



The Home Department

Conducted by
Helen Watts Neve

Dying in Harness

Only a fallen horse, stretched out there on the road,
Stretched in the broken shafts, and crushed by the heavy load;
Only a fallen horse, and a circle of wondering eyes,
Watching the frightened teamster goading the beast to rise.

Hold! for his toil is over—no more labor for him;
See the poor neck outstretched, and the patient eyes grow dim;
See on the friendly stones how perfectly rests the head—
Thinking, if dumb beasts think, how good it is to be dead;
After the weary journey how restful it is to lie
With the broken shafts and the cruel load—waiting only to die.

Watchers, he died in harness—died in the shafts and straps—
Fell, and the burden killed him; one of the day's mishaps—
One of the passing wonders marking the city road—
A toiler dying in harness, heedless of call or goad!

Passers, crowding the pathway, staying your steps awhile,
What is the symbol? Only death—why should we cease to smile
At death for a beast of burden? On, through the busy street,
That is ever and ever echoing the tread of hurrying feet.

What was the sign? A symbol to touch the tireless will?
Does He who taught in parables speak in parables still?
The seed on the rock is wasted on heedless hearts of men
That gather and sow and grasp and lose labor and sleep; and then—
Then for the prize! A crowd in the street of ever-echoing tread;
The toiler, crushed by the heavy load, lies there in his harness—dead.

—John Boyle O'Reilly.

Spring Winds

It is claimed that once a year, the whole world goes to seed, and as the seed season is now so near at hand, it is well to plan for the beautiful. On my table is an armful of florists' catalogues, and a florist's catalogue has for me the same hypnotic influence that the "bargain sales" advertisement has for the woman who shops. Many a woman, though they were physically hungry, and had a "square meal" or a flowering plant offered them, would let the meal go, preferring to satisfy the spiritual hunger rather than the physical. But many a woman goes spiritually hungry needlessly; the flowers are so easy to be had.

I have had many abiding places, but where I was, there were the flowering plants, also; not always many of them, and often I did not stay to see them bloom; but some heart was gladdened and the world brightened because of the planting. Many a heartache has been lightened, many a dark day brightened; many a fit of the blues banished by a sight of a simple flower.

There is a fascination in watching

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 the pain,
cures wind colic and is the best remedy for diar-
hoea. Twenty-five cents a bottle.

the plants grow from the seed, and many prefer to raise their own plants, thinking them hardier. They certainly come cheaper, for, from a five-cent paper of mixed seeds one may have dozens of plants of the commoner kind, and even from the scarcer kinds, several may be had for the price of a paper of seed. Palms, cannas, dahlias, and many kinds of shrubs and perennials will do finely from seeds. If you have not the catalogues, send for them now. But patronize responsible seedsmen and florists.

The School Grounds

While planning for the home grounds this spring, do not forget the school grounds. The school buildings may be as much in need of soap, paint, whitewash, hammer, nails, hatchet and saw as are the home buildings. It is useless to try to cultivate a love of the beautiful in children if they are obliged to spend all their school hours in a dirty, unpainted, unsanitary building, the surroundings of which are little better than those of the stable or the hog house. And this is the condition of many of our country school houses. The glass in the window is seldom washed, the floors rarely scrubbed, the walls dingy with smoke and checkered with pencil marks, the furniture chipped and whittled by careless hands, the walls blank and bare and the windows shadeless. If there are trees or flowering plants near, they are of Nature's planting. If there happens to be any fence, it is usually an eyesore, even to the children, and no sort of protection to the grounds. Under or alongside of many of the buildings the hogs find wallows, and the cattle seek the shade under the windows, bringing with them the flies and gnats. All manner of stock share the grounds with the children, and the whole aspect of things is degrading. It would be but little trouble for the taxpayers to get together and give a few hours' work to this spot where the children are sent daily to be "educated," but where the conditions are such that no self-respecting child will be proud to claim it as his "alma mater." If the hard work of clearing up the grounds, plowing, spading, fencing and grading were done by the fathers, the children would take a pride in beautifying the place, and the mothers would become interested. If nothing better can be done, the inside should be given a coat of paint or whitewash, the windows cleaned, shades hung, and hardy vines planted about the entrance. What is to hinder having an old-fashioned "bee" some day, and making the old building "a thing of beauty" and the grounds a source of pride to the children? Teach the children to respect the property by remembering the fact that it belongs to them, individually.

Some Good Perennials

If you have little time to give to your garden, grow perennials. The biennials are good, and most of them "seed themselves" after blooming, but few of them are satisfactory after the second year, while many live only until they bloom and bear seed. Perennials, if given half a chance, after they get established go on growing bigger and better, season after season, for many years. Many of the choicest bloom the first year

from seed; others, if the plants are started early indoors, give bloom late in the season, and one of their chief recommendations is that a great many bloom from early spring to late fall. All the hardy perennials ask for is a little covering—old, well-rotted manure or barnyard litter spread blanket-wise over the roots after the ground freezes in the fall, the covering to be forked in around the plant in the spring. Many do not require even this, while still others strongly object to attention of any kind. Once the plants are established, they endure neglect, hardships, and even abuse cheerfully, and will even share the soil with the grasses without a protest. Could you ask for more? Among the hardy perennials are the following: Iceland poppies, columbine, all of the hardy pinks, sweet williams, canterbury bells, larkspur, gaillardias, hollyhock, linum perenne, peas, hardy primroses, hardy phlox, hemerocallis, lychnis, platycodon, pyrethrum, golden glow, solidago (golden rod), tradescantia Virginica, digitalis, helichrysum, hardy hibiscus, penstemon, anemones, callirhoe, coreopsis, helianthus, monarda, Scotch pinks, snap-dragon, meadow sage, Shasta daisy, herbaceous spireas, lavender and ornamental peppers. Of many of these, there are annual species, and when ordering, distinction should be made. Some of the tender perennials are well worth the care they call for—among the most desirable being the hibiscus, giant primrose, which must be taken up in the fall and kept in a frost-proof cellar. It is sometimes called hibiscus chrysantha. It may be started in the house, as the seeds germinate readily. It is beautiful.

"Blooms All the Year Round"

M. M. says she does not see how the "Baby Rambler rose," which is listed in the catalogues as being "hardy as an oak," blooms "all the year round," as the catalogues say it does, for she says, "How can the rose bloom when the snow lies on the ground, and the mercury is at zero?" If M. M. will look in at the florist's, or at her neighbor's window, she might solve the problem. The tiny plant blooms faithfully in the border during the summer months, until heavy frost, then, if roses are desired through the winter, the plant is lifted, potted and set in the window or green house, and the blooming goes on. The plant is very desirable and easily grown. There are three colors—red, pink and white.

"Keeping Even"

A reader suggests that the failure to "keep even" in most families is not so much due to a lack of management on the part of the disbursers of the income, as a lack of moral courage—the courage to live within one's means; to buy no more than the purse will pay for, and to do without many things which are bought usually because we are expected to buy them. We have not the courage to say we can not afford the things we have been accustomed to, and which those in better circumstances than ourselves regard as necessities. Economy, however, does not mean niggardliness, or "saving money," any more than it means the saving of many other things. Economy of one's resources means getting the best for the money, and

making the money reach as far as possible in providing us with the comforts of life. It is often more economical to spend money than to save it, and this is a subject which it will be well for all of us to think seriously about. The value of economy is shown where Christ ordered that the fragments be gathered up, that nothing be lost. It is often more economical to buy really good merchandise, even at much greater cost than to try to "save" by buying worthless or inferior goods.

For the Home Seamstress

When making loops for hooks on thin goods, laces, or loose-woven materials, mark the distance apart on a bit of paper, and sew through the paper, which can afterwards be torn out.

Sew hooks and eyes three-fourths of an inch apart on the front of a tight-fitting waist, and tack from the edge so as to prevent any gaping. Cover all but the extreme edges of the hooks and eyes with a strip of seam-binding hemmed down.

The arm size at the back should be straight from the edge of the shoulder seam to the side seam in front and underneath the arm. The arm size should be cut out on the wearer according to the figure, having the curve close, yet easy. The armsize should be overcast, not bound.

Pin sleeves in place on the wearer before stitching in; overcast the seam closely; sew the dress shields in toward the front, not straight down, and put the stitches through the binding only. Tack the under part twice to the under-arm seam.

The placket opening should be cut two inches toward the right of center back, and the back fullness arranged according to the prevailing fashion. The back edges should lap well and have the regular fastenings for keeping them securely closed. The skirt should not be tight about

NO MEDICINE

But a Change of Food Gave Relief

Many persons are learning that drugs are not the thing to rebuild worn out nerves, but proper food is required.

There is a certain element in the cereals, wheat, barley, etc., which is grown there by nature for food to brain and nerve tissue. This is the phosphate of potash, of which Grape-Nuts food contains a large proportion.

In making this food all the food elements in the two cereals, wheat and barley, are retained. That is why so many heretofore nervous and run down people find in Grape-Nuts a true nerve and brain food.

"I can say that Grape-Nuts food had done much for me as a nerve renewer, writes a Wisconsin bride.

"A few years ago, before my marriage, I was a bookkeeper in a large firm. I became so nervous toward the end of each week that it seemed I must give up my position, which I could not afford to do.

"Mother purchased some Grape-Nuts and we found it not only delicious but I noticed from day to day that I was improving until I finally realized I was not nervous any more.

"I have recommended it to friends as a brain and nerve food, never having found its equal. How much to Grape-Nuts as it saved me from a nervous collapse, and enabled me to retain my position."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.