

TRAINING TODAY'S BOYS AND GIRLS

Trivial Matters Must Not Be Given Undue Importance.

WHAT ARE THE ESSENTIALS?

That is the Question the Young Mother Must Endeavor to Answer in Her Daily Dealings With the Children.

By SIDONIE M. GRUENBERG.

GRANDMOTHER was on a visit. Naturally, she noticed a great deal about her daughter's way of managing an establishment.

She noticed, among other things, that the sandwiches for little Edith's school lunch were put up by the cook.

"I sometimes wonder," said grandmother, "how you can intrust the making of Edith's lunch to the cook. When you were children I put up the lunches myself, and for a long time there were five of you to do it for."

"Yes, mother," said the daughter, "I remember very well how fine those sandwiches tasted that you used to make for us. And the other children envied us, too. It was certainly lovely of you to put so much devotion and care into the daily lunches for us."

But grandmother's question had not been answered, so she came back to the cook. "It would be ever so much nicer for Edith if you put up her lunches yourself," she reflected.

"Well, mother, if the younger children did not need so much of my time in the morning perhaps I would do it myself. I'd like very much to do it. But I have to let Maria either do that or look after the other children."

"But," persisted grandmother, "what would you do if you could not afford to keep any help? I had no one to help me when you went to school."

"If I could not afford to have help I would have to choose between using the little time I have with the children before Edith goes off to school for making sandwiches and using it for doing the other things that call for my attention now. I think that probably I would prepare the lunches in the evening, and depend upon paraffin paper and the refrigerator to keep them in proper condition until the next day."

"Of course, I could have done the same thing," continued grandmother, "but I preferred to make the sandwiches with my own hands and to

strength and time. We must choose the essentials here also.

If you were told bluntly that you had to choose between the child's health and polished brasses, or between his companionship and fancy icing on your company cake, you would think the suggestion brutal. But do we not daily make such choices in our practical management of our affairs? Very few of us know how to choose wisely. Indeed, so far as any conscious, deliberate purpose goes, very few of us choose at all. We drift into our habits; we absentmindedly accept the conventions; we yield to the suggestions showered upon us by the period-



She Had to Choose Between the Child and the Furbelows.

icals and the theaters; we seek the proprieties. But very seldom do parents sit down with themselves and canvass the possibilities of the daily life, resolved to choose the essentials and to ignore all else.

And because of our failure to do this our children get what is left of our energy and our consideration. They are the immediate victims. But in the long run the parents themselves suffer quite as much.

SET WORLDLY MAN THINKING

Simple Family Prayers Brought Back to Him the Memories of Youth and Peace.

As Allan Lindsay's eye fell upon the much-thumbed Bible with its shabby black cover, he smiled in a superior way. It lay open on a little, old-fashioned stand by the sitting-room window, with several neatly folded copies of the weekly newspaper. There was a pair of cheap, steel-bowed spectacles between the leaves. No doubt, Lindsay reflected, this was a primitive New England household, where they held family prayers morning and evening. They would not expect a "summer bo-ler" to attend, at all events—that was one comfort.

Lindsay prided himself on being a thoroughly seasoned man of the world, and the slow-moving life of the country irritated him. While he idly fingered a copy of the West Salem Banner he was thinking of the never-ending clamor of city streets and the high-tension leisure of an evening at the club. A man had to get out of the whirl now and again, to be sure—he was here by the doctor's orders—but to live this kind of life year in and year out! Lindsay shook his head disdainfully.

"St. John XIV." He read the bold-faced type at the top of the page absently. It was a long, long time since he had read even that much of the Bible, and he turned his head to assure himself that he was quite alone in the room as he moved the steel-bowed spectacles aside a little.

"Peace I leave with you, my peace I give upon you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

The cynical smile was gone when Allan Lindsay lifted his head. "Peace!" It was like the haunting echo of some sweet, old song of his childhood, long forgotten. Was it merely the word of a poet and dreamer, or did it stand for something that might come—yes, and something old come—into our anxious, busy, turbulent life?

As Lindsay asked himself the question, he was thinking of Mrs. Elliot's plain, motherly face. Or was it the face of his own mother? Lindsay was not sure, but he seemed to see something in both that he saw rarely in any of the alert, somewhat hard faces in his own larger, busier world.

Mr. Elliot's uncertain old voice droned monotonously from the room below, and Lindsay bowed his head reverently when he heard the shuffle of chairs and detected the slight change of tone in the voice. There were young Eliots out in the clamorous, distracting world that Lindsay knew so well, and he wondered vaguely whether this petition from the old family altar—this daily request for untroubled hearts and peaceful lives for them and theirs—reached so far. His own lengthstone was cold and silent now, but perhaps the silenced voices were just beginning to be heard in the heart these older loving hearts pleaded for so long.—Youth's Companion.

One Use for Horses.

A motor car was held up in a busy street by a wagon drawn by two horses. The driver seemed in no hurry to get out of the way and at length the occupant of the motor car exclaimed sarcastically:

"Here, I say, my man! What are these things you are driving? What are they for, I should like to know?"

"These 'ere, gov'nor?" answered the carter, flicking the horses with his whip. "Oh, these is wot is commonly called 'crises, an' they're sometimes used for 'a-ake motorists to the 'ospital."

Professor to Old Cook.

"Regina, you have been with me now twenty-five years. In reward for your faithful service, I have decided to name this new beetle which I have discovered, after you."—Gargoyles.

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of Sunday School Course, Moody Bible Institute, Chicago.

LESSON FOR NOVEMBER 19

FROM MELITA TO ROME.

LESSON TEXT—Acts 28:11-21. GOLDEN TEXT—I am not ashamed of the gospel; for it is the power of God unto salvation to everyone that believeth.—Rom. 1:16.

In this lesson we see somewhat of the human side of Paul's character. No man appreciated fellowship more than he. Look up Acts 17:15; 18:5; 1 Cor. 7:3; 1 Thess. 3:1, 2; II Tim. 4:21.

I. The Sea Journey (vv. 11-14). Paul left Melita (Malta) probably February, A. D. 60. From there to Syracuse was a distance of between 80 and 100 miles. From the island of Syracuse (now a part of Italy) to Rhegium (now one day's sail. From Rhegium to Puteoli was 180 miles. Puteoli (modern Pozzuoli) is in the Bay of Naples, eight miles from the modern city of Naples. Paul and his band who had done so much for the Maltese were specially honored with many honors. (v. 10.)

In these verses we have a picture of Paul seeking out his brethren wherever he went, thinking God and taking courage as they came to meet with him and converse with him. It is a picture upon which we ought to ponder deeply and be grateful that it reveals to us a side of Paul little known and appreciated.

II. The Land Journey (vv. 14, 15). At Puteoli, Paul and his companions began their march to 140 miles to the city of Rome. After a march of 90 miles they reached the famous Appii Forum, i. e., "The market of Appius." Here Paul is met by the first delegation from the church at Rome, who were waiting to welcome him and Luke and escort them to the capital city. A second delegation met them at the Three Taverns, or "The Three Shops," as we would call stores in the modern sense. These Christians had come at no small cost, as they had to walk 46 miles to the Appii Forum and 33 to the Three Taverns, and then walk the same distance back to the city. Thus it was that the sight of these friends cheered Paul and he thanked God. We can well imagine the joy of those souls, the communion enjoyed by those pilgrims as they journeyed toward the imperial city.

We can see in the letters which Paul wrote from Rome plain signs of his longing for sympathetic friends and can imagine how he must have felt upon being thus greeted on his journey. We can also imagine something of the blessing and inspiration which must have come to those Christians who met this famous soldier of the cross and had the privilege of escorting him to the city.

III. In Rome (vv. 16-29). Having entered into the city the centurion Julius, who had become a friend of Paul, delivered the prisoners to the captain of the guard. This officer we are told was a liberal-minded man, one of the few good people in the corrupt life of the city. Paul was probably first taken to the forum, which was the center of imperial power and magnificence and near which was the "house of Caesar." (Phil. 4:22.) Paul was not sent to prison for it was against the law to put a Roman into prison without a trial, but he was permitted to dwell by himself in "his own hired house." Of course, there was a soldier who guarded him. This was the city where Paul had so long desired to preach the Gospel. (Rom. 1:14-16.) As in other places, he first turned to the Jews, for he loved his own people no matter how much he had suffered at their hands. He got them together that he might preach unto them Jesus and sought to conciliate them.

In Paul's preaching he always emphasized that a Messiah was risen from the dead as a guaranty of all other resurrections. In his day, as in this present one, there were those who spoke against this, and yet that resurrection was to conquer the world and to save it from moral ruin. Those present had had no word out of Judea. (v. 21.) At a later and a public meeting (v. 23) there came unto him, that is, into his lodgings, great numbers to whom Paul sounded the Gospel of the kingdom and gave his personal testimony. He proved out of the law of Moses and out of the prophets, common ground for them all, that the Messiah had truly come, the prophecies of the kingdom of God had been fulfilled, and that Jesus by his life and death and teaching had shown the Jews how perfectly the latter were fulfilled. This Paul did from morning till evening, following the same line as in his speech before Agrippa and in other places where he had been testifying. All of his explanations and testimonies centered in Jesus. It was no abstract mental theory for an improved order of society but a definite reign of a definite person, Jesus of Nazareth. Paul is a great example for any Bible student to follow.

As on so many other occasions, Paul's preaching caused a division. (v. 26.)

And again he turns to the Gentiles. (v. 28.)

Paul told them plainly what lay at the root of their unbelief (v. 27), and though they refused the salvation it was none the less of God.

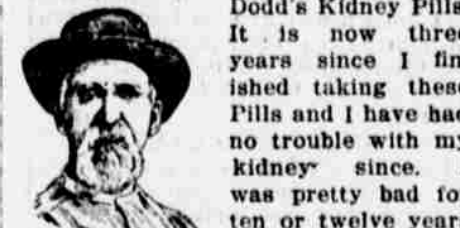
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Sound Advice.

"Now, looky yar, Conrod!" said Mr. Gap Johnson of Rumpus Ridge, Ark., addressing one of his sons. "There's a time to fight and a time not to fight. Just the same as there's a time to sing and a time to dance, and I don't want you to get 'em mixed. Don't be too proud to fight when it is time to fight, but don't be too daddled anxious. Be sure you're right, then let 'er rip!" as the poet got off. But not only be sure you're right, but be certain you're sure, and then hop to it like bagging wildcats. You can't unblack a feller's eyes or unburst his nose, after you've blacked 'em or busted it."—Kansas City Star.

AN APPRECIATIVE LETTER.

Mr. M. A. Page, Osceola, Wis., under date of Feb. 16, 1916, writes: Some years ago I was troubled with my kidneys and was advised to try Dodd's Kidney Pills.



It is now three years since I finished taking these Pills and I have had no trouble with my kidney since. I was pretty bad for ten or twelve years prior to taking your treatment, and will say that I have been in good health since and able to do considerable work at the advanced age of seventy-two. I am glad you induced me to continue their use at the time, as I am cured.

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An English lord was visiting friends in Scotland. One evening while attending a dinner given in his honor he met the little daughter of his host, who, though too well-bred to stare, eyed him, covertly as the occasion presented itself, finally venturing a remark:

"And you are really and truly an English lord?"

"Yes," he answered pleasantly, "really and truly."

"I have often thought I would like to see an English lord," she went on, "and—and—"

"And now you are satisfied," he interrupted, laughing.

"N-no," the little miss replied truthfully, "I'm not satisfied, I'm a good deal disappointed."—Country Gentleman.

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"When are you going to the movie show?" his was asked.

"I am going on my birthday," he returned promptly and decidedly, "but I s'pose they'll keep putting that off."—Christian Herald.

A girl isn't qualified for matrimony until she can spank a baby.

A woman's idea of a secret is something worth telling.

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She Noticed That Edith's Sandwiches Were Put Up by the Cook.

have them fresh for you in the morning." Perhaps there was a faint suggestion of reproach in her tone. She certainly was not convinced that her granddaughter was being as well cared for as her daughter had been.

But the daughter made one more attempt. "I remember very well," she said, "how we enjoyed those sandwiches that you used to make for us. But I also seem to remember that you were so rushed every morning when you were seeing us off to school that we left you in anything but a cheerful mood. You put your love into the lunches, but it got on your nerves. We might have thrived at least as well on less sentiment in the sandwiches, and we might have had a little more of your attention to the things that interested us at the time perhaps as much as did the lunches."

In connection with our dealings with the children every detail that needs attention calls upon us to answer the question, "What are the essentials?" But we do not often stop long enough to answer. If we did, the whole tone of the day's work would probably be different. With most of us certain features of our customs and surroundings stand out so prominently that they force us to overlook matters that are really more important.

A young mother who had some difficulty in getting suitable help during the illness of her first baby magnified her troubles by insisting upon all the routine of the household being continued the same as it had been before the baby came. She could not get sufficient help to relieve her entirely of the care of the baby, yet she laid as much emphasis upon the individual dollies at the table and upon other fixings and frills as she did upon the things essential to the health of the child. With her limited resources she had to choose between the child and the furbelows—and she had not learned to choose.

Every one of us has to manage with limited resources. We have only so much physical strength; we have only so much time; we can command a limited amount of help from others. It is therefore imperative that we select the essentials most carefully. The other side of the problems lies in the fact that the child has limitations—



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NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 30 he was in bad health; at 40 careworn and nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said a hundred times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the lives of thousands of persons might be saved, who now die every year from pneumonia, gripple, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per

day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were alling all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. My son, an athlete or prize-fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the arena, while many another has gone down to inglorious defeat simply for lack of iron.—E. Sauer, M. D.

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