



HIS LABORS ENDED

People's Acclaim of Washington as Their Hero Journeyed to Annapolis to Lay Down His Sword.

[Poem written for the unveiling of the tablet at Severn Cross Roads, where Washington passed on his way to resign his commission at Annapolis.]

THIS roadside sings again today—
Here where the barren branches sway
And keen December winds sweep by
Beneath a cold and azure sky—
The old road echoes to some tread
Of morning in a vanished hour
When here the red-cheeked courier sped,
And here the young land's pride and flower
Of glory and achievement came
To add fresh glory to his name.

The villages had all come out,
To hear the news, to watch about
To catch some glimpse far up the way
Of Washington—who from the fray,
Led from the council and the crest,
Was riding down his sword to lay
Once more upon his country's breast—
While he stepped back to that sweet rest
He yearned for. Yonder sounds a call
A bugle's note, mayhap the fall
Of horse-hoofs on the old State road—
From every hamlet and abode
Men, women, children, hurry forth:
The wind is sweet, though west by north,
And keen with that sharp chill that comes
When on the hill the partridge drums.

This way they look, this way and that!
They'll know him by his coat and hat;
They've seen his face in pictures, so
There won't be any doubt they'll know;
But deep within their hearts they sigh
They'll know him by his forthright eye,
His noble mien, his lofty frame,
His fitting in with road and sky
As nature fits all great forms in,
And signs the portrait with her name.
The young folk chatter, smile and grin,
The old are prone to be severe,

And stretch each vortice of the ear
To catch that first sharp clicking sound
Of the stage coach thundering on its way,
The hoof-beat on the frozen ground
That knows the kind of tune to play.
Some in small groups together drawn
Wait on the green bench of a lawn,
And these—in somewise more se-date—
The wisdom of his act debate.
One rises who defends the sire
Of his great land, and vows with ire
'Tis only a great man's way, indeed,
To give up lofty place, secede
From honors of such high degree,
Putting ambition aside, and fame,
Upon the altar whence they came—
His country's heart—and stepping down
From all the lure of high renown,
Takes his old place in life again,
One with all kindred gentlemen!

Some tell the story of his trip,
While others hark with hanging lip—
That parting at old Fraunces inn
With those who'd been his aids at war,
Tears in his eyes, and in his heart
That aching that they feel who part
With comrades and with friends
Who've spent
Hours with them in the battlement
Of life, of fate, of hopes and dreams,
And brave adventurings long before.
Then to the barge they see him go
At Whitehall Ferry, bowing low
In all that stately form of grace
At each bowed head and tear-stained face.
And then that silent, sweet adieu
At Paulus Hook—sad words and few,
A silent waving of the hand
Back to his high and faithful band,
Then with his face set kither—strong
In the high purpose he had made
To heed no imploring of the throng
But lay at his country's feet his blade.

Then the triumphant jaunt begun—
Those days of journeying in the sun;
The plaudits of a nation's best
Poured round him at each stopping place,
And on the roads from mile to mile
Always some patriot in whose breast
Inviolable love had left its trace,
Coming to bow by the road he'd take
And kiss the cold ground for his dear sake.
Philadelphia's loud acclaim,
Then Baltimore—her royal bounty
Poured as 'twas never poured before,

By every county seat and county—
To pay due homage to his name,
And give him a welcome at this door
Of Maryland he'd remember long
As life should last or dreams prolong
Their memories in his noble soul.
Then once again the coach wheels roll.

He's coming—down the General's Way!
The old State road is God's today!
God's—and beneath his sparkling sun—
God's and the General Washington!

Ten miles beyond the cross roads lies
The capital; o'er yonder rise
The Severn smiles 'neath azure skies,
Where Indian Landing sleeps beside
The murmuring music of that tide,
Whose song—as light as beauty—cheers
The silvering romance of the years.
He'll pass here soon; and this way rings
The music of the morn! Had kings
Such love from those they rule as he—

Ah well, what kingdoms we should see!
But he has struck down kings; his sword
Had fought for freedom and the Lord.
And now the cross roads teems with life,
The hour has come, the keen wind's knife
Is cutting under skin and bone,
But who cares for the cold—that lone,
Grave figure shall rewarm each heart!
An echo; see how sharp ears start.
It is the General—hooray!
And down the General's Highway
The yeomen who have seen him pass
Follow in cheering groups—one mass
Of burning and of patriot zeal
To be first followers at his heel.

It is the General—hooray!
This roadside sings again today.
This nation sings, its heart still bowed
Before him in those dreams that crowd.
The moving canvas of the years.
There, like a peer among his peers,
The vision looms again, and he
Stands in that room we still may see,
One hand behind his back, and one
Laying that sword his bravery won
Upon the table. A shaft of light
Across the senate chamber steals;
A prelate in the foreground kneels
A consecrated hour, indeed,
That hour of high, exalted need,
That noble and immortal act—
Its spirit gleaming above its fact,
Its soul of beauty so made one
With the high soul of Washington!

Uncle Sam's Food Lessons

(Special Information Service U. S. Department of Agriculture.)

START THE DAY RIGHT.

A good breakfast can be had of Fruit, Cereal, Milk. These make a nourishing, easy to cook, good, cheap meal of foods the government asks us to eat.

Use Fruit.

Fruit helps to keep your body in good health and to prevent constipation.

Use fresh fruit when possible. Use prunes, dried apples, dried apricots. Soak them in water over night and cook them long enough to make them tender.

Use dates or raisins. These are good added to the cereal ten minutes before taking it from the stove. Then you will not need sugar.

Use ripe bananas with dark skins. Bananas with greenish-yellow skins are hard to digest unless cooked.

Use Cereals.

Cornmeal mush, oatmeal, rice, hominy (grits).

These are much cheaper than the "ready-to-eat" breakfast foods. A "ready-to-eat" breakfast food may cost 15 cents for a big package, but if the package contains only one-quarter pound—60 cents a pound for cereal! This is eight or ten times as expensive as cornmeal at six or seven cents a pound. Look for the weights printed on the package and get the most for your money.

Cornmeal mush and oatmeal are good only when well cooked. Many people use too little salt and don't cook them long enough.

To cook cornmeal mush for five people use one and one-half cupsfuls cornmeal, two teaspoonfuls salt (level), five or six cupsfuls water. Bring salted water to a boil. Stir in the cornmeal slowly. Don't let it lump. Cook it at least 30 minutes. It is better when cooked for three hours, or overnight. Use a double boiler on the back of the stove, or a fireless cooker.

For oatmeal use two and one-half cupsfuls rolled oats, two and one-half teaspoonfuls salt, five or six cupsfuls water. Bring the water to a boil. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight.

Eat the cereal with milk or sirup or butter or butter substitutes. You don't need bread besides.

A large amount of cornmeal or oatmeal may be cooked at one time. The unused part placed in a greased bowl may be kept for a few days in a cool place. Do you know how good sliced and fried oatmeal is?

Instead of breakfast food you can take bread—preferably one of the war breads. Corn bread and milk is delicious.

Use Milk.

Milk is an excellent food. A quart of whole milk gives as much nourishment as one pound of lean meat.

Children especially need it to make them grow strong and keep well. It is good for grown people, too. Give each child at least a glass for breakfast. Drink it hot or cold, or use it on the cereal, or make it into cocoa. Even at a high price milk is a cheap food for children.

No Coffee and Tea for Children. These are not food. Let the grown people have them if they want them, but do not give the children even a taste. The children's drink is milk.

CHOOSE YOUR FOOD WISELY.

Study These Five Food Groups. Every food you eat may be put into one of these groups. Each group serves a special purpose in nourishing your body. You should choose some food from each group daily.

1. Vegetables and fruits.
 2. Milk, eggs, fish, meat, cheese, beans, peas, peanuts.
 3. Cereals—cornmeal, oatmeal, rice, bread, etc.
 4. Sugar, sirups, jelly, honey, etc.
 5. Fats—butter, margarine, cottonseed oil, olive oil, drippings, suet.
- You can exchange one food for another in the same group. For example, oatmeal may be used instead of wheat, and eggs, or sometimes beans, instead of meat; but oatmeal cannot be used instead of milk. Use both oatmeal and milk.

You need some food from each group every day—DON'T SKIP ANY.

Here are the reasons why you need the five groups: Fruits and vegetables furnish some of the material from which the body is made and keep its many parts working smoothly. They help prevent constipation which gives you headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.

Milk, eggs, fish, meat, peas, beans.—These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the time, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk.

Cereals.—Bread and breakfast foods. These foods act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. And they are usually

your cheapest fuel. Besides, they give your body some building material.

Don't think that wheat bread is the only kind of cereal food. The government asks us to save wheat to send abroad to our soldiers and the allies. Let the North try the Southern corn bread and the South the oatmeal of the North. Half the fun of cooking is in trying new things. An oatmeal pudding is delicious.

Sugar and Sirups are fuel, too, and they give flavor to other foods. They are valuable food, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar and are better for the children than candy.

Fat.—Fat is fuel. Some is needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let your butcher keep the trimmings from your meat. They belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

Remember the Five Groups.

SCHOOLS AID FOOD CAMPAIGN

Uncle Sam's Bureau of Education Reports Prompt Response by Pupils to Nation's Need.

The response of many city school departments to the need for the production and conservation of food in the United States has been prompt and efficient, according to Uncle Sam's bureau of education. Thirty-four city school superintendents have reported a total of 67,388 children engaged in the cultivation of home vegetable gardens.

"During the coming year the need for the production of food will be greater than ever, and profiting by our experience, we should train the children under our care to increase their production and render a greater service to our country," says a bulletin of the bureau. "During the period of the war many individuals and agencies are giving voluntarily of both time and money in the campaign for the production and conservation of food. With the return of normal times this voluntary taxation will be largely withdrawn. School-directed home-gardening has demonstrated its economic and educational value. The work should be intensified and incorporated as a part of the school program in every city and town of the United States. Gardening under the direction of a well-trained teacher returns to the community in money many times the cost of the work. The half of our population that lives in cities should in so far as possible, be taught to grow its own food that in any future crisis that may come to the United States the lack of knowledge and ability to produce food shall not be a national weakness."

URGES NATURAL ICE HARVEST

Uncle Sam's Fuel Administration Points Out a Way to Save Millions of Tons of Coal.

A great harvest of natural ice is proposed by Uncle Sam's fuel administration as a means of saving coal this winter. Fifteen million tons of coal are used annually in American ice factories and refrigerating plants. The winter season manufactures each year, without expense to man, billions of tons of ice. Most of this is wasted. Every ton of natural ice which is harvested will take the place of a ton of artificial ice and will save 500 pounds of coal.

Every householder, storekeeper and farmer who can obtain ice from nearby rivers and ponds and store it for use next summer is urged to do so.

The organization of the 5,000 ice-making plants of the country along lines of fuel economy is receiving the attention of the fuel administration.

Quite Fundamental.

He looked at his wrist watch. "Will you marry me?" he said. She blushed. "There is really no time to lose. You see, I have only 24 hours' notice. I must report at headquarters tomorrow at nine. We sail for France in three days. Will you marry me?" "I don't mind," she said. "Only—I should like to make one condition." "And that is?" "I have dreamed for years of getting married; but not in this way. But I will marry you if—when you return—you will propose to me all over again, and we can go on a honeymoon and I can be courted and—well, you know, I am sure!" "All right," he said with a smile. "To be honest with you, dearest, I thought I was going to escape all that—but I see it's no use. I might have known better. Even a war like this cannot keep a woman from having her own way—especially about a wedding."

Kissing Always Popular.

Kissing was once a dangerous game to play in England. Thus in 1690 we read that Jacob Marline and Sarah Tuttle were prosecuted for "setting down on a chest together, his arms about her waste and her arms around his neck, and continuing in that sinful position about half an hour, in which time he kissed her and she kissed him, or they kissed one another, as ye witnesses testified."

Early United States Currency.

In the early periods of the United States 1-cent pieces were copper, then for a comparatively short time of nickel, though the proportion which the copper and nickel coins formed of the total is very small, the entire number of copper 1-cent coins issued being 156,289,000; nickel, 200,772,000; bronze, 2,440,711,000.

Lungs Are Weakened By Hard Colds

CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Crip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

There is one advantage in being your own boss—you can work overtime and on holidays if you want to.

Why Bald So Young? Dandruff and dry scalp usually the cause and Cuticura the remedy. Rub the Ointment into scalp. Follow with hot shampoo of Cuticura Soap. For free sample address, "Cuticura, Dept. X, Boston. At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Too Rare. "He is a man of rare qualities." "Yes; they are so rare they're negligible."

WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Tea Long Used in China.

Tea was used and cultivated in China as far back as the third century, A. D., but it was not until the twelfth century that it became known in Japan, when an abbot of a Buddhist monastery learned about it in China, where its virtues were already well known. Obtaining seed, he planted some near Kyoto. In later years some of this was transplanted near Shi-zuoka, which vicinity has ever since been the center of the tea industry of Japan. It was not until about the seventeenth century that tea became generally known in Europe, when it was exploited by the Dutch East Indian company as a new article of commerce. The first tea sold in England brought \$15 to \$20 a pound.

Golden Deed! In a certain school, the lower grade pupils are asked to bring in all the "golden deed" stories possible. Later these are copied into a book and pictures which the children have brought are used for illustrations.

One little fellow in the primary grade brought the following, scribbled in his own hand:

"A girl didn't have no father and mother and a man married her to keep her up."—Indianapolis News.

Here's a Fierce Pun.

Jiggers—"I suppose there's a lot of slush out in the country?" Biggers—"That snow joke!"—Richmond Times-Dispatch.

Optimism leads to power.

A Baked Cereal Food

Different from the usual run of toasted or steam-cooked cereals.

Grape-Nuts

is baked in giant ovens—baked for nearly twenty hours under accurate conditions of heat, so that the whole wheat and malted barley flours may develop their full, rich sweetness.

You don't need sugar on Grape-Nuts.

"There's a Reason"