

Mendelssohn, is sung the wide world over.

Now little the dying poet, when he wrote the new words for the old air which Jessie Lewars played, dreamed of the fame that awaited them—fame which will endure when marble and bronze shall have crumbled into dust!

#### Sacrifice

Sacrifice is the common action of the world. One sacrifices ease and comfort that he may make money, which, in turn, is sacrificed for the purchase of something desired. Pleasure often demands more sacrifice than hardships do. For the sake of one more desirable thing, how many smaller things are sacrificed daily! We are always giving up the present that is sure for the sake of the future that is hoped for. One often gives up all that he has for the something that he expects. Sacrifice is everywhere an investment—a sort of purchase money for something we hope to gain. The worth of the object is the measure of the sacrifice. Nothing is given without an equivalent. Every step upward is at the cost of strength. If we want any good thing to come to pass, we must work for it.

Yet people talk of sacrifice as though it were one of the cardinal virtues, and one of the rarest!

#### Scolding.

Yes, I know you are tired and worried, and your nerves are "like needle points," but do try not to scold. It don't help matters in the least, and you do feel so self-condemned after it is all over. If only we could go away, by ourselves, when we feel the "scold fever" coming on us, how much better it would be for all concerned. And if only "the family" would understand, and take no notice of it, until you could get yourself together again. But they are human, too, and add fuel to the flame by losing their temper, and blaming it all onto you—poor dear!

But for the children's sake, don't scold. They often learn to take pleasure in fretting you, because of the continual fault-finding and fretting; and as they are always getting the blame of wrong-doing whether they deserve it or not, they grow callous and unamiable, and lose all ambition to please or help one who is so un-

### THE VALUE OF CHARCOAL

#### Few People Know How Useful It is in Preserving Health and Beauty

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal and other harmless antiseptics, in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."

lovely, and it is the greatest misfortune that could befall you. Whatever happens, try hard not to scold.

#### Over-Eating.

We have all heard the saying that we "dig our graves with our teeth," but we do not think of the matter as earnestly as we should. Every sane minded person recognizes the fact that we greatly overtax our digestive powers, and that hunger is not only a matter of habit, but also of a deranged stomach. Our wisest scientists tell us that improper eating, and especially overeating, is one of the most prolific of known sources of disease. Intemperance in eating does more harm than intemperance in drinking, and from the indulgence of a false appetite, the rich suffer in health, while the majority of the people suffer both in health and in purse. The very poor suffer most of all, because of the wretched quality of the food with which, at one time, they overburden the stomach, only to half starve it the next. One should not eat every time the stomach craves food and a liking for any particular dish is no evidence that it is the one we should eat the most of. Hunger is a good sauce, if the stomach is in health, but few of us are blessed with healthy stomachs. It is not wise to be always solicitous about what "agrees" with us. It is in no sense a mark of wisdom to be always "dieting." Our digestive powers are largely dependent for their fullest usefulness upon the right usage of other organs of the body.

Our respiratory organs should have right usage; we should learn to breathe deeply; to expand our lung capacity, and thus set our circulatory system to work. There is no medicine that will quite take the place of deep, regular breathing, the washing out of our lungs with fresh, clean air. When you get up of a morning, with that "all gone" feeling down in the bottom of your stomach, instead of hurrying to "get something into my stomach," just go out of doors, throw your shoulders back so as to give your lungs a chance, and just breathe. It will do you more good than any breakfast.

#### About Sugar.

Granulated sugar is better than any other for all purposes of cooking. It makes a lighter, more perfect sponge cake and therefore more cake, than the same ingredients used with powdered sugar. It possesses a grain, and the grain even of pure powdered sugar has been partially destroyed. The action of the heat on the grain of granulated sugar gives a firmer, lighter cake.

A grained sugar is better in puddings, sauces, and in all sweet puddings and sponge-like desserts, which depend on eggs to make them light. This can be demonstrated by measuring the bulk of cake produced by the same recipe, using different sugars. It is not possible to make a perfect loaf of "angel's food" with powdered sugar.

Granulated or loaf sugar should be used on the table, and for all cooking purposes, because it is less likely to be adulterated. A XXX powdered sugar seldom is as pure as granulated sugar or the best loaf sugar. It is necessary to use XXX powdered sugar for meringues, and some such purposes, but granulated is certainly preferable for preparing the foundation of French candies, or for melted icing.

For decorative icings, confectioner's powdered sugar must be used; this cannot be made of pure sugar because no sugar can be readily ground to a smooth powder. The grain of sugar is only partially destroyed in ordinary powdered sugar; therefore, to make this sugar as smooth as it is re-

quired to be for the candy and icing in which it is used, it is always adulterated with a certain percentage of starch. Confectioner's sugar, therefore, is of no value in the household, except for certain candies and for decorative icing. For all other purposes where a powdered sugar is used, a pure XXX sugar is better.

#### Cooking Onions.

There is no way of frying an onion in a pan with a little butter, as is commonly recommended in cook books, which will produce a satisfactory result. The onion softens and absorbs the butter, owing to the natural law of capillary attraction, and the result is that the butter and onion become a dark and greasy mess.

There is but one way to fry this vegetable which will give the right result. Cut the onion in slices and soak it in milk for at least ten minutes; then dip the slices in flour and immerse them in boiling fat, hot enough to brown instantly a bit of bread thrown into it. You cannot keep the onion in slices, so it is not worth while to try to do so. After they have fried for six or seven minutes, they may be lifted out with a skimmer onto brown paper and they will be found firm and thoroughly delicious. Cooked in this way, they may be served as a garnish to a daintily broiled beefsteak or to a dish of fried chops or beef croquettes.

#### Onion Salad.

Pare and slice as thin as possible four or five firm, solid onions (they can be sliced as thinly as a sheet of writing paper); salt them rather more than would seem necessary, mixing the salt well through them, and let it stand two or three hours. Carefully drain off all the water which arises, (which removes much of the strong taste and leaves them sweet and crisp). Rinse them in cold water—ice water, if possible, and cover with good sharp vinegar, to which sugar has been added in the proportion of a heaping tablespoonful to a cup of vinegar. Let stand a few minutes and serve in side dishes.

#### Floral Notes.

If your hyacinth buds stubbornly refuse to come up out of the foliage, it is because of too rapid growth. A very excellent way to coax it up is to cover the tip with a little paper cone having a hole in the top end; the bud will reach up after the light and can thus be coaxed into proper shape. A better way would be, when the bulb is first brought out into the light, to place the paper cone over it, for about a week. The same effect may be produced by covering it with an inverted flower pot; only the light which can come through the hole in the bottom of the inverted pot will reach the bulb-tip, and this will stimulate the stem growth. As soon as the bud is well out of the soil, the covering may be removed. It should never be neglected.

If the spike of the hyacinth expands unevenly, one side of the spike opening while the other remains closed, the closed side should be exposed to the direct sunlight; this will usually cause the stubborn bells to unfold. If the weather is cloudy, the dormant side can be placed toward a lighted lamp for a short time. Care should be taken to give all sides an equal amount of light, by frequently turning the pot around. Keep in a window with very little sunshine, where the air will be cool, and the blossoms last much longer.

#### Query Box.

A Reader, Stromsburg, Neb.—Write to the Woman's Training School, St.

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MR. AND MRS. HARRY BURNSIDE.

slightest suspicion. Its cure is sure without harmful results to the system. Many a home is now happy by the use of Golden Specific. "My husband got into the habit of taking a drink with the boys on his way home," says Mrs. Harry Burnside. "After a while he came home drunk frequently. He soon lost his position and I had to make a living for both of us and the little children. At times he tried to sober up, but the habit was too strong for him and then he would drink harder than ever. I heard of Golden Specific and sent for a free package. The treatment cured him. I put it in his coffee and he never knew it at all. He regained his old position and now we are happy in our little home again. I hope you will send Golden Specific to every woman that has suffered as I have, and save her loved ones from the drunkard's grave." Send your name and address to Dr. J. W. Haines, 333 Glenn Building, Cincinnati, Ohio, and we will mail you a free package of Golden Specific in a plain wrapper, accompanied by full directions how to use it. Enough of the remedy is sent in each free package to give you an opportunity to witness its marvelous effect on those who are slaves to drink.

Do not delay. You cannot tell what may happen to the man who drinks, and you would never forgive yourself for waiting.

Louis, Mo.

Subscriber's Daughter, Alma, Wis.—Cannot give you the required addresses. Send inquiry to the large daily papers published in the states you wish to hear from, always enclosing stamped envelope, as the question interests but few.

W. R., Howells Co., Mo.—Cannot send you names from subscription list. A few lines inserted in the Subscribers' Advertising Department of The Commoner will bring satisfactory results.

Veva, Omaha, Neb.—Finger-bowls are placed on the table, accompanied by large napkins, but it is not intended that the hands should be washed in them. Only the very finger tips are to be dipped in the water, then softly dried on the large napkin.

Young Mother, Frontier Co., Neb.—Children should be taught from infancy to hold the knife and fork properly, to eat noiselessly, to drink without gurgling, to use the napkin correctly and make no sound with the dishes. Do not allow the child to spread its arms out and lie over the plate—sprawl; insist on it sitting erect, with its elbows close to its side, occupying as little space as will permit of the free use of its arms. Do not tuck the napkin under its chin unless it is very young. Teach it to eat in a cleanly manner.

#### TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.