



We flake it so.

When faint, exhausted, from life's dull routine

I faint would rest,
There seems no field wherein I glean—
Save one, that shines through mystic screen,
Only one joy that seems to mean
What is, is best.

I fold my arms, and my aching head
On them I lay;
The world, and all its flowers, seem dead;
Then cometh to me what the Lord hath said—
Of the river of life—not alone by bread,
We find the way.

It is not strange the way seems drear
To you and me;
If we do not strive, how could it clear?
When beautiful leaves grow brown and sear,
And we grope for rays that come not near,
What should we see?

Ah, 'tis well to smile, when clouds hang low—
'Tis better thus:
The winter comes with sleet and snow
When the summer sun has lost its glow,
But the Autumn lies between, we know—
'Tis well for us.

God gives us light—if we only see
The darker side,
As we journey on towards Eternity,
Why, the darker side it is sure to be:
We can drift as slaves, or else be free
While we here abide.
—Selected.

The Old and the New.

When the man was plowing and sowing and reaping in the old, crude manner, and the woman was spinning and weaving, churning and tailoring and doing scores of things which have long since been taken out of her hands they were approximately equal and satisfied with each other. During the last few years, ambitious men have made long strides forward. Much of the work which they formerly laboriously performed with their hands is much better done now by machinery, and the rough, unskilled service of those who are as yet unfitted for anything higher. While men were thus progressing, it was not to be expected that intelligent women, mated with them, would stand still. There is no more a new woman today than there is a new man. The husbands of the present would be no better satisfied with the old-fashioned wife than they would with the old-fashioned clothes, or out-of-date means of transportation, or unwieldy implements of labor.

With the passing of the old order of things, and the dawning of the new, there arose the improved woman, to mate with the improved man, and to meet the new conditions. She has revealed her possibilities in art, science, literature and government, in all the trades, professions, and avocations, she has shown marked ability, and has taken her stand as a potent factor in social life. You will find her everywhere; and wherever she is found, there also will men be more manly, refined and human with the humanity which approaches the Divine. Life is to her no longer sluggish, but ardent, earnest, impetuous, full of activity, its waters whipped to fineness, its stream swift. It has washed many new things within her reach—new perspectives, new aspirations, new affections,

new emotions. As her nature blossoms, it hungers for fresh foods; at every stage of its development, new demands are to be met—interests alive and pulsing, sensations, that lift and exalt, or degrade and debase, according to the food they are forced to accept.

Happily, the world is moving in behalf of women; the world's intelligence approves this movement, and it encourages greater freedom to women in all affairs, whether of home or state. Woman is a natural homemaker, and so long as women live, new or old, there will be homes made and kept.—Selected.

Floral Chat.

Put six or eight of the tiny bulbs of the *Triteleia uniflora* in a six inch pot, moisten thoroughly and set away for a month, as you would a hyacinth, keeping the soil moist (not wet), then bring gradually to the light, and in a few days the dainty, starry blooms will appear. The blossoms have a delicious wood-violet fragrance. If planted in the fall in the garden, it will bloom beautifully next spring; the bulbs increase rapidly.

O O

Daffodils are the double and single *Narcissus* of the Trumpet class, each scape bearing one large flower at the summit, the plant having strap-leaved foliage. The Jonquils are the golden flowered, fragrant *Narcissus*, bearing three to five medium-sized double or single flowers at the top of the scape; plants are small, with rush-like foliage. *Narcissus* commonly known by the true name are mostly such as *Narcissus poeticus*, which have large, showy perianths and a small, cup-like center. *Polyanthus Narcissus* has much larger bulbs, foliage and flower-clusters, but the flowers are small. All belong to one family.

O O

Do not neglect the planting of a few bulbs out doors. While the hyacinth is beautiful and fragrant, it is also much higher priced than the tulips, some of which are also fragrant. A bed of mixed tulips, of the different varieties, will be royally beautiful next spring. There are many low-growing bulbs that bloom beautifully, and the bulbs are quite cheap; and these may occupy the same bed with the tulips. Crocuses bloom almost—in many cases, quite—before the snow is off the ground, and they come in many beautiful colors. These may be set in the sod on the lawn, and will bloom among the springing grass blades. Do not set the bulbs too deep. Sow the seeds of annuals over the bulb bed this fall, and when the bulbs are done blooming next spring, the annuals will occupy the bed. Petunias, or pansies are good for this purpose.

O O

For the cemetery, a bed of fragrant white tulips, or even those that are not fragrant, makes a pleasing sight, and will require little care. A bed of mixed hardy bulbs of the delicate shades will be satisfactory. Be sure to sow the seeds of some later-blooming annuals over the bed. A mixed package of double portulacca seeds, if you do not object to colored flowers in such a place, will give you much beauty, "sowing itself," year after year. One might choose the delicate colors, even of that. Sweet alyssum, is also lovely to grow over the bulb bed.

O O

For a plant receptacle, paint tin cans any color, and before the paint dries, roll them in clean white sand,

coarse or fine. Tin cans do as well, and for some plants, better, than the earthen pots, and they have the added virtue of being "without money and without price," but they must have good drainage holes in the bottom. They do not allow the earth to dry out so fast as the porous pots do, and unless the drainage is good, the soil may sour, doing great injury to the plants, if not killing them outright. Very few plants can stand wet feet.

Planning Ahead.

One of our readers writes me: "I want to tell you about my Christmas box. Do you think the subject is premature? Indeed, it is not, where one must meet the holiday requirements with a slim purse. The holiday season of the past year had hardly faded away before I had my 'Christmas box' open for the reception of things for the next. Unless you have tried it, you have no idea of the dainty and useful things that may come out of it to meet the next holiday demands, at almost no expense. It must needs be capacious, for a little of everything will find its way into it before the end of the season. Among the contents are broken and discarded toys, castaway books, unappreciated cards, bits of silk, lace, ribbon, scraps of embroidery, tapes, stray ornaments, beads, buttons, little outworn or outgrown garments, scraps of woollens, cottons and mixed goods collected at remnant counters, ends of embroidery cottons, linens and silks that will work up well nowhere else, a few stray pennies, pretty bonbon boxes—O, the many, many things that there seems no other way to get rid of.

"During my leisure moments, from the very first, I fashion pretty, inexpensive things from these scraps, knit, crochet, and fancy-stitch others, using up the tiniest scraps, short-lengths and bits of material, painstakingly and thoughtfully trying to fashion the most trifling to suit some taste, and when the rush and hurry of gift-bestowing is upon us, I can smile serenely at the worry and perplexity of those who 'just don't know what to get,' or who to give it to, when it is gotten. No matter how many demands are made upon me, I am in a condition to meet them, besides having something for the unexpected 'emergency' gift. I think it would be a good plan, if such a box was 'instituted' in every home. One can, in this way, utilize many things that would otherwise be wasted and the articles that can be fashioned from them would cost both time, money and strength to buy when wanted."

Now, don't you think the plan is a good one? Yes? Worth a trial, even at this late day of the year.

The Vapor Bath.

As the season approaches when sudden colds, coughs from suppressed perspiration, neuralgic and rheumatic twinges, and like ailments may be expected, it is well to give some thought to remedial agencies. There is really nothing better, for all ailments, than water, if one uses it understandingly. It is nature's own healing agent, and there are few cases of illness that will not yield to a proper use of it.

For many years of these troubles, the vapor bath is especially serviceable, when not continued to the point of producing faintness, dizziness and undue lassitude. It is not necessary that one should own a "cabinet," in order to avail themselves of the bath; a pail or pan of water, with a few red-hot bricks to generate the steam

is all sufficient. The patient may sit in an open-work (cane) seated chair, with a couple of blankets pinned closely about his neck. A vessel containing a few pints or quarts of water is to be placed under the chair, and the brick or stone, heated red-hot, should be dropped into it to keep the steam constantly rising from the water. As a general rule, patients should practice much self-rubbing, because the exercise of so doing is of advantage in itself. Friction should be active and rapid, rather than harsh or scraping; magnetic, rather than forceful. Wetting the head, and drinking much water will aid in forcing out perspiration on the body. Some form of cold bath should always succeed it.

Linen Fabrics.

The linen cloth of commerce is the product of the flax plant. Flax is an annual, sending up a stalk from ten to forty inches high, and bearing delicate blue flowers. The seeds are used in the manufacture of linseed oil, linseed meals, and other valuable products. The stalks, when used for the manufacture of threads and cloth, is hand-pulled before the seeds are ripe, and subjected to various processes in order to separate the fibrous portion from the worthless matter. When hand-pulled in the summer, it is left in the field for a time, then soaked in water, rotted, until the fibrous matter can be separated from the stalk-matter, beaten, hackled, and otherwise prepared for use. The cultivation of the plant and preparation of the fibre are very ancient industries, antedating history. In ancient Egypt, the fibre was a very important article, as it was not only worn by all classes, but was the only material the priestly order was permitted to wear.

The most valuable modern flax is of Belgium; there, the plant is hand-pulled in summer before the seeds ripen, stacked in the field or housed during the winter, and the following spring it is retted (steeped in water) in crates sunk in the sluggish waters of the river Lys. After it has soaked a sufficient time, the sheaves are taken out and stooked (or, as we say, shocked), after which it is once more placed in crates and sunk in the river for further rotting of the woody matter, and when finally taken out, it is loosened and put in cones, and when quite dry it is stored for some time previous to undergoing the operation of scutching, after which it is prepared for the spinning wheel and the loom. Some of the linen fabrics are exceedingly fine and beautiful. It is a very durable material, and its fabrics range all the way from the coarsest tow to the most delicate lawns and laces.

The linseed oil and linseed meals of commerce are the product of the ripened seeds, put through the various processes necessary for their evolution.

Fashion Notes.

In most of the periodicals which maintain a department devoted to fashion intelligence, the editor of the department talks away over the heads of the ordinary circumstanced mothers, and recommends materials far beyond the purchasing power of the average family purse. Serge, Shepherd's plaid, homespun, silks, cashmeres, mohairs, cloths, velvets, and like materials are told off as though one had but to choose and possess. These are all excellent fabrics, and exceedingly to be desired, but the fact remains that the average mother, in planning for the wardrobes of her little brood, finds it oftentimes a difficult undertaking to properly supply them with even the less expensive cottons and woollens, and still keep within the limits of her means. To such mothers I would say, "Let not your hearts be troubled"—the old standard, serviceable wash goods, such as calicoes, percales, ginghams, holland, sateens, chambrays,