## Kegetitioni ine t

Tribute to Abraham Lincoln. (The following remarkable poetical ribute to Abraham Lincoln was composed in a forelgn land and was published in a comic paper. During the ivl war Tom Taylor, of the Loudon Punch, had made the great president a target for his shafts of ridicule and had poured fourth an unceasing stream of sarcastic detraction in prose, in verse, and in pictorial carlcature. The tragic death of the presi dent, at the close of the migbty strug gle, suddenly and sharply brouglit in to view the grandeur and beauty of his character and his leadership, and on May 6, following his death, thif mmortal wreath was laid on the mur dered Lincoln's bier by Tom Tayior We publish it
our readers.)

You lay a wreath on murdered Lincoln's bier-
You, who with mocking pencil wont to trace,
Broad for the self-complacent British
His length of shambling limb, his furrowed face,
His gaunt, gnaried hands, his unkempt, bristling hair,
His garb uncouth, his bearing ill-at-ease,
His lack of all we prize as debonair,
Of power or will to shine, of art to please;
You, whose smart pen backed up the pencil's laugh,
Judging each step, as though the Reckless were plain;
graph. of chlef's perplexity, or people's pain!
Beside this corpse that wears for winding sheet
The stars and stripes he lived to renew,
Between the mourners at his head and feet.
say, scurrile jester, is there room
for you?
Yes: he had lived to shame me from my sneer;
To lame my pencil and confute my pen;
o make me own this hind a princes is rail
his rail-splitter a true-born king of men.
My shallow judgment I had learned to rue,
Noting how to occasion's height he rose;
How his quaint wit made home truth seem more true
How, iron-like, his temper grew by blows.

How humble,
How, in good fortune and in ill the same;
Nor bitter in success, nor boastful he,
Thirsty for gold, nor feverish for
He went about his work-such work as few
Ever had laid on head ans heart and han3-
As one who knows where there's a task to do
Man's honest will must Heaven's grace command

Who trusts the strength will with the burden grow,
That God makes instruments to

If but that will we can arrive to know
Nor tamper with the weights of good and ill.
So he went forth to battle on the side
That he felt clear was Liberty's and Right's,
As in his peasant boyhood he had plied
His warfare with rude Nature's thwarting mights.
The uncleared forest, the unbroken soll,
The iron bark that turns the lumberer's axe,
The rapid, that o'erbears the toatman's toil,
The prairie, hiding the mazed wanderer's tracks,
The ambushed Indian and the prowling bear-
Such were the seeds that helped his youth to train;
Rough culture, but such trees large fruit may bear
If but their stocks be of right girth and grain.
So he grew up, a destined work to do;
And lived to do it; four long-suffering years
il-fate, ill-feeling, ill-report, lived through,
And then he heard the hisses change to cheers,
The taunts to tribute, the abuse to praise,
And took both with the same un-
Till, as he came on light, from darkling days.
And seemed to touch the goal from where he stood,

A felon-hand, between the goal and him,
Reached from behind his back, a trigger pressed,
And those perplexed and patient eyes grew dim,
Those gaunt, long-laboring limbs were laid to rest.
The words of mercy were upon his lips,
Forgiveness in his heart and on his pen,
When this vile murderer brought swift eclipse
To thoughts of peace on earth, good will to men.

The Old World and the New, from sea to sky,
Utter one voice of sympathy and shame.
Sore heart, so stopped when it at last beat high;
Sad life, cut short just as its triumph came!
A deed accurst! Strokes have been
By the assassin's hand, whereof men doubt
If more of honor or disgrace they
But thy foul crime, like Cain's, Vile hand, that brandeat murjer on a strife,
Whate'er its grounds, stoutly and And with striven; crownest a life
With much to pra forgiven.

Thorough Mastication
A well-known physician, writing to

Ing is an art which the majority of people fail to observe. Digestion properly begins in the mouth, but the manner of eating with most people forbids this. Food should stop long enough in the mouth to be tasted. Taste, you know, has its intellectual side, and this requires fine chewing and turning over and over slowly in the mouth; a great deal of satisfaction is obtained in this way, and the food is finely comminuted and reduced to a pulp, thoroughly mixed with saliva, and the starcby portion of the allijent is largely digested berore it. is swallowed. When this fine-minced mass reaches the stomach, it is in a decidedly favorabie state for the action of the gastric juices. It is thoroughly moist, soit and crumbly, and the work of conversion is soon performed. A failure to properly masticate the food is one of the direct causes of indigestion. Dyspeptic patients should chew their food thoroughly to the last particle, and should swallow no food until well mixed with saliva; coffee, tea or water should be drunk separately, or to shouid be the food. If people would theroughly masticate their food there would be little oceasion for medicine oul be than simple digestive secretions, and without this tliorough chewing there will always be trouble from an overworked stomach. People who eat deliberately, tasting and chewing their food thoroughly so that digestion begins in the mouth, do not eat too much, yet receive a lively satisfaction from what they do eat; the silent monitor which advises them that the needs of the system is supplied is always heeded. Those who eat im-
alms properly have for their portion discomfort, distress and disease. They the craving too much, and mistake for craving of the stomach for rest for its craving for food."

## Query Box.

Mrs. M. K.-The Sacred lilies and narcissus will not bloom again in the house. As soon as the weather will permit, set them out in your yard. They will make a new growth next year, and will not bloom again for several seasons, in most regions, but whil make a nice clump of foliage, and will then bloom, though more sparingly, as other hardy bults.
R. B. B,-Advises the lining of socks-the good old-fashioned, nomeknit ones-with heavy canton flannel, the nap next the flesh, as a sure cure and preventive for chilblains, as experience has demonstrated the value of it in his own case. The frost should certainly be kept out by this methos. M. J. T.-In the Home Department of several weeks ago, recipes were given for the making of warm breads with soda and sour milk; one with to have discouraging results varies in kind of bread, as the milk "The laws of chemical Rorer says: based upon a law of exact pore tions. Soda breads must propor correctly, or the dough odor and strong flavor. If the soapy or milk is sufficiently sour to cream clabber, it will require a to form a spoonful of bicarbonate a level tea(saleratus) to neutralize of sodium either in biscuit or cake its acidity Seamstress.-The take making." ing, is used to designate overhandof a very flat seam by the making selvage edges together sewing the and is very desirable, edge to edge, joining plaids and matching staipes.

Overcasting is overhanding done on a raw edge, such as cut, or tcrn edge, to prevent fraying. The stitches are taken deeper and further apart than where selvages are joined.
L. M. H.-Here is a contrivance which just meets your wishes, and I copy it from The Housekeoper for you: "Nail a wooden cleat to the strip of above the cooll to the wall a few inches above the cleat, and the cook-book, open at the right place, rests on the cleat, and is slipped back of the elastic which holds it in place. Thus one may glance repeatedly at the cook-book without touching it, on become sol

## Mental Attitudes.

It is getting quite the fashion for writers on domestic topics to discuss learnedly the causes and cures of the various ailments to which the children of men-and especially the daughters-are subject, and to ascribe certain symptoms emphatically to certain mental attitudes; the correccertain mental attitudes; the correction of these attitudes declared to be an infallible cure for the disease. Es pecially is this claimed of headache, sallow complexion, face blemishes, fretful stomachs, irritable nerves, and even the detesied wrinkles.
I am not at all satisfied to attribute all our aches and pains and phy sical imperfections to the fact that we do wrong thinking. To think aright is undoubtedly "good medicine," and right thinking will gen erally insure right living; but to my mind, the trouble seems to lie in the fact that most of people do not think at all.

We are too prone to allow other people to thinis for us; to follow in grooves; to take the medicine another prescribes without at all asking if the prescription may be relied upon to meet the requirements of our own case. Some ac̈tive brain sets the pace which in their own case may be eminently proper, and without stopping to reason whether the treat ment suits our symptoms the headlong after the leader, what we expected them to be; but we feel that we ore "in the swim,

## WELL POSTED

A California Doctor With 40 Years Experience.

In my 40 years' experience as a eacher and practitioner along hygienic lines," says a Los Angeles phycompare with never found a food to compare with (irape-Nuls for the benfit of the general health of all classes of people. I have recommended Grape-Nuts for a number of years to patients with the greatest success and every year's experience makes me more enthusiastic regarding its use. I make it a rule to always recom mend Grape-Nuts and Postum Food Coffee in place of coffee when giving my patients instructions as to diet lor know both Grape-Nuts and Pos"um can be digested by anyone.
much for myself, when engaged in day consists work my diet twice a ream. I find Grape-Nuts and to build up gray matter and reep the brain in good working order.
In addition to its wonderful effects as a brain and nerve food Grape-Nuts always keeps the digestive organs in perfect, healthy tone. I carry it with me when I travel, otherwise I most certain to have trouble with stomach" Name siven by Postum Co., Battle Creek, Mich Sirong ineek, Mich.
iniane above rom physicians all over the country scientific food in the-Nuts the mos
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