

HOUSE AND HOME

CONDUCTED BY HELENE.

OUT IN THE FIELDS WITH GOD.

The little cares that fretted me. I lost them yesterday. Among the fields above the sea— Among the winds at play; Among the lowing of the herds, And rustling of the trees, Among the singing of the birds, The humming of the bees. The foolish fears of what may hap- pen. I cast them all away Among the clover-scented grass, Among the new-mown hay, Among the husking of the corn, Where the drowsy poppies nod, Where ill thoughts die and good are born, Out in the fields with God. —Mrs. Browning.

WHY SOME PEOPLE ARE POOR.

Their ideas are larger than their purses. They think the world owes them a living. They do not keep account of their expenditure. They are easy dupes of schemers and promoters. They reverse the maxim—"Duty before pleasure." They have too many and too expensive amusements. They do not think it worth while to save odd sums. They have risked a competence in trying to get rich quickly. They allow acquaintances to impose upon their good nature and generosity. They try to do what others expect of them, not what they can afford. The parents are economical, but the children have extravagant ideas. They do not do to-day what they can possibly put off until to-morrow. They do not think it worth while to put contracts or agreements in writing. They prefer to incur debts rather than to do the work which they consider beneath them. They have endorsed their acquaintances' notes or guaranteed payment just for accommodation. They risk all their eggs in one basket when they are not in a position to watch or control it. They think it will be time enough to begin to save for a rainy day when the rainy day comes. The head of the house is a good man, but he has not learned to do business in a business-like way. The only thing the daughters accomplish is to develop a fondness for smart clothes and expensive jewelry. They do not realize that one expensive habit may introduce them to a whole family of extravagant habits. On a moderate income, they try to compete in appearance with a wealthy neighbor. They subscribe for everything that comes along, lightening-rods, subscription books, pictures, bric-a-brac—anything that they can pay for or the instalment plan. They believe they have not been able to make much in the business they understand best, but have thought that they could make a fortune in something they know nothing about.

FOR A FLOWER-LOVING FRIEND.

A woman who has success in raising plants from seed can send a charming gift to some flower-loving friend with a garden. Knock off the top of egg shells and fill with rich earth, in which are sown seeds of delicate plants that do not like transplanting, as annual poppies, mignonette or candytuft. Set the egg shells in a small wooden tray with a rim two inches deep. This tray can be made from a raisin box or shallow cigar boxes painted dark green. Fill it with sand, which can be kept moist if necessary, and in the sand imbed the egg seed cases. The tray can be set in a sunny window, and the plants grown along until all danger of frost is past, when the plants can be set out without injury to the roots.

PERFUMING THE HAIR.

There is a difference of opinion as to perfumed hair some women, nice ones, too, think a faint, elusive, individual fragrance to the hair correct, while other women are strong in their condemnation of scented tresses. If you are not one of the women who think perfumed hair vulgar, you may like to know how to impart an odor to it instead of paying to have it done by the hairdresser. The best time is immediately after the hair is shampooed, while it is still slightly damp. Pour five or six drops of oil of lavender, oil of jasmine, or oil of violet in the palm of your hand and rub it over the bristles of a clean, rather stiff hair brush. Brush the hair thoroughly for five or ten minutes and you will carry around for a week a faint, delicate fragrance.

WHEN CHOOSING A HAT.

I have one rule for most women when choosing a hat, says a well-known milliner. I match the hat to the hair. The result is always good. Of course, if the woman is old, with white hair, it is not so satisfactory. But the woman with brown hair should wear a brown hat, and the woman with red hair should wear a red hat in dark-red tones, and so on. If you are going to buy a hat,

match your hair. The second best thing is to match the hat to the eyes. The woman with big brown eyes should wear a big brown hat. The girl with saucer-blue eyes can wear a blue hat, and the girl with hazel eyes ought to cultivate hats that are hazel and light brown and yellow brown. That is a splendid rule for any woman to remember. Match the hat to the hair or the eyes. It is sure to be a success.

KEEP TWO CALENDARS.

It is a handy plan for the business woman or the housewife who has much domestic accounting to do to keep two calendars, one to tear off day by day, the other to refer back to past dates when necessary. The reference calendar, which can be very small and inconspicuous, should have its special hook on the desk or writing table.

Envy is rather a dangerous disease for sometimes it develops into a secret feeling of rancour. Why give so much homage to wealth, power, influence and luxuries? They are nothing compared with tranquil hours and a sweet little home furnished with harmony and joy. Moreover, envy gets you nothing but misery, of which nearly every one has a sufficient supply.

A TABLE DECORATION.

It is now the fashion to arrange fruit after the manner of old-fashioned still-life pictures, and there are very great decorative possibilities in such a system. At luncheons such arrangements are highly favored and also frequently at dinners, there is something homelike and cheery about such a table decoration.

Of course flower decorations are always lovely, but they have been done to death and there seem to be no new ideas in their arrangement, so that clear, beautifully colored fruit with leaves lends a great deal of novel character to the up-to-date table.

We have such wonderful fruits now of such beauty of coloring that the richest possible effects may be obtained for such centerpieces.

Upon English tables fruit decoration is in high favor, the room itself being decorated with flowers and plants as of old. Baskets of all manner of fascinating shapes of ware and glassware, sheer as thinnest ice, lend themselves admirably to fruit decoration, and one may have charming still-life groups that rival those that hang upon the walls of the Louvre or other famous palaces of art. If one so chooses, one may use the fruit that forms the centerpiece for dessert, but it is more satisfactory to have baskets or dishes of exactly the same fruit on the side to be passed at the proper time.—From an article in the National Food Magazine.

REMEDY FOR NOSE BLEED.

For obstinate and persistent nose bleeding either put an ice pack or a cloth wrung out of ice water at the back of the neck just at the base of the brain, or drop cold water from a sponge held well above the head so that it will strike the crown of the head with considerable force. The head should be kept well elevated; even in cases of extreme weakness do not allow the patient to lie down, and small wads of absorbent cotton wet with a weak solution of carbolic acid should be used to plug the nostrils. If the arms are held above the head for five or ten minutes the bleeding, if not severe, will usually stop.

TO CLEAN LINOLEUM.

A floor covering of good linoleum for the kitchen should hold its own for at least five years. The way to prolong its period of usefulness is to keep it clean; dirt ground into the finished surface by the tread of feet is the floor covering's greatest enemy. Linoleum needs no soap, ammonia or strong cleaning agents. A simple wiping with a cloth just moist with warm water is all that is needed. In one country house I have seen them use skimmed milk instead of or mixed with the water; but the owner had a herd of thirty cows. Once or twice a year give the linoleum a wiping of good furniture polish to renew its smooth surface.—Country Life in America.

What is Worn in Paris.

Directoire Still the Mode—Pompadour Chiffon a Favorite—Scarfs are Fascinatingly Pretty—Newest Colors.

To those who have been partial to the Directoire mode it will be pleasing to note that several houses are adhering to it. Very true it has been modified to some extent, and the waist line is nearer the normal.

In the summer frocks of crepe de chine striped and spotted chiffons and foulards there will be fuller, slightly gathered and prettily draped skirts.

Sleeves are fuller, especially from the elbow to the wrist, and with the lighter dresses a long three-quarter sleeve is in vogue, though the very long sleeve over the hand

is as much seen as ever.

It seems easy to speak of painted muslins and chiffons and dainty Pompadour effects, but they are making a brave struggle for a place in the world of fashion. This bespeaks a return to the Marie Antoinette and Pompadour modes, the former being admirably adapted for smart functions. What could be daintier than a little white broche, embroidered with tiny Louis blue flowers, simply made with the skirt eased on the hip and put into the most beautifully embroidered band, worked in blue, pink, silver and gold. The sleeves are of three-quarter length but finished with a lace ruffle. The bodice is slightly cut away into a becoming V, with a beautiful empiècement of real lace and a fichu-like drape of shot chiffon. Although guiltless of flounces, the extra fullness on the hip, and the fichu indicated a return to another period of dress than the clinging Empire style.

A beautiful gown to be worn at a reception is in green crepe charmeuse, a sort of cuirass bodice, embroidered in gold and silver. With this is worn a handsome mantle of grey lace with an over-cape of the same embroidered in gold and silver, the whole surmounted by a big hat of grey tulle, palleted with diamonds and relieved only by a cluster of black cherries and an enormous black aigrette. A scarf of black tulle was also twisted round the neck intermingled with the grey lace and embroidery of the mantle.

There is a fad just now for the jaunty little tea coats which are worn with trailing skirts to match. The tea coat comes half way to the knees and is made of silk or crepe de chine much trimmed with lace; or it may be of lingerie fabric, provided the trimming is elaborate enough to make it undeniably a coat and not an informal dressing sacque. It will be shaped on long, semi-fitting lines and it will have no ribbon bows to suggest a negligee garment; but will be fastened by loops over round white crocheted buttons. The skirt matching the smart tea coat is elaborately trimmed and is distinctly a skirt and never in any sense a lace-trimmed petticoat.

Large flat toques of swathed straw—devoid of all decoration—with the exception of gigantic cabochon jet

bordered all around with tiny ostrich or marabout tips either in a plain color or in rainbow shades, emphasizing the different shades of the chiffon. Most fascinating of all is the lace scarf—Irish applique, finest filet, the lace lined on both sides with chiffon of the sheerest quality procurable. There is great variety in width and length, but it is the oblong scarf which is oftener seen—length about two and a half yards, width, less than a yard.

The latest importations show many gowns apparently copied from some charming portrait taken in the seventeenth century. These are made up in adorable shades of pastel blue, combined with salmon pink, or in mauve and green combinations that are delightfully cool in effect. The trimming is of narrow double ruffings of net or lace, with tiny rosebuds and sprays of delicate maiden hair fern.

Every coat and skirt costume should have a waist of corresponding color. Foulard is a favorite silk at the moment for a waist of the style of the shade of the skirt and coat or maybe a tone or two lighter, while the white scroll work or dot seen in the pattern makes the waist cooler in appearance for this time of year.

The most fashionable colors this spring are delicate in tint. Tamise is the name of a new series of greys which shade from a light steel grey, to a deep gun-metal tone. Absinthe green is in favor, and lichen green which is a greyish-green shade. A smoky plum tint is called prunelle and is extremely fashionable. Bois de Rose, a soft, subtle old rose tint, is much worn. A shade which resembles sand is the height of fashion. The blues are extremely fashionable, almost any tint being considered modish.

FASHION NOTES.

The sleeveless coat is again a feature of the afternoon reception gown.

Cheap jewelry should be avoided, it is jarring and unpleasant, and often one brooch of imitation gems mars a whole costume.

No matter how many protests were voiced, the beehive hat starts on its career with a popularity that prom-

Then I rose up and my bark Carried me down thro' the dark; And I saw horizons rise Past the limits of Surprise— Gray horizons, that, remote, Flat upon the sea-waste float. Yet from shores laid in that sea, Rose up moans of misery— Cries of hopelessness uncouth, Sobs that knew no sound of youth— Voices crying out: "Flee hence To Faith's land of innocence! Here is naught but salt sea-air, Lovelessness of heart, despair, Fierce unrest and rime and blight, And, beyond, unlighted Night. Get thee back to shores of Day And to daring kinsman say: Headlong, rushing, we have gone Past the limits of the dawn— Past the limits God did set, And are drawn swiftdownward yet— Downward drawn, sad man and woman, Thro' deep, godless gulfs all-Human. Thou hast strength remaining, flee Our unending misery!"

When the winds blow, East or West, Shall I ship in strange Unrest, And steer past known capes and bars For strange lands beneath strange stars?

Nevermore. I cannot bear The wolf eyes of fierce despair That inhabit the sea-wastes. There surprise is not surprise. But a gibbering shade that flies: There e'en good most bitter tastes, Better God's white dawn of faith Than wild, salt sea-wastes of death. —Charles J. O'Malley.

A SONG OF THE ROAD.

Whatever the path may be, my dear, Let us follow it far away from here, Let us follow it back to the yesterday.

Whatever the path may be; Again let us dream where the land lies sunny, And live, like the bees, on our heart's old honey, Away from the world that slaves for money— Come, journey the way with me.

However the road may roam, my dear, Through sun or rain, through green or sere, Let us follow it back with hearts of cheer,

However the road may roam; Oh, while we walk it here together, Why should we heed the wind and weather, When there on the hill we smell the heather. And see the lights of home.

Whatever the path may seem, my sweet, Let us take it now with willing feet, And time our steps to our heart's glad beat.

Whatever the path may seem; Let the road be rough that we must follow, What care we for hill or hollow, While here in our hearts as high as the swallow, We bear the same loved dream!

However the road may roam, my sweet, Let it lead us far from mart and street, Out where the hills and the heavens meet—

However the road may roam; So, hand in hand, let us go together And care no more for the wind and weather, And reach at last those hills of heather, Where gleam the lights of home. —Madison Cawein, in Harper's Bazar.

THE PRIMROSE PATH.

The green fans of the chestnut-trees Are all unfolding one by one, The breath of April's in the breeze, The long streets glisten in the sun.

The tasseled lilacs in the square Are full of nod and whisperings, While black-boled poplars stir the air With hints of happy secret things.

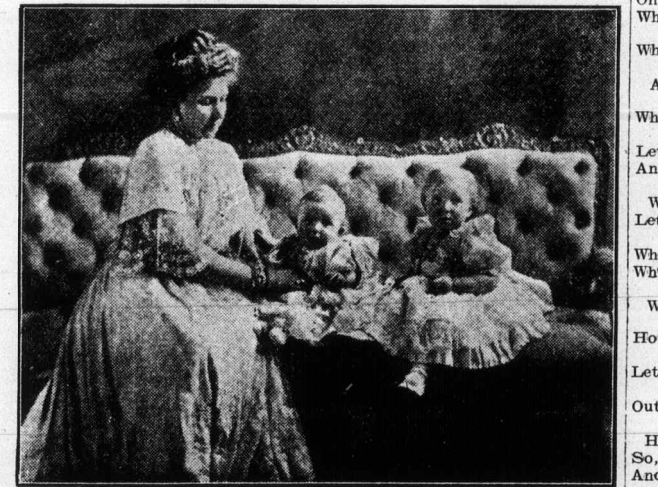
The town is all so fair and fine, The streets they make so brave a show; And yet—and yet—Corinne mine, 'Tis now the pale primroses blow.

The woods are calling us to-day Where grassy hills fall fold on fold; Come, let us take the primrose way And gather wealth of fairy gold.

Put off your dainty silks and lace For leathern shoon and homespun gown. Come, leave this bustling market-place To play the truant out of town.

For tho' in town the sun shines gay You can not hear the sweet birds sing; Come, my Corinna, come away, And let us go a-primrosing. —Rosamund Marriott Watson.

Sweet and palatable, Mother Graves' Worm Exterminator is acceptable to children, and it does its work surely and promptly.



H.M. THE QUEEN OF SPAIN WITH T.R.H. THE PRINCE OF THE ASTURIAS AND DON JAIME.

medallions for keeping the folds in position will be very fashionable as spring advances. The "bushy" will also be much worn, carried out in straw, gauze and tulle. The lancer plume will, however, be replaced by an aigrette of flowers. This form of trimming is perfectly delightful and will closely rival the Mephistopheles plumes which have completely ousted the stiff quills. These plumes are of every imaginable hue and quiver with every movement of the wearer.

With the warm weather petticoats will come back into favor, not because women will look more voluminous in their clothes than they have done, but thin unlined skirts necessitate them being requisitioned again. They are of soft white muslin and are done up without starch. They are trimmed with scanty ruffles of lace and are gored at the top and fastened low on the corset with a hook and eye or button. Drawing strings are not to be considered.

An important feature of this season's style is the scarf. An extremely pretty one is of painted chiffon,

HAD BACHACHE.

Was Unable To Do House-work For Two Years

Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less "female trouble" than they think.

Women suffer from backache, sleeplessness, nervousness, irritability and a dragging down feeling in the loins. So do men, and they do not have "female trouble."

Why, then, blame all your trouble to "female disease?" Most of the so-called "female disorders" are no more or less than "kidney disorders" and can be easily and quickly cured by Doan's Kidney Pills.

Mrs. O. Dupuis, Bellevue Village, N.B., writes: "I was unable to do my house-work for two years on account of backache. I could not get up the stairs. Doan's Kidney Pills cured me permanently after doctors failed to even relieve the pain. I can highly recommend them to all sufferers from kidney trouble."

Price 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

POET'S CORNER

A NIGHT SAIL.

In the night my soul awoke And a wish arose to sail Past the gray capes and the bars That day's harbors bound and choke—

Thro' the yellow moonlight, pale, To strange lands beneath strange stars.

O, the winged Desire that fed On my heart and whispered: "Staid Content is but a fool, Sitting by an idle pool, Waken thou! Arise and go Where the seas leap and winds blow!"

Cowan's Nut Milk Chocolate

A chocolate confection of rich milk chocolate and fresh shelled walnuts. Simply exquisite. In 1/4 and 1/2 pound cakes.

The Cowan Co. Limited, Toronto.

Funny Sayings.

A member of the Nebraska Legislature was making a speech on some momentous question and, in concluding, said:

"In the words of Daniel Webster, who wrote the dictionary, 'Give me liberty or give me death!'"

One of his colleagues pulled at his coat and whispered: "Daniel Webster did not write the dictionary; it was Noah."

"Noah nothing," replied the speaker; "Noah built the ark."

Joy Not Unmixed.—"Your husband will be all right now," said an English doctor to a woman whose husband was dangerously ill.

"What do you mean?" demanded the wife. "You told me 'e couldn't live a fortnight.'"

"Well, I am going to cure him, after all," said the doctor. "Surely you are glad?"

The woman wrinkled her brows. "Put me in a bit of an 'ole," she said. "I've bin an' sold all 'is clothes to pay for 'is funeral."

Distracted Mother (opening the door of the playground).—What are you boys making all this terrible racket about?

Her Youngest.—We're playin' congress, maw. We've just had a message from the pres'dunt!

A week before the Christmas holidays a Princeton undergraduate who lived in Chicago wished to start for home, thus gaining a week's vacation on the other students. He had, however, used up all the absence from recitations which are allowed, and any more without good excuse would have meant suspension. In a quandry he hit upon this solution: He telegraphed his father the following message:

"Shall I come home by the B. & O., or straight home?" The answer he received read: "Come straight home."

An exhibition of the telegram to the faculty was sufficient.—Success Magazine.

HIS FIRST MOVE.

A bashful cowboy returning from the plains to civilized society after an absence of several years, fell desperately in love at first sight with a pretty young girl whom he met at a party.

On leaving the house that evening the young lady forgot her overshoes, and the hostess, who had noticed the Westerner's infatuation, told the young Lochinvar that he might return them to the girl if he wished.

The herder leaped at the chance and presented himself in due time at the young lady's house. She greeted him cordially.

"You forgot your overshoes last night," he said, awkwardly handing her the package.

"Why, there's only one overshoe here!" she exclaimed, as she thanked him and opened it.

"Yes, Miss," said he blushing. "I'll bring the other one to-morrow. Oh, how I wish that you were a centipede!" And with that he turned and sped away down the street.

REDUCTION BY ADDITION.

A certain stout lady resolved to consult a physician about her corpulence. She had no previous experience with "banting" of any sort. The doctor drew up a careful dietary for her. She must eat dry toast, plain boiled beef and a few other things of the same lean sort and in a month return and report the result.

At the end of the time the lady came, and was so stout she could hardly get through the door. The doctor was aghast.

"Did you eat what I told you?" he asked.

"Religiously," she answered. His brow wrinkled in perplexity. Suddenly he had a flash of inspiration. "Did you eat anything else?" he asked.

"Why, my ordinary meals!" said the lady.—Pearson's Weekly.

Advertisement for GIN PILLS, featuring a circular logo with 'GIN PILLS' and text describing the product's benefits for kidney and bladder health.