



# The Home Department

Conducted by  
Helen Watts McKee

## Marble, or Dust?

A child, beside a statue, said to me,  
With pretty wisdom very sadly  
just—  
"That man is Mr. Lincoln, mamma.  
He  
Was made of marble; we are made  
of dust."  
One flash of stinging sorrow trembled  
through  
The dust of which I had been dimly  
made,  
One fierce, quick wish to be of marble,  
too—  
Not something meaner, that must  
fall or fade.

"To be forever fair, and still, and  
cold,"  
I faintly thought, with faint tears in  
my sight;  
"To stand thus face to face with time,  
and hold  
Between us that uncrumbling charm  
of white;  
To see the creatures formed of lighter  
stuff  
Waver in little dead-leaf whirls  
away,  
Yet know that I could wait and have  
enough  
Of frost and dew—enough of dark  
and day!"

"I would be marble." Wherefore? Just  
to miss  
The tremors of glad pain that dust  
must know?—  
The grief that settles after some dead  
kiss?—  
The frown that was a smile not long  
ago?  
Do I forget the stone's long loneli-  
ness—  
The dumb impatience all wan  
watchings bring?  
The looking with blind eyes, in vague  
distress,  
For Christ's slow coming, and the  
end of things?

No, boy of mine, with your young yel-  
low hair,  
Better the dust you scatter at your  
feet  
Than marble, which sees not that you  
are fair;  
Than marble, that knows not that  
you are sweet.  
Aye, or than marble which must meet  
the years  
Without my light relief of murmur-  
ous breath;  
Without the bitter sweetness of my  
tears—  
Without the love which dust must  
have for death.

—Selected.

## The "Straight Front."

If it has done no other service to  
womankind, the fashionable fad of a  
"straight front" has induced them to  
at least hold the shoulders well back,  
and the head erect. An erect position  
has a moral, as well as a mental and  
physical effect. Erectness is a sign  
of courage, hopefulness and ambition.  
A stooping posture is a sign of a cow-  
ard and a slouch. A bowed head may  
be the sign either of lack of self-es-  
teem—undervaluation of our own  
worth—or it may be an evidence of  
conscious degradation. When the  
shoulders are allowed to droop for-  
ward, the chest is contracted and the  
lungs refused room to perform their  
natural functions, and inevitably, poor  
health is the result of the construction.  
The results of poor health are too  
well known to need amplifying here.  
With the head erect and the shoulders  
well back, one is not apt to indulge  
in morbid or despondent fancies; the

mental attitude is one of alertness  
and ambition. When danger menaces,  
we face it with erectness; one can-  
not defy misfortune with drooping  
shoulders. A clear, straight-forward  
look is indispensable to high moral  
and mental courage. It is well to cul-  
tivate the physical attitude which  
gives us the strong mental and moral  
courage to face the world, and look  
our life squarely in the face. Hold the  
head well up, the shoulders squarely  
back, and give the lungs room in  
which to manufacture the rich, red  
blood so necessary to health, and you  
will find that life will be broader,  
brighter and better for you, from  
whatever vantage ground you may  
view it.

## The "Little Foxes."

Remember, it is the little foxes that  
spoil the vines, and, in like manner,  
it is the little rips, rents and tears,  
missing hooks, torn-off buttons,  
ragged button-holes and neglected  
tapes that spoil the usefulness of our  
garments. These little neglects bring  
upon us, also, the name of being un-  
tidy, badly dressed and slovenly. Not  
only in the matter of one's garments  
are these little offenses against neat-  
ness apparent, but the careless condi-  
tion of the hair, the dingy neckwear,  
the flowing shoe-string, the wrinkled  
hose, the uneven hanging of the skirt,  
and the general tossed-on appearance  
of everything we wear at our work.  
One cannot go slipshod and untidy six  
days in the week without some ravel-  
ings ripped from the garment of habit  
trailing after us on the seventh. Hab-  
itual untidiness cannot be hidden. If  
there is a rent or rip in the clothing,  
it is much easier to mend at once,  
than to wait until a patch is required  
where a stitch would have sufficed if  
taken in time. A rip or a rent never  
grows less, if left to itself; no button  
ever, of itself, attaches itself to a gar-  
ment. To put away a garment need-  
ing even small repairs, is surely lay-  
ing up trouble for another day, when,  
in an emergency, we have imperative  
need of its wear. A few stitches in  
time may save us hours of work at a  
time when we can ill spare it, and in  
many cases, the garment is rendered  
useless by additional mishaps because  
of our neglect.

## Frosty Mornings.

Do not forget the baby's comfort,  
now that the cool mornings necessi-  
tate additional attention to the little  
one who can only make known its  
needs through fretting and whimper-  
ings. See that the little limbs are  
covered; that the little stockings are  
well drawn over its little knees, and  
that no wet, uncomfortable, sickness-  
inducing clothes are anywhere about  
its little body. Remember that a  
healthy baby is a clean baby, and the  
little one cannot help itself; its com-  
fort is entirely dependent upon those  
about it. Whatever else is neglected,  
let it not be the baby. The nursing  
bottle, too, needs attention—at all  
times, not less in winter than in  
summer, absolute cleanness and  
neatness is the price of baby's health  
and good nature. But especial atten-  
tion must be given to keeping the lit-  
tle body from chilling and getting  
blue. Do not neglect the baby.

## Dolleys

Tradition tells us that the word  
"doiley" originated in the name of  
Robert D'Oiley, who received a grant  
of land from William of Normandy on  
condition that he should give, annual-

ly, at the feast of St. Michaels, a ta-  
ble-cloth valued at not less than three  
shillings. These quit-rent table-  
cloths, beautifully embroidered by  
members of the family, came to be  
used as napkins at the table of the  
king, and were called D'Oileys.

## Query Box.

Reader.—Mrs. A. D. T. Whitney has  
passed her seventy-ninth birthday.

Hollis.—Answered you by mail, as  
you sent address. No business address  
given in the Query Box.

M. M. S.—Thanksgiving is the real  
home festival. Every one wants to  
have a home dinner on that day, or,  
at most, meet with friends.

Mrs. A. N.—As a preventive to  
moths and other insects, some strong  
powder, such as red pepper, black pep-  
per, tobacco, or slacked lime, should  
be sprinkled on the bare floors before  
putting down the carpets.

Young-Nurse.—A good way to apply  
hot fomentations is to heat a brick  
very hot, dip it in water and imme-  
diately wrap in several folds of flan-  
nel cloth and apply to the seat of  
pain. Care must be taken to prevent  
the steam from burning the flesh by  
having enough wrappings. The effect  
is often magical.

Young Daughter.—A reasonable  
amount of decoration adds to the  
beauty of a room, but too much, or  
which is unsuitable, is out of taste  
and repels the eyes. In the living  
room comfort and ease of keeping  
clean should be the first thought.

School-Girl.—No, do not prefix  
"Miss" to your name when writing to  
friends. In writing to strangers, or a  
business letter, the word should be  
written before your name, enclosed in  
parentheses. Miss or Mrs. is a title of  
respect.

Mechanic.—Common shellac, dis-  
solved in enough alcohol to make it  
the required consistency, is said to be  
an excellent cement for wood. It is  
claimed that it will unite fractured  
legs of chairs and tables as firmly as  
if they had never been broken.

Enterprise.—I cannot advise you in  
regard to the raising of ginseng roots  
as a commercial venture. I believe  
horticulturists have decided that the  
autumn strawberry is not an anomaly,  
but a perfectly natural growth which  
may be produced every normal season.

Doris.—For lavender sachets, try  
this: One pound of lavender flowers  
(to be had of your druggist), one  
ounce of benzoin, half ounce of oil of  
lavender, one ounce of extract of  
musk. Mix thoroughly, fill muslin  
sachet bags, tie and place among your  
linen.

A Reader.—A wash-silk waist should  
be washed in hot water with pure  
white soap, rubbing gently and  
squeezing lightly with the hands;  
rinse in clear water in which has been  
put a very little vinegar. Do not  
wring. When nearly dry, iron on the  
wrong side with a moderately hot  
iron.

"Nervous."—It is not well to dose  
one's self with every remedy seen  
recommended in even the best of per-  
iodicals. Medicine does not affect ev-  
ery one alike. The drug mentioned  
has been highly recommended, but  
you should ask your physician's ad-  
vice before taking it.

Jennie.—A good school rhetoric and  
dictionary will be a very great help  
to you in learning to express yourself  
in clear, terse, forceful language, and  
a good set of Encyclopedias will be  
almost indispensable for the work in  
which you wish to engage. Reading

## BOTH FEEL

### What Proper Food Does for Both Mind and Body

Physical health, mental health, in-  
deed almost everything good on this  
earth depend in great measure upon  
proper food.

Without health nothing is worth  
while and health can be won almost  
every time by proper feeding on the  
scientific food Grape-Nuts.

A California trained nurse proved  
this: "Three years ago I was taken  
very sick, my work as a trained nurse  
having worn me out both in body and  
mind, and medicine failed to relieve  
me at all. After seeing a number of  
physicians and specialists and getting  
no relief I was very much discouraged  
and felt that I would die of general  
nervous and physical collapse.

"My condition was so bad I never  
imagined food would help me, but on  
the advice of a friend I tried Grape-  
Nuts. The first package brought me  
so much relief that I quit the medi-  
cines and used Grape-Nuts steadily  
three times a day. The result was  
that within 6 months I had so com-  
pletely regained my strength and  
health that I was back nursing again  
and I feel the improvement in my  
brain power just as plainly as I do  
in physical strength.

"After my own wonderful experience  
with Grape-Nuts I have recommended  
it to my patients with splendid suc-  
cess and it has worked wonders in  
the cases of many invalids whom I  
have attended professionally." Name  
given by Postum Co., Battle Creek,  
Mich.

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the famous little book, "The Road to  
Wellville."

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