

less, almost criminal manner in which so many children are called into being, and the terrible prenatal conditions with which they are surrounded, he is brought to a vivid realization of the mighty law back of and in all things, working for good, and which has brought the race to its present stage of evolution in spite of the unfavorable conditions which have been forced upon the children of the race by the immoral, ignorant selfishness of the fathers, and the ignorance and lack of courage on the part of the mothers.

"Fatherhood and motherhood are sacred offices—divine privileges—yet many of us treat these offices as a jest, or a thing of which to be ashamed. . . . That which is of the highest and best of our nature has been brought down in degradation and brutality; that which belongs to the highest manifestation of love has been made the accompaniment of selfish gratification; that which should bring forth the highest and noblest thought and aspirations of man, and the most loving and tender emotions in woman, too often brings forth only a brutal indifference or annoyance on the part of the one, and a forced resignation on the part of the other.

"Every child has a right to be well-born—to be lovingly conceived, thoughtfully nourished before birth, cheerfully, gratefully, lovingly welcomed by both parents, upon its arrival. No other child is well-born. Think of the ordinary use of the term, 'love child,' which is applied only to the little one whose parents have not been legally married. What a reproach to the married mothers and fathers of the world! Every child should be a 'love child'—not in the common acceptance of the term, but in fact. And yet, to how few of our children can this term be justly ap-

SURE NOW
The Truth About Coffee

It must be regarded as a convincing test when a family of 7 has used Postum for 5 years, regaining health and keeping healthy and strong on this food drink.

This family lives in Millville, Mass., and the lady of the household says: "For eight years my stomach troubled me all the time. I was very nervous and irritable and no medicine helped me.

"I had about given up hope until 5 years ago next month I read an article about Postum Cereal Coffee that convinced me that coffee was the cause of all my troubles. I made the Postum carefully and liked it so much I drank it in preference to coffee, but without much faith that it would help me.

"At the end of a month, however, I was surprised to find such a change in my condition. I was stronger in every way, less nervous and at the end of 6 months I had recovered my strength so completely that I was able to do all of my own housework. Because of the good Postum did us I knew that what you claimed for Grape-Nuts must be true and we have all used that delicious food ever since it first appeared on the market.

"We have 7 in our family and I do the work for them all and I am sure that I owe my strength and health to the steady use of your fine cereal food and Postum (in place of coffee). I have such great faith in Postum that I have sent it to my relatives and I never lose a chance to speak well of it." Name furnished by Postum Co., Battle Creek, Mich.

Ice cold Postum with a dash of lemon is a delightful "cooler" for warm days.

Send for particulars by mail of extension of time on the \$7,500.00 cooks contest for 735 money prizes.

plied! To how few of them is the greeting 'welcome' given!

"The fathers of the children are much to blame; they have been ignorant, careless and brutal regarding the well-being of their future children, and the mothers are not blameless, though much of their error may be attributed to deference to their husbands rather than indifference. . . . Men and women are beginning to realize much higher ideals regarding the office of parentage, and the result will be more manly men and more womanly women. The result will be a race of children well-born.

"The child, in any case, is brought into the world without being consulted, without its approval or consent. . . . We owe the child as much gratitude as the child owes us. We owe it as much duty as it owes us. We owe it as much love as it owes us. The child owes us something for our care and thoughtful rearing—we owe the child much for having allowed us to be parents. We have given it a parent's love; it has given us the supreme joy of parenthood. In either case, it is a debt of love, not the enforced penalty of duty."

Loued to us.

Remember that each little child which comes to you is not yours, in the sense of ownership; but that it is a little soul committed to your keeping and care in order that it may be helped as it progresses along the path of life. It is not alone your offspring, but is a fellow-soul, a comrade traveling along the same path, destined to the same end. In a few years the slight difference in your respective ages will be wiped out, and perhaps the child will be the one to lead. The relation of parent and child is but relative and temporary; but there is a stronger bond between you—you are kindred souls, both children of the same Universal Parent. The little one is your brother or sister, as well as your child.—New Thought Magazine.

To Remove Soil-spots.

An exchange says: Clothing can be cleaned without leaving a ring around the original soiled spot, if care is taken. The fabric should be cleaned with a piece of the same goods, the cloth rubbed lengthwise, and with the weave, and the rubbing must be continued until the material is perfectly dry. To clean with benzine, gasoline, turpentine, or, best of all, ether, moisten a large ring around the soiled spot, gradually working toward the center; when this is reached, immediately saturate two pieces of blotting paper with the fluid, place one beneath and the other on top of the spot and press with a weight. By this means the grease will be absorbed as soon as dissolved. Remember that ether, benzine or gasoline must not be used where there is a particle of fire.

Hemstitching on the Machine.

Measure off your hem, tear off, double, turning in the raw edges; then turn a very narrow hem on the goods. Take paper, fold sixteen thicknesses, put the two edges together and put the paper under hem. Loosen the top tension of machine, sew as close to edge as you can, tear off your paper, part the goods and you will have hemstitching such as you buy.

Another way: Measure your hem, draw threads about four or five, turn raw edge and part your hem (just as if you were hemstitching by hand). Now fold hem and goods together, set machine so it will make short stitch, loosen tension very little, then sew very close to the edge, having drawn threads on top, and part your hem. Sometimes you will have to pull the hem to get in place. Test this way on

old goods before trying new goods. This looks like handwork.

Another way: First, draw eight threads, then turn down hem just so the edge will come middlewise of the drawn threads, and baste a little way up from the edge of the hem; then stitch across on machine, then slip the hem up just a little.

The Quince.

The quince is one of the oldest of fruits, and was always a favorite with the New England housekeepers. It is very rich in pectin, or jelly-making principle, and for that reason is especially favored by the housekeeper, who finds it an excellent basis for fine-flavored jellies made by the addition of other fruit juices not so easily made to "set." The skins and cores are especially rich in this respect, so that every part of the fruit may be used. Of the seeds, a bandoline for the hair is made, and they also form the chief ingredient of several eye-washes, on account of the large amount of mucilaginous matter in them.

The fruit is not relished by many to be eaten out of hand, but when cooked has a strong distinctive flavor relished by most people. It is excellent as a preserve, with or without apples, or may be canned, equal parts, with apples; or may be used in making citron preserves. After making preserves, or marmalades, use the peelings and cores for making jellies. Quinces make one of the finest of marmalades, and for this purpose the poor, imperfect, or mis-shapen fruits may be used, if better cannot be had.

If a quince tree is properly cared for, it should begin bearing the third year from the nursery. The fruit is never plentiful, and always brings a good price.

Our First Sponge Planting.

The government has gone in for sponge culture. The supply of sponges has never equaled the demand and we have been importing most of those required for the domestic trade.

Successful experiments have been conducted and the actual work of planting sponges off the coast of Florida is being done under the supervision of Captain James A. Smith, of the Fishhawk. The sponges used in the propagation are of the sheeps-head variety, the most valuable in the world, and which fill every commercial requirement. Dr. H. F. Moore, assistant commissioner of fish and fisheries, devised the method of planting.

The sponges are cut in small pieces from one to two inches in diameter. These small fragments of the living sponge, which are dark in color, the pores filled with fleshy matter, are firmly fastened to pieces of coral, rock or terra cotta brick and dropped overboard. Thin aluminum wires is used to fasten them to the objects. The use of the aluminum wire is the solution of the difficulty which confronted the experimenters. The pieces of sponge have one outer skin intact, with the outer edges raw. The latter, however, quickly heal. The aluminum wire will, of course, pierce the sponge and form a small bore, or hole, through them. The wire corrodes; but this is an advantage, for it gradually wears away, leaving the sponge free of any foreign substance.

Most of the difficulties attending the culture have been met with in attempting to find something to bind the sponges to the rocks which last long enough for the growth to attach itself naturally to the new bed. The aluminum wire does this. Wood, string, copper and iron wire and various other substances were attacked by the salt water and animal life and rendered useless.

Sponges are being planted at Biscayne Bay, Anclote Keys and Key West. An effort will be made to put

the new industry on its feet so that private capital will become interested in carrying it on. There is every reason to believe that the venture will be successful and that in a short time all the sponges needed in the United States will be raised in the waters of Florida.—New York Press.

Aesculapius in Boston

In 1797 Robert Fennelly, a noted man of the day, when apothecaries were physicians as well, opened a shop for the sale of medicines and the practice of his profession, at the corner of Salem and Prince streets. He was one of the first to thus make his business known by a special store, and to make it more noticeable, as well as to let possible patrons know its character, he followed the custom of the day and set out on a pole a bust of the patron of the profession.

To get the best he sent to Italy, where he had the head of Aesculapius carved from wood. The setting up of the head was an event of the time, and so proud of it was the doctor-apothecary, that on his business cards he put not only his name, but indicated his location by a line reading, "At the sign of Aesculapius."

The house in which Mr. Fennelly had his store was of the old colonial type, two stories and attic, with square roof, and attached to it was the garden at that time the resort of the families of the richer people in the evenings.

From the days of Dr. Fennelly to the present the store which he opened has always been occupied for the business he originated.

When the growth of the city demanded that the old post method of advertising a business must go, the bust of Aesculapius was taken down and fastened to the building itself, where it has since remained, defying the weather and wear of time.

It stands out conspicuously on the corner of the building, and is visible for a long distance along Salem and Prince streets. The bust is a handsome piece of carving. The features stand out in bold relief, and the long hair is perfect. Time has worn off some of the paint and left the head of Aesculapius slightly disfigured, but it is apparently good to last for another century.—Boston Globe.

To Spread the German Language.

A Berlin cablegram to the Chicago Inter-Ocean says: "Language is empire," said Emperor William recently. He implied that language binds nations more firmly than any other tie, and that the spread of a language means the domination of the people speaking it.

With this theory in view, the German government is preparing to establish a ministry for the German language under Professor Behazel of the University of Giessen, to be attached to the ministry of education. This new ministry is to attend to all matters which deal with disputed points in the language, to decide what is correct, and to encourage historical investigation into the language.

But, above all, the object will be to prevent the decay of the German tongue among Germans settled in foreign countries, especially the United States, where, it is alleged, the rising generation of Germans only speak English. This has long been a sore point here and numerous and bitter have been the articles urging the home authorities to the support of German schools, where German will be a compulsory subject.

It is expected that the new department will lend an additional impetus to this struggling for the maintenance of German as a spoken language in America.

AN OLD AND WELL TRIED REMEDY.
MRS. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.