



Why He Failed

He circled in a little sphere,
With slouching steps, at careless ease;
He saw the same old, ragged trees
Put forth their leaves year after year;
He envied those who went away
To journey over distant seas;
With trousers sagging at the knees,
He went his round from day to day.

He did the things he had to do,
Content to leave all else undone;
He studied only how to shun
The paths that were untried and new;
He envied those who dared to gain
The triumphs waiting to be won;
Unhappy working in the sun,
He looked for shelter from the rain.

He watched the clock and rested when
He heard the whistle start to blow;
He mourned his luck and longed to know
Why Fortune favored other men;
With features strange to cheerfulness,
He moved with slouching steps and slow,
Beholding others come and go,
And hating those who won success.

—S. E. Kiser, in Record-Herald.

Vacation Days

The army of rest seekers grows larger every year, and each year we are learning better methods of spending our few precious hours of vacation in restful communion with nature. It is not the great hotel, or the fashionable resort, or the yachting voyage or the automobile tour, but the zest in life, the happy disposition, the freedom from the dally grind, the finding of good fellowship along running brooks, under leafy trees, on the sides of mountains, on the shore of lake or river, that send us back to our work, hearted and happy. For any of these, a great amount of money is not necessary; but before starting, one should have plans formulated and arrangements made so as to get the best out of whatever they may have to spare or spend. Every one cannot take a trip away from home, no matter how little money may be called for, because money is not all that is needed in the matter. With some it is family; with others business or health, or the comfort of others. But every one should seek some change from the monotony of the every day duty which binds them. A day in the woods, a few days in the country, a change of environment, association with people of our own kind, are all restful, and we should all seek the best that can be had.

Packing the Trunk

It is best to take as little in the way of baggage as possible. Better too little than too much; but we should try to strike the happy medium. In packing the trunk, the heaviest articles, such as shoes and books, should be put in the bottom, followed in layers by the common wear, the underwear, and on the top, the dainty thin dresses, and lingerie. Fill all corners and empty places with stockings, towels, undervests, and garments that can be rolled tightly. Everything must be packed with compactness and tightness in order to carry well. Fold garments

as little as possible, and fill puffs, sleeves, ribbon bows, etc., with crumpled paper. No bottles of liquid of any kind should be put in a trunk; and boxes of powder or cold cream should be wrapped well in bandages of old cloth, after securely sealing the top of each. Put no fruit in the trunk.

For the Hot Days

Sunstroke, so liable to occur in hot weather, should have immediate care, and the patient should be removed to a quiet, dark, cool place. The clothes should be loosened or removed, and the head well raised on a pillow; no stimulants should be given, and if ice is not at hand to apply to the head, bathing in cold water should be employed for some time. When a child complains of headache, or faintness, he should be coaxed to lie down in a cool place in the shade until the blood has had an opportunity to regain its normal circulation. In hot weather, many poisonous insects are about, and though their sting or bite may not be fatal, they often occasion sickness, or much distress. A drop or two of strong ammonia or a strong solution of soda should be immediately applied to the place bitten or stung. Great relief is often experienced from the application of hot boracic fomentations made by dissolving a tablespoonful of boracic acid in a pint of hot water. Put the solution in an enameled pan, and when boiling hot dip a flannel in the solution, and, applying it as hot as can be borne to the affected part, cover entirely with a piece of oiled silk, to exclude the air, covering the whole with a layer of cotton to keep the fomentation hot.

For tick bites, a wetting of coal oil is soothing. For the seed ticks that swarm over one who passes through the grass in July or August, one of the best things is to wet the body with a strong soap suds, then wash off and put on fresh clothes. The discarded garments should be put into a tub of water at once. Liquid sulphur is also a good application to use for tick bites and the bites of insects.

For Sunburn and Tan

The simplest remedy for sunburn is a mixture of one-half cupful of lime water and one ounce of linseed oil, put into a bottle and shaken until thoroughly emulsed. The white of an egg whipped to a froth and mixed to a paste with one-half teaspoonful of powdered borax and twenty drops of lemon juice, applied to the face and arms will relieve the pain as well as whiten the skin. Lime juice lotion is a favorite remedy in southern countries, and is prepared by mixing eight ounces of the juice of the lime with one ounce of alcohol and four ounces of rose water; allow the mixture to stand for twenty-four hours, then add twenty-four drops each of the oil of lemon and of lavender in one ounce of alcohol and, if agreeable to the skin, two ounces of glycerine.

The famous Gowland lotion used a generation ago, is quite as good today. It consists of one ounce of blanched Jordan almonds, three drachms of bitter almonds and fifteen grains of bichloride of mercury dissolved in one pint of distilled water. This is simply for removing discoloration, not for filling out and improving the throat and face. Lemon

juice in many preparations, will bleach and remove freckles; but any acid used continually will cause wrinkles and yellowness in time. A thorough rubbing of the face two or three times a day with a cut tomato will wonderfully improve some faces. It is probable that tomatoes canned whole and but slightly cooked will act as well as the raw, ripe ones, during the winter.

Cucumber milk—Slice, but do not peel, three good sized cucumbers; put into a sauce pan with half cupful of water and boil to a pulp; strain and cool, and add an equal amount of alcohol to the juice. Into three ounces of the mixture put one-fourth ounce of powdered castile soap and let stand overnight. In the morning add eight ounces of the juice of cucumbers, half an ounce of oil of sweet almonds and fifteen drops of tincture of benzoin; add oil and tincture drop by drop, stirring. Cork tightly, and when wanted apply to the face several times a day.

Sewing in the Sleeve

Many home seamstresses blunder in sewing in sleeves; this is not a difficult work if the notches on all reliable patterns are properly marked when the garment is cut. If, through any mischance these marks have been lost, find the center of the curve of the upper part of the sleeve and place it exactly at the top of the shoulder—and nearly always the top of the shoulder is an inch or so forward of the shoulder seam. The inside seam of the sleeve is placed, usually, three inches forward of the underarm seam. Of course, the coat or waist must be tried on to fit the sleeves. Much must be learned by experiment, and the work should be done very slowly and carefully at first. Sometimes the sleeve must be moved forward; sometimes back; patterns vary somewhat in shape as well as arms, and the eye must be trained to know the line and the shape that feels comfortable and looks right, too. When the fitting is successfully done, stitch the sleeve very carefully, holding the sleeve up. If a high-shoulder effect is desired, hem the lining of the sleeve over the seam; to produce the sloping shoulder line, hem the lining of the coat over the seam. A binding on an arms-eye in a coat shows the beginner unmistakably.

Pressing Seams

Some clothes must be pressed on the wrong side only, as the print of the iron will show even through a double pressing cloth. Experiment with a piece of goods before doing anything with the garment. Other materials may be pressed on the outside, using a dampened cloth spread smoothly over, and ironed till perfectly dry. All seams should be notched before pressing. On the outside seam of a sleeve the notches are not more than two inches apart. These suggestions followed and mistakes corrected are strong rounds in the ladder to success.

Good Things to Know

These hot nights, when sleep seems slow a-coming, place a pail of cold water under the bed, and the atmosphere will be cooled. Or, dip a sheet into cold water, wring so it will not drip, and hang near the bed. It will cool the air as the water evaporates.

If one must sleep during the day,

because of night employment, a dish of sweetened water set near the bed will keep the occasional fly from bothering. If a little cobalt is added to the water, the flies will be killed.

For bee or wasp stings, rub on the spot a little carbolic acid, soda, or ammonia. For poison ivy, a hot solution of baking soda, or a weak solution of sugar of lead, or brine from the mackerel keg, or a tomato fresh from the vine, rubbed on the sore, will generally be found effective.

For a bruise, the best treatment is an immediate and plentiful application of hot water fomentations; after that, witch hazel, vinegar and hot water, or alcohol and water, put on with a bandage and kept moist, is good to remove inflammation.

After peeling apples for a salad, or for any use where it is important that the apples should remain white, drop them into cold water immediately on peeling, and they will not discolor.

Every window and door of the dining room and pantry should be well screened. It is absolutely necessary that the kitchen be well screened if one hopes to have foods fit to eat. If every door and window of the whole house be screened, and a porch enclosed with screen wire, it will not cost so very much, and the resulting comfort is beyond all price.

For pitting cherries, a common hair pin, about four inches long, is serviceable. Take the cherry in the left hand, the hairpin in the right, and introduce the round end of the pin at the stem of the cherry, and remove the pit. Skill in its use is easily acquired, and the work more rapidly done, while the cherries are in better shape.

Using the Rhubarb

As the summer advances, the rhubarb stalks are not so watery, and it is time to make them into preserves, jams and butters. For rhubarb butter—wash and chop the rhubarb fine; to each pound allow one pint of sugar; let stand a few minutes, no water will be needed; let simmer slowly, starting to cook very gently until the juice exudes, for an hour or more. If the rhubarb is very juicy, more time will be required. Set the kettle on the back of the range, or in the oven, and stir frequently. When thick enough, put into jars of small size, or into jelly glasses. It will form a thin covering over the top as it cools, and a half inch of melted paraffin wax should be poured on the surface to seal it. If to the butter while stewing is added the pulp of one orange, it will be improved.

Rhubarb shortcake—Make a shortcake dough of any preferred recipe, split and butter quickly and spread at once with this filling: Cook together for five minutes two cupfuls of rich, thick-stewed rhubarb and one cupful of mixed stoned dates and raisins chopped fine. Spread this over each layer of the cake while both cake and filling are hot, and put a thin layer of whipped cream on top of each layer of fruit before covering with the next layer of cake. Serve at once, as it must not stand. Whipped, or scalded cream should be served with it.

Hot Weather Dishes

Currant Julep—After washing a pint of red currants, add a pint of water, mash the fruit and strain through a cheese cloth, then thoroughly chill. Pour a tablespoonful of crushed ice in each tall glass lined with fresh mint; fill the glasses with the currant water, drop in three perfect raspberries, or a maraschino cherry and serve with straws.

Russian Cup—To a syrup made of two pounds of sugar and three quarts