



The Mother of a Hero
 A crash, a flash, a momentary triumph,
 The blaze of sun from out a sky of blue;
 And some one lies, a heap of huddled garments,
 With heart now still that once sang brave and true.
 A blur of smoke against the mountains rugged,
 A buzzard winging slowly through the sky,
 And miles away a little mother—waiting—
 And praying to the gracious God on high.
 A moan, a stream of life-blood ebbing swiftly,
 A pair of eyes that close in endless sleep;
 A bullet, sharp and sudden in its coming,
 That leaves a wound so horrible and deep.
 A paper, printed large in glowing headlines,
 That says, "He left a mother, next of kin;"
 A country's loud approval of a hero—
 And one small woman sobbing through the din!
 A fear, a tear, a pair of hands clasped tightly,
 A mind that sees a sturdy little boy,
 A tiny baby face, with roguish dimples,
 A sound of laughter filled with childish joy.
 A nation's hero, dying first—with glory!
 A man in spirit, though a boy in years,
 A soldier shot in battle, fighting bravely—
 A little mother smiling through the tears!
 —Margaret E. Sangster, jr., in New York Times.

A Warning to Women and Girls
 The women of San Francisco are sending out warnings, especially to young girls, that should be heeded by every one who has the welfare of our youth at heart. It seems almost unthinkable that such a menace as they describe should be allowed; but it is reported that there are strong influences being brought to bear that may insure the establishment in some portion of the Panama exposition grounds of houses for immoral purposes; if not within the grounds, then close at hand. There are powerful interests at work in this direction, and while the women of San Francisco will do everything in their power to prevent the success of this purpose, they cannot entirely guard our young people of both sexes who will be drawn into the great city by the lure of big wages. These women workers urge that every paper or magazine shall sound the warning, and every one who can possibly do so should raise a helping hand in the war against the spread of vice and the ruin of our daughters and sons. They especially wish the girls to be discouraged about answering advertisements for workers, for every place will be taken, and the door that will be open to the strange girl will be the one that leads to death, moral, if not physical. The city has plenty of its own to fill every place worth having, and while there will be many

advertisements for girls to fill positions, they should be warned that the positions offered are not such as they can safely take. Keep the girls at home, for there is unspeakable danger and pitfalls awaiting the young feet.

Exterminating the Fly

The war to extermination of the filthy house-fly will also help to exterminate the stable-fly, which is accused of doing a great deal of disease carrying by its bite. Both the house-fly and the stable-fly deposit their eggs in filth, chiefly horse manure, and the time required for hatching is from ten to fourteen days. All accumulations of manure should be removed at least once a week, to prevent this hatching. These two flies are so very much alike in appearance as to baffle any one but an expert in distinguishing which is which. The one visible difference is that the stable-fly is slightly larger and lighter in color. Just before a rain, or when from some reason the horse-fly is driven to the house, or when one is at the barn, the fly will bite, and we have always said it was the house-fly, for we did not know of the two kinds of flies. The house-fly does not bite, he does his damage by carrying germs and filth about on his legs and depositing them on whatever he crawls upon. So, if a fly bites you, you may be sure it is the stable-fly, and he does his work by injecting the poison in the blood. If the work of extermination is waged mercilessly during April and May, the first flies will be killed; but the work must go on vigorously all the summer. It has been advised that you report your neighbor to the health inspector if he does not join in the battle. Keep the premises clean, and allow no kind of filth or garbage about the place. It is easy to burn all garbage, or to bury it so the flies cannot get to it. The flies, fleas, bedbugs and a few other kinds that are not so plentiful, are the disease carriers, and it should be as much a shame to feed flies as to harbor and feed bedbugs. Right now is the time to exterminate the whole poisonous broods, and everybody should join in the war of extermination. Clothes are hardly a protection against the stable-fly's bite, as it will penetrate a thin garment without any trouble.

Early Strawberries

The first strawberries, which are now reasonably plentiful on most of the markets, come from far-away gardens of the south, and are usually small, sour and flavorless. These are generally ripened by artificial means, gathered rather under-ripe for shipment, and are sold for a high price to those who don't know any better than to give it. Later on, the delightful, sun-ripened berries from our own latitudes give us the real flavor of the real, naturally-ripened berries. Long-distance berries are like other long-distance things—not at all satisfactory to the palate, even with the aid of imagination. In the present days, however, the superior shipping facilities, refrigerator cars, and careful handling does away with much of the disadvantage, and the later berries, from the southern fields are much better. For the best, however, we must wait for the home-grown. At their best, in the height of the season, is the time when they

are fittest for canning and preserving; but too many wait for them to "get cheaper," and they thus lose the finest flavor. It is none too early to have everything prepared for putting up whatever is intended for winter.

The First Fruits

Strawberries, cherries, currants, gooseberries will soon be on the market in abundance, and if you intend putting any of these up for winter, select them while as fresh as possible and do not think "any old thing" will do for canning, or for making into jams and jellies. You get out of the jar or glass only what you put into them and it pays to put the best you can get into your glasses. While commercial canned fruit is often better than those "home canned," it is usually owing to the fact that the home canner is careless, and neglects to take pains with the work. It will pay to have a home canning outfit.

Window Boxes

If you have no ground to devote to flower-growing, you can still have beauty spots under your eyes. A long, low box placed just inside of the veranda railing, or on the window ledge, can be made very serviceable. The boxes should be a foot deep and as wide as your supports will sustain, but remember that there will be quite a weight when the box is filled with soil, so the braces or fastenings must do good service. They may be set on boxes, if nothing better offers, but it is neater to fasten them to the railing or window ledge. There must be good drainage. The soil must be very rich, and should be kept well stirred, that the drainage may not be clogged. Climbing or trailing plants should be planted at the front side, to drape the front of the box; the remainder of the box may be filled with showy, long-blooming plants, and if on the sunny side of the house, choose only sun-loving plants; if on the shaded side, give rich coloring, as possible in shade-loving plants. The soil should be well watered every day, and the drainage must be good.

Cleaning Mixtures

Before putting away the winter clothing, such as suits, skirts, and dresses, as well as men's wear, everything should be well cleaned. For removing grease, paint or tar spots, use the following: One gill of benzine, one gill of water, four ounces of ammonia, four ounces of soda dissolved in as little water as possible; shake all this together in a bottle, and let stand a few hours; then use with a sponge or rag, rubbing the spots until clean. Keep it well corked, and always shake well before using. Benzine or chloroform may be used with good effect, but care must be taken not to have any flame or fire in the room. Any cleaning done with naphtha, benzine or gasoline should be done out in the open. After the spots are out, sponge thoroughly with a white soap suds, then with clear water.

During Vacation Days

The schools will soon be closed for the summer, and thousands of boys and girls will be turned loose for the parents to look after for many weeks. Not every one can go to the country, and there are few avenues of industry open to the young people. There

is nothing so bad for any one, and especially for the young folks, as having too much idle time. Especially is this true of the children in the cities and large towns. In the country, there is always something to keep them busy, if one has a farm, or other country industries. But where the family lives in a flat, or apartments, or even in a cottage without grounds, what is there for the boys and girls to get interested in? Parents should begin to plan for these idle hours, and see that the empty hands are kept from the work that is always in their reach, according to the old axiom. Don't let the girls and boys "run wild"; they should have something to do; they will be doing, an way, and it is to the interests of the coming men and women that their doing should be along lines of mental and moral growth.

"Getting Together"

Of course, every one in the country is busy during the summer season; there is always something demanding attention, and if one allows it, there will be an endless chain of work, with no sort of recreation for any one. But there should be "off days," when the whole family should slip the leash of work and worry, and get acquainted with themselves and each other. If you are up-to-date and use your school room for a "social center," many an afternoon could be spent there, and the social commingling of the neighborhood families, grown people and children, will give zest to the hard tasks, and let the sunshine into the lonely lives that are all about us. Social intercourse between friends, and getting acquainted with neighbors should be taken as a duty we owe to ourselves and to others.

For the Pocket-Handkerchief Garden

Plant everything in rows, and if you cannot plow the rows, use the hoe industriously.

If you put a lot of "richness" in the form of fertilizer or manure on

DID THE WORK

Grew Strong on Right Food.

You can't grow strong by merely exercising. You must have food—the kind you can digest and assimilate.

Unless the food you eat is digested it adds to the burden the digestive organs have naturally to carry. This often means a nervous breakdown.

"About a year ago," writes a Massachusetts lady, "I had quite a serious nervous breakdown caused, as I believed, by overwork and worry. I also suffered untold misery from dyspepsia.

"First I gave up my position, then I tried to find a remedy for my troubles, something that would make me well and strong, something to rest my tired stomach and build up my worn-out nerves and brain.

"I tried one kind of medicine after another, but nothing seemed to help me.

"Finally a friend suggested change of food and recommended Grape Nuts. With little or no faith in it, I tried a package. That was eight months ago and I have never been without it since.

"Grape-Nuts did the work. It helped me grow strong and well. Grape-Nuts put new life into me, built up my whole system and made another woman of me!"

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.