

training. It is not all muscular;

It Never Comes Again

There are gains for all our losses, There are balms for all our pain, But when youth, the dream, departs, It takes something from our hearts, And it never comes again.

We are stronger, and are better, Under manhood's sterner reign; Still we feel that something sweet Followed youth, with flying feet, And will never come again.

Something beautiful is vanished. And we sigh for it in vain; We behold it everywhere, On the earth, and in the air, But it never comes again.

-Richard Henry Stoddard.

The Fall Garden

Many of our readers were ready to take advantage of the "latter rains" when they came, and from these come letters telling of the good things growing, supplying the table, stocking the market, and filling the fruit and other jars for the cellar later on. It is not the busiest person that has the least leisure, or who can not find the time to make a garden; usually it is the one who spends little ones to look upon such work the idle moments in attending to as "of course" jobs, that must be other people's business, at the done, that are necessary to the happiloafers' gathering place, or lounging ness and comfort of the home and about pretending to rest. Such people family, and that must in no wise be do not watch for opportunities, or take advantage of them, and the result is a cry because of the lack in ery are all becoming matters of time of need, and the demand for every nickel to piece out the scant supply during the winter days. "Unto him that hath," you know, shall be given, and if we have energy and industry, and will hoard the minutes. the hours will bring a golden return. If one is too busy saving the pounds to look after the the pence, it will be long before the pocket-book is full. It is not yet too late to do "gardening," but the crop must be for next year, as the season of growth is nearly done. If the garden beds are plowed, spaded, freed from weeds, fertilized, and put in shape for the fall sowing, many things will be up and at work in the spring long before the soil can be worked for the later garden. Get out the old catafall or early winter months. You will be surprised at the "crops" that you will harvest before the garden that must for any reason be disproper can be worked, and the carded by the original wearer, do not nickels you can save, while supplying | throw away, but rip apart, clean with your tables with lettuce, spinach, and the soap bark tea, and press while many like salads. It is not altogether drying; then, if not immediately the "high cost of living" that keeps wanted, lay away with the sewing us poor, for many things may be materials, and the first thing you raised even on a city lot, if we would know, you will have a pattern that only improve the opportunity that just fits the pieces, and a new garpresents itself. Where weeds will ment for yourself, or some other any more than a few handfuls of matters makes for unpleasant want vegetables in the spring. Try it, and | in others. report.

For the Home Mother

mind is awakening and strengthenfind amusement in the little work they do. It is better than letting them run the streets, dressed like dolls. They must learn something, and it will never hurt them to begin at the beginning and grow up in the home. The child is never so safe as when trotting beside its mother about the rooms of the home, and every little task, lovingly laid upon its dimpled shoulders, and lovingly eased, draws mother and child closer together. Let the children assume a measure of responsibility for the home-happiness from the first, and teach them to take a pride in doing well what they undertake. You may have to learn a few lessons, yourself; but no matter. No teacher is fitted to guide a pupil until she has learned the lesson thoroughly, herself. Housework is only drudgery to those who make it so. It may be distasteful in some of its branches; but the world is full of distasteful duties, and all promotion is preceded by preparatory drudgery. Teach the shirked, if they fall to their hands. Home-making, housework and cookscientific adjustment, and happy is the woman-child that has grown up to a knowledge of such things from the first.

For the Housewife

of the liquid not yet used, and carelogues, or send for the new, and fully brush and sponge the goods study the possibilities of a few pack- again, removing the first sponging. ages of seeds to be sown in the late Hang in the sun to dry, and press well before quite dry.

Where there are good garments grow, vegetables will grow, and a member of the family will be the refew pounds of fertilizer will not cost sult. Extravagant waste in such

So much of family health and and you will find goods in sufficient side, and the threads should be rogue. happiness depends upon the cook, lengths to make the little garments about the same size as the threads whether she be the "home" woman at the saving of a few cents in cost. of the material-not coarser, and if or the hired, that she should be very Many excellent pieces of goods are a little finer, it would be better. To kitchen at an early age, letting them cause they are "out of style," or shop trot along beside the mother or elder worn, or faded from being in the hole or plain stitch, as needed. If sister, doing little tasks that carry display windows. Be sure you know lace is to be mended, an underlay of should be gathered when the seeds should be gathered when the seeds

If you are "forehanded," and can work, as we well know, and the little buy for the future, many real savings can be had in buying muslins ing as the tasks progress. Teach the and summer goods at the special little tots to amuse themselves, and sales. But the temptation to buy simply because "things are a few cents cheaper" leads many women into useless outlay, and they buy many things for which they never will have any use. Use brains about the bargain counter for there you will sorely need them.

Substitutes

Sometimes what we look upon at the moment as a calamity proves, in the long run, to be a blessing. In the matter of the Irish potato shortage, we will learn of many excellent substitutes. We have grown to think no meal is complete without the potato in some form, and in many families we find it nearly always served up in the one, unvarying form, or, if a change is made, it is so slight, and so poorly made, that we do not much relish it. Among the most nutritious substitutes is rice, and rice can be cooked in so many ways, and made palatable in all of them, that all tastes can be suited. Rice is not expensive, and if not all used within a few days, will not deteriorate but will be always ready for use. The old, mushy, sticky cookery is done away with, and with the new recipes, every grain will be separate, dry and white, and it will be ready for seasoning or uses instead of flour. potatoes, and many other things. Macaroni is also a substitute for potatoes, and if rightly cooked can be made into dozens of different dishes. every one of them suited to some appetite. The trouble is with the cook. Under the manipulations of When looking over the woolens a careless, or ignorant, or indifferent what the need, and let John be as and winter-wear, remember that a cook, such things are readily made strictly enjoined from meddling as five-cent package of soap bark, used unfit for the human stomach, as inaccording to directions on the pack- deed any other good food can be. It age, will quickly and thoroughly is worth while spending time to enclean the soiled garments with none lighten one's self about such things. of the disadvantages of soap. If not Cookery is becoming an important convenient to wash the garment, pin part of the school curriculums, and the goods smoothly on a clean board it is no longer deemed commendatory and scrub with a soft brush until the to know nothing of the preparation mixture makes a foamy mass, then of foods. Housekeeping knowledge add a little clean water to a pint is "coming into its own," and we are learning to gather up the fragments, and when one fountain fails us, we are learning to turn to another. If our housewives would but study the various uses, as well as learn how to avoid the abuses, of food stuffs, the nation would be healthier and happier, and home life grow more and more wholesome.

Mending and Darning

The fancy work that has for its object the comfort of the family is "thing of beauty," but it will be a metal, and removing rust. joy forever, as long as it is worn, to the wearer. Fine hose or underwear Where there are one or more break, being run with suitable thread growing children in the family, it is as soon as the place shows thinness. a moiety of responsibility with each, a bargain when you see it, however, net of the texture of the fabric to be are green, so that after hanging in and suiting the size of the job to the little soft muscles that are in the buyer's side of the counter.

Interitation and interitation of the fabric to be are green, so that after hanging in mended, should be used. Profestation and suiting the size of the job to the buyer's side of the counter.

mending smooth-faced woolen goods which can be bought in packages with instructions on the package. Setting in patches can be made quite artistic, and should be done with extreme neatness and great care, no matter what the garment or the material, matching thread for thread, stripe for stripe or plaid for plaid.

Just to Remind You

Do not be in a hurry to put away the muslins, for they should be worn just as long as the weather will permit, and that will be until well along October-perhaps November. in Keep the garments in good repair as long as worn, and when the weather calls for heavier garments, wash every particle of starch out of everything to be kept over. If they are to be "passed down," or can be lengthened and enlarged for another season, see that they are perfectly dry, then pack them in boxes or bags and put away for the winter.

If blankets and underwear were not properly washed last spring, now is a good time to attend to them, while the sunshine is hot and disinfecting. When they are clean and dry, put them in good repair and lay them where they can be got at when a sudden cool spell demands.

If you are going to pack away your summer bedwear, or curtains, treat them as you would your clothing, and put nothing away soiled or dirty or out of order. See that you put them where the mice can not destroy them. Better still, see that the mice are destroyed.

Before you settle down to the fall sewing, just look over your stock of threads, pins, needles, and other necessities for the sewing room. See that your scissors are sharpened, and keep a fine little steel file, a piece of fine sandpaper, and a small oil stone in the machine drawer. With these all dulled points, rough rust spots, and wire edges can be kept from your needles, scissors and ripping knife. Impress on the minds of your family that nothing shall be taken from the sewing machine, no matter are the children. Keep your own tools.

Query Box

Fancy-Worker - Stendling outfits can be bought at any store dealing in art goods or fancy-work materials.

M. S .- The coarseness of texture of cake is frequently due to letting the batter stand for some time before putting in the oven.

F. L .- To remove tar from the hands, rub well with grease before washing, then wash in quite warm water and soap. Tar on garments should have grease rubbed in the tar before washing.

Effle-Try washing the silver after use in boiling soap-suds to which a little ammonia has been added. This is said to give brilliancy to the silver.

Patsey R .- Pumice stone is the growing in favor, as other house- lava of volcanoes, and is found floatwifely progress takes place. A gar- ing on the sea. It is very useful for ment properly mended may not be a smoothing surfaces, wooden or

Housewife-It is claimed that slight scratches on plate glass may should be mended before the threads be removed by first cleaning the glass, then rubbing gently with a pad of cotton-wool, then rub with a well to visit the remnant counter, It should be darned on the wrong pad of cotton-velvet charged with

For the porch pillows, put a layer of sea-moss, curled hair or fine excelsior, between the layers of cotcarefully trained in her duties. It sold over the remnant, or bargain mend fine embroidery, it should first ton batting, to prevent the matting is better to put the little girls into the counter at a low price simply be- be reinforced by a piece of sheer down that results when any of these