

The Home Department.

LINCOLN.

By Edwin Markham.

When the Norn-mother saw the Whirlwind Hour,
Greatening and darkening as it hurried on,
She bent the strenuous heavens and came down
To make a man to meet the mortal need.

She took the tried clay of the common road—
Dashed through it all a strain of prophecy;
Then mixed a laughter with the serious stuff.
It was a stuff to wear for centuries,
A man that matched the mountains and compelled
The stars to look our way and honor us.

The color of the ground was in him,
The red earth,
The tang and odor of the primal things—
The rectitude and patience of the rocks;
The gladness of the wind that shakes the corn;
The courage of the bird that dares the sea;
The justice of the rain that loves all leaves;
The pity of the snow that hides all scars;
The loving kindness of the wayside well;
The tolerance and equity of light,

MEMORY FOOD.

A Case Where Memory was Strengthened by Grape-Nuts.

Food that will actually help the memory as well as agree perfectly with a delicate stomach is worth knowing of.

A good wife out in Alta, Ia., who did not know which way to turn to get food that would agree with her husband who was left in a weakened condition after a serious illness and could scarcely retain any food in his stomach, was one day induced to try him on Grape-Nuts, the famous ready-cooked breakfast food, and from the first he began to improve rapidly. In three months he had gained 30 pounds.

She says that his stomach has recovered so completely that he can now eat any kind of food.

She mentions the boy of an intimate acquaintance, who was so delicate and thin that his appearance was pitiable and he had no appetite for any ordinary food. He was put on Grape-Nuts and liked the crispness and sweetish taste of the new food and took to it. His improvement began at once and he is now a healthy, plump boy.

"I know that Grape-Nuts will do more for weak stomachs than any medicine. The claim that it will build up and strengthen the brain has been proven to my certain knowledge. Sister, who writes for the press, and is compelled to memorize a great deal, has been using Grape-Nuts and says she is surprised at the result. There is a marked improvement in her memory and the brain works more perfectly, and with better results.

Please do not publish my name." Name can be given by the Postum Cereal Co., Ltd., Battle Creek, Michigan.

That gives as freely to the shrinking weed
As to the great oak flaring to the wind—
To the grave's low hill as to the Matherhorn
That shoulders out the sky.

And so he came;
From prairie cabin up to capitol,
One fair Ideal led our chieftain on,
Forevermore he burned to do his deed
With the fine stroke and gesture of a king.
He built the rail pile as he built the State,
Pouring his splendid strength through every blow,
The conscience of him testing every stroke,
To make his deed the measure of a man.

So came the Captain with the mighty heart
And when the step of Earthquake shook the house,
Wrenching the rafters from their ancient hold,
He held the ridgepole up and spiked again
The rafters of the Home. He held his place—
Held the long purpose like a growing tree—
Held on through blame, and faltered not at praise,
And when he fell in whirlwind, he went down
As when a kingly cedar green with boughs
Goes down with a great shout upon the hills.

The Winter Wardrobe.

Only the other day we were busy over our summer clothes, and here are the cold winds, and wet roads, and dark skies, which precede winter. We must look out now for a garb that will protect us from the piercing blasts, and enable us to meet the rigors of the coming season with indifference.

Where shall we begin? The person who thinks first of show and display, naturally considers her outside garments before she plans for underwear. The proper order is, however, to give most thought and attention to the clothing worn next the skin, and, if one must exercise rigid economy; let that be excellent, even if the external clothing is plain and coarse. One finds it hard to impress this fact on the minds of those who regard dress as of supreme importance and who have little acquaintance with society. The cook and the housemaid often spend more in proportion to their means, on their gowns and hats, than does their employer, and I have often seen domestic servants very scantily supplied with night-dresses and stockings, when their best gown, worn proudly on their Sunday afternoon out, was of satin or silk.

In providing for children let this be

the rule, good, well-fitting and comfortable under-clothing first, then whatever can be afforded for externals. For grown women, it is always a safe rule, to spend most on shoes and gloves, for a woman well-shod and neatly gloved may wear exceedingly plain apparel, and still make a presentable appearance.

If obliged to go out in all weathers, be careful to provide extra wraps, easily removable when entering a house. Women often take serious colds on leaving church, where they are apt to sit through a service with their "things" on, not taking off the close-fitting jacket that is hard to discard without assistance. Going out from a heated audience room, into icy air, they are an easy prey to cold, and cold may herald pneumonia or pleurisy.—Christian Herald.

The Traveling Actress Baby.

"What about actress' children?" said pretty Henrietta Crossman, who made such a hit last season as "Nell Gwynne." Well, I think they have just as good a chance as other babies. I knew one actress (her eyes growing tender) who, in the days of her hardest struggle, when she was doing the most exacting one-night stands, was never separated from her baby, and, moreover, that child never slept in a strange bed. She spent her substance in getting tiny portable beds with bedding to fit, which grew larger as he grew. When that baby's sleepy time came, on train or boat or in hotel, he went to bed in his own crib as a properly managed baby should, tucked in by his mother's hands.

"Some years ago, when I was traveling through the west, we had in our company the jolliest, healthiest and happiest baby I ever saw. He never cried or made a fuss, and when he wasn't entertaining members of the company he quietly doubled himself up and went to sleep. Everybody loved that child, and as it was his first

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Christmas, every individual member prepared to celebrate it with due pomp. The company baggage was gorged with toys. Of course, a Christmas tree was absolutely indispensable to a proper display of these treasures. Well, as luck would have it, we were snowed in some distance from Denver, with no prospect of being dug out before midnight. The company was in despair; after all the planning there would be no Christmas tree for that baby. 'Nonsense,' I said. 'The state of Colorado must grow some semblance of a Christmas tree.' I went out to consult the property man, who immediately disappeared into the storm with an ax and reappeared in due time with an evergreen tree.

"In spite of the snow blockade and

Health for Ic.

Send me no money, but simply write a postal for the book you want.

I will send with it an order on your druggist to let you have 6 bottles of Dr. Shoop's Restorative. He will let you take it a month. If it cures, the cost will be \$5.50. If it fails, he sends the bill to me.

This remedy strengthens the inside nerve power that operates all vital organs. It brings back the only power that can make the organs do their duty. I have spent a lifetime on it.

I sometimes fail, but only when the trouble is organic—some trouble like cancer that causes a damage beyond repair. Such conditions are rare. My records show that 39 out of 40 who get those six bottles pay for them. Yet no druggist accepts a penny where the patient states that the treatment failed.

This offer is too fair to need argument. Your own druggist is the one who fulfills it. Won't you write me a postal to learn what I can do?

Simply state which book you want, and address Dr. Shoop, Box 515, Racine, Wis.

BOOK NO. 1 ON DYSPEPSIA.
BOOK NO. 2 ON THE HEART.
BOOK NO. 3 ON THE KIDNEYS.
BOOK NO. 4 FOR WOMEN.
BOOK NO. 5 FOR MEN. (mailed)
BOOK NO. 6 ON RHEUMATISM.

Mild cases, not chronic, are often cured by one or two bottles. At all druggists.

the tedious wait a pleased and triumphant theatrical company landed in Denver after midnight with all its property, plus a good-sized Christmas tree. The toys were brought out by the basket full, the tree was trimmed, and the baby's health was drunk. We did all the things proper for the time and season, and when the fragments of that tree were gathered together we found that we had sufficient toys to give one to every baby in the children's hospital at Denver."—Sunny South.

The Household Heroine.

The woman behind the preserving pot
Is certainly deserving of fame;
She's not like the man behind the gun,
But she's getting there just the same.
The hero is trying to maim or kill,
And great is his showing of nerve;
But praise also goes to the women who
Is using her skill to preserve.

She gallantly stands at the firing line,
Unmindful of heat and toil;
All flushed is her face and her eyes
are strained
By watching the things that there
boil.
Till weary in arms, back and feet;
But bravely she stands till her work
is done,
With never a thought of retreat.

She carefully gathers the stores of sweets
That she has so patiently made,
And soon the good things for the winter feasts
In jars, cans and crocks are arrayed.
She thinks not of plaudits for triumph won,
Yet, while she no laurels will claim,
The woman behind the preserving pot
Is certainly worthy of fame.
—Sunny South.

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