

# YEAST FOAM

acts on dough perfectly, bringing out the wheaty flavor and nutriment of the flour, and changing it into rich, life-giving bread. Bread raised with Yeast Foam is

## Light Bread

but not too light. It is evenly well raised throughout—fresh, sweet, moist.

**The secret is in the yeast.**

Yeast Foam is the best of yeast—made of malt, hops, corn, etc. It is sold by all grocers at 6 cents a package—enough for 40 loaves. "How to Make Bread"—free.

**NORTHWESTERN YEAST CO.  
CHICAGO.**

### Not Reassuring

Doctor—No better, eh? Well, you must not worry or get nervous, you know. Four years ago I had the same complaint as yours, and you see I'm perfectly well now."

Patient—Yes, but you didn't have the same doctor!—Tid Bits.

### The Needle and Thread Tree

The wonders of botany are apparently inexhaustible. One of the most remarkable specimens is the Mexican maguay tree, which furnishes a needle and thread all ready for use.

At the tip of each dark green leaf is a slender strong needle that must be carefully drawn from its sheath; at the same time it slowly unwinds the thread, a strong, smooth fibre attached to the needle and capable of being drawn out to a great length.—Mexican Herald.

### Labor Day

The American laborer is at his best on this September holiday. Somehow he measures up to our ideal of him on these occasions. We are not one whit disappointed as we silently observe him in the line of march.

The parade is not as gorgeous and elaborate as some, but the men marching with steady heads and robust bodies can not be discounted. The sight of these commoners in the streets of our land on Labor day confirms our faith in American institutions. Every year the wage worker becomes more aspiring and intelligent. Here's to him and his good health as he celebrates the day of days of September, 1904! May he speedily enter into his own! And that's nothing less than the whole earth.—What's the Use.

### Distressing Stomach Disease

Quickly cured to stay cured by the masterly power of Drake's Palmetto Wine. Invalids no longer suffer from this dread malady, because this remarkable remedy cures absolutely every form of stomach trouble. It is a cure for the whole world of stomach weakness and constipation, as well as a regulator of the kidneys and liver.

Only one dose a day, and a cure begins with the first dose. No matter how long or how much you have suffered you are certain of a cure with one small dose a day of Drake's Palmetto Wine, and to convince you of this fact the Drake Formula Company, Drake Building, Chicago, Ill., will send a trial bottle of Drake's Palmetto Wine free and prepaid to every reader of this paper who desires to make a thorough test of this splendid tonic Palmetto remedy. A postal card or letter will be your only expense.

## "The Cup of Cold Water"

New York newspapers recently told of a young man who, after several years of faithful service to his employer, absconded with a considerable sum of money. That was the young man's first misstep, and the employer caused to be inserted in the newspapers an advertisement calling upon the young man to return and promising that he would not be prosecuted, but would be helped out of his difficulties. The young man read the advertisement, returned to his home, made a clean breast of his error, was forgiven by the man whom he had wronged, reinstated in his position and given every possible encouragement to recover his lost ground. It developed that the young man was in financial distress, and in a moment of desperation had used his employer's money. This incident occurred two years ago, and since then this young man has, at least to the satisfaction of his employer, justified the magnanimity which that employer showed.

It will not, of course, do for it to become a matter of general understanding that a man may embezzle and be forgiven; and yet, there have been, unquestionably, many cases in which the methods used by this New York employer could have been used with advantage by other employers.

The doctrine, "I am not my brother's keeper," is not the doctrine for thoughtful men. The man who persistently cultivates the notion that he is concerned solely in his own welfare and that he owes no duty to his fellows has not even begun to learn that life is worth living.

On a tablet in the First Methodist church in the city of Omaha is engraved, to the memory of a fine Methodist preacher, the best and highest tribute that could be paid to a human being. It is said of this man: "He was a helper of men." Incidentally, it may be said that those who happen to have had the pleasure of this Methodist preacher's acquaintance well know that the tribute is entirely deserved, and that the man to whose memory that tribute is paid proved himself a helper of men whenever he came in contact with a human being who needed aid.

The claim that half the world does not know how the other half lives is justified. A very large number of people are free from serious trouble, and many of these are entirely ignorant of the burdens borne frequently by their own immediate neighbors. It is indeed strange that so much of the trouble, the sorrow and the grief that exists in this busy world is concealed from the view of many men. But the man who is willing to lend a sympathetic ear and extend a helping hand very soon comes in touch with his troubled fellows and very soon learns of the sorrow and grief, concerning which less sympathetic men remain in ignorance. While it is not an easy task to comply with the injunction, "Bear ye one another's burdens," the man who does his best to obey that rule obtains from life a great deal more than the one who utterly ignores that rule. "The drying up of a single tear has more honest fame than shedding seas of gore;" and the world is full of tears; some of them are causing down furrowed cheeks; some of them fill eyes that are rapidly growing dim; many of them are unshed and invisible. But if every tear may not be dried, if every wounded heart may not be healed, a word of sympathy and kindness will do much to assuage the grief which finds expression in the tear and the sob.

Kindness, like mercy, "is twice blest; it bleaseth him that gives and him that takes," and is, indeed, "an attribute of God himself." The One whose every act showed love and sympathy and kindness for men said, "And whosoever shall give to drink unto these little ones a cup of cold water only in the name of a disciple, verily I say to you he shall in no wise lose his reward." There is in this world today an opportunity for every human being to give the cup of cold water; and there is no waiting for the reward to be bestowed. The moment the cup is extended, that moment the reward is obtained.

A man bowed with grief because of the death of his beloved wife is given the warm handclasp that needs no words to explain what it means. That's the cup of cold water.

A woman, broken-hearted, yet, woman-like, strong even in the presence of the greatest sorrow, is the beneficiary of those little neighborly services which, while they have no language, speak volumes in sympathy and love. That's the cup of cold water.

A merchant, staggering under adverse conditions, honest, although unfortunate, and striving to save the remnants of his business, is given a little extra patronage by appreciative customers and a little unusual encouragement by merciful creditors. That's the cup of cold water.

A man struggling against the power of an overwhelming appetite and sinking sometimes even to the gutter, is urged to try again and save himself from social oblivion. That's the cup of cold water.

The sisters of the Good Shepherd, devoting their lives to the rescue of fallen women. That's the cup of cold water.

The good sisters at St. Joseph's, the faithful women at the Wise Memorial, the tender nurses at the Clarkson and the Methodist hospitals—all devoting their energies toward alleviating pain—none of them with proper recompense in the way of money, many of them without any financial reward whatever. That's the cup of cold water.

The noble work done by the sisters at the St. James Orphanage in caring for the little ones who but for their sisters would be homeless. That's the cup of cold water.

The man who, thrown from a position through no fault of his own, finds assistance in obtaining means of a livelihood, through the intercession of some busy yet sympathetic neighbor. That's the cup of cold water.

The little garments that are sent to cover the nakedness of some child of the poor. That's the cup of cold water.

The contribution to the empty larder of the destitute, the supply of medicine to the poor and sick. That's the cup of cold water.

The visits to the sick and injured. That's the cup of cold water.

The word of cheer to the stupid or thoughtless lad who finds the greatest problem of life to be the mastery of his simple studies. That's the cup of cold water.

The mending of the broken toy provides comfort to the little lad and the repairing of the tattered doll checks the sobs of the little girl; and that's the cup of cold water.

In this day some of us may be too proud to remember, and certainly many of us are too dignified to repeat, that little jingle so familiar to our childhood days: "Little drops of water, little grains of sand, make the mighty ocean and the pleasant land; little deeds of kindness, little words of love, help to make earth happy like the heaven above." Yet, would not the world be considerably better if that simple little verse were placed over every desk in every counting room in the land, so that he who runs may

read and he who reads may profit for himself and give profit to his fellows?

Someone has said: "The best portion of a good man's life is the little, nameless, unremembered acts of kindness and of love." Every tear that falls in sympathy with another's woe, every handclasp that is meant to assuage another's grief, every word that is given to provide encouragement to one who stumbles and falters on the way, every smile and every cheer and every sigh that is the product of our loving kindness contributes to the progress of the world, to the advantage of humanity and to the upbuilding of our own precious selves.

A man will obtain the best in life when he strives for that condition where thoughtlessness gives way to thoughtfulness, where love for one's self is well balanced with love for one's fellows, where men are not too dignified to mingle their tears with the tears of a grief-stricken neighbor, where the word of comfort is every ready for the benefit of "these little ones," for the relief of the despairing and the help of the disconsolate. Then, whatever creeds and doctrines may say, the bearer of the cup of cold water, writing "finis" to his life's work, may, without fear and without trembling, face the great unknown with: "Now lettest thou thy servant depart in peace, according to thy word, for mine eyes have seen thy salvation."—Richard L. Metcalfe in Omaha World-Herald.

### One Too Many

The Youth's Companion prints this story of Lincoln, which was related by the late Senator Harlan at an old settlers' meeting at Mount Pleasant, Ia. Some politicians had called on President Lincoln to urge the appointment

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