

ners. We have gone through the refining fire, and are but the better prepared to wage battle in the future. When or how we will win this battle I do not know. I simply know that if we remain steadfast we will ultimately win. In the last two campaigns many of us not democrats supported the democratic ticket because we had confidence in the leadership of Mr. Bryan. If in the future the democratic party will remain true to the people's cause it will deserve their continued support. If it shall prove recreant to the people and compromise their rights it will forfeit their support. The democratic party is either the party of the people or it is not. It can occupy no middle ground.

"But with all the obstacles in the way we face the future with hope and with confidence. The colonists struggled for a hundred years before they reached Yorktown. Appomattox court house was forty years away when slavery agitation was first begun. In our struggle I only invoke the patriotism of our fathers to sustain us while we carry the fight to a successful issue."

A Lullaby.

Hush thee, my baby,
Sleep on my breast;
Day dies in darkness,
Night time brings rest.
Hush thee, and fear not,
Cradled in love;
Mother's arms hold thee,
God is above.
Hush! Hush!
Dream, dear, of visions
Rosy at morn,

CLUB LIST.

Any one of the following will be sent with THE COMMONER, both one year, for the club price. Periodicals may be sent to different addresses if desired. Your friends may wish to join with you in sending for a combination. All subscriptions are for one year, and if new, begin with the current number unless otherwise directed. Present subscribers need not wait until their subscriptions expire. Renewals received now will be entered for a full year from expiration date. Subscriptions for Literary Digest and Public Opinion must be new. Renewals for these two not accepted. Foreign postage extra.

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Indianapolis Sentinel, wk.....	.50	1.00
Kansas City World Daily.....	3.00	3.00
Kansas City World, da. exc. Sun... 1.50	1.50	2.00
Nebraska Independent, wk.....	1.00	1.35
Rocky Mountain News-Times, wk... 1.00	1.00	1.50
Seattle Times, wk.....	1.00	1.35
Thrice-a-Week N. Y. World.....	1.00	1.35
Wachter und Anzeiger, Sunday... 1.50	1.50	1.85
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Good Housekeeping, mo.....	1.00	1.35
Household-Ledger, mo.....	1.00	1.45
Pearson's Magazine, mo.....	1.00	1.50
Pilgrim, mo.....	1.00	1.35
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Literary Digest, (new) wk.....	\$3.00	\$5.00
Public Opinion, (new) wk.....	3.00	3.00
The Public, wk.....	2.00	2.25
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THE COOK AND HIS BROTH.

Pure as the dewdrops
Sparkling at dawn;
Dream, for the sun-god
Sinks to the west;
Waking is weary,
Dream-time is best!
Dream! Dream!

Sleep, dream, and hush thee,
God-given rest
Closes each toil-time
Blessing and blest,
Till at the last, when
Life's day is done,
Death shall say softly
Unto my son—
Sleep! Sleep!
—Ethel M. Collum in Pherson's.

Uses of Salt.

A grain of salt seems a trivial thing. Yet to it human beings often owe their lives. Few of the natural products of the earth play a greater part in the every-day life than salt, and yet most men and women think of it as a very simple thing. People would very soon become ill if deprived of it. It exists in all parts of the body, and the human blood without its particles is lifeless. Many times when death seemed near the vitality has been revived and sustained by the pumping of salted water into the veins.

No food is adequately seasoned without the proverbial pinch of salt. A person requires from one-fourth to one-half ounce of salt daily. In the olden times the Dutch used to punish criminals by a diet of unsalted food. Their physical sufferings were great and usually ended in death.

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Not alone must salt be plentifully added to all vegetable foods, but meats and fowl would not be palatable without it. The staff of life would not be sweet to the palate if the snowy white particles were left out of the dough, and in pastry, too, salt is an essential, and poor, indeed is the cook who has not the salt box ever handy. For sore throats no gargle is better

than salt and water. It makes rough irons smooth, helps to pack ice, and, as like cures like, it also melts it when scattered upon an uncomfortably slippery porch and doorstep. Mixed with vinegar it is an excellent polish, and it is used in the water with which the teeth are cleaned. Its effect is felt in beauty and health.—Rocky Mountain News.