

very recent date, pure food bills have been "hung up," because no one really has been absolutely sure as to the exact nature of the evils which needed to be remedied."

A Home-Grown Christmas Tree.

Shall I tell the little readers of The Commoner how Christmas came to two little orphan children down in the heart of the Ozark country? A year ago, these little children had no home, but an old gentleman and his wife had room in their home for the children, and they came away from the great city, and, in the loving care lavished upon them, they grew strong and well and happy. They lived on a big farm, nestled away in the woods, and there were few neighbors near. A few miles away, in the village, the Sunday school they attended was to have a Christmas tree, but the roads were rough, the weather bad, and the nights were dark, so they knew they could not go. They felt that they must have a Christmas tree of their own, but there were no evergreen trees near their home. In the fence corners, however, there were some nice, bushy little sassafras trees growing, and their limbs were straight and plentiful, so they cut one of the nicest shaped ones and brought it indoors. The lady, whom they had learned to love, and whom they called mother, had saved up all the pretty colored papers that came around goods from the village grocery store, and among them was quite a large lot of green ones, some red, some pink, some blue, some bright yellow. She gave them the green paper, some sharp scissors, and showed them how to cut it into long strips about three inches wide, fold these strips lengthwise and clip the edges into long fringes. These strips of green fringe they wound about each limb tying the ends to keep it in place, and when the whole tree was covered it looked very

SMALL MONEY

What a Quarter Did

The person who uses the brain and nerves actively needs food to rebuild them and replace the waste, and should not rest on stimulants. Coffee excites these organs so they cannot get the necessary rest and nourishment and steadily tears them down, then other disorders follow.

"I am under a constant nervous strain as I have 52 girls under my care," writes a school teacher from Knoxville, Tenn.

"I suffered terribly with indigestion and nervousness in its worst form, and paid out hundreds of dollars in doctors' bills. Many of my friends advised me to quit coffee and use your Postum Food Coffee, and I tasted it once and it was something horrible. Some time later I met a friend who wished me to try a cup of Postum and her manner was so convincing that I finally tasted the Postum to please her. Great was my astonishment to find it so different from what I had drunk before and I immediately asked how the difference in taste was brought about and discovered it was simply that the first I had was only boiled a minute or two, whereas 15 minutes boiling brings out the delicious flavor and food value, so I determined to use Postum in the future, following the directions carefully, and have done so ever since.

"My indigestion has entirely left me, my nervousness gone, and I now feel bright and well after the most tiresome day in the school-room. A little 25-cent package of Postum did me more good than the hundreds of dollars I paid for doctors and medicines." Name given by Postum Co., Battle Creek, Mich.

"Christmassy" indeed—as the little girl declared, "quite piney." The bright yellow papers were made into little fringed rolls and tied on the very tip ends of each limb, to look like candles; the other colors were arranged as flowers, or used to tie up candy, nuts, oranges, etc., and these hung about all over the branches. There were some tinsels and other glittering things scattered over the tree, the toys, handkerchiefs, books, etc., that were to be given the children hung on it, and big striped sticks of candy tied in places. The day before Christmas the children had gone to the village and spent some money for their own fancies, and these, too, lodged in the branches.

There was a big open fireplace in the room, and the bright wood flames lighted up the little tree better than candles could have done. The little folks hung up their stockings and the supply of candies and "goodies" deposited therein kept them from coveting the display of sweets on the tree, so it stood to be admired for several days. When the fruits it bore were finally distributed, the little tree was given a place upon the porch, and still serves for a "beauty spot" when all other trees are brown and bare.

It was a source of considerable pride to the little ones to inform callers who dropped in before it was stripped of its brightness, that they had grown their own tree, and their plans for the next coming of Christmas are simply stupendous.

For the Mending Basket.

Every season brings to the busy housewife certain kinds of work which demand attention at that particular time, a postponement of which is apt to occasion serious derangement of the routine which claims every day as its own. But between these special works there are always to be found bits of time which the thrifty house-mother may piece into hours and days and in which can be accomplished much of the work so necessary to the ease and comfort of the family.

Now that the flurry of the holiday season is over, and we are settling down to long afternoons and pleasant evenings beside the cosy fires, the busy hands refuse to be idle, and we are casting about for the work that is most timely, and which may be done at add moments as they occur between spells of spring shopping and planning out the spring sewing.

We have been doing "fancy work" with our needles and brushes until our eyes are worn out with the fine stitches and gay colors, but we find another class of needlework awaiting us in which the good house-mother takes as much pride in doing well as she did in using her bits of silk and skeins of shaded worsteds. It is a source of real satisfaction to know that all house linens, as well as wearing apparel is in good repair, either to be laid away for further use, or pass along to some needy neighbor.

In all work where there is no pleasure, there certainly is no pride; and unless one has satisfactory tools with which to do the work, it is generally postponed until the last moment, and then done negligently, or the garment is thrown aside, when it could have been made to last much longer by suitable mending. One does not work enthusiastically with ill-assorted needles and threads, or dull, "chawing" scissors. When one stops to consider the fact that these tools do not have to be replaced often, or even every year, but with care, many of them will last for the use of a generation, it will readily appear that the best is the cheapest. Do not use scissors of inferior metal. Cheap needles are abominable. Get the best, and then take care of them. Do not allow them to

be "thrown around loose," but insist, persistently, even though you, yourself, are the offender against orderliness, on their being returned to their place after every using. It does not require near the time to put things where they belong, that it does to hunt up the lost.

A suitable basket or box should be provided, and into this should be put two pairs of scissors, one large, and one small, of the best quality of steel; several papers of the best steel needles (Milward's is always good) of assorted sizes; darners, coarse and fine; bodkins; a small bag of emery for cleaning needles; a paper of good pins, a bit of beeswax, a tape-line, an egg-shaped piece of wood to darn over; a glove darning; button hole scissors; lead pencil; piece of white crayon; a tracing wheel; several thimbles; a knife for ripping, and a small file for sharpening needles when the point is blunted in sewing on buttons.

A good supply of thread, black and white, all sizes; all colors of darning cotton to match the garments worn; several spools of stout linen thread, of different sizes, different widths of tapes and braids, and a box of assorted buttons.

With these tools, always in place, and a "patch box" into which has been placed in convenient parcels, patches, made from the "good places" of worn out garments, or scraps of new or unworn goods, the family mending becomes a pride as well as a pleasure, and, with the aid of a good sewing machine, the work can be kept so well in hand that the busiest housewife, or the mother of the merriest brood of "destructionists" can, without neglecting other things, afford to view the approach of the spring sewing with perfect complacency.

A "Children's Room."

We find a great deal written, now-a-days, on the subject of "How to keep the young folks on the farm," "How to make the farm attractive to the young," etc., and a great many theories are advanced and good suggestions offered. Yet the boys go, just the same, and the girls do not long remain behind. We read, also, a great deal about the dangerous allurements of the city streets, the attractiveness of its evil; the bright lights and cheerful warmth of the dens of iniquity into which our young of both sexes are so often unsuspectingly drawn, and from which many of them never again emerge, to a life of usefulness and innocence.

Did you never hear of "fighting the devil with his own fire?" Did it never occur to you that, if our boys and girls could have warm, cosy quarters in their own homes, where they could entertain, not only their companions, but themselves, where their oftentimes noisy chatter and laughter would disturb no one, and where they could feel free to have their "traps" about them, there would be less likelihood of their slipping across the danger line?

In city homes, where furnace heat is used, and the house lighted by gas or electricity, the problem of mere light and warmth in every room in the house is not hard to solve; but extra room and extra fuel and lighting bills cost money—more, perhaps, than the average wage-earner feels able to spare. The open grate is not always in use, and if it is, only the old people seem to love its light, and only too often, in the longing for rest and quiet which advancing years and heavy cares demand, they are glad to have the young folks go, that they may enjoy the silence, and the young people are glad to go because of their restless longing for excitement and change.

In the country, the contrast be-

AN OBJECT LESSON

In a Restaurant.

A physician puts the query: "Have you never noticed in any large restaurant at lunch or dinner time the large number of hearty, vigorous old men at the tables; men whose ages run from 60 to 80 years; many of them bald and all perhaps gray, but none of them feeble or senile?"

Perhaps the spectacle is so common as to have escaped your observation or comment, but nevertheless it is an object lesson which means something.

If you will notice what these hearty old fellows are eating you will observe that they are not munching bran crackers nor gingerly picking their way through a menu card of new fangled health foods; on the contrary they seem to prefer a juicy roast of beef, a properly turned loin of mutton, and even the deadly broiled lobster is not altogether ignored.

The point of all this is that a vigorous old age depends upon good digestion and plenty of wholesome food and not upon dieting and an endeavor to live upon bran crackers.

There is a certain class of food cranks who seem to believe that meat, coffee and many other good things are rank poisons, but these cadaverous, silky looking individuals are a walking condemnation of their own theories.

The matter in a nutshell is that if the stomach secretes the natural digestive juices in sufficient quantity any wholesome food will be promptly digested; if the stomach does not do so, and certain foods cause distress one or two of Stuart's Dyspepsia Tablets after each meal will remove all difficulty because they supply just what each weak stomach lacks, pepsin, hydrochloric acid, diastase and nux.

Stuart's Dyspepsia Tablets do not act upon the bowels and, in fact, are not strictly a medicine as they act almost entirely upon the food eaten, digesting it thoroughly and thus giving a much needed rest and giving an appetite for the next meal.

Of people who travel nine out of ten use Stuart's Dyspepsia Tablets, knowing them to be perfectly safe to use at any time, and also having found out by experience that they are a safeguard against indigestion in any form, and eating as they have to, at all hours and all kinds of food, the traveling public for years have pinned their faith to Stuart's Dyspepsia Tablets.

All druggists sell them at 50 cents for full-sized packages and any druggist from Maine to California, if his opinion were asked, will say that Stuart's Dyspepsia Tablets is the most popular and successful remedy for any stomach trouble

tween the cheerful light and warmth within and the silence and darkness without, disposes the girls and boys to stay indoors, but they, too, long for the freedom from restraint which, however concealed by loving kindness, is yet keenly felt, and it is better that a room be set apart for their use—well lighted and comfortably warmed, in which their evening and spare afternoons can be passed. If there is not an open fireplace, there are many stoves whose front can be more or less opened, and the cheery fire exposed; there should also be good lighting, with shades and reflectors, if necessary.

If the young folks are musically inclined, some kind of instrument should be provided; with books and papers as cheap, as good and as plentiful as they are now, the table should be well supplied with such as their years and tastes call for. Let them have games, and let them play them, too, even if they are noisy. Let them have apples, nuts and popcorn and home-made candies. Let the boys and girls care for the rooms, and do not worry overmuch if the floor gets a share of the "good things" at times. Let this room belong to them, and it need not, necessarily, be the kitchen. In fact, it should not.

These comforts do not cost a great deal, and there are many ways in which the boys and girls can, themselves, meet the expenses of them. A fatted shoat, when sold as pork, would bring a price that would pay for all, unless it be a musical instrument, and even an organ or piano could be planned for; a calf or a colt spared, or a crop of some root or grain raised for that purpose, would get a good second-hand instrument, if not one from first hands. If the boys and girls wish to try their hand at canvassing, it will not be a hard matter to take advantage of the premium offers of The Commoner, for instance, and thus, at the cost of only a few pleasant hours' work, supply themselves with plenty of the best literature of the times.