

ing, they more than repay in the length of life and usefulness.

Information as to sorts suitable for different regions, how to plant and care for them until well started, can be had by addressing the Department of Agriculture, Washington, D. C., asking for printed matter touching upon the subject. Farmers do not avail themselves of this printed matter nearly as freely as they should. Write for the monthly list of publications; it will be furnished you each month, free, and from it you can supply yourself with much information at little or no cost.

#### For the Home Grounds

Now is the time to send for the fall catalogues, and to study their contents. You can not have too much beauty about you, and beauty, in whatever form, pays a big dividend on the time, care and money spent to procure it. If any of these publishers promise you "something for nothing," send your order to the other fellow. Select what you want, if it is but one plant, and pay honest prices for it; you will thus be apt to get what you buy. Many reliable florists and nurserymen advertise "collections" for reduced prices, to be delivered after their heavy trade is over. Many of these collections are very valuable and may suit you better than you can suit yourself, if you are just awakening to the needs of your grounds. Tell the nurseryman what you have, in the way of grounds, what care you can give it, and what you think you want. You will receive courteous treatment. Many firms advertise "trial" collections, sent out in order to introduce themselves to your favor, and most of them give what they promise; but there are many irresponsible people who will not deal justly by you. Order of an old, responsible firm. Elsewhere is a list of old, tried sorts of shrubs, hardy in our northern states, and generally satisfactory. I can not give you a description of them, for lack of space; but they are about all listed by responsible firms, of good size, and at reasonable prices. In the spring, many of them can be had, well-rooted, but quite small plants, for ten cents each, and with careful planting and tending, will make good growth during the season; but these will hardly do for fall planting; the one, two or three-year-old size is better and surer to stand the winter. The nurseryman will send them to you at the earliest possible date for removal, and you can order them as soon as you see fit.

#### Some Fine Hardy Shrubs

One of the finest shrubs is the hardy evergreen, Mahonia; blooms in May—great, golden balls; a northeast angle suits it best, as the winter sunshine works harm to it.

Bush Honeysuckle, red, pink and white flowers, profuse bloomers. All the lilacs—thirty or forty sorts; some better than others, but all good.

Berberry; native of England, but acclimated to our woods. Requires a moist, cool spot.

Several dogwoods—natives; likes damp spots generally, and is fine in blossom, foliage and bark.

Japanese quince—three colors, scarlet, pink and white; blooms in May. Fine for hedge or screen.

Wigellias, white, rose-colored and variegated foliage. Flowers after the lilacs.

Rose of Sharon—Hibiscus; fine; long-blooming, in many colors. Makes a large shrub or small tree if trained to one trunk.

Exochorda Graniflora—rare and beautiful; blooms in May—a perfect cloud of large, white flowers. Slow of growth, unless given care.

Hydrangea paniculata; grown to one stalk in good soil will make a

tree ten feet high and as many through; blooms in August, from every twig-end flower-panicles as big as a baby's head. Blooms last a long time. "One of the finest." Perfectly hardy.

Mock oranges—can not have too many of them on large grounds. Get all sorts; always white, single or double, deliciously fragrant.

Purple plum—foliage particularly fine. Also the purple-leaved Filbert. Yellow-flowering currant; blooms soon after the snow leaves; highly perfumed.

All the spiraeas. Some sorts are always in bloom. All are fine.

Hardy hibiscus, crimson eye. Blooms in autumn. Fine.

Snow-balls, old and new variety. All grand.

Double scarlet plum, and fringe tree—all magnificent.

#### "Race Suicide"

American Motherhood says: "Much has been written of late concerning 'race suicide.' This expression is used to refer only to the failure to bring children into the world. Nothing is thought about the race-destruction that comes through the death of children as a result of the ignorance of mothers; nothing of the lessening of the vigor of the race through the undue taxation of the strength of the mothers. If the government was awake to the realities of life, it would recognize mothers as the greatest wealth of the nation, and would see it as a more wise economy to so care for them that their health, vigor and happiness would be insured, rather than to care only for the wrecks of humanity that come through the ignorance, overwork and illnesses of uncared-for mothers."

Women and girls who would scarcely be given the slightest responsibility in matters of the smallest importance, and who are in no sense deemed fit to manage their own affairs, are given the care of little children—their own, or another's in the capacity of "nurse-girl" without a question. Girls, although bright enough in other lines, who know nothing of the needs of a new life, are allowed to marry and become mothers with the utmost indifference, and with no effort on the part of any one to advise or educate them. In thousands of cases, the children die; in other thousands, they grow up, warped and dwarfed mentally and morally, if not physically, and become "driftwood on the world," while the women age rapidly from neglect, ignorance and inattention to their own needs, suffering from maladies which are forced upon them through wrong living, yet many of them giving to the world large families of most undesirable progeny. Many of these women, if even a little care was given them, would be a blessing to the world and to themselves, through added intelligence and ability to care for themselves and their children.

#### Appreciating Our Own

An exchange, in illustration of the tendency of human nature to undervalue its own, while magnifying that belonging to another, tells of an animal who stood at the fence, neglecting to eat, and looking longingly into a pasture across the fence where it thought the herbage was more tender and plentiful than that which grew in its own lot. The story goes on to say that, bye and bye, the discontented animal died from starvation, while the animal it envied, tired of its own scant pasturage, broke through the dividing fence and fattened on the richer grasses that the other had scorned. It is, unhappily, thus through life with a great many people. We see only the thorns and thistles, the rocks and the bare places about our feet, and imagine every

daub of color in the other field to be rose-leaves or ripened fruits. No matter what our vocation, we think the "other fellow" is having all the fun, and, in our unhappy envy, we lose the good we might find at our feet, if we would but stoop to pick it up.

Few stop to remember that the wearer of the other coat will, from pride's sake, seek to cover up the patched elbow, or hide the rips and holes in the pocket. The garment we so covet may not be suitable to the need we have, and if given to us would fall us in more ways than one. We should try to feel that wherever we are is the best place for us at the moment. If we would make the best of every moment, always keeping the higher paths in sight, we shall find ourselves climbing, getting nearer to the coveted goal because of the strength our attitude is bringing to us. If we reach upward, we shall grow upward; if we reach downward, we shall never find the use for wings. "Whatever is, is best," and if we want better in future, we must work to the higher aim.

#### Pickling Time

Bean Pickles—Boil young, tender beans in salted water until tender; drain well, pack in glass jars or crocks and pour over them hot vinegar in which has been boiled, to each quart, one tablespoonful of sugar, one each of vanilla and cinnamon. If wanted to keep for some time, seal hot in glass jars.

Sweet Tomato Pickles—Slice half a peck of green tomatoes on a slaw-cutter, or with a sharp knife; pour over them one quart of water in which a teaspoonful of salt has been dissolved. Let it stand two days, then drain in a sack until quite dry. To one quart of good vinegar add one pound of brown sugar and one tablespoonful each of mustard, cinnamon, allspice, cloves and pepper. When it comes to a boil, add the tomatoes and boil ten minutes; then simmer until the tomatoes can be pierced with a straw; put away in a jar and cover with a plate, lightly weighted. Ready to use when cold.—R. L.

Ripe Cucumber Pickles—Pare large, solid, ripe cucumbers, cut in rings, divide into smaller pieces and remove the seeds. Cook very slightly in weak vinegar with salt enough to season well; drain as soon as tender, and put into a jar with layers of sliced onions, a few cayenne peppers, and the usual amount of spices—whole allspice, clove cinnamon and celery seeds, usually one tablespoonful of each to one quart of strong vinegar. Then cover with a syrup made of one pound of good brown sugar to one quart of vinegar, boiled for five minutes.—B. L.

Ripe Cucumber Pickles No. 2—Pare, quarter and remove the seeds from a dozen large, solid, ripe cucumbers; sprinkle with a teaspoonful of salt and let stand over night. Then take them out and drain; cook them in very weak vinegar until tender enough to eat well; drain them in a colander, and to two quarts of good vinegar, add four pounds of sugar, one ounce each of nutmeg and mustard seeds, two ounces of whole cinnamon, and boil together; place the cucumbers in a jar and pour the hot syrup over them, covering closely.

#### Requested Recipes

Cauliflower Pickles—After soaking for half an hour in salt water to force out any insects, wash well and cut fine and stew until tender in salted water; for each head of cauliflower mix to a smooth paste one-half pound of mustard, one quart of vinegar and one-half pound of sugar. Let this mixture come to a brisk boil, then pour it over the cauliflower which has been well drained and packed in jars.

Pickled Cabbage—Cut the cabbage

in quarters, drop in strong boiling salt water and cook three minutes; take out and drain, and sprinkle well with salt. Spread in the sun to dry; when dry, shake off the salt and cover with cold vinegar in a jar. In two weeks drain off the vinegar, and pour over the cabbage vinegar prepared as follows: To two gallons of vinegar add one pint of mustard seeds, four pounds of sugar, three lemons sliced thin, two ounces of celery seeds, half a cupful of scraped horse-radish, one large red onion chopped fine, two ounces each of whole pepper, tumeric, and cloves; one ounce each of nutmeg, mace, allspice and ginger. Let this just come to a brisk boil, then set away a day or two, re-heat and pour over the cabbage, covering and slightly weighting down to keep the cabbage under the pickle.

#### Canning Tomatoes Whole

Small, solid tomatoes should be chosen for this; they may be put into a wire basket and plunged into boiling water, peeling them quickly and packing in jars. Add half a teaspoonful of salt to each jar, and fill to overflowing with water that has been boiled and cooled; adjust the rubbers, lay the tops on loosely, and put the jars into the wash boiler in the bottom of which a wooden rack has been placed to keep the glass jars from touching the boiler bottom; surround the jars with cold water, up to the neck, bring the water to the boiling point, boil rapidly for five or ten minutes; fasten the tops of the jars without lifting from the jars; let stand in the water until cold. Another way, but one on which the tomatoes, unless carefully handled, are apt to be broken, is to bring the tomatoes to a boil in a porcelain kettle, and then dip carefully out, one at a time, filling and fastening one jar before beginning a second.—Mrs. Rorer.

#### GOOD NIGHT'S SLEEP

##### No Medicine so Beneficial to Brain and Nerves

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating, to Grape-Nuts, and says:

"For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank.

"When I started on Grape-Nuts, vomiting stopped, and the bloating feeling which was so distressing disappeared entirely.

"My mother was very much bothered with diarrhea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts she is well, and says she don't think she could live without it.

"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by a 'bad stomach.' There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts."

Name given by Postum Co., Battle Creek, Mich.

"There's a reason."