



"As A Man Thinketh."

There is no such thing as Fate. I build my life
As men may build a castle, stone on stone;
Whether I know or not, 't is I alone
Who fill my days with peacefulness or strife.

I have the power to think—to choose my thought,
And as I think and plan, so must I act;
Then doth the imaged thing become the fact—
The phantom breathes, the miracle is wrought.

So, if I choose a life as pure and true
As any saint's of all the ages past,
I need but think fair thoughts and hold them fast;
I need but plan and hope and will and do.

I am the sum of days that are no more,
If one be darkened by an evil deed,
I may not change it now, but I may heed
And learn a lesson by the pain I bore.

I build my life, for failure or success—
Just as I will. It rests with me to choose.

God give me noble thoughts: help me to use
Only the stones which make for perfectness.
—Isabel Richey, in "Thoughts, New or Old."

Who seeks for the fadeless beauty,
Must seek for the use that seals
To the grace of a constant blessing
The beauty that use reveals:
For into the folded robe alone
The moth with its blighting steals.
—Margaret E. Sangster.

Poisonous Plants.

Many persons cannot indulge in woods-trips because of their sensitiveness to the poison of some of the vines and shrubs. Among the most to be dreaded of these plants are the poison sumach and the poison oak, or ivy. Most of the several species of sumach are harmless, but the poison variety is in some respects the most poisonous shrub we have. It may be readily distinguished from either the smooth sumach or the stag-horn variety by reason of its leaflets being "entire"—that is, without teeth or lobes, while the harmless varieties are saw-edged. The mountain sumach is distinct from it in having the leaf-stems widened out into "wings," while the poison variety is wingless.

The poison ivy is a near relative of the poison sumach; is usually a creeper, but becomes a shrub when it happens to grow where it can find no support for its aerial roots. It has compound leaves with three leaflets. The Virginia creeper is sometimes confounded with it, but should not be, as it is entirely harmless, has five leaflets instead of three, and is differently shaped. The bitter-sweet, another native climber, has seven to nine leaves.

Bathing Suits.

An especially attractive design for a bathing suit for the summer girl shows

A N 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.

a skirt and blouse of good quality of black taffeta silk. The skirt and blouse are box-plaited; the plaits are stitched in black, and the lower part of the skirt is trimmed with rows of narrow black braid. Three buttons are fastened to the center box-plait of the blouse; two others of the same size fasten the narrow silk straps which are caught to the box plaits either side of the center one, and one button fastens the collar.

Floral Talks.

To the uninitiated, it may seem out of place, in the hot July weather, to talk of the winter garden; and it is the supposition with many that the outside garden is already laid by—that the seedtime must now give way to the harvest. But these topics are very timely, and, if one expects to have flowers later on, or early in the spring, there is more to be done in the outside garden than merely to stir the soil, killing the late-started weeds, or make a free use of the hose or the sprinkling can.

Now is the time, too, to make preparations for the successful window garden, and much of this preparation has to do with the July garden. Outside, many seeds of perennials and biennials must be sown in order to have them bloom next year, while autumn sown pansies, candy-tuft, mignonette, phlox, and the like must be started for the early spring-blossoms, indoors and out.

Slips of hardy roses may be potted in July. The cuttings should be six inches long, and sunk in the earth in a moist, shady place, leaving only a leaf and an eye above the surface. A glass fruit jar should be turned down over the cutting, and not lifted until next spring, and water, when necessary, should be poured around it, the soil not being allowed to dry out. The latter part of the month is a good time to root cuttings for a general collection of plants to be used for winter window decoration. There is nothing so sure in the hands of the beginner as the geranium plant. If one cannot succeed with the geranium, she is not likely to succeed with others, while, with the experienced plant-lover, nothing can take its place.

Sunshine, Prima Donna, Jean Sisley, Bouvenir de Mirande, Amie Hoste, Mrs. Vick and Sandersoni are all splendid winter bloomers, and slips should be started this month for the window. Do not make the mistake of buying plants in full bloom and expecting them to go right on blooming all summer, and then be good-natured enough to go right on doing the same thing through the winter. They will rarely give you any bloom, but those they bring you, unless you have "green-house" facilities to offer them. The florist forces his slips to bloom in order that you may know what you are buying, and when you take the plant to your home, away from the moist, warm air of the green-house, the plant will go to increasing the tops, and, bye-and-bye, when they have become naturalized, they will give you plenty of flowers. But if your object is winter blooming, you must pinch out every bud and keep them growing thriftily, shifting them into larger pots as they become filled with roots—that is, root-bound, which sets them to blooming; your object, until about September, must be thrifty growth, when they may be allowed to set buds for continued house-blooming.

Query Box.

Blanche.—An acid strong enough to remove freckles generally removes the skin, as well. I am sorry I cannot aid you.

Busy Bee.—Carnations delight in rich soil, a good deal of sunshine and plenty of water. Shade is destructive to their blooming qualities.

Invalid.—Not being a physician, I cannot prescribe for you. I can only suggest remedies which are known to have been successful, and of a simple nature.

Mrs. R. F. G.—The rollers of your wringer may be kept clean by rubbing with a cloth moistened with coal oil. After using, the wringer should be wiped dry before putting away.

Mrs. "Newly-Wed."—Make oven cloths of double thicknesses of coarse shirting gingham, or such material as will protect the hands. Fasten a small brass ring in one corner, and hang on a small hook near the stove.

"No Name."—It is not advisable to try to change the color of your hair. It does not pay, and one never looks as well as she would with hair of its natural color, which always harmonizes with the complexion. You might try washing it in a solution of ammonia—a tablespoonful of ammonia to a basin of water; but it is best not to.

W. R. K.—The duties of the ushers at a wedding are to assign guests to the seats reserved for them, and make themselves generally useful. The groom generally selects them from his closest friends, and there should be as many ushers as there are maids.

Halsey S.—In the hands of a competent physician, morphine may be safely used during painful operations, or in cases where relief from pain must be had; but its use is not advisable where other means will avail. Only a very small percentage of those upon whom the morphine habit has become fixed ever escape from its bondage. It is a terrible misfortune.

Helen M.—To clean oven cloths and stove-holders from crock, soot, etc., soak them overnight or several hours in just enough coal oil to cover, then wash in coop soap suds.

L. N.—A strong solution of salt and water will set most colors, and the garment must be soaked in this before each washing. Alum solution sets the color permanently, and at the same time lessens the liability of the garment catching fire. A strong solution should be used after the last rinsing to make this successful. Colored fabrics are often faded or changed in shade from being dipped in hot starch, or ironed with a too hot iron.

Novice.—Your question calls for more space than can be given in the Query Box, and the answer will be given you in a separate article. I am glad if I can help you, as your ambition is laudable. Tubers or rhizomes are underground stems, as the potato, dahlia, iris-roots etc.

Weed-Flowers.

Among our native wildlings there are some very desirable and beautiful things that will take kindly to transplanting in the proper season, and well repay the care given them. Just before my window is a clump of the lovely blue spiderwort, transplanted from the fields of southwest Missouri. Beside it is a clump of yellow-flowered coreopsis lanceolata, while, pushing its closed fists above the green foliage is a plant of the orange-hued asclepias—the "butter-fly weed," "pluresy-root" of the childhood days. These are all wildlings—weeds of the pasture-lands;

all are hardy, and all bloom freely in the garden. They need no petting, but appreciate good soil. The wonderful rudbeckia, Golden Glow, is one of our native flowering plants, and, though a somewhat coarse flower, is worth a place in any garden. It grows very tall, and its lemon yellow globes of bloom are fine and showy. Some of the wild sunflowers are most beautiful, and not all of them are coarse. A great many of our native wildlings have been taken up by our florists, a price set upon them, and are sold as "novelties."

"The Tragedy Of Fashion."

A sister asks us to give space to the following, clipped from the July number of Good Housekeeping:

"There is serious missionary work at hand for the women's clubs; work which ought to be undertaken without an hour's delay. It is that of bringing well-to-do and fashionable women to a realization of their responsibilities in the matter of dress.

"Every year the fashionable fabrics are getting more expensive; every year the trimmings and the 'findings' for the simplest costume mean a greater outlay of money. Not only are street and evening gowns more elaborate, but fashion is now dictating costly toilets to take the place of the simple and appropriate morning gown; and this at a time when the cost of mere living is ruinously high. Do women with money and position realize what a far-reaching source of evil their extravagance and elaboration of attire has become? Do they guess the heart-burnings of the woman of slender purse who belongs to the same club, attends the same functions, and whose apings of them so as to appear properly dressed mean either weary, nerve-racking hours of planning and midnight sewing, or else a living beyond the slender income, which brings nervous or moral collapse to the fond and overtaxed husband? Do they know that to their door may be laid the unhappy homes, embezzlements and divorces?

"They loudly declaim against the sweat shops; they talk ably on altruism; yet they are blind and deaf to the need next door of simple ideals of living which they, and they alone, can supply. Heaven speed the day of unselfish self-control in the matter of dress."

The Red Cross.

In almost any large town or city, the sight of the red cross is a familiar one, yet there are many who know little of its history, or the work the members of the society of which it is the emblem are doing. The Red Cross is a "confederation of societies in different countries for the amelioration of the condition of wounded soldiers in the armies, in campaigns on land and sea." The society originated with Henri Dunant, a Swiss, in 1859, seconded by Louis Appia and Gustave Moynier of Geneva. Gustave Moynier called a meeting "to consider the formation of permanent societies for the relief of wounded soldiers," which was held February 9, 1863, and on October 26 of the same year an international meeting was held and a treaty was adopted between twelve European governments, giving protection to all working under the Red Cross. The United States senate acceded to this treaty on March 16, 1882. The American (National) association of the Red Cross was organized at Washington, D. C., May 21, 1881, Miss Clara Barton being elected its first president. It carries on its work under the sign of a red cross on a white ground used as a flag, always with the national flag or as an arm badge. In 1883, owing