

The Home Department.

Recessional.

By Rudyard Kipling.

God of our fathers, known of old,
Lord of our far-flung battle-line,
Beneath whose awful hand we hold
Dominion over palm and pine—
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

The tumult and the shouting dies;
The captains and the kings depart:
Still stands thine ancient sacrifice,
An humble and a contrite heart.
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

Far-called, our navies melt away;
On dune and headland sinks the fire;
Lo, all our pomp of yesterday
Is one with Nineveh and Tyre!
Judge of the nations, spare us yet,
Lest we forget—lest we forget!

If, drunk with the sight of power, we
loose
Wild tongues that have not thee in
awe—
Such boasting as the Gentiles use,
Or lesser breeds without the Law—
Lord God of Hosts, be with us yet,
Lest we forget—lest we forget!

TURNED OUT TRUE.

Coffee Drinking Responsible.

"At a dinner party a number of years ago a physician made this statement, 'Coffee drinking is responsible for more ills than any other one thing, but it is impossible for me to make my patients believe it.'

Neither would I believe him, but continued to drink my coffee with sweet content. After a time I became aware of the fact that I was frequently lying awake nearly all night without any apparent reason, and the morning found me tired out and nervous.

The insomnia increased, then came a dull pain at the base of the brain and severe pressure at my heart. My outside work was given up for I could hardly bear the little fatigue of the day. 'Nervous prostration brought on by overwork,' the doctor said. I thought of the words of old Dr. Bagley, 'Coffee is the poison that is responsible,' etc., etc.

I had heard of Postum Food Coffee and determined to try it. The first cup was so weak and flat that it was not fit to drink. The next time it was prepared I looked after it myself to see that the directions were followed properly. The result was a revelation; I found it a delicious beverage.

The cure was not wrought in a day, but little by little my nerves became strong, the pain ceased, and again I could sleep like a tired child.

I am now completely restored to health by Postum Food Coffee used in place of ordinary coffee, have regained the fresh complexion of girlhood, and I can realize the truth of the old doctor's statement. I wish people could understand that truth before they permit coffee to break them down.

I have known of several others who have been restored to health by leaving off coffee and taking up Postum Food Coffee. Please do not publish my name, but I am willing to answer letters of inquiry if stamp is inclosed. Name given by Postum Co., Battle Creek, Mich.

For heathen heart that puts her trust
In reeking tube and iron shard—
All valiant dust that builds on dust,
And guarding, calls thee not to
guard—
For frantic boast and foolish word,
Thy mercy on thy people, Lord!

Some Bean Recipes.

This season when all vegetables are at a premium, it is well to study the bean. It is very nutritious and furnishes much muscle-making material. It will take the place of lean meat. Then, another valuable feature of the bean, when vegetables have to be purchased, it is generally one of the cheapest and it is well to know how many ways in which beans may be prepared so as to be palatable.

Brown Soup.—For one meal a brown soup may be made. For this, take what beans you may have on hand, measure and pour into the stewpan. Add four times their amount of water. Season to suit the taste. Then when the stock is boiling briskly, stir in a thickening made from one heaping tablespoonful browned flour to each pint of stock, stirred up in a little cold water. Cook for a few moments and serve as hot as can be eaten.

Thin Soup.—This is made by crushing all the beans with a potato masher, straining them, measuring and adding twice or three times the amount of water. If those who are to partake of it do not use vinegar with their beans, milk may be used and make the soup better. Thicken with a small amount of flour and serve with crackers.

Bean Tarts.—Fill shells of biscuit dough with the beans and a small amount of their liquor. Cook in a brisk oven until the shell is well done, by which time the beans should be well browned on top. If not, put them on the grate for a few moments. Serve while hot.

Bean Cakes.—For bean cakes for breakfast, take a teacup full of boiled beans, drain the liquor from them and mash fine. Strain and add to the pulpy mass three tablespoonfuls buttermilk, one-half teaspoon milk, same amount of salt, and stir well. Add to this two heaping teaspoonfuls wheat or graham flour, and beat up well. Drop in spoonfuls on a hot greased griddle, and fry on both sides to a delicate brown. Serve hot with salt, butter and pepper. —Farmer's Wife.

Entertaining Children.

It requires genius of a high order to be able to entertain children wisely and well. This is especially true of the children of this generation, who, like their parents, are mere bundles of nerves, and, consequently, capricious, excited, discontented and hard to please.

It is really a good rule to provide the simplest and most unconventional modes of entertainment when the party is made up of children who have been pampered from babyhood, keep-

ing the more ceremonious affairs for the little folks who have been obliged to provide their own amusements, for change is absolutely necessary to the happiness of the children.

In the juvenile entertainments of the present day there is too much striving for effect. They are distinguished by methods original, charming, artistic and expensive, absolutely delightful to mammas, but neither healthy nor entertaining for the little folks. They increase an inherited love of display, and sow seeds of envy and discontent. There is nothing childlike about them. —Central Farmer.

Ideas for the Kitchen.

Use a pancake lifter to place cookies on the tin, and to remove them when they are baked.

Cold boiled potatoes are more appetizing if a little flour is sprinkled over them while frying.

It saves strength in beating bread to use a spoon with a perforated bowl. Cost, ten cents.

Put worn-out pie tins in the sink cupboard and use them to set crocky kettles in.

Rub a little butter on the fingers and on the knife when seeding raisins, to avoid the stickiness.

If there is not batter enough to fill the gem pan put cold water in the empty space before setting the pan in the oven.

Crockery ornamented with gilt bands or figures should be washed quickly and drained dry, never wiped, even with a soft cloth.

Rub the inner casing of windows that shove up and down hard with a little hard soap; treat bureau drawers in the same way.

Use cheap varnish to attach labels to maple-syrup cans, to cans of tea and coffee, to boxes of spices, starch, etc., and all glass bottles. Never leave a glass bottle without a label.

To clean a kettle in which onions or other rank vegetables have been cooked, rub with a cloth dipped in hot, strong soda water, then wash in soapy water.

When black spots appear on doughnuts, drop a slice of raw potato into the fat and leave it while the next relay is frying, and repeat.—Massachusetts Ploughman.

Living One Day at a Time

A certain lady met with a serious accident, which necessitated a very painful operation and many months' confinement to her bed, says one of our exchanges. When the physician had finished his work and was about taking his leave, the patient asked, "Doctor, how long shall I have to lie here helpless?" "Oh, only a day at a time," was the cheery answer; and the poor sufferer was not only comforted for the moment, but many times through the succeeding weary weeks did the thought, "Only a day at a time," come back with its quieting influence.—Ram's Horn.

Man—Vain Man.

He will give his seat in the street

STOPS THE COUGH And Works off the Cold.

Laxative Bromo Quinine Tablets cure a cold in one day. No Cure, No Pay. Price 25 cents.

I Will Cure You

If You Ask It.

Send no money, but say which book you need. It will tell you what I spent a lifetime in learning. Pray don't let doubt or prejudice keep you from asking for it.

With the book I will send an order on your druggist for six bottles Dr. Shoop's Restorative; and he will let you test it a month. If satisfied, the cost is \$5.50. If it fails, I will pay your druggist myself.

No other physician ever made such an offer, and none ever will. But I have furnished this remedy to 555,000 sick ones on just those terms, and 39 out of each 40 have paid for it, because they were cured. I know now what this remedy will do.

My success comes from strengthening the inside nerves; those nerves from which each vital organ gets the power to act. No other treatment does that; and most of these diseases positively cannot be cured in any other way. Won't you write a postal to learn why?

Simply state which book you want, and address Dr. Shoop, Box 515, Racine, Wis.

BOOK NO. 1 ON DYSPEPSIA.
BOOK NO. 2 ON THE HEART.
BOOK NO. 3 ON THE KIDNEYS.
BOOK NO. 4 FOR WOMEN.
BOOK NO. 5 FOR MEN. (sealed.)
BOOK NO. 6 ON RHEUMATISM.

Mild cases not chronic, are often cured by one or two bottles. At all druggists.

car to a feeble old woman—and be proud in the thought that the other passengers consider him the pink of gallantry.

He will give his seat in the street car to a pretty girl and wonder if she doesn't believe in love at first sight.

He jibes a woman because of her vanity and spends an hour before the mirror when he is preparing to call on one of the fair sex.

He tells his wife just how the government should settle the canal questions, and has to hire a laborer to map out a drain through his back yard.

He prates about the foolishness of courting public notice, but he never drives through vacant streets.—Baltimore American.

A Bedtime Song.

The cricket puts her wee children to bed,

By the firefly's tapering light;
The frog in the marsh croaks her baby to sleep

By Will-o'-the-Wisp's taper white;
The jelly-fish holds her lamp for the whale,

As she cradles her child 'neath the sea;

By starlight the squirrel cuddles her young,

In a leaf-lined hole in a tree.
But your mother sings, by the laughing fire,

Her darling to sleep on her breast.
Of these different ways of going to bed,

Which one do you think is the best?
—May Stedman Harpet, in "Little Folks' Paper."

Bowlegged.

A schoolmaster was endeavoring to make clear to his young pupils' minds
(Continued on Page Eleven.)

Mrs. Winslow's Soothing Syrup

Has been used for over SIXTY YEARS by MILLIONS OF MOTHERS for their CHILDREN WHILE TEething, with PERFECT SUCCESS. It SOOTHES THE CHILD, SOFTENS THE GUMS, ALLAYS ALL PAIN, CURES WIND COLIC, and is the best remedy for DIARRHOEA. Sold by druggists in every part of the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle. It is the best of all.