



The Home Department

Conducted by
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The Tapestry Weavers

Let us learn a useful lesson,
No braver lesson can be,
From the ways of the tapestry
weavers.

On the other side of the sea,
Above their heads the pattern hangs,
They study it with care;
And as to and fro the shuttle leaps
Their eyes are fastened there.

They tell this curious thing besides
Of the patient, plodding weaver;
He works on the wrong side ever-
more,

But works for the right side ever;
It is only when the weaving stops,
And the web is loosed and turned,
That he sees his real handiwork,
That his marvelous skill is learned.

Ah, the sight of its delicate beauty;
It pays him for all the cost;
No rarer, daintier work than his
Was ever done by the frost.
Then the master bringeth him golden
hire
And giveth him praise as well;
And how happy the heart of the
weaver is
No tongue but his own can tell.

The years of man are the looms of
God,
Let down from the place of the
sun,
Wherein we all are weaving,
Till the mystic web is done;
Weaving blindly, but weaving surely,
Each for himself his fate,
We may not see how the right side
locks,
We can only weave and wait.

But looking above for the pattern,
No weaver hath need to fear,
Only let him look clear into heaven,
The Perfect Pattern is there.
If he keep the face of the Savior
Forever and always in sight,
His toil shall be sweeter than honey,
And his weaving sure to be right.

And when his task is ended,
And the web is turned and shown,
He shall hear the voice of the Master
It shall say to him, "Well done!"
And the white-winged angels from
heaven
To bear him thence shall come
down,
An God shall give him for hire,
Not a golden coin, but a crown.
—Selected.

A Duty We Owe to Self

In many articles written for or by women, we are admonished that we "owe it as a duty to our husbands and children to take care of ourselves." That may all be true; but do we not owe it in far greater measure to ourselves? Husbands and friends and children may all be taken from us, yet, ourself, like the poor, we have always with us. Then, too, I do not think the word "duty" is the right one to use. To me the word duty is suggestive of hard, stern necessity—a something to be done because it must be done—not because we love the doing, or joy in the service. Duty is always pictured as gray-garbed and ungracious—a something that pushes or pulls one unfeelingly toward some distasteful task.

Looking after the comfort of our loved ones may demand of us much of self-denial, of self-sacrifice, and self-effacement; but do we not go joyously about the service, thinking only of the happiness and comfort our acts shall bring into the lives

we hold so dear? In this devotion to "our own," we may too often forget that the sacrifice of self may not be the wisest offering, and we should now and then be cautioned against an extravagance that will only lead to disaster. Every woman needs to be taught the value of herself; to know that the service of head and heart should far outweigh the mere labor of the hands. She needs, also, to be taught that the happiness and comfort of the home hinges far more on her careful provisions for her own health than upon the slavish drudging for fear some "duty" she is said to owe to her family may be neglected. Let us learn to care for ourselves—to allow ourselves to be waited on. A little selfishness now and then might do a world of good. We recognize "duties" enough, heaven knows; but the pleasure a healthy woman takes in caring for her family should never be advertised as one of them. The caring for one's self, so apt to be neglected, may be justly classed as a duty, and its obligations should be pointed out, but the duty is to our self.

Aiding the Circulation

One of the easiest, and least inconvenient "baths" to be taken is the "friction" bath. This consists of simply rubbing every part of the body briskly, with either the bare hand, a dry towel, or with soft brushes, and is an excellent way to start the circulation of the blood. It can be taken in the morning on getting out of bed, at night on retiring or at other times found most convenient. The friction bath is excellent for the toning up of the nervous system, and of especial value to be taken just before or after a cool sponge bath, bringing a warm glow all over the surface. A rough turkish towel is excellent to use in the rubbing process.

Many sufferers from cold, clammy feet will find relief through washing the feet every night, first through hot water, then douching them with cold water, after which dry with soft towels, then rub vigorously either with the bare hand, or a rough towel, or with both, rubbing each toe separately, spreading them, and massaging on all sides. Cold feet are generally the result of poor circulation of the blood, and this bathing and rubbing thoroughly will bring the blood to the surface and through them.

Try exercise for warmth, rather than "hugging the stove," when you feel chilly. Start the warmth from within, and do not depend upon thick clothing or artificial heat. A brisk walk in the outer air will do more good than gallons of bitter tonic. Plenty of pure water and fresh air with a determination to get one's full share of both, will work wonders in one's health, if persevered in.

"Running an Account"

One of the greatest misfortunes that can befall the average person is to have a "credit account" with the trades-people. If we were forced to pay cash for everything we bought, we would do without a great many things and be much better off. It is very hard to live within a fixed limit of expenses if one can have things "charged," for in that case, the temptation to live more luxuriously than we ought is very great.

With most of people, the "pass-book" takes the place of the bank book, and their "surplus" is entered in the names of the trades people instead of their own. In case of misfortune, sickness, or out-of-ordinary expenses, such people hardly know which way to turn to meet their necessities, and the result, too often, is that everything they have must be sacrificed, or they must not only leave the neighborhood, but their reputation for honest dealing as well, in order to start anew where they are not known. Many do this. If the bread winner should happen to lose his position, the family is plunged deeper in debt, or is forced to do without necessities, while the trades people are not so anxious to "charge" things as when the money is coming in regularly, even though the bills are not all paid promptly.

It is a wise plan to save something, even a dollar, each month over and above expenses. When one has established the habit of saving that amount, depositing it in some safe place where the temptation to spend could not reach it, the desire to make the saving a little larger will set our wits to work, and we will soon find that there are at least a few leaks that can be stopped. A dollar saved is not much; but it means self-respect and a sense of independence, and if the dollar is on our side of the account, we may be sure the trades people will respect us, too, to that extent. An honest person will admire you all the more that you keep within your income, even though the effects of your self-denial does "show through" in places.

Logical Punishment

A rude child must not join the company in the parlor until he is willing to behave—the parlor is sacred to courtesy, which means only minute consideration for others. An ill-tempered child must vent his spleen on emptiness, since friendly ears would ache when listening to the insanities of anger. A tardy child should find his pleasures delayed; if he dawdles in dressing he must lose some part of his breakfast. If he lingers unduly over getting to bed at night, his bedtime should come earlier the next night to make up for lost sleep. The child who will not help others should not be helped. If he quarrels, he should be left companionless; if he lies, his word should not count—other persons' speech may be golden, but his is counterfeit; his simple statement must be proved, it can not stand unsupported. If he steals, he must restore what he took, with open acknowledgement of his deed; if he persists, he must steal his own freedom and be shut up. If he fights he must be cut off from association with those whom he thus maltreats. In all these instances, a misbehaving child merely gets a home foretaste of what the world decrees for a misbehaving man. In most cases, the child himself will recognize the justice of such a return of the deed upon the doer. The busy mother, with other children, a husband, a house to manage, and a few faults and frailties of her own, can not always make sure of dealing prompt and perfect retribution; but she must try to teach the child to regulate his conduct because he really wants to be good; to teach him to fear the sin, and not the consequences of it

to himself. She should seek to make the punishment she feels she must administer so convincing and enlightening as to set the child to work mastering his own shortcomings. Above all things, one must have patience and forbearance, and the charity that "covereth a multitude of sins," when dealing with the child, striving to keep the idea of the sin separate from the suffering the consequences must surely bring, not only to the child himself, but to others.—Success.

Floral Notes

Try planting sweet peas in November for early blooming next spring. Plant in shallow trenches, six inches deep, covering the peas a couple of inches. In the spring follow the growth by drawing the soil to the plant as it grows until the trench is filled. The roots of the plant will thus be deep enough to withstand the drouth later in the season, and the principal growth will be made in the cool months.

A frame placed over the pansy bed when frosts come and covered with a glass sash, if properly managed, will afford sufficient protection to keep the plants blooming. Place the sash on only on cold nights and days, as there is more danger from too much heat than from severe cold. On very cold nights cover the sash with old carpet or matting, removing in the day time.

Many hybrid perpetual roses sold in the open market are grafted on a stock that grows vigorously but does not bloom. If the graft dies, shoots come up from the root-stock, and there is plenty of foliage, but no bloom. When buying your dormant rose plants this fall, send your order to a reliable florist, and insist on the rose plant being grown on its own roots. Many of the monthly blooming roses are hardy if given a little care in severe weather, and these roses bloom from early spring until late autumn—the bushes being full of buds up to the late, severe frosts. Get the two or three-year-old size for planting this fall or early next spring.

Simple Accessories

The girl or woman who is skilled in the use of the needle, or can handle a sewing machine well can save much by making her own dress accessories. Ruffled strips for the fronts of shirtwaists are very popular and easily made, but cost something when bought by the yard. If made detachable they can be easily laundered, and worn with different waists, and give a dressy effect to a plain garment. These ruffles are made of plain lawn, linen, dotted muslin, or any such suitable material, and the edges of these are often trimmed with narrow lace; or two strips of embroidery or lace may be used for the ruffles; or the edges of the ruffles may be bound with pretty colors before plaiting. Hand embroidery may also be used on the straight band down the front, on the ends, or on the hem. The lower end may be left straight, or tucked under the belt, or finished and come above the belt an inch or two. Cuffs made in the same way to match the strip may be worn.

To make the ruffle, take a strip of suitable material four inches wide and forty-eight inches long. If to be plaited, but if gathered thirty-two inches is long enough. Hem both edges very narrowly, and if to be trimmed, sew on the lace, or bind the edges, then with the machine or hand, knife-plait very finely. Press

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.