

The Home Department.

Tubal Cain.

By CHARLES MACKRY.

Old Tubal Cain was a man of might,
In the days when the earth was young,
By the fierce red light of his furnace bright
The strokes of his hammer rung;
And he lifted high his brawny hand
On the iron glowing clear,
Till the sparks rushed out in scarlet showers,
As he fashioned the sword and spear.
And he sang, "Hurrah for my handi-
work!
Hurrah for the spear and sword!
Hurrah for the hand that shall wield
them well,
For he shall be king and lord."

To Tubal Cain came many a one,
As he wrought by his roaring fire,
And each one prayed for a strong steel blade
As the crown of his desire;
And he made them weapons sharp
and strong,
Till they shouted loud for glee,
And gave him gifts of pearl and gold,
And spoils of the forest free.
And they sang, "Hurrah for Tubal
Cain,
Who hath given us strength anew!
Hurrah for the smith, hurrah for the
fire,
And hurrah for the metal true."

But a sudden change came o'er his
heart
Ere the setting of the sun.
And Tubal Cain was filled with pain
For the evil he had done;
He saw that men, with rage and hate
Made war upon their kind,
That the land was red with the blood
they shed
In their lust for carnage blind.
And he said, "Alas that I ever made,
Or that skill of mine should plan
The spear and the sword for men
whose joy
Is to slay their fellow-man."

And for many a day old Tubal Cain
Sat brooding o'er his woe;
And his hand forbore to smite the ore
And his furnace smoldered low.
But he rose at last with a cheerful face
And a bright courageous eye,
And bared his strong right arm for
work,
While the quick flames mounted
high;
And he sang, "Hurrah for my handi-
craft!"
And the red sparks lit the air;
"Not alone for the blade was the
bright steel made,"
And he fashioned the first plowshare.

And men, taught wisdom from the
past,
In friendship joined their hands,

STOPS THE COUGH And Works off the Cold.

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Hung the sword in the hall, the spear
on the wall,

And plowed the willing lands;
And sang, "Hurrah for Tubal Cain!
Our staunch good friend is he;
And for the plowshare and the plow
To him our praise shall be.
But while oppression lifts its head,
Or a tyrant would be lord,
Though we may thank him for the
plow,
We'll not forget the sword!"

Indoor Games No. 1.

First in the list stands "Jenkins."
Why so named, nobody knows. The
players sit around a bare table, and
are divided into two sides. One group
hands about, below the table top, a
silver quarter or 50-cent piece, hiding
their motions from their opponents
until the latter say, "Hands up," when
those who are in the first group place
their elbows on the table, with clenched
hands in the air. At the words,
"Hands down," all drop their out-
spread hands upon the table with a re-
sounding slap, so that the noise of the
coin striking is covered. Then the
opponents consult together and tell
different players to raise their hands,
the object being to guess correctly who
has the coin. If the guesses fail, they
lose their turn with hiding the money.
This game seemed never to lose inter-
est among the children, and was fre-
quently played.

Apple Puffs.

When apples are not of first quality,
wash them, cut out bad places, quar-
ter, and core. Cook with a few slices
of lemon in just enough water to pre-
vent burning, then sift through a fine
wire strainer, which will retain the
peel and hard pieces. Sweetened to
taste. If preferred, omit the lemon
and when adding the sugar stir in a
few caraway seeds, just as your great-
grandmother did when she made sauce
from the small, sour fruit which was
the only apple known in her day. This
inferior natural fruit formed an im-
portant part of her winter's supply of
mince pies, but did not keep all win-
ter as the perfected fruit now does.

Make a nice paste from two cups of
pastry flour, one-quarter level tea-
spoon of salt, a level teaspoon of bak-
ing powder, one-quarter cup each of
butter and lard, and cold water to
mix hard. Roll out as thin as for pies
and cut in rounds by inverting a saucer
on the paste and running a pastry jag-
ger round, dipping it occasionally in
flour to prevent sticking. Put a
spoonful of the seasoned apple on one-
half of the round and cut three gashes
in the other. Moisten the edges with
cold water, fold over, and pinch to-
gether. Brush over with beaten egg
and bake quickly. Serve fresh.—Alice
E. Whitaker, in Chicago Inter-Ocean.

New Ways for Old Dishes.

Omelet: One egg for each person.
One cup milk to 5 eggs; 1 large table-
spoon flour and a pinch salt. Beat

yolks light; stir flour with a little
milk, then fill up with milk and pour
into yolks. Beat whites very stiff;
pour yolks into whites and mix very
little. Have pan with butter very hot,
pour omelet in, and when set remove
and fold as you put on the platter.

Fried Cake: One cup sugar, 1 egg,
1 cup sweet milk, 4 tablespoons melted
lard, 1 teaspoon vanilla and a little
salt. Beat sugar, egg and lard to-
gether, then add milk and vanilla.
Stir well as for cake, then add flour
with 2 teaspoons baking powder. Stir
stiff to roll, cut with cake cutter, and
fry in boiling lard.

Soft Molasses Cake: Two cups mo-
lasses, $\frac{3}{4}$ cup shortening, 1 cup sour
milk, 2 teaspoons soda sifted with the
flour, ginger and a little salt. Do not
stir stiff.

Coffee Cake: One cup sugar, 1 cup
molasses, 1 cup coffee, prepared as for
the table, 1 cup butter, 5 cups flour, 1
cup raisins, stoned and chopped, and
1 teaspoon soda. Spice with cloves
and cinnamon, 1 teaspoon of each.—
Farm and Home.

Short Rules For Long Comforts.

Put self last.
Be prompt at every meal.
Take little annoyances out of the
way.
When good comes to any one, re-
joice.

When anyone suffers speak a word
of sympathy.
Tell neither of your own faults nor
those of others.

Have a place for everything, and
everything in its place.

Hide your own troubles, but watch
to help others out of theirs.

Never interrupt any conversation,
but watch patiently your turn to speak.
Look for beauty in everything, and
take a cheerful view of every event.

Carefully clean the snow and mud
from your feet on entering the house.
Always speak politely and kindly to
servants.

When inclined to give an angry an-
swer press your lips together and say
the alphabet.

When pained by an unkind word or
deed ask yourself, "Have I never done
an ill and desired forgiveness.—Soldier
and Servant.

Hints to the Wise.

When you wish to use glass bottles
which have contained oil for some
other purpose and find it difficult to
remove traces of the oil, try the fol-
lowing:

Fill the bottle with ashes and place
it in cold water, which should be
heated gradually till it boils. Let it
boil for an hour and let the bottle re-
main in the water until cold. Then
wash it with soap-suds, rinsing in
clear water.

A polish that will bring back the
original lustre to shabby-looking fur-
niture is made as follows: Take 4
ounces of shellac, 2 pints of linseed oil
and 1 pint of turpentine. Mix to-
gether and add 4 ounces of ammonia.
Shake well and apply with a sponge.

A French polish is made from six
ounces of shellac dissolved in a pint
of wood naphtha and a quarter of a
pint of linseed oil.

Another polish that will keep well

and must be applied often is as fol-
lows: To 1 ounce of white wax, 1 of
yellow wax, half an ounce of linseed
oil and a quarter of an ounce of pow-
dered borax, add 1 pint of boiling wa-
ter and melt the mixture over the fire.

Turpentine is good for cleansing em-
bossed leather and should be applied
with a soft cloth. It will stiffen the
leather somewhat, but that can be
made pliable again by rubbing with
crude oil. After the oil has been ap-
plied rub over the surface carefully
with a clean cloth, thus removing all
traces of the grease.—Sunny South.

Mrs. Winslow's Soothing Syrup.

Has been used for over SIXTY YEARS by MIL-
LIONS OF MOTHERS for their CHILDREN WITH
TEETHING, with PERFECT SUCCESS. It SOOTHES
the CHILD, SOFTENS the GUMS, ALLAYS all PAIN,
CURES WIND COLIC, and is the best remedy for
DIARRHŒA. Sold by Druggists in every part of
the world. Be sure and ask for "Mrs. Winslow's
Soothing Syrup," and take no other kind. Twen-
ty-five cents a bottle. It is the best of all.

Don't be Afraid to Work.

One thing that keeps young men
down is their fear of work. They aim
to find genteel occupations, so they
can dress well, and not soil their
clothes and handle things with the
tips of their fingers. They do not like
to get their shoulders under the wheel
and they prefer to give orders to others
or figure as masters and let someone
else do the drudgery. There is no
doubt that indolence and laziness are
the chief obstacles to success.

When we see a boy, who has just
secured a position, take hold of ev-
erything with both hands and "jump
right into his work," as if he meant to
succeed, we have confidence that he
will prosper. But, if he stands around
and asks questions when told to do
anything; if he tells you that this or
that belongs to some other boy to do,
for it is not his work; if he does not
try to carry out his orders in the cor-
rect way; if he wants a thousand ex-
planations when asked to run an er-
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HORSE BUCKED

Rider Severely Hurt

A Cincinnati man visiting in Texas,
on a ranch, was thrown from a horse
and so severely injured that his life
was despaired of. He takes pride in
telling how food saved his life. The
heavy drugs given seriously injured
his stomach and as he says "It seemed
I would soon have to starve in the
midst of plenty. My stomach refused
to digest food and I ran down from
165 to 133 pounds. When my appet-
ite failed I was ready to give up, and
it looked as though I would soon
'wink out.'

One morning the foreman's daugh-
ter brought in what she called a
splendid food and it turned out to be
Grape-Nuts. A little skeptical, I ate
it and found it was good, and just the
kind of food I could keep on my stom-
ach which had been almost burned out
by the vile drugs.

I felt that I had obtained a new
lease of life for improvement set in
at once. A week later I was weighed
and had gained two pounds. My
weight has since steadily increased
by the constant use of Grape-Nuts,
and I am now better than I have been
in years, as my friends will all testify.

In all kinds of athletic sports I no-
tice I have a greater reserve force
than formerly, for which I am in-
debted to Grape-Nuts. Taken in mod-
eration it is the greatest food of its
kind in the world, being equally well
adapted to athletes and invalids."
Paul Alwin Platz, 1906 Biglow Ave.,
Mt. Auburn, Cincinnati, O.