

The Home Department.

The Liberty Bell.

(By H. S. Taylor.)

Gravely plain the good pen lined it,
And the fifty-six all signed it;
Pledged their lives to seal and bind it,
True and well;

Then, sudden from the steeple,
Clanged the tocsin of the people!
Spoke the sum of history's pages!
Pealed the thoughts of saints and sages!

Rang the keynote of the ages
In the bell!

Far away!—but we can hear it,
For our fancies bring us near it!
Do we love it? Do we fear it?
Dare we tell?

For those sound-waves, still in motion,
Flung from ocean on to ocean,
Like a prophet raptly crying,
Claim an answer past denying.

"Is mine ancient worship dying?"
Saith the bell!

Still, from out the distance stealing,
Comes the sacred message pealing,
Kindling thought and touching feeling
By its spell.

Through our vibrant heartstrings
playing,

We can hear it clearly saying
"You have known your father's glory
And their struggles stern and gory:
Do you dare forget the story?"
Saith the bell!

"Human rights!—how do you measure?
By your pity or your pleasure?
By your truth or by your treasure?
Answer well!

Answer not with flags and pennons,
Idle chimes and noisy cannons;
Flung abroad in all men's faces,
Must your lust of pelf and places
Soll your flag with foul disgraces?"
Saith the bell!

"Has your conscience grown less ample?
Has the mart become your temple?
Pagan Pluto your example,
False and fell?
Must your honor perish under

A LITTLE THING Changes the Home Feeling.

Coffee blots out the sunshine from many a home by making the mother, or some other member of the household, dyspeptic, nervous and irritable. There are thousands of cases where the proof is absolutely undeniable. Here is one.

Mrs. C. K. Larzelere, Antigo, Wis., says: "I was taught to drink coffee at an early age, and also at an early age I became a victim to headaches, and as I grew to womanhood these headaches became a part of me, as I was scarcely ever free from one.

About five years ago a friend urged me to try Postum Food Coffee. I made the trial and the result was so satisfactory that we have used it ever since. My husband and little daughter were subject to bilious attacks, but they have both been entirely free from them since we began using Postum instead of coffee. I no longer have any headaches and my health is perfect.

If some of these nervous, tired, irritable women would only leave off coffee absolutely and try Postum Food Coffee, they would find a wonderful change in their life. It would then be filled with sunshine and happiness rather than weariness and discontent. And think what an effect it would have on the family, for the mood of the mother is largely responsible for the temper of the children."

Wars of conquest and of plunder?
Shall the Furies be your nurses,
And Pandora's myriad curses
Shut your souls within your purses?"
Saith the bell!

"Far beyond all idle scorning,
From the Nation's dewy morning
I have sent a wave of warning
Where you dwell!
O my children, O my people,
Hear the prophet in the steeple!
They who forge the chain shall wear it!

They who make the yoke shall bear it!
They who bring the woe shall share it!"
Saith the bell!

Do you love it and revere it?
Hold your hearts and try to hear it!
Lift your honest hands and swear it
True and well,
That the faith our Fathers cherished
And for which they fought and perished,

Shall pervade this favored Nation
Till the latest generation
Echoes back the jubilation
Of the bell!

Apple Desserts.

Baked apples are always acceptable, and they can be served for breakfast, luncheon or as a light dessert. Pare and core the apples, fill the centers with butter and sugar and let them bake in a pan with a little water until tender, but still in good shape. They should be basted frequently, and when removed from the oven, if served for a dessert, the centers should be filled with either jelly or jam and served with cream.

Teach Them Kindness.

Mothers frequently tell their babies to slap back when they are slapped, "to punish 'naughty brother' or 'naughty sister,'" this ill-advised counsel implanting the idea of retaliation, which is in direct opposition to true Christian principles.

Parents place whips and pistols and toy weapons of other sorts in their little ones' hands and cheer and approve them when they strike each other, or strike pussy or the dog. What wonder that when they grow a little older they fight and quarrel among themselves and come to blows—blows were applauded so short a time ago and they remember!

Teach them from their very cradle to be merciful, forbearing and forgiving. You will not make them too spiritless. The instinct of self-defense is strong in most natures. If the child is lacking in this instinct—is very timid and apt to be imposed on—he can be taught self-esteem and the way to hold his own, without teaching revenge or aggressiveness.—Sunny South.

Use of Salt and Pepper.

Salt and pepper, as generally known, are of value in bringing out the flavor of the food to which they are added. That they have any value from a health standpoint is not so generally recognized. You may know that a lump of salt is good for a horse, but you do not stop to consider how important salt is for your own well-being. In eastern countries the condiments, such as pepper, are used to profusion in all foods. Gastric troubles common enough in other countries are conspicuously absent, and the free use of pepper has much to do with that fact. When the stomach is out of order, as the common saying is, upset, it is in a state of fermentation.

A certain very wise physician who

has advanced to the point where drugs seem the unimportant thing and common sense the important in making the sick well, is advocating the use of pepper and salt even in a glass of milk. It improves the flavor to a remarkable degree, a fact you can prove to your own satisfaction by taking two glasses of milk—one in its original simplicity, the other changed by the addition of a pinch of salt and a dash of pepper; then sip a little of each. The chances are that you will prefer the seasoned milk. Besides improving the flavor and overcoming the tendency toward fermentation, the pepper will practically disable any microbes that may be floating in the fluids, thus the gastric juices will perform their perfect work of changing microbes to food.

One of the best remedies for a disturbed digestion is hot water, to which has been added salt and paprika. If taken a full hour and a half before breakfast, a cupful of this very palatable drink will completely cleanse the stomach and leave it in good condition. Out of 100 persons selected at random it is no exaggeration to say that 80 eat too much, and also that these same 80 fail of proper mastication. Weakened digestions are, of course, the direct result of overeating and insufficient mastication, and weakened digestion means undermined systems. At the extremes of life, youth and old age, it is wisdom to make the diet much the same. A child's nourishment should be very simple; so in old age it should grow plainer and plainer.—Chicago Tribune.

Farm Sounds.

Oh, I love to hear the singin'
Of the early mornin' birds,
An' the tinklin' and the ringin'
Of the bells upon the herds,
An' the crowin' of the roosters,
An' the cacklin' of the hens,
An' the squealin' of the piggies—
Little piggies in their pens;
An' the neighin' of the hosses,
An' the lowin' of the cows,
An' the bleatin' of the bossies,
An' the gruntin' of the sows.
But plague that dreadful animule
What fills me up with awe,
With his "Haw—he! haw-he; haw-he, haw,
He-haw, he haw—he-haw!"

Hark, the shoutin' of the foreman,
Givin' orders to the men!
List, the cussin' of the choreman—
Fer the calf's got out the pen!
Hear the whis'lin' of the engine
Of the harvester, just now,
An' the whis'lin', deep-toned beller'n'
Of the dretful father cow,
An' the barkin' of the sheep dog,
An' baain' of the flock,
An' the medley of the noises
Made by every kind of stock.
But drat that brute! I reely hope
He'll dislocate his jaw
With his "Haw—he! haw-he; haw-he, haw,
He-haw, he-haw—he haw!"
—J. M. Doyle, in Lincoln (Neb.) Post.

Kitchen Help.

Wash the inside of the tea-kettle frequently with hot suds. This dislodges a sediment which forms a coating over the inside of the kettle if allowed to remain.

If you have a greasy vessel to clean, warm it a little, and wipe it with a piece of old newspaper before washing. The paper can be burned, and the kettle will be very little trouble to wash. In fact, old newspapers are the housekeeper's friend. If you have a stove from which the ashes must be removed, take a small shovel, put a large paper down on the floor first, and any that are spilled can be taken up and emptied. Soft newspapers polish window glass better than anything else.

If you do not have plenty of good cistern water for washing, add enough

It's Impure Blood.

"What is it?" asks the mother as she notices the smooth skin of her child marred by a red or pimply eruption. It is impure blood, and the child needs at once to begin the use of Dr. Pierce's Golden Medical Discovery, the best and surest remedy for impurity of the blood. It entirely eradicates the poisons which corrupt the blood and cause disease. It cures scrofula, boils, pimples, eczema, salt-rheum and other eruptive diseases which are the direct result of impure blood. It enriches as well as purifies the blood.



"Dr. Pierce's medicine has not only benefited me greatly, but it has done wonders for my two sons," writes Mrs. M. Hartrick, of Demster, Oswego Co., N. Y. "Both had scrofula. I have lost two daughters in less than five years with consumption and scrofula. My eldest son was taken two or three years ago with hemorrhage from the lungs. It troubled him for over a year. He took Dr. Pierce's Golden Medical Discovery, and has not had a hemorrhage in over a year. My younger son had scrofulous sores on his neck; had two lanced, but has not had any since he commenced to take your medicine."

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach, blood and lungs.

A 1003 page book, free for the asking. You can get the People's Common Sense Medical Adviser, the best medical book ever published, free by sending stamps to pay expense of mailing only. Send 21 one-cent stamps for paper covers or 31 stamps for cloth-bound volume, to Dr. R. V. Pierce, Buffalo, N. Y.

borax to the well water to soften it, and it will make the washing easier, without injuring the clothes. Leave the silverware in a hot solution of borax and water a few minutes, then wipe dry, and you will not have to polish it so laboriously or often. Water in which borax has been dissolved is also good for cleaning table oil-cloth, removing finger marks and other soiled spots as if by magic.

The sink should be high enough to allow one to stand erect while washing dishes, and everything should be arranged conveniently and with a view to making the work as light as possible. Very much of the so-called drudgery of housework can be lightened, if not entirely avoided, by the application of common sense and good judgment to the performance of each task.—Farm, Field and Fireside.

Simple Remedies for Colds.

Few ailments are more disagreeable than a severe cold in the head, and where it is allowed to run its course unchecked, the results are frequently quite serious. By proper home treatment in the beginning, a cold may usually be broken without calling in a physician. When one is in danger of taking cold from being out in a storm or after a severe chilling, remove all damp clothing as soon as possible, soak the feet for about ten minutes in hot mustard water, apply a mustard plaster between the shoulders, and go to bed. Induce a profuse perspiration by drinking a hot herb (Continued on Page Ten.)

Mrs. Winslow's Soothing Syrup.

Has been used for over SIXTY YEARS by MILLIONS of MOTHERS for their CHILDREN WHILE TEETHING, WITH PERFECT SUCCESS. IT SOOTHES the CHILD, SOFTENS the GUMS, ALLAYS all PAINS, CURES WIND COLIC, and is the best remedy for DIARRHOEA. Sold by Druggists in every part of the world. Be sure and ask for "Mrs. Winslow's Soothing Syrup," and take no other kind. Twenty-five cents a bottle. It is the best of all.