



What Can a Boy Do?

(Requested Poem)

What can a boy do, and where can
a boy stay,
If he is always told to get out of the
way?
He cannot sit here, and he must not
stand there;
The cushions that cover that fine
rocking chair
Were put there, of course, to be seen
and admired;
A boy has no business to ever be
tired.
The beautiful roses and flowers that
bloom
On the floor of the darkened and
delicate room
Are not made to walk on—at least,
not for boys;
The house is no place, anyway, for
their noise.
Yet boys must be somewhere; and
what if their feet,
Sent out of our houses, sent into the
street,
Should step round the corner and
pause at the door,
Where other boys feet have paused
often before;
Should pass through the gate-way of
glittering light,
Where jokes that are merry and
songs that are bright,
Ring out a warm welcome with flat-
tering voice,
And temptingly say "Here's a place
for the boys,"
Ah! What if they should? What if
your boy or mine
Should cross o'er the threshold which
marks out the line
"Twixt virtue and vice, 'twixt pure-
ness and sin,
And leave all his innocent boyhood
within?
Oh, what if they should, because you
and I,
While the days and the months and
the years hurry by,
Are too busy with cares and with
life's fleeting joys,
To make round our hearthstone a
place for the boys?
There's a place for the boys,—they
will find it somewhere;
And if our homes are too daintily
fair
For the touch of their fingers, the
tread of their feet,
They'll find it, and find it, alas, in
the street,
'Mid the siddings of sin and the glit-
ter of vice;
And with heartaches and longings
we pay a dear price
For the getting of gain that our life-
time employs,
If we fail to provide a place for the
boys.
A place for the boys; dear mother, I
pray:
As cares settle down 'round our short
earthly way
Don't let us forget by our kind, lov-
ing deeds
To show we remember their pleas-
ures and needs;
Though our souls may be vexed with
the problems of life,
And worn with besetments and toll-
ing and strife,
Our hearts will keep younger—your
tired heart and mine—
If we give them a place in their in-
nermost shrine;
And to our life's latest hour 'twill be
one of our joys
That we kept a small corner—a place
for the boys.

Mrs. Bertha McCullopp, West Lynn,

Mass., sends us the above words
asked for. Many thanks.

Some Statistics

Statistics printed in the American
Grocer show that the United States
in the year ending June 30, 1913,
almost two billion dollars were spent
in drink; the exact expenditure for
spirituous and malt liquors and wines
was \$1,724,607.51. This is nearly
twice the actual national debt of
\$968,000,000. For coffee, tea and
cocoa, \$259,059,239 was spent. The
per capita consumption of spirituous
and malt liquors was 22.68 gallons,
a quantity never exceeded except in
1907 and 1911. It is estimated that
the users of alcoholic stimulants con-
stitute 25½ per cent of the total
population, this would make their
per capita consumption 89 gallons, of
which 91 per cent was beer. Tables
printed show an increased use of
spirits and beer and a decrease in
the consumption of wines, coffee and
tea. In nearly every city of any
size, "family beer saloon" will be
found on convenient corners, and
women frequent them freely, during
the hot month, at all hours of the
day, up to midnight. Women usual-
ly carry the beer to their homes,
while the man either carries it home
in a pitcher or pail, or in the body.

According to the president of the
Pittsburg (Pa.) steel company, of
the wages paid to 5,000 employes of
that company, 20 per cent goes to
the saloon. He further states that
the high cost of living is largely in-
creased through the increased cost
of production on account of the costs
due to accidents chargeable to those
who by reason of drink lose their
grip. 85 per cent of accidents occur-
ring in the mills, he claims, are due
directly or indirectly to saloons.

It is claimed that \$1,000,000 each
day is spent in New York for intoxi-
cants; the national drink bill is near
\$3,000,000,000, in round numbers
each year. America pours down her
throat every seven years intoxicants
equalling the entire value of Amer-
ica. It is also claimed that 75 per
cent of all crime can be charged to
drink, and one-half of all the men
confined in our penal institutions are
there directly because of drink. —
Kansas Weekly Capital.

Nasturtiums

If you had "good luck" with your
nasturtiums, you should have quite
a lot of fine blossoms, and these
should give you a lot of nice seed
pods. These will furnish a nice rel-
ish for the ably. Gather the seed
pods before they become in the least
hardened, else they will be tasteless.
Pick the green seed vessels, cut off
the dried blossoms which adhere to
them, and drop them into a bottle
of good cider vinegar. They will
need no cooking or scalding, but will
soon be sour and spicy and ready for
the table. They will probably not
stay a green color, but they will have
a fine flavor. Prepared this way,
they are a fine substitute for capers.
You do not need to seal them air-tight
as they will keep as long as the vin-
egar retains its strength.—Emma M.

For the Flower-Lover

One must be watchful of their
plants, especially palms, ferns, ivys,
for a little neglect will allow them
to become infested with the scale
insect. Keep them clean with fre-

quent showering and washing, and
on the first appearance of the scale
insect—you cannot mistake it—use
a soft toothbrush and warm soap-
suds to remove them. Make the suds
of warm water and good white soap,
not too strong of alkali, as this will
injure the delicate foliage. Go over
each leaf and stem gently, rubbing
in the suds; let the suds remain on
the plant for a few minutes, then
rinse the leaves and stems thor-
oughly with clear warm water. For
the mealy-bug, which is just what its
name describes, take a toothpick and
a small vial of alcohol; dip the end
of the pick in the alcohol and touch
the little white, wooly speck with
this, and it will kill it at once; then
wash off. Do not allow your plants
to get lousy. A lousy plant is never
a thrifty one, and it is always a dis-
gusting object.

Habit-Forming Drugs

A national organization has been
formed to make war on the evil of
consumption of opium and other
dangerous drugs of that character.
Nearly all the opium we import is
used for illegitimate purposes, and
so easily obtained that the victim of
habit can easily gratify his cravings,
in spite of restrictions some states
and cities seek to impose. Less than
10 per cent of the drugs are used
for medicinal purposes, and the drug
fiend's cravings extend from opium
and its derivatives to morphine
but the most used and easiest ob-
tained is cocaine. It is comparatively
a new drug, but nothing so com-
pletely wrecks the health of the user,
or provides so short a cut to the
insane asylum as does this poison,
extracted from coca leaves. To get
the stimulating effect, the victim is
compelled to increase the dose con-
stantly. Its users become as mad
creatures, and when under its influ-
ence, are irresponsible. Its use de-
stroys and perverts character, end-
ing in degradation and crime, and
the war on the drug habit in Amer-
ica should be kept up until the traf-
fic is completely crushed.—Medical
Magazine.

"Elgin Butter"

Formerly the Elgin butter district
embraced the northern part of Illi-
nois, the southern part of Wisconsin,
and a few counties in Michigan.
Later, it was enlarged to take in
Minnesota, Michigan, and sections of
other states. Now the Elgin district
covers the United States. "Elgin
butter," therefore, simply means but-
ter made in the United States that
comes up to the Elgin standard,
which is ninety-three points perfect
on a scale of 100. The butter offered
as Elgin butter shall be fresh churn-
ed, and must be offered for sale by
a member in good standing in the
Elgin board of trade. The name
"Elgin" can be applied to any butter
which comes up to the requirements
of the Elgin call-board.

For the Toilet

For excessive perspiration, which
is usual at this season, try frequent
bathing, wetting the body all over,
and letting the heat of the body and
room evaporate the water, or pat
dry with a soft towel. Do not rub;
as friction will bring the heat to the
surface. For the arm-pits, use a
wet cloth with a few drops of am-
monia sprinkled on it. This deo-
dorizes. Plain corn starch, powdered

and sifted through cheese cloth, with
a few drops of perfume added, is
better than talcum. A few cents
worth of lycopodium powder, and a
slight application of same just be-
fore dressing absorbs perspiration and
prevents the disagreeable odor.

With many persons, no amount of
bathing will sweeten the odor of
perspiration, as the body being dis-
eased, and the pores of the skin act-
ing as sewers, carry the bad odor out-
wardly. The perfectly healthy body
is at all times sweet smelling. Try
to cleanse from within, keeping the
body sewage open and active.

For oily, shining skin, after wash-
ing well with tepid water and mild
soap, apply a little of the following
mixture, using a soft cloth and let-
ting it dry in: One dram powdered
borax and four ounces of witch hazel.
Use a very little good cold cream, and
if using powder at all, use a sifting
of powdered corn starch, or rice
starch, instead of talcum. Softly
wipe off all the powder that shows.
Eat fruit and vegetables, and leave
off fried and greasy foods of any kind.

A very bland soap is made by add-
ing five parts of honey to four parts
of castile or ivory soap, and three
parts of white wax. Stir together
over a slow fire and add one dram
of benzoin and one part of storax.
The heat must be very gentle, just
sufficient to melt and allow the in-
gredients to blend perfectly with
stirring. Mix a little of this with
water, and use as soap; it is very
cleansing.

Some persons secrete oil more
readily than others, and for such,
soap is a necessity, but only use a
pure oil soap.

Contributed Recipes

Sweet gravy or sauce for pud-
dings: Put a lump of butter the size
of an egg into a saucepan, over the
fire; stir into it until smooth one
heaping tablespoonful of flour. Then
pour in one pint of boiling water,
stirring briskly. Sweeten with one
cup of sugar, or, if you have molasses
syrup, use the same amount instead

DISAPPEARED

Coffee Ails Vanish Before Postum

It seems almost too good to be
true, the way headache, nervousness,
insomnia, and many other obscure
troubles vanish when coffee is dis-
missed and Postum used as the regu-
lar table beverage.

The reason is clear. Coffee con-
tains a poisonous drug—caffeine—
which causes this trouble, but Postum
contains only the food elements in
choice hard wheat with a little mo-
lasses.

A Philadelphia man grew enthusi-
astic and wrote as follows:

"Until eighteen months ago I used
coffee regularly every day and suf-
fered from headache, bitter taste in
my mouth, and indigestion; was
gloomy and irritable, had variable
or absent appetite, loss of flesh, de-
pressed in spirits, etc.

"I attribute these things to coffee,
because since I quit it and have
drank Postum I feel less susceptible
to cold, have gained twenty pounds
and the symptoms have disappeared
—vanished before Postum."

Name given by Postum Co., Battle
Creek, Mich. Read "The Road to
Wellville," in pkgs.

Postum comes in two forms:
Regular Postum — must be well
boiled. 15c and 25c packages.

Instant Postum — is a soluble
powder. A teaspoonful dissolves
quickly in a cup of hot water and
with cream and sugar, makes a de-
licious beverage instantly. 30c and
50c tins.

The cost per cup of both kinds is
about the same.

"There's a Reason" for Postum.
—sold by Grocers.