



The Home Department

Conducted by
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In Autumn.

Come out with me on the hillside.
The world is in gay attire.
The maples along the lowlands
Glow with October fire.
The elm tree and the ash tree
Have changed their green for gold,
And the sumach shines in scarlet,
And—the year is growing old.

See! When the breeze comes blowing
It's way down the steep hill's crest,
The leaves like birds are flying
North, south, and east, and west.
Through the haze that is over the landscape
A breath comes chillingly cold,
Like a sigh in the midst of singing,
For—the year is growing old.

O, the beauty that's all about us—
How soon it must fade and die!
I wonder if bare boughs dream of
Green leaves and the summer sky?
I wonder if old folks' dreaming
Is the same when the days are cold,
Or is it heaven's spring they think of
When life, like the years, grows old?

What matters the autumn's coming,
And the fall of the ripened leaf?
There's an endless springtime nearing,
And winter's reign is brief.
O, sorrowful thoughts—forget them!
Look forth with a joy untold
To the time all hearts have faith in,
Where nothing we love grows old.
—Eben E. Rexford, in Home and Flowers.

Fall Fashions.

Even though one be not "in society," or a devotee of Fashion, she must give some thought to her apparel, and one's wardrobe may just as well be fashioned after late models as to copy the obsolete. The success of the business woman is in a measure dependent on her attire, and she should take pains to be becomingly, and to a certain extent at least, stylishly dressed. This in no wise pre-supposes undue expense, as a little taste and skill can work wonders out of even cheap materials. It pays, however, to get the best—good, honest material, and quantity should be sacrificed to quality. One well-made costume of good material, not too pronounced in type, will serve better than half a dozen cheap, tawdry garments.

For woman whose realm is home, the same rule will work. The attire should be suited to the employment of the hour. For the working dress, comfort and cleanliness should be the first consideration. Floating scarfs, billowy laces, buttons, pleats, tucks and sheerings are extremely out of place when one is hurrying around the house work, but there are many very pretty work costumes, inexpensive and in good taste, which are easily copied into our every-day wear. A woman need not be a dowdy, or a sloven, simply because she has to cook, sweep, dust and fight disorder. Treadmill gowns may be very becomingly made.

A most important item in woman's wear is the shirt-waist, and its popularity in no wise wanes. There should be harmony between the waist and skirt worn with it. The designs for both waists and skirts are so numerous and so attractive as to make choice between them somewhat of a puzzle; but one should select a style that will be individually becoming and appropriate for the use to which it is to be put.

The hat, or headwear, is a most important item and should demand some

thought and judgment, and one should not be at all backward in considering the becomingness of style and coloring, as well as material. Here, if anywhere, quantity should be sacrificed to quality, for really good material, if less of it, should be chosen, as the headgear is subjected to hard usages sometimes.

A Plant Pit.

When a woman sees the impossibility of having a greenhouse, she begins to plan for a pit. Window gardens are not always a success. Here is a plan of which many can avail themselves, at small expense. It may be called a cellar-extension pit.

As seen from the outside, it has the appearance of a narrow hot-bed frame placed against the south side of the house; it is entered from the cellar, by two doors through the cellar wall; from the cellar, the pit has much the appearance of a greenhouse, which, in fact, it is, on a small scale, although without regular artificial heat. The warmth is obtained from the sun through the day shining through the sash, and from the natural warmth of the cellar and on cold nights, a lamp is left burning. The pit is 12 feet long and 5 feet wide; there are six plant shelves the length of the pit, and these should hold between two hundred and three hundred plants. At two places on the lower shelves no plants are kept, and these allow room to stand in watering and otherwise taking care of the plants in winter. When the weather permits, the air is admitted by raising the sash a little, which can be done from the interior. On warm, sunny days, the sash can be raised more, and some days will permit of their being wholly removed. Geraniums, and all other plants of like needs as to heat, do very nicely in such a pit. Doors opening into the cellar are placed between the pit and the cellar, and are kept closed during warm weather. The sashes are secured by iron hooks which are fastened below. The cost of such a pit, hiring labor, should not be more than \$15. A smaller pit may be made by using the stairs to the outside entrance to the cellar, by substituting glass for the outer door. In very cold climates, the glass may be covered in the coldest weather, when there is danger of freezing, with old quilts, pieces of carpet, etc., and banked around with coarse manure.

Wintering Plants in the Cellar.

It is to be kept in mind that plants are placed in the cellar to rest—not to grow. Water should never be given them, except to keep the soil from becoming dust-dry. Used merely as a storage place to keep them through the long, cold months, there is no place superior to a dry, well lighted cellar. Tubs of hydrangeas, Cape jessamines, and many other potted shrubs may be trusted to it with perfect safety; plants that require rest, like fuchsias, callas, and such things, will find it all right, and, indeed, the busy housewife may safely trust nearly all her treasures to its keeping. The great secret of taking care of them is to neglect them as much as possible; they are not growing, but sleeping, and if they are wanted to come out strong and fresh in the spring, she must not disturb their repose. If some of the pots and tubs are small, and the soil should become dry, it may be well to water them once or twice during the winter, but in no case saturate the soil. In early spring, if the

buds on the plants are seen to be starting a little, do not give them water—which only favors their growth, but keep them as cool and dry as possible until time to take them out of the cellar.

Young plants of geraniums cannot be saved by shaking the soil from the roots and hanging up in the cellar; only old plants of several years' growth, with strong, stocky roots, can be hung to rafters or packed in boxes with any assurance of safety. Tender roots cannot withstand the air, and speedily shrivel and die. Young plants should be kept in pots, watered sparingly, in a cool room where no growth will be encouraged.

Helpful Items.

"Mirth is God's medicine," says Dr. Oliver Wendell Holmes. The great, serene souls of life have attained their lofty poise only by passing through the furnace of affliction. Their faces wear the scars only because of their ignorance at the time. Later they learned to laugh at disaster, and laughing, instead of lamenting, they know how to turn defeat into victory.

O O

When misfortune comes, search for the lesson. Rebellious hearts, tear-dimmed eyes, ranting, raving and sleeplessness beget only disease and age—absolutely nothing else. After the storm has cleared, the lesson learned (or not), you will look upon the wreck of yourself, and ask, "Is it worth the while?"

O O

Decadence arises from ignorance or carelessness; physiologists affirm that the body has practically endless powers of recuperation, but it is continually thwarted by man's folly. The mental forces, joined by the recuperative forces of nature, will reconstruct the body, if guided by wisdom. Ignorance of how, what and when to eat, lies at the foundation of most disease.

O O

The key to perennial youth lies in soul recognition, mental emancipation, and bodily regeneration. Soul recognition implies the acknowledgment of the power of the divine force within us to mold the body at will, to cleanse it of impurities, to drive out disease and restore harmony—health. Mental emancipation means freedom to think for one's self—not the blind following of the thought of others. It means a strong, pulsating individuality, which shall guard the mind against turbulent, destructive emotions; which shall enable one to take the larger view of the petty trials of life; to view pain as a purifier, disaster as discipline, and trouble as but the reverse side of good.

O O

A well-known physician says: "Anger, anxiety, fear, and like passions will poison the secretions of the body. Anger or fright promotes a secretion of poison in the sac of a venomous snake; man has no organ in which to store the toxins, which is developed for the same purpose, perhaps, as in the snake, and consequently we poison ourselves with the material meant for our enemies. Every fit of anger, every hour of worry, every bitter, envious, malevolent thought is a boomerang with which we wound ourselves. When a woman confronts a faded face in her relentless mirror, she must look within for the cause. It is not the years, nor the burdens of the years, but how she has thought of them; it is her mental attitude that counts. Fret, worry, anger, bitterness, envy, covetousness, are written all over some

faces; the inward discord creates disease—health, is harmony."—Household Ledger.

Nothing so quickly relieves tired eyes as bathing them in hot water. Two or three drops of glycerine given to a baby suffering from stomach ache will ease the pain, if wind is the cause.

Saturate a piece of pumice stone with perfume and put it in drawers or boxes, if you wish a delicate odor of your favorite perfume.

It is said that white-wash spots can be removed instantly by washing with strong vinegar.

Never allow yourself to eat when exhausted, physically or mentally. Sip either hot water or hot milk until refreshed.

A few drops of glycerine taken into the mouth and swallowed slowly will often soothe an irritable cough by moistening the dryness of the throat.

To relieve heartburn, or the "all gone" feeling of the dyspeptic, lay a cloth, wrung out of hot water, on the stomach, covering it closely with a dry flannel, repeating as the cloth cools.

For sunburn, the hot bath is good, to be followed by a light application of vaseline or thick, sweet cream, to prevent the skin peeling off. Witch hazel is also good to use for cooling the face.

When worn out with a day's outing, sponge the face and neck with water as hot as can be borne; sponge the temples, throat, behind the ears and the back of the neck, and, if possible, take a nap of ten or more minutes.

An excellent, and certainly harmless

SPOILED CHILDREN

Usually Make Sickly Men and Women.

The "spoiled" child usually makes a weak, sickly man or woman because such a youngster has its own way about diet and eats and drinks things that are unfitted for any stomach and sickness results.

"I was always a delicate spoiled child and my parents used to let me drink coffee because I would cry for it," says a Georgia young woman. "When I entered school my nervousness increased—and my parents thought it was due to my going to school so they took me out again. But I did not get any better and my headaches got worse and weakened me so that I was unfit for any duty. Sometimes I would go a whole day without any other nourishment than a cup of coffee.

"Last spring I had a bad attack of the Grippe and when I recovered I found that coffee nauseated me so I could not drink it and even a few swallows would cause a terrible burning in my stomach. It was at this time that a friend who had been much benefited by the use of Postum suggested that I try this food drink. I found it simply delicious and have used it ever since and the results speak for themselves. I have gained 12 pounds and my nerves are as steady as any one's.

"I consider myself well and strong and I make it a point now to take a cup of Postum with a cracker or two as soon as I come home from school in the afternoon. Postum with crackers or a biscuit makes my luncheon. It certainly saved my life for I know coffee would have killed me in time had I continued drinking it.

"I have a young girl friend, a stenographer, who declares nothing strengthens and refreshes her like Postum and she has a little oil stove in her office and makes a cup of Postum at noontime. I have recommended this wonderful beverage to many of my friends who know what it has done for me." Name given by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."