



"Just Common Folks."

A hundred humble songsters trill
The notes that to their lays belong,
Where just one nightingale might fill
The place with its transcendent song.
And thus fame comes, and with its smile,
A soul with lasting greatness cloaks,
And leaves a thousands else the while
To be for aye just common folks.

If only sweetest bells were rung,
How we should miss the minor chimes!
If only grandest poets sung,
How we should miss the humble rhymes!
The modest, clinging vine adds grace
Unto the forest's giant oaks,
And 'mid earth's mighty is a place
To people with the common folks.

Not they the warriors who shall win
Upon the battlefield a name
To sound above the awful din;
Not theirs the painters deathless fame;
Not theirs the poet's muse that brings
The rhythmic gift his soul invokes;
Theirs but to do the simple things
That duty gives just common folks.

They are the multitude of earth,
And mingle ever with the crowd,
Elbowing those of equal birth,
Where none because of cast is proud.
Bound by the meshes of a fate
That sometimes a decree revokes;
Above the lowly, 'neath the great,
Are millions of just common folks.

Fate has not lifted them above
The level of the human plane;
They share with men a brother-love,
In touch with pleasure and with pain.
One great, far-reaching brotherhood,
With common burdens, common yokes,
And common wrongs and common good—
God's army of just common folks.
—Boston Globe.

Home Chats

A prominent physician, in his published talks, tells us that there is no tonic so good for any ailment as fresh air and sunshine. Next to these is good food, and plenty of it, whether the sun shines or not. Among the factors contributing very largely to diseased conditions of the physical body are dust, dirt, dampness, insufficient food—food poor in quality or badly cooked; intemperance in eating, drinking and personal habits, neglect of bodily cleanliness, irregular meals, and a grumbling, fault-finding attitude toward our surroundings. Ill-advised exercise and undue exertion are also reprehensible, and while work, and plenty of it, is a good thing, overwork and straining the physical powers of endurance are the extremes of extravagance.

A NOTRE DAME LADY.

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles, to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.

During the summer months, it has been almost an absolute condition of bodily comfort that the house should be well ventilated, though many people are still so afraid of "the night air" (as tho' there were any other kind after sundown!) that they close the house as tightly as possible when they retire to their couches; but with the coming of the cool nights, the rooms will gradually be closed until, in some houses, not even the windows will be left with the smallest opening through which the foul air may escape. In such houses, the same air will be breathed over and over, with never a thought of its uncleanness, in the endeavor to avoid the "night-damps," and the family will come out of the night hours with headache, lassitude and irritable nerves, and talk about malaria. And well they may, for the "bad air" has been with them poisoning their blood and bodies all through the hours of darkness, because it could not force its way out and let the clean air in. These families would not think of using the same water for all the morning ablutions, but the water would be no worse than the air.

Now, let us try, as the autumn evenings come with their bracing coolness, to get the good air and reject the bad; if the evening is chilly, do not shut up the house entirely, or more than one must, but leave the doors and windows open as long as possible, adding some light wrap or additional garment; and on going to bed, still leave the windows more or less open, but never entirely closed, and for additional warmth during the night, lay a thin quilt or light spread where it can be reached in the night if the need arises. You will find you sleep sounder, get up rested, and do not feel "that quarrelsome feeling" that gets out of bed with you when everything is shut up tight.

These beautiful September evenings we find it very pleasant to sit out on the veranda or lawn, giving little heed to the fact that the dew is falling and the bodily temperature lowering, and that such sittings are first-class catarrh breeders. The danger would be very greatly lessened if we remembered to carry a light wrap with us, and on the first hint of chilliness, would throw it around our shoulders. It is the "little things" that that go to make up our health, or the lack of it, and a continuance of "little things" will grow into a great one in time.

Wintering Tender Roses

In answer to an inquiry, I would say that it is not always safe, especially if inexperienced in such work, to take up tender rose plants at this time of year. Even one "who knows how" doesn't like to do it. If tea roses are wanted to bloom in the house during the winter, the plants should be secured in the spring, kept in pots and given special treatment toward that end. If the plants are growing in the border, it is as well to keep them growing thriftily, and when the season comes for protecting them get the best advice you can from some practical rose-grower, and follow it. In wintering tender roses outdoors you will find it a good plan to cover them with an inverted sod, then put tarred paper over them to keep off the rain, giving good drainage so that no water will stand around the roots. Of course, this would not

be necessary in the case of hard June roses, but it is very desirable in the case of hybrid perpetuans and roses of about the same degree of hardiness. Among the teas there are a few perfectly hardy ever-bloomers, but any rose will be the better for a mulching of coarse litter or barnyard manure after the ground freezes. Among the most desirable hardy ever-bloomers is the dainty little Chiltilde Soupert, the plant of which is, at times, literally lost sight of in the abundance of bloom.

Coffee and Tea Making

Do not forget that, to have the best results, your tea-kettle must be often cleaned out, and filled with water freshly drawn; soft water is best but whatever kind you have, it must be fresh. Bring the water quickly to a boil; have the pot made hot by rinsing with boiling water before the coffee or tea is put into it. Allow one tablespoonful of coffee to each cup of the beverage wanted; allow to boil from three to five minutes, and the finer the coffee has been ground, the finer the flavor will be. If ground very fine, it will be better to tie it in a little sack, in order that the coffee may be clear. Give just time for the coffee to get well settled before serving—about ten minutes. Dashing a little cold water into the coffee-pot just before removing it from the fire will aid the settling process.

Do not boil tea-grounds, but be sure the water to be used is fresh-boiling; and pour it boiling hot over the grounds; stir the tea just once after pouring the water on it. Let stand about ten minutes—perhaps less—to settle before serving. If the tea has to stand any length of time before using, it should be drawn off the grounds into a hot earthen pot; if allowed to stand on the grounds, the tannin will be extracted, rendering it bitter and unfit to drink. Do not begrudge the little extra pains which is necessary to have a delicious beverage.

It is recommended that fruit, raw or cooked, where vegetables are to be eaten, should be eaten at dinner, if raw, before the vegetables are eaten, if there is warm food to follow.

Caring for the Children

It is well not to be in too great haste in putting the little ones to school. Ordinarily, children are sent to school as soon as they reach the earliest age prescribed by the law, without any thought being given to their fitness for the duties now to be taken up. Once in school, the child is put through the curriculum regardless of individual peculiarities, and in many cases, it is like trying to fit a square peg into a round hole. Each child must learn the lessons given out to the class, and often the brightest scholar in one class is the greatest dunce in another, for the reason that all children are not endowed alike mentally, and the work fit for one little brain is the greatest torture to another. Many times, the greatest stumbling block is a misunderstanding of the meaning of the term used—the child does not know what the words mean, and on the definition being made clear to him, he has no further trouble.

Children often gain more and make better progress by being sent late to school, and this is especially the case

where the child is delicate, as we find so many are, now-a-days. They will learn more, and remember the learning longer, if allowed to run in the sunshine and play as other little animals do, until their tender bodies and expanding minds are sufficiently developed to undertake the new work. Kindergartens do not, as a rule, force the intellect of the child, but the temptation to push the little mind is great, and often the ambition of the child is excited and fostered until work is undertaken far beyond its ability to carry. If the child is ailing, rest from school is the best tonic that can be given. We may be very proud of our clever child, but health is better than scholarship, and if one must be sacrificed, let it not be the health. The length of school hours, recess, sanitary conditions of the rooms and character of the lunch are all points that must be carefully noted in the early school-life of the child. The burdens will fall on the soft, dimpled little shoulders fast enough. Let them be babies while they may.

Ways of Cooking Meat

With the advent of the "r" months we begin to think of heavy eating. The summer is practically ended, and the chilly mornings and evenings make one think of hot breakfasts and substantial suppers, while we want something "staying" for our luncheon. Here are several ways of varying the fare:

Beefsteak Omelet.—The ingredients required are three pounds of beefsteak, one scant pound of chopped suet, seven crackers and three eggs. Roll the crackers fine, beat the eggs, and run the steak and suet through a meat-chopper. Mix these and to

BUILDING FOOD

To Bring the Babies Around

When a little human machine (or a large one) goes wrong, nothing is so important as the selection of food which will always bring it around again.

"My little baby boy fifteen months old had pneumonia, then came brain fever, and no sooner had he got over these than he began to cut teeth and, being so weak, he was frequently thrown into convulsions," says a Colorado mother.

"I decided a change might help, so took him to Kansas City for a visit. When we got there he was so very weak when he would cry he would sink away and seemed like he would die.

"When I reached my sister's home she said immediately that we must feed him Grape-Nuts and, although I had never used the food, we got some some and for a few days gave him just the juice of the Grape-Nuts and milk. He got stronger so quickly we were soon feeding him the Grape-Nuts itself and in a wonderfully short time he fattened right up and became strong and well.

"That showed me something worth knowing and, when later on my girl came, I raised her on Grape-Nuts and she is a strong, healthy baby and has been. You will see from the little photograph I send you what a strong, chubby youngster the boy is now, but he didn't look anything like that before we found this nourishing food. Grape-Nuts nourished him back to strength when he was so weak he couldn't keep any other food on his stomach." Name given by Postum Co., Battle Creek, Mich.

All children can be built to a more sturdy and healthy condition upon Grape-Nuts and cream. The food contains the element nature demands, from which to make the soft gray filling in the nerve centres and brain. A well fed brain and strong, sturdy nerves absolutely insure a healthy body.

Look in each pkg. for the famous little book "The Road to Wellville."