

If I Were You.

If I were you, I often say.
To those who seem to need advice,
I'd always look before I leaped;
I'd always think it over twice.
And then I'd heave a troubled sigh—
For after all, I'm only I.

I'd ne'er discuss, if I were you,
The failings of my fellow-men;
I'd think of all their virtues first,
And so on my own shortcomings then.
But though all this is good and true,
I am but I; I am not you.

If I were you and half so vain,
Amidst my folly I would pause
To see how dull and like a fool
I was myself. I don't because—
(And here I heave a plying sigh)
I am not you; I'm only I.

If I were you, no selfish care
Should chase my cheery smile away;
I'd scatter round me love and hope;
I'd do a kindness every day.
But here again I find it true
That I am I, and you are you.

I would not be so very quick
To take offence, if I were you;
I would respect myself, at least,
Whatever others say or do.
Alas! can no one tell me why
I am not you, instead of I?

In short, if I were only you
And could forget that I was I;
I think that little cherub wings
Would sprout upon me, by and by.

How to Train and Feed Baby.

Few mothers possess the happy faculty of successfully training a baby. The most important feature consists in a judicious "letting alone." Babies, especially first babies, surrounded by a host of admiring friends, suffer badly from too much attention. The grandmothers, twain, have widely different views as a matter of course, while the conservative nurse resents any difference of opinion or the least dictation. The young mother, meanwhile, may have "read up" exhaustive theories herself, so the outlook for baby is rather appalling.

The very first month of a baby's life is a most important period in its education. From the very first it should be accustomed to perfect regularity in feeding. With the matter of feeding and the matter of sleeping, however, let the stringency in regard to hours end. Accustom a child to regular hours for going to sleep, but do not, under any circumstances awaken it for the purpose of bathing and dressing it, nor even for feeding it.

In regard to feeding it, as soon as the baby can take nourishment enough to satisfy hunger, this plan of regular meals should be established. For the first month the periods may be an hour and a half apart, gradually lengthening the intervals until by the time the child is three months old once every three hours during the night is sufficient. It is both unwise and unnecessary to awaken a sleeping baby even for nourishment. If it has been nursed or fed at regular intervals, its habits are so easily moulded that even from the beginning it will instinctively stir at about the right time and may be taken up gently and nursed without wholly arousing it, and laid carefully down again to finish its sleep.

It is much more difficult to enforce the regulation of only two meals during the night. The little tyrant is apt to assert his claims to daytime hours with the precision of clockwork, and it requires much tact and patience on the part of the mother to overcome these needless demands upon her rest and strength; often if the baby is thirsty, a few teaspoonfuls of cool water will satisfy him and he will quietly drop off into a sound sleep again. If not, is better to let him cry a little, knowing that when he was nursed at your bed time he has a sufficiency until midway between that time and morning. A gentle patting, with perfect quiet, will soon soothe him to sleep. A little persistent firmness in carrying out this plan will result in baby's sleeping from early bedtime until morning by the time he is six months old.

Few mothers, however healthy, supply sufficient nourishment for a healthy, growing infant at this age, but there remains so much to be said on the subject that we are compelled to reserve it for another issue. Train the baby to

lie still in its cradle when it awakes, despite the fond desire to take it up and toss and fondle it, and place it there again, with all its pretty smiles and dimples, and sweetly winning ways, as soon as it is fed, even though it be wide-awake. If comfortable, it will quietly investigate its surroundings until sleep again overtakes it. This self-sacrificing habit of "letting alone" is the key note to successful training, and the happy baby so trained will do just what it ought—sleep hour after hour both day and night, if not subjected to nervous shocks by banging doors or kindred sounds. And we repeat, let it sleep, and again, let it sleep.

Kitchen Tables.

Pots and pans are commonplace subjects to write about, but so much of the health of our households depends upon them, or rather upon their uses and abuses, that we must accord them all the honor that is theirs. Why are we not as good cooks as our city cousins? Look at the competition in bread, pickles, home-made wine, etc. All the prizes have been carried off by city women; and though we have such an abundance of all the dainties that are necessary to make dainties with, we are the plainest of cooks and housekeepers. The plainest living is ours, and while we would serve rice boiled to a pulp in a big vegetable dish, they would serve it a dainty pile of dry, white grains. The ambition seems to be lacking. It is true, cooking schools and classes have done much to improve the style of living in cities. We have the advantage of everything first and at first cost, cheaper fuel, and less to do. Now, with all the time upon our hands that we have, we should read, mark, and learn and follow receipts, and try until we become proficient. Man cannot live upon cake alone any more than he can upon bread; and how often the cake is poisoned with soda and the bread sour; dyspepsia and all its attendant ills follow in the train of such food; and fruit is scarcely ever seen upon the dinner table of a farm house. If an apple is baked the skin is left on, and they look anything but inviting. All berries are made in unwholesome pies, and soup is never prepared. If we would try, we would succeed to establish a better state of things, and ill-health, debt, discontent and shiftlessness would speedily give place to prosperity, good health, and contentment.

Willing to Assist Her.

"Mornin', madam! Want any combs, brushes, hairpins, table cloths, towels, lead pencils, tooth brushes, or chewing gum?"

The peddler put his hat on the floor, and opened his pack as he asked the question.

"No, sir," said the woman, sharply, "and I don't want any dime novels, nor chalk eggs, nor five-cent calico, nor tooth powder, nor pigs-in-clover puzzles, nor lamp wicks, nor eye salve, nor corn plasters, nor liquid blue."

"Just so. And I suppose it's no use to ask whether you'd like to look at a bottle of wrinkle fillin' for old complexions?"

"Not a bit, sir, and I know you haven't got any books on good manners, or you'd read 'em yourself occasionally."

"None of the people I call on would appreciate 'em, madam. And now if you think you have no use for the celebrated invisible ear trumpet that you can fasten in your kitchen window and hear everything your neighbors say, or the famous long-range kitchen telescope that will bring every back yard within half a mile of your house so close to you that you can almost smell the pipes the men are smokin' on the back stoops, I'll be goin'."

"Hold on!" exclaimed the woman of the house. "I don't know but I would like to buy those two articles, if they don't cost too much."

"All right, madam," rejoined the peddler, "if I see any chap that's got 'em to sell I'll steer him around this way. Mornin', madam."

He picked up his hat, put it on his head sideways, and went down the steps whistling Little Annie Rooney, leaving a large, crooked-nosed, raw-boned woman standing on the porch gasping in inarticulate rage.

A short vest is a stylish characteristic of one of the new half long coats.

English Nomenclature.

It is well for every one crossing the ocean to know beforehand the difference between the use of certain words in England and America, writes the Rev. T. De Witt Talmage in "Through Victoria's Domain," in the October *Ladies' Home Journal*. The American says "depot," the Englishman says "station." The American says "ticket office," the Englishman says "booking office." The American says "baggage," the Englishman says "luggage." The American says "I guess," the Englishman says "I fancy." The American says "crackers," the Englishman says "biscuit." The American says "checkers," the Englishman says "draughts." The American says "yeast," the Englishman says "barm." The American calls the close of the meal "dessert," the Englishman calls it "sweets." The American says "sexton," the Englishman says "door-keeper." The American uses the word "clever" to describe geniality and kindness, the Englishman uses the word "clever" to describe sharpness and talent.

But it is not until you get into Wales that you feel yourself perfectly helpless. If ever there was a land of unpronounceable names, surely Wales is the foremost.

Early Autumn Fashion Notes.

Mosquetoere gloves are again fashionable.

Bell skirts of the round length are still preferred for promenade, but for visiting and house wear they are slightly trained.

Satin backed ribbons are promised for trimming dresses, and will divide favor with cord-edged and plain satin varieties.

It is said that sleeves brocaded or printed will be inserted in black and dark hued gowns this season.

Prominent among autumnal trimmings are ruffles, pleatings, jabots of silk made of the unhemmed selvages, the colors being blue, lavender, yellow and white.

Many handsome gowns for early autumn are decorated with leather garnitures, but they should be applied with moderation.

Bracelets are only worn in the evening.

A fancy prevails just now for silver-plating horse-shoes, infant's shoes, bride's slippers, shells and other souvenirs.

A skirt for riding bicycle is lifted from the ground by an ingenious arrangement of cord and rings, and fan plaits at the back are concealed by a fanciful overlap when the wearer is mounted.

Belts of red or castor broadcloth accompany tailor-made gowns of navy blue English serge.

Vest facings of red are worn with tweed and homespun gowns, a lawn dickey completing the natty effect.

Straight candles in old-fashioned candlesticks are again used for table decoration, as well as for lighting the guest to his chamber.

Suede gloves will replace the chamois and wash leather gloves so much favored this summer.

The horse-shoe shape is the popular one for jewellery just now. Brooches, stick-pins, hairpins, watch charms and other articles of the kind appear in these shapes which are symbols of "good luck."

Ribbon finds innumerable uses as a costume decorator. Velvet and satin cord, gros grain and corded silk are used to form all sorts of bows and loops.

Hair line stripes will be much used for autumnal costumes.

Red silk waists are worn with navy blue boating suits by many women who have tired of white ones. With a white waist, white decorations appear to be needful upon the gown, but with a red waist the costume seems to be complete. To be worn with this costume is a rough-and-ready straw hat; inside the brim is shirred blue tulle, and from the centre of the crown a bunch of bluettes and buttercups falls upon a tulle bow placed just in front of the crown. This hat is pretty and may be worn instead of a sailor hat. Roses are the favourite flowers on hats and bonnets this season. Yellow seems to be the preferred color.