BOUGHT HIS WAY TO FREEDOM

The Emperor of Rome Admired the Courage and Pluck of Caractacus.

One of the most unique captives ever brought home to Rome by Julius Caesar was Caractacus of the early Britons. This great chief lost everything in fighting to drive out the Romans and was taken prisoner with his wife and children. When brought before the Roman emperor the proud ruler of the primitive people never showed the least fear. His arms were chained, and the emperor roared to try to frighten Caractacus, but the brave chief never so much as quaked. Instead he looked the monarch in the eye and said:

"You fight to gain the whole world and to make everybody your slaves. I fought to keep my own land and for freedom."

The great courage the chief showed finally touched the heart of the emperor, and the ruler of the Romans resolved to see if Caractacus would be as brave when facing warriors. On one of the great holidays in Rome Caractacus was taken to the great open-air amphitheater where the populace gathered. He was told that if he could defeat the bold knight that would be sent against him he could go back to his home. Caractacus fought as he never had before; for something sweeter than his life was at stake—that of his wife and children. Justice seemed to have tempered the metal of his weapons, and when he struck the strong armor of his antagonist gave way before his fearful blows. The result was that Caractacus and his family returned to Britain and to happiness.

New York Journalists.

"Here's a man who claims to understand birds."

"Well?"

"Can't we feature it?"

"We might," replied the editor of the New York paper, "if it were played up properly. Send him out to get an interview with the first robin, and let's see what he makes of it."

A Candid Man.

"Are you looking for work?"

"No, sir; I'm looking for money, but I'm willing to work because that's the only way I can get it."

THESE POOR ARTISTS.



Tommy (aged eight)—Say, papa, what is the difference between an artisan and an artist?

Papa—One eats regularly and the other doesn't.

Milky Way Causes Glaciers.

Another suggested cause of glacial periods is that they have been due to the shifting of the milky way, such as is known to have occurred. Assuming that much of the earth's heat comes from the stars, Dr. Rudolf Spitaler finds that the change of position in relation to the milky way might have given a different distribution of temperature from that existing at the present time. The stars are not only crowded in the region of the milky way, but many of them are of the hottest type.

A Kind-Hearted Man.

"Mr. Wombat!"

"Couple of suffragettes out here throwing stones at your window," bawled the policeman.

"How long have they been doing that?"

"Oh, several hours."

"Let 'em alone. It amuses the girls and I don't believe they'll hit the window."

Some people impress us as being too polite to get all that's coming to them.

There are times when every man has to take a certain amount of back talk from his conscience.

The man who steals our thunder is naturally under a cloud.

Garfield Tea is unequalled either as an occasional or a daily laxative.

The man who wears a silk hat shouldn't butt in.

Many a man loses time trying to explain a mistake that he might utilize in making others.

For COLDS and GRIP

Hicks' CAPUDINE is the best remedy—relieves the aching and feverishness—cures the Cold and restores normal conditions. It's liquid—effects immediately. 10c., 25c., and 50c. At drug stores.

Wanted to Know.

He—My father weighed only four pounds at his birth.

She—Good gracious! Did he live.

Impolite.

"Why wouldn't you put out your tongue for the doctor this morning, Karl?"

"Oh, Emmy, I couldn't. I don't know him well enough."—Fliegende Blaetter.

Not in Any Way Desirable.

"Do those people who moved into the flat across the hall seem to be desirable neighbors?" asked the man.

"No," replied the woman. "I watched everything that came out of the moving van. They haven't a thing that we would care to borrow."

The Largest Bells.

"Great Paul," the bell of St. Paul's Cathedral, in London, weighs nearly 17 tons and is nearly 30 feet around. The first "Big Ben" of Westminster was cast more than 50 years ago and weighed more than 14 tons. But "Big Ben" had a crack and was cast over, losing some weight, and the clapper was made smaller, now being about 600 pounds instead of a ton. The great bell, "Peter of York," cost $10,000, weighs about 13 tons and is 22 feet in diameter.

The largest hanging bell in the world is in the great Buddhist monastery near Canton. It is 18 feet in height and 40 feet in circumference, being cast of solid bronze. This is one of the eight monster bells that were cast by command of Emperor Yung Lo about A. D. 1400. It cost the lives of eight men, who were killed in the process of casting.

The KITCHEN CABINET



THE great difficulty is always to open people's eyes; to touch their feelings and break their hearts is easy; the difficult thing is to break their heads. —Ruskin.

USES FOR SOUR CREAM.

Sour cream is such a valuable aid in cookery that not a tablespoonful of it should ever be wasted.

To each cup of thick sour cream, beat in a half teaspoonful of soda, then use with a scant amount of baking powder. With cream very little shortening need be used, one to three tablespoonfuls, according to the richnes of the cream.

Drop Cookies.—Use half a cup of butter, one cup of sugar, one egg beaten light, half a cup of sour cream, one-fourth of a teaspoon of soda, two and a half cups of flour and three and a half teaspoonfuls of baking powder. Mix in the usual manner and drop from a spoon upon buttered tins, shaping each portion into a smooth round. Dredge with graulated sugar and bake in a moderate oven. Half a cup of cocoanut may be added before the flour and the quantity of flour reduced a little.

Sour cream used in a white sauce served with codfish is a new dish to many, but once tried it will often be repeated.

It often happens in warm weather, with even a limited supply, that some of the milk will get sour before it can be used. If a quart or more is on hand some of the delicious cottage cheese may be prepared. Set the thickened milk on the back part of the stove, and when a curd is formed, drain off the whey and season with salt, butter and a little thick sour cream.

Sour Cream Filling for Cake.—Sweeten and chill a cup of sour cream. Whip it, keeping it cold while doing so, and when stiff fold in a cup of nuts; hickory are best. This is excellent for layer cakes.

Raisins added to the above filling makes a variety. Lemon juice and powdered sugar may be added with the raisins.

Graham Bread.—Sift together one cup of graham and one cup of wheat flour; add a teaspoonful of soda, a half teaspoonful of baking powder, a cup of sour milk, a half cup of molasses, a fourth of a teaspoonful of salt; combine the ingredients and bake in a bread pan one and one-half hours.



THE most solid comfort one can fall back upon, is the thought that the business of one's life—the work at home after the holiday is done—is to help in some small nibbling way to reduce the sum of ignorance, degradation and misery on the face of this beautiful earth. —George Eliot.

HOUSEKEEPING NECESSITIES.

To many some of these may come under the head of luxuries; but most of us are able to do without the necessaries if we can have the luxuries.

Seasonings, spices and herbs of all kinds, including cayenne pepper and paprika.

Catsups and piquant sauces.

Small cans of vegetables, meats, soups and fish.

Extract of beef and bouillon cubes.

Canned sweet peppers.

Salad dressings.

Jar of grated cheese.

Crackers and cans of condensed milk.

For utensils, a double boiler or two, several wooden spoons.

Wire whisk and Dover egg beater.

Frying basket and individual baking dishes.

Coffee percolator.

Zinc covered table.

Meat chopper.

Bread mixer.

These are a few of the indispensables in a well-ordered household.

Hot Chicken Salad.—Mix a pint of cooked chicken cut in cubes with a cup of cooked peas, half a teaspoonful of salt, a little red pepper, a teaspoonful of onion juice, a sweet red pepper cut fine, a teaspoonful of lemon juice and set aside to season. Make a sauce of a fourth of a cup of butter, the same amount of flour, seasonings, a cup of cream, a cup of chicken broth; add the other ingredients and let stand over water to become hot.

This is good served from a chafing dish.

A pretty luncheon biscuit is made by putting three small biscuits in each of a set of patty pans. They will look like a clover leaf when baked and are called clover biscuit.

Nellie Maxwell

Aviator Attacked by Birds.

Sea gulls which nest in the marshes at San Rafael, Cal., made a combined attack on their human rival, a French aviator, the other day, and drove him to the ground. The aeronaut said later he could not see his way because of the birds flapping their wings in his face.

Willing to Help.

"Look here, waiter, this oyster is still alive.'

"Yes, sir. Do you want to kill it with your fork or shall I get a hammer?"

Just Like Poker.

Wife—You know that Mrs. Newcomb moved in down the street Monday, so I called today.

Hub—Well, well! How like poker this "social game" is.

Wife—How do you mean?

Hub—Why, in poker, you also call when you want to see what the other person has.

Not the Kind.

"Here's some fish, sir, marked C. O. D."

"Send it away. I ordered shad."

NATION SAVED BY A SPIDER

Scotland Profited by the Lesson the Insect Taught to Its Monarch.

Scotland has many legends that the sheepherders and highland peasants never get tired repeating. A long time ago King Bruce ruled over Scotland before that country became a part of England, and he learned a lesson from a spider that enabled him to succeed when otherwise he would have failed.

King Bruce had lost many battles. He was discouraged. He had made his final effort against his enemies and failed to vanquish them. Deep in despair he went to a lonely room in his castle. Reclining on the couch and thinking, he happened to notice a spider drop from the ceiling on a single silken cord. He watched the spider fascinatingly. It now began its ascent. It slipped. Time and time again it tried to mount, but each time it failed. The king watched intently, forgetful of all else. An hour passed. Finally the spider succeeded. It was an inspiration for King Bruce. Why should he get discouraged, having tried only a few times and failed? He made one last grand rally against his enemies and routed them, and from this incident came the old saying, "If at first you don't succeed try again."

DISFIGURING ECZEMA CURED

"My nephew first showed signs of eczema on the middle finger, and it came out like a blister. He must have rubbed his face with that hand, as it then broke out on his nose the same way. When the blisters broke, they shrivelled up and formed scabs. His nose was covered with scabs, and it was very itchy. He was badly disfigured with unsightly scabs. At first, his nose was sore, and it gradually became worse so his mother took him to the doctor. He told her to rub the scabs off every day, and anoint the affected part with the medicine he gave her.

"The man must have been insane, as that was extreme torture to the child, who was only two years old at the time. Well, we decided that that treatment would have to end. I suggested Cuticura Ointment and they bought it and put it on freely every day for two weeks. He had the eczema for four weeks altogether, but was getting gradually worse until they used the Cuticura Remedies, and he was cured in two weeks. He most certainly would have been scarred with the other treatment, but now he hasn't a single mark. Cuticura Remedies cured him in two weeks, and now we always keep them in the house." (Signed) Miss Ida Slavin, 283 South Fifth St., Philadelphia, Pa., Jan. 4, 1911. Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each, with 32-page book, will be mailed free on application to "Cuticura," Dept. L, Boston.

All He Wanted Was Just Plain Eggs.

A youth entered one of the "ham-and-row" cafes on Grand avenue and ordered eggs. "Up or over?" asked the man behind the counter. "I just want eggs," replied the prospective diner. "But do you want them up or over?" repeated the waiter, and again the guest asserted that he desired "only eggs." The third time the party of the second part insisted on his query, whereupon the patron, with a sigh of despair, said "I guess I'll take a steak."—Kansas City Star.

Her Little Ring.

Mary had a little ring; 'twas given by her beau; and everywhere that Mary went that ring was sure to go.

She took the ring with her one day, when she went out to tea, where she might display it to the girls who numbered twenty-three.

And when the girls all saw that ring, they made a great ado, exclaiming, with one voice: "Has it at last got round to you?"

Inhuman Fellow.

"Upon what grounds do you seek a divorce?" asked the lawyer whom she had just retained. "Non-support, cruelty or—"

"Both," che cried, tearfully. "He would not support my passionate longing for a diamond necklace, and if that isn't cruelty I'd like to know!" —Catholic Standard and Times.

For HEADACHE—Hicks' CAPUDINE

Whether from Colds, Heat, Stomach or Nervous Troubles, Capudine will relieve you. It's liquid—pleasant to take—acts immediately. Try it. 10c., 25c., and 50 cents at drug stores.

Innuendo.

"What's Cholly so angry about?"

"Oh, some rude girl asked him if he was a suffragette."

Occasionally we meet a man who would rather work for a living than get into politics.

Garfield Tea keeps the liver in condition, insuring a clear head and good general health. Drink before retiring.

Many a fellow who puts up a good front is talked about behind his back.

We all admire a man who says just what he thinks—about other people.

Oh, Learned Judge.

A California judge decided that there is no judicial authority to keep a man from making love to his wife, although it could stop his beating her. The remarkable cause of this remarkable decision was that a woman in Los Angeles had applied for an injunction to restrain her husband from insisting on being attentive to her. This judge was not a Solomon, but he realized that only a Solomon could be trusted to rule upon the whims and inconsistencies of womankind.

Calculation.

"Going to make garden?"

"I dunno," replied the man who always looks discouraged. "I'm busy now figuring up how many tons of lettuce I'll have to raise to pay for the spade and the rake and the rest of the outfit."

It's an easy matter to forget an injury, provided you don't keep forgetting you have forgotten it.

NO ONE STRONGER THAN HIS STOMACH.

The celebrated Dr. Abernethy of London was firmly of the opinion that disorders of the stomach were the most prolific source of human ailments in general. A recent medical writer says: "every feeling, emotion and affection reports at the stomach (through the system of nerves) and the stomach is affected accordingly. It is the vital center of the body * * * * *." He continues, "so we may be said to live (*through*) the stomach." He goes on to show that the stomach is the vital center of the body. For weak stomachs and the consequent indigestion or dyspepsia, and the multitude of various diseases which result therefrom, no medicine can be better suited as a curative agent than

Dr. Pierce's Golden Medical Discovery.



MRS. MURKEN.

"Several months ago I suffered from a severe pain right under the breast-bone," writes Mrs. G. M. MURKEN, of Corona, Calif. "Had suffered from it, off and on, for several years. I also suffered from heart-burn, did not know what was the matter with me. I tried several medicines but they did me no good. Finally, I was told it was my liver. I did not dare to eat as it made me worse. Whenever I swallowed anything it seemed that I would faint—it hurt so. I grew very thin and weak from not eating. Was told to take Dr. Pierce's Golden Medical Discovery. I took five bottles of it, and could feel myself getting better from the first dose. I could eat a little without pain and grew strong fast. To-day I am strong and well and can do a big day's work with ease. Can eat everything and have put on flesh wonderfully. I will say to all sufferers write to Dr. Pierce. He has my undying gratitude."

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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP

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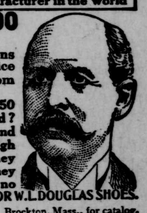
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If You Like a Little Quiet Fun

Ask some pompous person if Grape-Nuts Food helps build the brain.

Chances are you get a withering sneer and a hiss of denunciation.

Then sweetly play with the learned toad.

Ask him to tell you the analysis of brain material and the analysis of Grape-Nuts.

"Don't know? Why, I supposed you based your opinions on exact knowledge instead of pushing out a conclusion like you would a sneeze."

"Well, now your tire is punctured, let's sit down like good friends and repair it."

The bulky materials of brain are water and albumin, but these things cannot blend without a little worker known as Phosphate of Potash, defined as a "mineral salt."

One authority, Geohegan, shows in his analysis of brain, 5.33 per cent total of mineral salts, over one-half being Phosphoric Acid and Potash combined, (Phosphate of Potash) 2.91 per cent.

Beaunis, another authority, shows Phosphoric Acid and Potash (Phosphate of Potash) more than one-half the total mineral salts, being 73.44 per cent in a total of 101.07.

Analysis of Grape-Nuts shows Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumin and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumin and water.

Grape-Nuts contains that element as more than one-half of all its mineral salts.

Every day's use of brain wears away a little.

Suppose your kind of food does not contain Phosphate of Potash.

How are you going to rebuild today the worn-out parts of yesterday?

And if you don't, why shouldn't nervous prostration and brain-fag result?

Remember, Mind does not work well on a brain that is even partly broken down from lack of nourishment.

It is true that other food besides Grape-Nuts contains varying quantities of Brain food.

Plain wheat and barley do. But in Grape-Nuts there is a certainty.

And if the elements demanded by Nature, are eaten, the life forces have the needed material to build from.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason" for

Grape-Nuts

POSTUM CEREAL COMPANY, LIMITED, BATTLE CREEK, MICHIGAN, U. S. A.

FROM THE EDITOR.

He Forgot That He Had a Stomach

Talking of food, there is probably no professional man subjected to a greater, more wearing mental strain than the responsible editor of a modern newspaper.

To keep his mental faculties constantly in good working order, the editor must keep his physical powers up to the highest rate of efficiency. Nothing will so quickly upset the whole system as badly selected food and a disordered stomach. It therefore follows that he should have right food, which can be readily assimilated, and which furnishes true brain nourishment.

"My personal experience in the use of Grape-Nuts and Postum," writes a Philadelphia editor, "so exactly agrees with your advertised claim as to their merits that any further exposition in that direction would seem to be superfluous. They have benefited me so much, however, during the five years that I have used them that I do not feel justified in withholding my testimony.

"General 'high living,' with all that the expression implies as to a generous table, brought about indigestion, in my case, with restlessness at night and lassitude in the morning, accompanied by various pains and distressing sensations during working hours.

"The doctor diagnosed the condition as 'catarrh of the stomach,' and prescribed various medicines, which did me no good. I finally 'threw physics to the dogs,' gave up tea and coffee and heavy meat dishes, and adopted Grape-Nuts and Postum as the chief articles of my diet.

"I can conscientiously say, and I wish to say it with all the emphasis possible to the English language, that they have benefited me as medicines never did, and more than any other food that ever came on my table.

"My experience is that the Grape-Nuts food has steadied and strengthened both brain and nerves to a most positive degree. How it does it I cannot say, but I know that after breakfasting on Grape-Nuts food one actually forgets he has a stomach, let alone 'stomach trouble.' It is, in my opinion, the most beneficial as well as the most economical food on the market, and has absolutely no rival." Name given by Postum Co., Battle Creek, Mich.

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