well-baked breads are healthiest and more digestible.

L. O. F.—It is hardly worth while to try keeping bulbs that have bloomed in the house, as they are not reliable. Better put them in the ground, where they can take care of themselves.

M. T. M., Alma, Mich.—Will be glad to oblige you as soon as possible. Many thanks for kind words, will also appreciate any suggestion pointing to a wider scope of usefulness for this department. We want it to be just what its readers want it to be.

Beginner.—For tea towels, a good quality of the plaid linen sold by the yard as "glass toweling" is serviceable and economical; for common kitchen ware and crockery, a loose-woven linen crash; for dish-cloths, and loose-woven, coarse crash. Close-woven material holds the grease and stain, and is hard to keep clean. Any old, half-worn, soft cloth will answer for the latter.

A Reader.—For water-proofing dress goods, dissolve half pound of alum in two quarts of water, boiling. Then add two gallons of cold, clear spring water. Into this solution place the material and let it remain for a day;