

One Left.

The one babe lost is the one babe left;
The others are grown and gone away;
So cruel it seemed when first bereft,
Yet the lost is the only one left to-day!

I watched them grow out of my longing arms,
While each in turn lost the baby face;
The years fled away with those winsome charms,
And manhood and womanhood took their place.

And now they've made them homes of their own,
While I by the fireside rock and dream:
And, oh, I should be so all alone,
Did not the past like the present seem!

But, while I am rocking, my babe again,
That I lost, far off in the dimming years,
I clasp with the joy that is kin to pain,
And water my dusty heart with tears.
—Minot J. Savage.

Dressing.

We are what we made ourselves and no girl or woman should resign herself to being a draggled drudge all her days. Of course, rough, heavy work does not demand elegant or even tasteful clothing; but if girls will be prompt and energetic, every night ought to see the heavy work done in time for a girl to wash herself and put on some tasteful, pleasant clothing. Not 'any old thing,' but a clean, fresh shirt waist, a neat, whole, clean skirt, some pretty ribbon or tie and a nice white apron. 'Oh, I can't be bothered,' says the weary girl; but just give it a trial, and you will find the wash and change of dress have rested you, and you can take up a book or your sewing with keener interest and enjoyment. It is due to yourselves, girls, once in every day to be seen respectable, neat and tidy and to forget for a time the burdens and duties of life. You will do your work better, quicker and more accurately if you make an effort daily to secure the time for this change. It may cost a little money, but you can easily spare that from your Sunday clothes, which are, quite often, as much too smart as the working ones are too shabby and dilapidated.—'Ups and Downs.'

Beef Cuts and Their Geography.

Most housewives do not understand the terms used by the butcher to describe the various cuts into which a carcass of beef is divided. Therefore, they do not always know what they are buying. Here is some information on the subject.

The whole beef is split into halves, following the centre of the backbone or vertebral column from tail to neck. Each half contains a hind and a forequarter.

The forequarter is then cut from the hind-quarter. These are the processes of the wholesaler. The 'fores' and 'hinds,' as they are called, are now ready for the retailer.

The forequarter is cut into two parts—the rack, consisting of a set of ribs, and the chuck, or shoulder proper up to and including the eighth rib.

The eighth rib cut shows the blade gristle only on one side. The ninth rib is usually called a chuck roast.

The rack is cut into prime rib, standing or rolled roasts.

The chuck is a complicated piece of meat when cut into kitchen pieces by the butcher. Its anatomy yields the following pieces for cooking: Oven and pot roasts, boneless chuck steaks and chuck roasts, cut free of bone and metamorphosed into top and lower Saratoga roasts. The lower cut is the more tender. It has the eye piece, which somewhat resembles the eye of a porterhouse rolled roast.

The chuck yields still more cuts to the wizard of the cleaver. There the soup and stewing pieces, plate, navel and brisket pieces for corning, oven and pot roasts, made by removing the flesh from the shoulder bones, and chuck steaks cut from the cross rib. In the above disguises the word 'chuck' loses all of its plebeian character.

The hindquarter is less complicated, but its

dissection is interesting to the culinary economist. This part of the beef carcass is cut in two; the loin of the beef and the round, consisting of the leg, top and bottom round, rump and flank.

Now comes a steak rollcall. The loin of beef is cut by the butcher into top sirloin steaks, boneless sirloin steaks, porterhouse steaks and roasts. Then there are 'à la mode' top round cuts, bottom round cuts for pot roasts and corned beef. The rump goes into steaks and corning pieces, flank steaks and rolled flank pot roasts or corning pieces.

If the housekeeper is mystified by the shop vernacular it is because she has not learned the 'geography of the beef cuts' as a Boston culinary student put it. By not knowing her alphabet the purchaser is often imposed upon and made to pay a higher price for an artistically arranged piece of very cheap meat.—New York 'Sun.'

About Little Things.

The question is: What are really little things? Not always those which seem to be of the least importance. This is why it becomes necessary to be very careful in training young people as to their daily habits, and to set before them only the most careful example. A lady was surprised the other day at hearing her little son speak disapprovingly of a young man whom she never supposed the little lad knew much about. The parents were speaking of him rather highly, when the boy said,

'Oh, mamma, I don't like him very well.'

'But why not?' he was asked.

'He has sat in front of me at two or three entertainments,' the boy replied, 'and the backs of his boots never are clean.'

The mother laughed, and was greatly amused at such penetration on the part of a mere child. It did not at once occur to her that the habits of neatness and cleanliness perfectly natural to her, had, through her constant teachings, been transmitted to so young a boy. This was only another expression of the same sentiment spoken by another little lad, who said he could not bear to touch a book that Willie L— had been using, because Willie soon got his books so dirty. The parents of the boy had not been in the habit of making dog's ears in books, of getting covers loose by rough handling, or of getting pages soiled with unwashed hands.

I once visited in a family where the mother did not approve of 'picking' at children, as the expression goes. Two or three boys came in from school, threw their caps on the table, the lounge, or the first convenient landing place. One cap, that went rolling under the lounge, was allowed to remain there. On arising from the dinner table, the table and its surroundings were a sight to behold. Napkins were tossed unfolded anywhere, beside the plates, or in the chairs, just where they happened to fall. What a blessing to mother, father and children it would have been could some one have ventured to hint to that mother the difference between picking and training!

'What a slouchy man Mr. M— is,' a lady said the other day.

'Yes, and he was a slouchy boy,' was the quick reply.

There could be no question that the early education in that man's home had been defective in many or most of the little things that go toward making up fine, cultivated ideas and habits. It will happen, in some cases, that a young person of considerable observation will recognize and correct habits of carelessness formed at home, but as a rule the habits formed in youth will cling to one after years of maturity have been reached. The home, and the home table, should be chiefly the places where the girls of the household should learn lessons of thrift and neatness lasting them through life, but I recall the case of a young girl who spent a few years away from the home of her parents, and on her return was greatly troubled at the way the dishes were placed in the closet. There was no system, no order; things were put in one place to-day, in another to-morrow.

'It's no use,' the girl said in discouragement; 'I can't do things in that way. I don't know how to.'

'Very well, arrange them to suit yourself,' was the reply, and the mother was perfectly

astonished to not only see how pleasing it was to the eye to have every dish in its own proper place, but it was matter of astonishment also to find how far more convenient it was to have a place for everything in the dish closet and everything kept in its place.

Washing Made Easy.

It is possible, it is claimed, to wash clothes, and to wash them well at that, without rubbing, no matter how soiled the garments may be. This is the method as described by one who has tested it:

Take half a bottle of household ammonia and put to it an equal part of spirits of turpentine. To a medium sized boiler of clothes you would want two or three table-spoonfuls of this.

The method of washing with scarcely any labor, is as follows: Put the clothes to soak overnight or not, just as you wish. I do not. On the washing morning, take the clothes just as they are if you have not soaked them previously and put them in your boiler. Cover with cold water and add half a bar of soap shaved, two or three spoons of the ammonia and turpentine preparation, according to the size of the boiler. Let them come to a boil, and boil for ten, or possibly fifteen minutes, then take up, rinse thoroughly, and blue as usual. You will find that no rubbing is necessary. Even very dirty articles will need scarcely a rub. I never use a washboard now, for a few rubs between the hands will settle any extra soiled spots. The terrors of wash day will have departed. The clothes will wash themselves while you are at breakfast.—Boston 'Globe.'

Tender Feet.

Girls who serve in shops and others whose occupation keeps them on their feet a great deal, often are troubled with chafed, sore and blistered feet, no matter how comfortably their shoes may fit. A powder used in the German army for sifting into the shoes and stockings of feet soldiers is called 'fusstreupulver,' and consists of three parts of silicylic acid, ten parts of starch, and eighty-seven parts of pulverised soapstone. Any chemist will make it up for a small sum. It keeps the feet dry, prevents chafing and rapidly heals sore spots. Finely pulverised soapstone only is very good. When the feet merely ache a very useful remedy may be found in the following: Take a teaspoonful of ordinary washing soda, dissolve it in half a gallon of warm water and bathe the feet in it for about half an hour. Repeat this from time to time. A hot water bath is also highly excellent for tired feet.—'American Queen.'

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