#### The Bree Press Short Story

#### THE BRIDE'S BOOK

ELLEN D. MASTERS

than the new potatoes....

"Oh, yes, indeed, he is single," Mrs. lam. Stidely assured the old man. "You know is finished."

"Well, all I know about it is," conkind of dressed up young woman or girl scrubbing the front porch of the parsonage as I passed by there yesterday. A young fellow, who I reckon was the up the back yard and burning trash."

"So he's come already!" Joined Grandmother Rawlings from the big quilt-padded chair that was never rock- Nancy ran down to the kitchen, while ed by its quiet occupant. "Martha," | Eldred went out to meet the caller. she said to her daughter, "we somebody ought to've had him in for dinner when talking to an appreciative listener or to spend a night just at first. Some or giving advice. The former Eldred of the young, strong folks might've proved to be, and his youthfulness seemsomebody he'd hired to do it."

haven't played fair with us."

close by the unfinished church at Brier- baking-powder biscuits and fluffy cup your sake. I cannot care for these pation, should be included in the diet. field. "You poor thing!" she exclaimed cakes; she opened some of the canned people. I do not even know their names We find roughage in whole grain cereals, involuntarily, as she moved a certain food that she and Eldred had brought nor wish to know them. Why must I bran coarse fibred vegetables, and photograph while dusting the top of Eldred's writing desk. Nancy paused-to then she went on an exploring expediscrutinize the face. She had never seen tion, to discover the best table napery and so will you," encouraged the young and the other practically none. Note the the young lady of the picture, but she and dishes to be found in her strange minister. was deeply interested in her. In less surroundings. She found a real linen than a year's time they would be sisters | tablecloth that was a little yellowed from in-law.

feel about it; you're older, through school the dining-room table. She also found and everything, and maybe you won't some flowered cups and saucers and his young wife maintained: "Why must mind-it." -The smiling face seemed to gold-banded plates. look down with the assurance of twentytwo on the perturbation of eighteen. not take it back," said Nancy, as she top of the desk.

"What or who is the object of your "I had no idea it was anywhere near time. pity?" She had not heard Eldred's step on the stairs and was genuinely startled at the sound of his voice close behind her ear.

Nancy flung out her hand toward the photograph on the desk: "Don't you

"And, just to be plain and blunt." continued Nancy, "I think you're asking was carrying the initiative too far. a considerable lot of me when you want

"Of course, I understand that quite a bit of your success here will depend on me for a while, and then on Amy, always. That's why I pitled hen You know I'm in for it just till September. I'll do my best for you. Eldred, just as

part—our level best—to help Him give in his breast." Himself to the world that's needing him so much but doesn't know 'it." Nancy did not reply, but nodded. Eldred Ambrose gave him that afternoon. Charlie Plumley. She isn't any older

the shoulder, and took up a huge leather- trumpeting. "Come and meet the little baby who is sick. Don't forget to ing face of Amy. Brevard. A mute under- "You young folks are going to like her. any way you can. standing seemed to bind them in a She's a fine girl who will he!p you out secret compact. Somehow it seemed to with your Sunday School and young Nancy that this older girl must under- folks' fandangle."

so far away, strong and powerful, need, soung people's meeting, and I'l, help all thing she gets has to be taken to her, ing no help, while Eldred was close by I can." and needing some one very much to help him succeed as a minister. way out to the narrow front porch and gleaming on the walls of the new church, the Goodson family. If you ever have a almost into Uncle Ambrose before she In her mind, she could see the little chance, lend min some of your books. saw him hesitating beside the open company that would gather there on He's smart, and never had a chance.

door. "I am speaking to Mrs. Eldred Sunday morning. Somehow she seemed Don't forget his name is Joseph Fraley. McDonald, if I am not mistaken," the to know them all now and to care. She Speak at church, man began, hat in hand, while at his had not cared before except for Eldred feet rested a little basket of early Irish and his success, Eldred whom she hoped

"Oh, no," Nancy assured him. "I'm and sway multitudes of people. She Eldred's sister Nancy McDonald. I'm had wanted just that before. going to stay here with Eldred this A belated farmer came down the summer to cook, wash, and keep house. moonlit road slowly, afoot. As his form Eldred's twenty-five, but I thought the was silhouetted against the church, folks here knew that he was not mar- somehow the thought of Jesus over-

"Well, we were so informed," said the way He used to go-walking like

UNDERSTOOD that the boy Uncle Ambrose, but some of its Kellam, familiarly called Undle Ambrose, or had etolen a march on us." Uncle field," or "Brier Pricks," as possil new preacher was more on his mind potatoes land tell him to come right down. Take this rocker, Mr.-Mr. Kel-

her brother. "Somehow I feel like all away." weighs us; you, in the balance."

of, Sis: Where did you get those fine ing on its white spire.

"Mr. Kellam brought them to us." Uncle Ambrose was never happier than

cleaned up a bit over at the parsonage, ed to dall forth much advice from the

steaming on the stove. Nancy made frankly, "I should not be here but for digestive processes and prevents constialong to meet a possible emergency; pretend to be interested in them?" being packed away so long, but which "Of course I don't know how you'll looked almost snowy when spread on

It was so exciting, this getting ready

dinner time! I must be going."

wavered; then Nancy clinched the matter Grandma Rawlings?" by saying: "I prepared dinher a little early to-day. Eldred and I meant to drive about the neighborhood some this why, Amy, you did remember!" of room in the car for three. You could thrive any better?" think you're asking a lot of her, Eldred?" tell us where everybody lives, their "Yes, indeed, quite a lot," conceded names, and everything." She did not look at Eldred when she made this sug-

hang on his every word?

arm reassuringly about his sister's shoul- such frank and original words as: "I've booklet made of sheets of white paper will make it easier. Don't think of it where you live. You won't find any der, he scanned such broken snatches. as my work; think of it as His work. gray hairs on his head nor wrinkles on from the pages, as: Think of the Man of Galilee depending his brown but there's a man's head on "Remember always to be very reson you and Amy and me to do our little his shoulders, and a real Christian heart pectful to Mr. Kellam and to call him

It would have taken Eldred McDon- a real Christian. ald many weeks to have made such a Much may be expressed by a nod good start at pastoring the flock as Uncle released her with an approving pat on Nancy, too, came in for her share of the than a high school girl, and she has a preacher's sister," said Uncle Ambrose make the baby a little white dress and Nancy looked appealingly at the smil- to every young person they encountered, some blue crocheted bootees. Help her

That night, alone in her own room on to make her happy. in the parsonage; Nancy sat by the Nancy hurried from the narrow hall- window looking out at the moonlight some day would be a wonderful orator the young people's meetings.

whelmed the girl at the window. "That's

that," she thought. The man paused said, "some of our wedding present and looked up at the church. "Jesus," whispered the girl, "help me never to but this little 'Bride's Book,' as I call forget. Help me always to see you towering up above Eldred." Help Eldred always to be something like You and to help the people who look up to him." Nancy did not sleep until late that night. She sat by the window a long time, thinking, thinking, planning. After a while she dived down into her trunk and brought up a little blank book that she had made by tying together some sheets of note paper with blue ribbon, intending to keep in it a kind of diary of her most amusing experiences at I for Brierfield. It would be fun to show it the board sent here for a one, couldn't account for a hady being to the girls when she went back to school. preacher was single," old Mr. here at the parsonage unless the preach- She had thought of "Briers from Brierpaused as he was turning away from Ambrose laughed and Nancy laughed titles. Neither of them now would ever the back porch of the Stidely farm- with him. She laughed again when the be written on the little white book; and house, to make this remark, which was caller informed her that the preacher nothing amusing would ever cover its like the most important bit of news must not marry until the church was pages., It was to be just a little memory which is kept for the postscript of a letter. finished. "Isn't that a splendid idea!" book for herself; no one else should He had obviously come over to bring she exclaimed. "Eldred will work like ever see it. She filled all the pages that the Stidelys a complimentary mess of anything to get it finished this summer, night; she was so afraid she would forhis extra early Irish potatoes; but the I'll go now to show him these beautiful get some of the things she meint to do

Somehow, with quick intuition, Nancy as time for the opening of school drew recently begun to realize how great a we can't undertake the support of a sensed that this was a crucial hour that near. "Somehow when you feel like part diet plays in the condition of the married preacher until the new church much of Eldred's career at Brierfield people need you and want you, it makes patient. It has been proved many times depended upon Mr. Kellam's approval or you love them and it makes you happy. that an intelligent balance of food is a disapproval. "I think he must be the I have been happy all summer, but I safeguard to health. So the modern oldest and most influential member of didn't expect to be. Isn't Amy coming mother looks to her menus, instead of Brierfield Church," whispered Nancy to soon? I wish she could come right prescriptions.

the people were standing by while he "Yes, soon," replied her brother. They Practically speaking, if the day's meals preacher they sent here, was cleaning | Eldred smiled. "Nothing to be scared church. The September sun was shin- besides potatoes (one fresh, if possible),

Eldred," and they both laughed.

empty after Nancy went away: then one glorious autumn day dame the real Likely the girl you saw. Ambrose was oldest member of the Brieffield Church, lady of the parsonage to Brieffield. El- against us much as we do, is constipa-Back in the kitchen Nancy had an in- dred's flock welcomed her with open tion. We exercise very little and we "Twasn't anybody he's hired around spiration. The noon hour was approach- hearts; but they really meant little more eat far too many soft foods." Naturally here; 'twasn't any of our Brieffield girls," ing as rapidly as the clock would allow to Amy than a literal flock of sheep; if our bodies are burdened with the declared Uncle Ambrose. "Likely you'll it; and for various reasons the noon meal After making one excuse after another effects of faulty elimination, the resisfind out," he flung back; "that they might sometimes be served earlier than for not returning some calls, "You are tance of infection is lowered, and we are is the general custom. While Uncle the only person here who means any very apt to "catch something." Rough-Nancy McDonald was tidying up the Ambrose talked, his own potatoes were thing to me, Eldred," she said very age, that food element which stimulates

Amy shook her head "Nancy is young," she said. "Schoolgirls easily become enthusiastic over anything now." Soon Eldred began to wear a troubled look. "We are so happy, just we too,"

we worry about others?" One day when Eldred returned from for an unexpected guest, that her cheeks making some calls alone, he drew some were flushed and her eyes shining when sprigs of horehound from his coat Nancy went out to invite Eldred and pocket when Amy ran out to meet him: the caller to the dining room. "Why, "That's for your cold," he smiled. "Amy why," exclaimed Uncle Ambrose, rising, has a cold," had been the excuse this

"Oh, horehound!" cried Amy, sniffing This was met by cordial opposition by joyously. "I'm better already. Let me Nancy and her brother. Uncle Ambrose guess who sent that, Eldred. Was it

"Why, to be sure!" replied her husband, astonished beyond measure, "Why,

afternoon. Oh, Mr. Kellam, would you "And how is little Mrs. Plumley" mind going with us? There is plenty baby by this time. Does he seem to

"Were you in to see Uncle Ambrose?" "Darling!" cried Eldred, taking her gestion. Perhaps he would think she in his arms. "What has come over

"Eldred," said Amy, "is it true that me to spend all my vacation at this have sensed that their old guest was great personal happiness always makes place. But, for the sake of your work pleased, they did not know how very one selfish? I wis not a selfish gir I'll try to do my best," she added, after happy they were making Uncle Am- I never realized until to-day how selfish brose. When had he ever been special I have been since I came here. It was 'Now you're striking the right trail, company before with eager listeners to something I found in the room where. Nancy slept that opened my blind eyes No matter how old Nancy may live to as we say. It seems to be a kind of be, she will never forget that wonderful little 'Bride's Book' that Nancy must day she met Eldred's flock at Brierfield. have mide for me, but for some reason With Uncle Ambrose as guide she and she did not give it to me with the other Eldred learned the names and saw the gifts. She must have meant it as a faces of the greater portion of the church surprise find, and so it was. Isn't it family. The young pistor's heart warm- the sweetest little thing?" She spread "I'm sure of that." Eldred put his ed as Uncle Ambrose introduced him in before Eldred's wondering gaze a little ders. "Let me tell you a secret that brought our new preacher to find out tied with blue ribbon. Over her shoul-

Uncle Ambrose. He's a true friend and

"Go to see Grandma Rawings often; she looks so hungry for something difstand how she was doing all this just "I'm just Nancy," said the girl. "I ferent to happen. Stay a good while for Eldred. The Man of Galilee seemed like to go to Sunday School and to with her and tell her things. Everyand don't forget to take anything you

"Remember the boy who is hired to

"Bring the best thoughts you can

"Don't do anything just to help Eldred succeed. Try always to think of the Man of Galilee depending on you. It' only his success that counts." "Why, bless my life!" murmure Eldred, smiling strangely.

Amy was nearer crying. "Eldred." she

must have cost a good many dollars; needed: Bless Nancy's heart."...

FOOD-THE MODERN HOME REMEDY By Barbara B. Brooks

Years ago children frudged to school with a bag of asafetida tied around their necks to ward off illness. That was only one of the many home remedies which mothers practised to keep the family healthy and in good humor. traditions included cathin tea. prevention against insomnia and ness, sulphur and molasses as a spring tonic, sassafras tea, onion syrups, turpentine and lard and the bacon rind for

We have outlived most of these ideas o-day and instead, we try to build up bodies with adequate nourishment proper exercise and good habits of living so that we are strong enough to fight off germ invasion, ourselves."

"How I dread to leave them all, Food is a contemporary factor in the Eldred, your people, I mean," said Nancy field of medicine, and doctors have only

were looking out at the completed include cereals, two or more vegetables fruit, plenty of milk (quart for children "You surely did work to get that done, and pint for adults is ideal), and some form of protein (cheese, eggs, meat, nuts "Even- Uncle Ambrose declares the and fish), besides the usual bread, butter and dessert they will likely be balanced. If this plan is followed, you need not so worry about vitamins, minerals, or the

fruits. Of the two meals below one is "Nancy soon learned to care for them; planned to include plenty of roughage

MEAL WITHOUT ROUGHAGE Cream of Tomato Soup. Lamb Chops Mashed Potatoes White Bread

Custard -MEAL WITH ROUGHAGE Cream of Tomato Soup Lamb Chops Mashed Potatoes String Beans or Head Lettuce

Bran Muffins Butter Stewed Prunes In the lrst meal, the cream soup ha een made of strained-tomatoes, minus their natural fibre and seeds. The potatoes have been whipped into a smooth fluffiness to delight the taste. The bread

has been prepared from flour, stripped of its bran at the mill. And nothing could be creamier of softer than a custard. There is practically no roughage in the meal as it stands and often such menus are the underlying cause of many

cases of constination. -We can improve the meal by a few, simple changes. String beans and lettuce have a healthful matural fibre of their own. By serving the specified muffins we add bran, which is not only an excellent source of roughage, but it also contains the valuable minerals, copper and iron. Dried fruits can be relied upon to furnish roughage because of their seeds, skins and fibrous meats. In making these changes, we have not only improved the meal nutritionally

TIME TO DUCK

"Hasn't that fellow written a book?" "Yes, and if you aren't careful he'll give you a copy," ... ---

#### Gas in the Stomach Is Dangerous

Recommends Daily Use of Bisurated Magnesia to Overcome Trouble Caused by Acid Indigestion

Gas in the stomach accompanied by a full, bloated feeling after eating are almost certain evidence of the presence of rexcessive hydrochloric acid in the stomach, creating so-called "acid indi-

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach, often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such serious condition or to treat with ordinary directive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a little Bisurated Magnesia and take a teaspoonful or four tablets in water right after eating. This will drive the gas, wind and bloat right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is Magnesia (in powder or tablet form)never in liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

#### THE MISUNDERSTOOD ORATOR

The orator in the Park was holding forth with great fevor, and constantly punctuating his discourse with references to Darwin's Origin of Species. A tall man and his short companion hung on the outskirts of the crowd, but were unable to get near the speaker. "What's he taikin' about, Bill?" asked the small man, tired of craning his neck to no purpose.. "Eat more fruit, I think," replied the long one. "All he keeps talkin' about is Darwin's oranges and peaches!"

The turtle was somewhat unsteady As he found himself caught in an eddy: He mused, "Though L. hurtle. I can hardly turn turtle.

ecause I'm a turtle already.

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