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Woman's Realm.

Once in Awhile.

Once in awhile the sun shines out, And the arching skies are a perfect blue; Once in awhile 'mid clouds of doubt Hope's brightest stars come peeping through. Our paths lead down by the meadows fair, Where the sweetest blossoms nod and smile, And we lay aside our cross of care Once in awhile.

Once in awhile within our own We clasp the hand of a steadfast friend; Once in awhile we hear a tone Of love with the heart's own voice to blend; And the dearest of all our dreams come true, And on life's way is a golden mile; Each thirsting flower is kissed with dew Once in awhile.

Once in awhile in the desert sand We find a spot of the fairest green; Once in awhile from where we stand The hills of Paradise are seen; And a perfect joy in our hearts we hold,

A joy that the world cannot define; We trade earth's dross for the purest gold Once in awhile. Nixon Waterman

Worry as a Success-Ruler

Perhaps there is nothing else so utterly foolish and unprofitable as a habit of worrying. It saps the nervous energy and robs us of the strength and vitality necessary to the complete development of character and true success. The man who worries is never self-centred, never perfectly balanced, never at his best; for every moment of mental anxiety takes away vitality and push, and robs him of manhood and power.

Worrying indicates a lack of confidence in our strength; it shows that we are unbalanced, that we do not lay hold of the universal energy which leaves no doubt, an uncertainty. The man who does not worry, who believes in himself, touches the wires of infinite power. Never doubting, never hesitating, he is constantly reinforced from the Omnipotence that creates planets and suns.

The habit of worry is largely a physical infirmity; it is an evidence of a lack of harmony in the mental system. The well poised soul, the self-centred man, never wabbles or hesitates. The infinite balance wheel preserves him from all shocks, and all accident or uncertainty.

Enough vital energy has been wasted in useless worry to run all the affairs of the world.

A Woman's Duty to Her Family

Of course you have made a radical change in the menus of your family this hot weather, so that instead of so much fried meat, pies and cakes, they are eating more eggs and green vegetables, more berries and fruits. That it is most important for her family to have a well kept house, comfortable beds, plenty of clean clothes, as well as proper and healthful food, every woman will admit; but there is another duty she owes them that she usually can't see as plainly, and the more unselfish she is, the harder it is for her to fulfill; it is to take a little time every day to rest and read, to dress up a little, to get out of doors and enjoy the coming autumn, and to go among her neighbors and townspeople, so that she will hear and know a little of what is going on outside of her own home, both to interest her and to make her more interesting to others. It is not enough for a woman to give her family three meals a day and a clean house, and I wish we could all understand that.

Can't you begin today and spend a little more time on yourself? Probably you have worked all summer, and every day you have thought, "Next week, after I get caught up, I'm going to get out and enjoy these lovely days," and next week rest seemed just as far away. Perhaps it sounds ridiculous to a woman with a large family to hear that she has been neglecting them by neglecting herself, but there are only a few very wise housekeepers who don't do a lot of unnecessary work. Can't you be a little "slack" in your work for a few weeks and get caught up with your health? How about your ironings? Are you carefully pressing each sheet and towel, or do you simply fold them smoothly from the line and lay them away with all the fresh air and sunshine still in their folds? There should be only a few light dresses and ruffled petticoats in the wash, if you must iron them all. Probably it is natural that a mother wants her children as daintily dressed as their little playmates, but when to do this keeps the grown members of the family at the sewing machine and washboard a good deal of the time, it is not only foolish, but really wrong. To minister to material wants is all right, but don't do the unnecessary things, and neglect your own mind and body. Read a little. Dr. Eliot says one can acquire a liberal education by reading certain books for ten minutes each day, but anything you select will help you, if it is by one of the standard authors, or from some good magazine. It is far easier to work when one has something new to think about. Don't let your children think that mother doesn't know or care about anything but housework. And every day dress up a little, too. Women don't have to lose all their good looks just because they have the cares of a family on their shoulders. And above all, go outdoors as much as possible. Sunshine and fresh air and growing things are great beautifiers, because they are happier. Do your hand sewing and darning out under the trees; peel your vegetables for dinner on the side porch. Many people who live in the country think this alone will make them healthy, but unless they are out in the fresh air, no good comes of country life.

A Double Point

The old question of the schoolmen of the middle ages, "How many angles are supported on the point of a needle?" was once charmingly answered by the late Dr. Talmage. Some theological students were laughing over the question when in the company of the Doctor.

"Well," said he, "how many do you think?"

As no one answered, he went on with characteristic decision.

"I'll tell you—five. Let me prove it to you. One very stormy night I was returning home late, and I noticed a light in the window of a room where a poor woman lived whose husband was at sea. I wondered what kept her up so late, and I went to see. I found her hard at work sewing by her lamp, while her five rosy children were sound asleep near her. There was a needle supporting five angels."

Motherhood's Deep Meaning.

Parentage is not possession; parentage is privilege; parentage is opportunity.

You hold a babe in your arms. What has happened? Nothing to change the purpose of your life, the development of self. Life will bring to you but one duty—toward that babe—the highest development of yourself.

If you hold your child as a possession, an obligation, a something to be trained, pushed and pulled in the direction your vision indicates, you declare yourself upon the animal plane of parentage. Your reward will be the reward of animal parentage. Your child's love will mean simply thanks for the sustenance you give that child's existence. Its love for you will cease after its animal necessities are

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