



The Home Department

Conducted by
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The Last Survivor.

(A press dispatch suggests that the last surviving Union veteran will still be living in 1950.)

The last survivor! Ah, who knows
What name shall bear that lonely
fame?

Enough to know he was of those
Who, when the call of country came,
Went forth and, mid-war-smoke and
flame,

Followed the flag,
The dear old flag,
The starry emblem of the free,
And did his part
With dauntless heart,
To bear it on o'er land and sea.

Ungessed he mingles with the throng
Of young and old, of grave and gay,
His years a vista growing long
Till far it seems—how far away!
When grappling hosts of blue and
gray

Surged round the flag,
The dear old flag,
And that proud emblem of the free,
All blood-besprent,
Still forward went,
In line that stretched from sea to
sea.

Ah, youth was strong and hope was
high

When first he donned the Union
blue;

Of comrades then how many lie
On fields which sealed devotion true,
While grandly o'er the torn ranks
flew

The starry flag,
The dear old flag,
The glorious emblem of the free,
As still it waves
Above their graves,
In peace unvexed, from sea to sea.

And year by year the comrades left,
They count more few and fewer still,
Yet, in the shortening line, bereft
Of more and more who charged the
hill

Or marched the plain, how high the
thrill

That greets the flag,
The dear old flag,
The starry emblem of the free,
When o'er his head
Its folds outspread—
God's benison on land and sea!

—Lieut. E. Hannaford, in New York
Independent.

More About The Feet.

Attendance upon the various World's fairs have opened the eyes of the people to the important part the feet play in the health and happiness of the human family in general. They have learned, through much tribulation, that the proper care of the feet is as necessary to one's looks, and even greater value to one's health and comfort than so much fussing over the appearance of the hands. These useful members of the body have been, like the tolling mother and house-keeper, taken as a matter of course, and "and old treatment" was considered good enough for the feet; the "raiment," in this case, was considered of far more importance than the body, and the most excruciating pain was borne heroically rather than wear a shoe that fitted the foot. By these false ideas of beauty, much mischief

was done, and much needless suffering incurred.

But pedestrianism at the various World's fairs has demonstrated the fact that to no other member of the body do we owe so large a measure of our good or bad looks as we do to our feet. Nothing "haggards" one so quickly and completely as painful and aching feet, and nothing plays so large a part in the business of the day or our ability to "see things" as our too-long-neglected feet. Nothing is so distressing as to try to amble along in tight or ill-fitting shoes, or on badly-cared for pedal extremities.

So we find the printed page literally bristling with information and warnings about these so-long neglected members, and if one at all cares for comfort and ability to get over the grounds and get returns for time and money invested in a visit to the present exposition, it is well to heed the warnings. The feet should be bathed for at least half an hour, every night in tepid, or rather warm water in which a handful of salt, or a teaspoonful of ammonia has been thrown, keeping the temperature even all the time. After drying the feet, while still moist, rub into them a little vaseline, or olive oil, which will be quickly absorbed. Do not wear the same stockings two days at a time, but put on clean stockings every morning, dust the outside of the stocking and the inside of the shoe with powdered French chalk, and see if you do not get about with more comfort than if you neglected these attentions.

For The Tourist.

If possible to do so, do not come to the exposition for a stay shorter than two weeks, and even that period will prove to be very much shorter than you will wish, for there is so much to see, and the fascination of sight-seeing grows on one, and there seems no satisfactory choice but to see it all, if possible. It will consume the best part of the day to locate yourself, and, unless you have informed yourself beforehand, you will hardly get the "hang" of things for another day or two, or get a clear idea of what you want to see, and how you may find it.

Don't bring any baggage. A dressing-case and a hand-satchel will hold all you need, unless you expect to attend social functions where "dress" is imperative; otherwise, let what you do bring be intended for service. Don't buy lisle-thread hosiery, for this makes the feet ache and burn with much walking; just soft, thin cotton, is best. Combination underwear, cotton, with low neck and short sleeves, simply-made night-gowns, handkerchiefs, some neat neckwear, two or three pairs of gloves, two pairs of comfortable shoes, with slippers, soap, comb and brush, wash-rag, hairpins, black and white pins, and toilet brushes, will pack into small space, and what you cannot bring in the way of accessories can be very reasonably supplied here. Keep in mind that the object of your visit is to see—not to be seen, yourself—and that very few people will find you half as interesting as the real, installed exhibits.

If you want to be cool and comfortable, mentally as well as physically, do not eat heavy dinners, or consume ice-cream sodas, or drink much ice-water. A good plan is to learn to drink as seldom as possible away from your room, and if you must drink, carry a small bottle of lemon juice (squeezed from a fresh lemon) with

you, and drop a little into your cup of water (no sugar) and sip slowly. Do not be continually eating candy, chewing gum, or eating bananas, or pop-corn balls. These will increase your desire to drink, and keep you continually hunting drinking fountains—which you may have trouble in finding.

"The Glorious Fourth."

More and more, it is becoming the custom, among thoughtful people, to question the wisdom of allowing the use of dangerous explosives by all classes, kinds and ages of people in the celebration of the nation's birthday. The relation of powder to patriotism is by no means so great as many would have us believe, and the shocking list of casualties and disasters which follow as an aftermath to this display of enthusiasm is certainly anything but desirable, to say nothing of the many minor accidents of which nothing is ever heard. Thousands of dollars in money literally go up in smoke every year, while much valuable property is often set on fire and sacrificed to flames through carelessness or accident, and the result is victims innumerable, swathed in bandages, writhing in pain, fortunate if all the pieces may be gathered up and patched together; a large proportion of the victims being merely onlookers, injured through the carelessness of those actively engaged in burning the powder, makes it none the less a criminal nuisance. A prominent writer says: "There is no doubt that the number of deaths directly traceable to the noisy observance of the Fourth, among the already seriously ill by far exceeds the number of deaths caused by crackers and other explosives, long as that list is. The saying, 'Butchered to make a Roman holiday,' might well be paraphrased in this connection, for on no holiday of ancient times were so many victims sacrificed as on our own Fourth of July."

Where there are so many other and better ways by which to express our patriotism, why should they not be utilized, and the day be thus made a holiday greatly to be desired, rather than a time to be dreaded.

Bathing Suits.

All wool flannel or serge is the material considered most acceptable for the making of bathing suits, the preference, if any, being given to serge on account of its wiry propensities. Navy blue or black are the best colors; white has a decided following, and scarlet is sometimes worn, but it takes a daring woman to wear a scarlet bathing suit into the surf at a crowded summer resort—or, indeed, anywhere else. The bodices of bathing suits are sometimes made with full-length, loose-fitting caps. For the bathing suit, the skirt is a trifle longer than for the swimming suit.

The Inner Light.

Did you ever think of it—that the tabernacle was constructed without windows, and the priests who entered it had no light from without by which to perform their allotted duties? The lamps of the candlesticks which burned continually were a symbol of God's word, and they, the priests, were symbols of God's children. In the work given them to do they were guided solely by the light given forth from the candlesticks, and they needed no other; they did not seek to let in light

from other sources, or from the outer world, to aid them in following the path He had placed for their feet.

The light within was full of a radiance which left no room for any other, a radiance which the world can never know, and there was never any fear that darkness would come upon them. Such was the confidence these children of old felt in the promises of the Divine Father that they had no thought of questioning the continuance of His care, or that He would not provide for the day according to their needs. How different from the children of today. How loth we are to "trust and believe." We are doubters, all, and in our eager search for further, outside light, we fail to care for the lamp in our hand, wandering further and further into the darkness, away from the radiance of the lamp, until our feet stumble and we fall, only to rise—if strength be given us to raise ourselves—smeared and weighted with the mud of unbelief, going always further away from the altar of faith, at last losing ourselves as we have lost the radiance of His countenance.

"O, thou of little faith," in all your wanderings, have you found anything that will fill the place of the neglected lamp, or that will in any degree supply the peace and rest emanating from the light within?

Regard for Appearances.

It is an established fact that people rarely imitate or try to assume to themselves, that of which they are ashamed; and it is also well known that imitation is the sincerest flattery, since we only imitate that which we value, or earnestly covet for our own. People do not act the hypocrite from love of it, and there is little satisfaction in trying to deceive others into believing we are what we know we are not, merely for the sake of deceit. Beneath all our frantic, and often ludicrous, attempts to "put the best foot forward," there is a creditable motive, though the means employed may be anything but commendatory. Respectability is aimed at, because it is recognized as a good thing; well-doing is assumed, because it is desirable; the handsomest garment is displayed and the homely one hidden, because beauty is conceded to be the greatest addition to modern life. It is an accord with that inner longing for "something better than we have known" which prompts us to assume a virtue even if we may not have it, and in these days when a good appearance is of so great importance, there is the greatest temptation to pretend to the ownership of that we desire the most. We all have our ideals and very few of us like to appear to reach downward, but instead of trying to live up to those we aim at, we are constantly pulling them down to the level of shams. "As a man thinketh in his heart, so he is," and let us hope that we may all grow up to a strength that will enable us to be, as well as to assume.

Current Jelly.

This recipe comes to us very highly recommended:

Only the finest fruit should be used to obtain the best results. Cover the fruit with water and heat it slowly in a porcelain kettle until the currants may be mashed or broken. Turn them into a straining bag and allow to drip into an earthen crock. Do not squeeze the fruit, as squeezed-out juice will not make clear jelly, though it may be used for other purposes. Measure the juice by cupfuls. Allow a scant cupful of granulated sugar to a large cupful of juice. Put the sugar in the oven to heat, leaving the door ajar if the oven be very hot.

Boil the juice just twenty minutes by the clock, removing the scum as

AN OLD AND WELL TRIED REMEDY.
MRS. WINSLOW'S SOOTHING SYRUP for children
teething should always be used for children while
teething. It softens the gums, allays all pain, cures
wind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle. It is the best.