

sauces. This home-ground meal is the cheapest, most nutritious food known.—Hygiene.

For School Wear

There is nothing nicer for the little girls going to school than every-day dresses of good gingham or fast-colored calicos. A fast-colored blue or red dress will wash, and look well as long as it lasts. It is well to line the waist and sleeves, and put several tucks in the skirt, for, while the goods are apt to shrink up, the little body is sure to stretch out, necessitating a lengthening of the garment before it is done with. Red and blue calico, trimmed with a pretty piece of "seam-over" braid is both neat and serviceable. Gingham aprons are more satisfactory than calico, as they wear longer and protect the dress better. A few white, or light-colored calicoes, prettily trimmed with strong lace, or suitable embroidery, will answer very well for the "dress-up" occasions. Most little boys are hard on their waist buttons; to remedy this, let them wear blouse waists, with suspenders underneath. For these blouses, nothing is better for every day wear than stout ginghams or duck. Let the boys have plenty of pockets; and a few of them wont come amiss for the girl.

Try to have plenty of plainly-made, easily-laundered aprons, and this will call for fewer dresses, whether they be of cotton or woolen. The cotton dress should have the preference because of its being washable; one never knows what a school child's clothes may gather up. Little drawers made of outing flannel, or a good quality of flannelette, are better than the knit ones, in being better fitting, more comfortable and patchable. As the drawers must be changed oftener than the waist, it is better to make them

A BACK NUMBER The Milk and Egg Diet

Starving the patient who has a sick stomach, is an out of date treatment and no longer necessary with the predigested and nourishing food Grape-Nuts that the weakest stomach can handle and grow strong upon.

There is plenty of proof of this: "I had suffered from stomach trouble for six years and for most of the last two years had been confined to my bed, the trouble having become chronic in spite of the very best medical attention. I had always been a coffee drinker, but for the past year I could not drink it at all because it made me so nervous I could not sleep and my appetite was almost entirely gone.

"Then some friend advised me to try the predigested food Grape-Nuts and about three months ago I did so and since that time my improvement has been so rapid that my customers and friends are astonished and every day someone remarks upon my changed condition. I have gained 15 pounds, sleep well, my appetite is good and my digestion is perfect. Where I have lived on milk and light diet for years I now eat most anything I want and don't suffer any inconvenience either. The way Grape-Nuts food has built up my stomach and strengthened my nervous system particularly is just wonderful.

"I drink your food drink Postum, too, and no longer feel the want of coffee. There is absolutely no doubt that leaving off coffee and using Grape-Nuts and Postum has brought me out of my bed from an invalid back to fine health." Name given by Postum Co., Battle Creek, Mich.

"There's a reason" and that reason is plain to anyone who will spend a few minutes investigating in the interest of health.

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

separate; it is but little more trouble, and the waists may be made perfectly plain. The lower limbs and body must be kept comfortable, if you wish your child to withstand disease.

Look After The Baby

We shall soon have chilly evenings, and, in fact, days; and it is well to take notice that baby is comfortably dressed. A glance at the average baby in the average home will show, more than a multitude of explanatory lines, why this caution is necessary. While the adult feels none too warm at a higher and warmer altitude, clad in long skirts, and thick hose, the average baby has upon its little limbs only hose of differing lengths, mostly down about its ankles, with shoes which are continually coming off, a cold—often wet—cotton diaper and "no petticoats to speak of," and creeps on the coldest, most uncomfortable part of the room—the floor, where the coldest air naturally settles. Look at its little blue, mottled, legs, its soft, baby flesh covered with "goose-bumps," and do not wonder at its fretful whinings after its unthinking mamma. Do keep the baby comfortable.

For The Creeping Baby

The prudent mother will see that the dangers of the creeping period of her child's life are not underestimated. Preventive measures will save baby many a spell of pain, if not actual sickness, and should be earnestly adopted. For the baby who creeps this fall, the following method for short clothes is suggested: A knit, snug-fitting band with narrow straps; have four, at least; the knit band over the bowels is an undisguised blessing, especially in the autumn, winter, and spring. A high-necked, long-sleeved, silky-woolen shirt; next, a waist with buttons (can be made in cotton knit goods, canton flannel, or flannel, or bought ready made). To these attach a pair of leglets, which do not interfere with the diaper, but which cover the thighs, knees and down to the ankles; the value of these leglets is incalculable. Have tiny hose supporters also attached to the waist, and hold the warm hose snugly over the leglets; then use diaper drawers, or not, as you please, but if used, make them of thick, washable goods, and do not put them on one hour and leave them off the next. Have a little skirt buttoning to the waist, and over this a combination skirt and waist, all in two long gored pieces back and front. Over this, use an outing flannel, or flannel dress and apron, and keep a soft dry bib under the little drooling chin. If you use thin shoes, buy a pair of felt insoles for them, and, whatever you do, don't let baby have cold feet. A baby old enough to creep is old enough to learn cleanly habits, and will soon recognize that cleanliness means comfort, and ask for attention when wanted. Do not neglect the attention to its wants during the night, for a wet, chilly baby is an easy prey to disease. Dear mothers, do take care of the baby. If you have not time to care for the baby and the housework, choose the baby. Let everything else go, but do take thought for the little one who cannot take thought for itself.—Selected.

The Cherokees.

The Cherokees excel all other Indians in literature, agricultural and mechanical pursuits and to verify this fact it is only necessary for one to travel through the Indian Territory and visit that portion occupied by the five tribes. The Cherokee nation lies north of the Creek and Choctaw nations with Arkansas and Missouri on the east, Kansas on the north and the Osage nation on the west, between the 35th and 37th degrees of latitude, being thus situated in the latitude where the summer heat never approaches the torrid zone, while the winters, on an

average, are temperate. The climate is calculated to develop not only healthy, but vigorous, active types of woman and manhood, and that such is the case one can readily see from the physical appearance of the inhabitants and especially those who have lived there a majority of their years. They are a people having a great love, not only for their own section of the country, but for the United States at large, and are intensely patriotic. They have a high appreciation of the advantages of education and expend large sums of money for the support and maintenance of their schools. The majority of the more devout Christians, belonging to the Methodist, Baptist, Presbyterian and Catholic churches.—Kansas City Journal.

Mines of King Solomon.

A cablegram to the Chicago Chronicle, under date of London, July 25, says: That hardy pioneer, Dr. Carl Peters, who has been called the Cecil Rhodes of Germany because of the vast slice of African territory which he brought under the German flag, is preparing to set forth on yet another journey of adventure to east Africa in the neighborhood of the Zambesi.

He says that after looking up three or four of his gold mines near Macquese he intends to plunge back into Macombe's country, which contains about the darkest of what remains of "darkest Africa," and continue the promising explorations begun on previous expeditions, especially with the idea of collecting further information to prove the theory that King Solomon's mines were located there.

The energetic doctor has already produced an interesting bookful of testimony, gathered on the spot at first hand, to indicate that the Ophir of the old testament, which was the source of the queen of Sheba's enormous revenues, was none other than this now darkened portion of Africa. He says, furthermore, that the queen of Sheba and Solomon and all the generations of miners that went before them and came after them merely took off the top layers of the gold that lies there yet.

Plymouth Rock in Danger.

Plymouth Rock is in danger. The people of Provincetown and the Cape Cod Pilgrim Memorial association propose not only to erect a large stone monument upon the spot where "first they trod," with a beacon light upon it which will shine thirty miles out to sea, but to have the histories revised so that they truthfully shall show that the Pilgrims did not land first on Plymouth Rock, but upon Provincetown Rock, and that it was in Provincetown harbor the Mayflower found a safe haven, and in that harbor the famous "compact" was drawn up. Probably if there were inhabitants on Clark's island they, too, would put in a prior claim, and a Clark's island rock, for it is a matter of true history that some Pilgrims landed there also on their way from Provincetown to Plymouth.

This is not the worst. The Boston Advertiser goes so far as to intimate that what is now known as Plymouth Rock was five miles away from its present location when the Pilgrims came to Plymouth. Worse than this, that the people of Plymouth have carried rocks to the present locality to keep up the tradition; and, worse still, that they are accused "of selling successive Plymouth Rocks by piecemeal for souvenirs, and of moving over a new stone from a neighboring pasture as fast as the old stone is broken up."

Thus one after the other the old familiar traditions disappear. It has taken nearly three centuries to dispose of Plymouth Rock. In another three centuries will it be shown that there was no Provincetown rock, no "compact," no Pilgrims, no Mayflow-

er? And, consequently, that the thousands of spinning wheels, and grandfather's clocks, and chairs, and bedsteads, and samplers, and stewpans, and blue plates, and psalm books which came over in the Mayflower and are now to be found in every well regulated household from Eastport to Buzzard's Bay are the handiwork of the cunning, thrifty Yankee forgers?—Chicago Tribune.

Antiquity of Hospitals.

Many centuries before the Christian era there existed in India and Ceylon institutions which performed the functions of hospitals. They were built and maintained by the Buddhists.

In the Scriptures there is mention of what the Hebrews called Beethseda, but this was nothing more than a few rude huts in the neighborhood of a mineral spring supposed to have healing properties.

According to Lecky, the first hospital was founded by a Roman lady named Fabiola, about the fourth century, at Rome. Soon after another hospital was founded by St. Pammachus, and another by St. Basil at Caesarea.

During the crusades numerous hospitals arose in all parts of Europe. San Spiritu, built by Innocent III., was erected in 1204 at Rome.

The first hospital in England was built by Lanfranc, archbishop of Canterbury, in 1080. The first hospital of any size erected in America was the Pennsylvania hospital, in Philadelphia, begun in 1751 by Dr. Bond and Benjamin Franklin.—Philadelphia Medical Journal.

A Stolen River.

A dispatch to the Chicago American under date of Guthrie, O. T., July 25, says: A peculiar case now under consideration is that of the state of Kansas against the state of Colorado, in which the latter is charged with causing the low tide of the Arkansas river, which has its origin in Colorado and penetrates both Kansas and Oklahoma in its route to the Mississippi.

As Oklahoma has also suffered from the lack of water, the people of the territory are interested in the outcome of the suit.

It is claimed that the irrigation systems maintained by the state of Colorado along this stream, from which the water is used to supply the irrigation ditches, have lowered the Arkansas until its benefits to Kansas farmers are much less than formerly.

According to the attorney general of Colorado, Kansas has made a claim that there is a subterranean stream, which Colorado has tapped, running underneath the Arkansas. He, therefore, claims it is up to Kansas to make this declaration good, placing the burden of proof on Kansas.

He says Colorado, therefore, will pass the entire matter until Kansas puts in some definite proof of the existence of such a subterranean stream.

It is the belief of irrigationists in western Kansas that such a stream does exist, but the first real efforts to demonstrate that fact have only recently been made.

The state engineer of Colorado commenced this week the taking of measurements of the river, as required by the supreme court. He is measuring the flow at low and high tide at various places, and will carefully note all the various peculiarities of the stream.

Particular attention will be paid to the examination of conditions where the river crosses the state line. Just as soon as the measurements are completed the case will be pushed to a conclusion.

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 diarrhea. Twenty-five cents a bottle. It is the best.