

started home I was dreadfully exhausted. The nearer home we got the more I dreaded the end of the journey, for I did not see how I could get supper for my tired and hungry guests. When at last we entered our own gateway, and my husband turned the latch key in the door, I felt that I must sink down the moment I got to a chair.

"As the door swung open, my husband said, 'Our neighbors must be getting supper. How good it smells!' I cast one despairing glance at the parlor sofa, as we passed in, but felt that it would never do to give up, so led the way to the sitting room, which was also our dining room. But, on opening the door, I was amazed to see the table set, and all the 'staples,' such as bread, butter, fruits, cream, etc., neatly placed upon it, while, through the open kitchen door came the smell of hot coffee, cooked meats and steaming vegetables, and, bending over the range, sleeves rolled up, an apron of mine tied about his waist, a towel pinned about his head, was my boy—now a man of twenty-five—his face hot and red from the unaccustomed heat, busily dishing up the various viands he had prepared for our eating!

"Glad! I never was so relieved in my life. I just sat down and cried. The 'boy' hurriedly sat down his dish, then throwing his arms about me, took off my hat and pushing back my hair, kissed me, and said, 'Why, mother! mother! this won't do. Sit right down to the table, and see what a good cook I am. The coffee is fine.'"

"Then we all laughed, for he is a good cook, and we were all ravenously hungry.

"I never loved my boy so well, or thought him so handsome as he looked to me in his 'cook's' costume, dishing up the supper to save the mother he knew would be utterly exhausted when she got home."

The Crown of Labor.

To thousands of willing and conscientious workers life shuts in with grievous disappointment, and the meed of worldly success is for a time denied them. Conscious of their own desire to labor for the uplifting of humanity they find themselves in the sick room, or perhaps overburdened with a ceaseless round of household duties where poverty leaves no time for the exercise of those gifts which might be used for the benefit of others.

"The latch-string of opportunity hangs within the reach of every pair of hands," and while life may seem to be fraught with disappointment, yet somewhere, sometime, the worker will have her opportunity. Only be prepared to seize it at the auspicious moment. The Creator says to them: "Let not your heart be troubled." The weary years of training and discipline and subjection will have borne fruit in the perfecting of your character and in preparing you for greater responsibilities.

The greatest of all secrets that tend towards advancement is to put so much of ourselves into our daily tasks—so much of soul, that our work will speak for us and finally lead employers to offer us better and more lucrative positions. Bring into the thought of our every-day labors something higher and nobler than the dollar expected for it, and look upon that calling as a part of the Divine plan constantly working for our best good. Nor should the value of the dollar be depreciated, but in the getting of it hold fast to all pure and lofty ideals

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and refuse to sacrifice character for gain.

The burdens of life are not near so unequally distributed as it seems. If we could know the experiences of others, and occasionally take time to lift their burdens as we do our own, there are few who would willingly exchange places with another. Our yoke fits better after being worn a while, and, in time, if we accept its lessons we will learn that His way, not ours, is best. What loftier crown could anyone desire than the consciousness of duty so faithfully performed that we have come to take pleasure in it? Let us thank God for the discipline that prepares us—mind, heart, and soul for greater things.

Dust.

Where does it all come from? Any one who has ever assisted at house-cleaning time knows that the most disagreeable feature of the whole unpleasant business is that of taking up and dusting the carpets from the most used rooms. Every thread of the carpet is laden with the fine, powdery, penetrating dust which also covers every inch of the floors, and every ray of sunshine that enters the room seems alive with the floating, drifting, whirling, dancing atoms that must be a very great injury to the lungs which breathe them in.

If one might only dispense with carpets! But the carpet does not make the dust. Dust would be there from some source, even with bare floors and oft-shaken rugs. The carpet only serves to hide and to hold—to protect, as it were, the dirt that settles upon it. With bare floors, there would be a continuous call for brooms, mops, scrubbing brushes and dust cloths; rugs would have to be beaten every day.

Our men folks are careless about the use of the scraper and door mat, bringing from field and highway, barn lot and door yard, street crossings and alley openings, a very large contribution to swell the sum that gathers in form of lint and threads from clothing and house furnishings—each individual or thing casting their mite into the laden receptacle. Yet, in rooms that are seldom used, it is the same only in degree. Dust settles in gray clouds over all things, and the very winds seem to be in league against us, for through every crevice or cranny they bring their undesirable offerings.

Our husbands are sympathetic, and would gladly help us, if they knew how, never once realizing how much their own careless habits add to the disorder. At every door should be placed a scraper and a door mat, and every member of the household should be required to use both; in addition to this, every loose particle of mud or litter adhering to one's shoes or clothing should be scraped or shaken off before reaching the door-step.

This would be a long step in the right direction; but, after using every known preventive, there would still be a large demand upon the housewife that could be met only by a vigorous and regular use of the broom. There is a right way and a wrong way to sweep, and the right way does not "come natural" to every one who undertakes the work. One woman will take a dampened broom, and carefully drawing it toward her, remove all litter from the carpet, raising the least possible dust, while another will sweep as though good results depended upon the most vigorous strokes and wide swings of her arms. But here is another method, recommended by some excellent housekeepers. Let us try it.

First, remove all light articles of furniture either out of the room, or to one side, sprinkle over the cleared space a handful of coarse, dry salt. Have just outside the door a pail or small tub containing clean water, and into this dip your broom, quickly, and

after shaking all the loose drops of water from it, commence at the end or side furthest from the door, and with short, sharp strokes sweep carefully two or three yards of one width of the carpet. You will find by this time a depth of about one or two inches of your broom will be quite dirty—according as your room is dusty or clean. Again dip the broom in the water, shake thoroughly, and go over another yard or two—repeating this alternate sweeping and rinsing the broom until each width of carpet has been thoroughly gone over. The water in the pail or tub will have to be changed as often as it gets dirty, and your broom must not be used too wet. Shake it well every time it is wet.

Wipe all dust off your furniture before replacing it, and be sure to sprinkle coarse-dry salt over the carpet in advance of the broom. Insects do not like salt, and this will not only brighten your carpet, but will act as a preventive to moth breeding in rooms not often used. Be sure to sweep all corners, and edges of carpet, and to wipe all dust from the replaced furniture.

If this is done every week, or at least two or three times a month, and if your family will be reasonably careful about using the scraper and door mat, the quantity of dust in and under the carpet, even in the most used rooms, will be surprisingly diminished.

—H. W. McV.

IN THE POLITICAL FIELD.

The populists of the Second Nebraska congressional district held their convention at Omaha on September 13 and indorsed the democratic nominee for congress, G. M. Hitchcock. The following resolution was offered and adopted: We, the populists of the Second congressional district, as an expression of our principles, reaffirm the principles of the Sioux Falls platform; we condemn the present currency bill known as the Fowler bill, and as an expression of our faith in the nominee of this convention we commend the attitude of the Omaha World-Herald on all national issues, and submit the editorial opinions of that paper to the consideration of all candid citizens.

It was officially announced from Pennsylvania on September 14 that no nomination will be made of democratic candidates for congress from the six districts in the city of Philadelphia. The democratic leaders gave as their reason for adopting this policy that they intend to make the campaign on state issues exclusively.

A Birmingham (Ala.) dispatch of September 15 says: The republican executive committee has refused the admittance of negro delegates to the state convention which meets tomorrow. This action was the result of several hours' strenuous struggle today between those of the new regime, known as the "Lily White," and those not in favor of barring out the negroes. This means that henceforth the republican party in Alabama is to be a white man's party. The elimination of the negro was accomplished through the passage of a resolution on a vote of 17 to 10, adopting the report of the sub-committee which was appointed at the meeting of the full committee on Saturday and which had considered all contests and passed on all credentials presented by delegates.

Asbury C. Latimer of South Carolina has been nominated to succeed Senator John L. McLaurin. Mr. Latimer has been in congress since 1892, being elected as a democrat.

It was reported from Scranton, Pa., on September 16 that the republican deadlock in the Fourteenth congressional district has been broken by the nomination of C. C. Pratt. An umpire appointed by State Chairman Quay cast the vote which broke the deadlock.

The democratic state convention of Delaware met at Dover on September 16 and nominated the following ticket: Representative in congress, Henry A. Houston; state treasurer, Joseph Hosinger; auditor of accounts, J. Thomas Lowe.

The democratic state convention of

Utah nominated Judge W. H. King of Salt Lake City for congress and Richard W. Young, formerly of the supreme bench in the Philippines, for justice of the supreme court. A platform was adopted in which trusts and beet sugar were prominent features. The platform also extends the sympathy of the democratic party of Utah to Mrs. McKinley. The Kansas City platform was indorsed.

An Associated press report from Tacoma, Wash., dated September 17, says: The democratic state convention, after a session lasting until nearly midnight, completed its business and adjourned. The platform adopted indorses the Kansas City platform, opposes imperialism and colonialism, government by injunction, trusts and "trust fostering tariffs," and asset currency. The following ticket was nominated by acclamation: Representatives in congress, George F. Cotterill of King, Stephen Barren of Okanagon, and O. R. Holcomb of Adams; judge of the supreme court James R. Reavis of Yakima. United States Senator George Turner was indorsed for re-election.

SOUR BREAD Annoyed the Doctor

If you get right down to the bottom of your stomach trouble it is wrong food, and the way to correct it is not by drugs but by using the right food.

A physician in Barron, Wis., writes an instructive letter on this point. He says, "I am a practicing physician, 45 years of age, and about 6 feet in height. When I began using Grape-Nuts last spring I weighed 140 lbs., was thin and poor, had a coating on my tongue and frequently belched wind or gas and small pieces of undigested bread or potatoes which were very sour, in short I had acid dyspepsia.

I consulted a brother physician who advised me to eat about four teaspoonfuls of Grape-Nuts at the commencement of each meal and drink Postum Cereal Coffee. I had been in the habit of drinking coffee for breakfast and tea for dinner and supper. I followed the advice of my brother physician as to diet and experienced relief at once.

Ever since that time I have eaten Grape-Nuts with sweet milk or cream each morning for breakfast and I now weigh 155 lbs., and am no more troubled with sour stomach. I am very fond of Postum Food Coffee and attribute my relief as much to that as I do to Grape-Nuts.

Often when I am called out in the night to see a patient and on my return home I feel tired and hungry, I eat the usual quantity of Grape-Nuts before going to bed and then sleep soundly all night." Name given by Postum Co., Battle Creek, Mich.