



The Spinner

The spinner twisted her slender thread

As she sat and spun;
"The earth and the heavens are mine," she said,
"And the moon and the sun.
Into my web the sunlight goes,
And the breath of May,
And the crimson life of the new-blown rose
That was born today."

The spinner sang in the hush of noon,
And her song was low;
"Ah, morning, you pass away too soon,
You are swift to go.
My heart o'erflows like a brimming cup
With its hopes and fears;
Love, come and drink the sweetness up—
Ere it turn to tears."

The spinner looks at the setting sun—
"Is it time to rest?
My hands are weary—my work is done;
I have wrought my best.
I have spun and woven with patient eyes
And fingers fleet;

CONGENIAL WORK And Strength to Perform It

A person in good health is likely to have a genial disposition, ambition, and enjoy work.

On the other hand, if the digestive organs have been upset by wrong food, work becomes drudgery.

"Until recently," writes a Washington girl, "I was a railroad stenographer, which means full work every day.

"Like many other girls alone in a large city, I lived at a boarding house. For breakfast it was mush, greasy meat, soggy cakes, black coffee, etc.

"After a few months of this diet I used to feel sleepy and heavy in the mornings. My work seemed a terrible effort, and I thought the work was to blame—too arduous.

"At home I had heard my father speak of a young fellow who went long distances in the cold on Grape-Nuts and cream and nothing more for breakfast.

"I concluded if it would tide him over a morning's heavy work, it might help me, so on my way home one night I bought a package and next morning I had Grape-Nuts and milk for breakfast.

"I stuck to Grape-Nuts, and in less than two weeks I noticed improvement. I can't just tell how well I felt, but I remember I used to walk the 12 blocks to business and knew how good it was simply to live.

"As to my work—well, did you ever feel the delight of having congenial work and the strength to perform it? That's how I felt. I truly believe there's life and vigor in every grain of Grape-Nuts."

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.

Lo! where the toil of a life-time lies;
But a winding sheet!"

—Mary Ainge DeVere in St. Louis Globe-Democrat.

"Before Taking"

The real business of house-cleaning is generally a pretty big dose for the mother of the family, yet the spring medicine must be taken, and it is well to begin with a gradually increasing measure until the final plunge must be taken. Now is the time to weed out the attic, overhaul the closets, bureau drawers, cupboards, boxes and bundles, and other storage places, and get all the tangles out of the edges during the dull dark days the month always brings. Undesirable, or useless things should be given away or cremated; the bane of most households is the spirit of hoarding of useless things. Things that are to be made over in the way of clothing, bed-furnishing, table linens, carpets, curtains, etc., should be got ready now for the renovation at an early date. The ripping and brushing out of seams will keep little hands busy and little heads interested if the mother goes at it right; and the wise woman will get all the help she can, by filling the idle hands of the adults with some of her daily duties. Get the "gude mon" interested in furnishing up things indoors, or make the job attractive to the big boy who will be only too glad to earn the proud title of "mother's helper" by "tinkering with tools."

Household Pests

This is the month that should find the bed-furnishing completely overhauled and free from the remnant of pests left over from last fall, if any. The wise woman will make it her business to see that not one of the brown things that crawl out of hiding places ever reaches a square meal. A war of extermination can be carried on victoriously now, where a few months later there might be a losing battle for a long time. Begin now, and "stand by your guns." During the latter part of this month, and the month following, many woolen things will be put away, and before any wool or fur is stored, see that everything has a good sunning, switching and airing; what can be washed, should be, and we should remember that every precaution should be taken to keep such things out of the reach of moths, as this pest lays its eggs in April, May or June, according to climate.

March Work

It is none too early to take down the curtains, scarfs, tidies, table covers, mats, and other fancy-work furnishings of the home, shake all the dust out of them, put them to soak over night and wash on some sunny day, and they can thus be ironed and put away ready for immediate use without further attention, when the house is cleaned and the house-mother exhausted with the heavy work. Light quilts, blankets, counterpanes, and such things can all be cleaned up while the strong hands of the "men-folks" are at liberty to help out with the washing machine and the wringer.

Get out your scrap-book and read over to "John" the many ways by which life may be added to the furnishings of the home, as well as the home itself. Indoors and out many

things may be made more attractive and comfortable. Nothing is more extravagant than to let furniture and property go to rack through neglect, when a few hours at odd times can make most of such things "like new" for a very small amount of expense. Many a man will sit around the fire, drowsing and idle, wasting precious time, who might be putting finishing and freshening touches to his surroundings, adding to his own comfort and brightening up the lives of his family. It is not what one earns that makes for riches or comfort, but the use to which one puts the earnings, and the care that is given the product of the wage. A few dollars spent for paints, oils, brushes, lime, sand, cement, glue, hardware, and the like, will add many times the amount to the value of his belongings. No man, woman or child, of average refinement and intelligence, is ever proud of dilapidation, or neglect. In every neighborhood there is urgent need of an improvement club. Do you belong to one? If not, why not?

The Greatest Need

"A Discouraged Mother" asks for help in undoing the tangles that lie in wait for her on every hand, and says: "It is injustice with which we are called to combat more often than any other trouble—we are so often misunderstood, and we meet opposition and indifference more often than any other hardship." Many of us feel thus, no matter what our work, and in the family, especially, try as we may to smoothly adapt the varying and various elements to each other without infringing upon the rights of any, we seem only to meet failure, more or less pronounced, on every hand. There seems no disposition on the part of the others to help bring order out of the chaos of disagreements by making individual concessions, and no matter how just we try to be in our decisions, some one or more is angered and rebellious. But in such things, the mother will need not only all her own patience and wisdom, but must lean heavily upon the Divine Arm—and prayerfully seek to lead the restless feet into the right path. When she has done all she can, she should leave the results to a higher power. Often we censure or punish the children for the very faults we, ourselves, are guilty of—anger and hasty action. How are the little ones to know it is wrong to scream and fight with voice and fist, when the exhausted, impatient mother scolds with raised voice and angry gestures, and sets the example they are quick to follow? Patience and wisdom come only from a higher source than the human, and every one of us needs the strength from above.

For the Home Seamstress

If materials are several inches wider, or narrower, than the width of the pattern calls for, it is best to calculate by the length, and, in case of the narrow goods, allow extra length for possible piecing out of edges. In the wider materials, and those having an "up-and-down," or a nap, there may be many large pieces left over, more than can be utilized for the small pieces of pattern, and those should by no means be wasted. The present fancy for combining materials with laces, embroideries, tucks, fancy stitches, or simulated tucks or plaits, give fine

play for taste and skill in constructiveness, and very pretty and useful garments may be made of these large remnants or scraps, either for grown-ups or children. For the common cotton goods, the cheap laces and insertions may be used, giving a life of one or two seasons to the garment; but in better goods, the quality of the trimmings should match that of the materials.

In joining pieces with insertion, pin the strip of material to the pattern and lay the inset in place, allowing for a generous seam of the material under each edge. Baste the insertion with small stitches close to the edge on the right side; then remove from the paper, and stitch the joinings permanently; turn wrong side out and trim off the raw edges, roll into a very small hem and whip closely, catching the edge of the lace with the stitches. Mitre all corners.

Small remnants may be used for yoke-tuckers, gauntlets, neckwear of suitable materials, guimpes, caps, wash bonnets, etc., for the little folks and even school handkerchiefs may be evolved from sheer materials. Very pretty aprons for afternoon wear may be made of remnants of suitable thin materials with the aid of a few yards of insertion, lace or embroidery.

In preparing out-grown garments for "the next in line," remember to rip carefully, pick out all threads, brush well, remove all stains and spots, and, if faded or spotted, use the dye-pot. Make over only garments that are worth making well and taking pains with.

Finishing Edges

In finishing the edges of garments made of eiderdown, outing or wool flannels, flannelettes, wrinkledown, challis, a pretty mode of finish is to embroider with scallops in wash silk. Another is by crocheting all around the edges with a double-crochet stitch, making two-chain between

In the Morning

Try a Charcoal Lozenger and a Glass of Water if Your Breath is Foul and Your Mouth Tastes Bad

Immediately upon arising in the morning, should you have a bad breath and a disagreeable taste in your mouth, try a charcoal lozenger. Simply chew the lozenger up as you would so much candy and drink a glass of water, washing it down into the stomach in this manner. The effect is almost magical. The mouth becomes sweet and the breath pure and fragrant in a very short time.

After a few days you will notice that your stomach is digesting food much better. All traces of gases and sour stomach will disappear, and the perfect assimilation promoted by a healthy stomach will build up strength and muscle, and your bad breath and coated tongue will be a thing of the past.

Give Stuart's Charcoal Lozenges a trial results are assured, and positively no bad effects can arise from the use of charcoal. Stuart's Charcoal Lozenges are made of young willow wood charcoal and pure, fresh honey, taken direct from the bee hive. You may eat all you want, give them to every member of the family. They will cleanse and purify the stomach and keep it clean and sweet.

Stuart's Charcoal Lozenges are good for everybody at any time. Try them. For sale everywhere, 25 cents per box. Sample box will be sent free by mail upon request. Address F. A. Stuart Co., 200 Stuart Bldg., Marshall, Mich.