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How to Eat Iron

Your body needs iron, but you can only get it from the food you eat—not from tonics or ten-penny nails. That is Nature's plan. Of all the minerals the body needs iron is the most important. Try this iron-food for breakfast:

Shredded Wheat

Biscuit with Stewed Raisins. Heat two Biscuits in the oven to restore their crispness and cover with stewed raisins and milk. It supplies all the iron you need and all the food you need in digestible form—a food that puts you on your toes for the day's work.

TRISCUIT is the Shredded Wheat cracker. A crisp, whole wheat toast eaten with butter or soft cheese.

To-morrow's HOROSCOPE

By Genevieve Kemble

SATURDAY, SEPT. 10.

The planetary way for this day may not be interpreted as auspicious, except in the matter of journeys or well-planned and deliberate changes. These may prove to be of benefit, but so many of the lunar and mutual aspects are adverse that it would be advisable not to invite disappointment and disaster by unpreparedness. There are delaying and disruptive forces in operation, and these bear rule in financial, mercantile and professional activities. Health, business and domestic affairs are all under this inimical way.

Those whose birthday it is should endeavor to spend a quiet year, unless certain opportunities for change or travel be wisely embraced. Health, business and domestic affairs call for their best and calmest attention. A child born on this day, although having traits leading to bold and adventurous deeds, may be prone to be extravagant and careless, unless well-trained.

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MUSIC IN THE HOME.

Some Programmes I Have Met.

There are more programmes that err on the side of being too long than of being too short.

To locate the actual programme among the ads in the average theatre programme requires a reading glass with strong magnifying capabilities.

It used to be thought by some city musical people that any kind of a programme, almost, would go out in the country. Now they know that the village music lovers want practically the same music as their city cousins.

"I have often wondered how you would enjoy a woman in the audience to her companion," but, I see here in the programme that recitative is a portion of an opera or an oratorio which cannot be adapted to a melody but which is nevertheless an important part of the composition.

At a certain concert a short time ago the people were following their programmes closely but it was of little use for the order published was not followed at all. Almost every number was interchanged with something else. It is not always possible to follow out a predetermined schedule without alteration but when a programme is printed it ought to be run off without much change. In some quarters it would seem that the more fuss made in changing the order of the numbers, the more "Class" it gives the programme.

A recent programme gave prominence to this among the notes: The real difficulty about music is that it won't stand still. If it were only stationary, like a skyscraper, so that one might study its construction! The resemblance between music and architecture has often been noted, but it is not very obvious to the average person because he is not conscious of the fact that music has structural beauties as well as an emotional appeal. Most people, indeed, need to hear a piece several times before they become aware of the fact that it consists of separate sections built into a symmetrical form, having unity of design—exactly like a building.



White homespun makes an unusual tailor. The effective orange and black trimming is woven into the material. It is a neat garment for sport wear.

NO POCKETS, NEED HANDBAG

Numerous Suitable Materials From Which to Construct the Necessary Convenience.

As pockets crowded with all the articles necessary to the woman who is engaged in business, who shops in the city stores, or who attends the theater, are taboo, some sort of handbag is most necessary.

For practical purposes one of leather, pin seal or walrus, with a metal or self-mounting is quite the thing. Suede, too, fashions a seal-tailored flat purse which, with its shell front and gold and enamel inlay, is quite smart enough for the most elaborate of suits.

For the more leisure hours a different kind of bag is shown. One is of rose taffeta and finished around the edges with rose bead balls. An attractive little case is of gold with a design in pale blue enamel work on the front. A tiny circular space for the monogram is cut out in the enamel so that the gold shows. It has a finely wrought gold chain which slips on over the finger.

A fascinating bag of silk is composed of three ruffles attached to a mounting of carved ivory suggestive of the Orient, while a small envelope purse is of black and white beaded strips worked in diagonal style. The fastening is of bright-green enamel.

The Organlike Hats.

Organlike hats are here. Some of them are light colors as they have been and there are those showing an innovation, appearing made of dark colors. One navy blue had the crown done in a wide, open lattice design done in green worsted. There were flat flowers on the brim with leaves and stems. All were couched in colored worsteds sewed with silk floss. These flowers were in soft shades of brown, yellow, pink and blue, the centers composed of French knots and the round outside of couching in row after row.

Lingerie.

Some of the latest materials used in lingerie are pussywillow taffeta and canton crepes. Initialed lingerie is the thing nowadays and some of the makers are giving their customers the choice of elaborate monograms.

The optimist derives much pleasure from the thoughts of troubles that do not trouble him.

accompaniment for tragedy or buffoonery.

"So it is not surprising that the psychology of business is beginning to recognize as an ally to store appearance and salesmanship as a favorable influence on the buying propensities of His Majesty, the Customer. And to the extent that it stirs desire for merchandise, awakens memories suggesting the purchase of merchandise and brings about a state of mind receptive to the selling points of merchandise—so far is music a practical aid to the merchant in gathering unto himself the good will and currency of this trade."

One Man Makes Country Music.

The musical tradition of Esthonia, that little republic that has sprung up on the Russian side of the Baltic, dates back to the latter part of the past century, when music was made the most important member of the educational programme in the public schools, and when the whole country was covered with a chain of musical societies, amateur choruses and villages orchestras.

The man who put music on such a high pedestal was not a pianist or a musician, but a newspaper editor, Dr. A. K. Herman. His newspaper began to emphasize the fact that musical subjects had first page position. He then launched a musical periodical, which became the semi-official organ of all the musical societies.

Under his untiring efforts more than two hundred country choruses were formed among farmers and working men, and nearly every school established a chorus. Finally these choruses established a festival; that held at Tartu in 1880 was participated in by 2,000 singers. This was the beginning of a musical revival which stirred up the whole country.

Interesting Briefs.

Meyerbeer's "L'Africaine" occupied his energies, at intervals, for 25 years, and it was not presented finally until after the composer's death.

"We are a sporting nation," says the London, England, "Musicalian," "and like a sporting atmosphere wherever possible, which accounts largely for the tremendous popularity of competition festivals for choirs, brass-bands, and the like. Held up during the war, many of these festivals are again in full swing. Their possibilities for educating the public and spreading musical culture are enormous."

Lully, as famous, perhaps, in his day as any composer died a singular death. He was beating time to a Te Deum he had composed in honor of Louis XIV of France. He used for this purpose a walking-stick, with which he struck his foot—with such violence that he died from the effects of the blow.

The metronome is a drill instructor. Off duty he allows the soldier certain freedom but on duty exactness is demanded. The click of the pendulum is the command for strict time. The metronome shows no favoritism. Whether it is keeping time for a march, a waltz, a sonata, the faltering attempt of the young beginner's exercises it is absolutely impartial, though it never scolds nor praises. And that is the secret of its success. Having no prejudices in favor of or against anyone, it always performs its helpful mission fairly and justly.

Edward Perronet, of French extraction, is remembered in one connection, and one only, as the man who gave to the world what is said to be the most triumphant hymn in the English language, a sort of British Te Deum, one that has made the tunes "Coronation" and "Miles Lane" famous. That sacred song is "All Hail the Power of Jesus' Name." A traveller who has visited extensively in both Europe and America says the tune "Miles Lane" is used more frequently in Britain and "Coronation" is used more here. If anyone wants a good example of the triumphant note in music let him listen to four thousand men in a big gathering sing "All Hail the Power of Jesus' Name" to the tune "Coronation." It is most impressive.

The sea-cow, or dugong, is a herbivorous water animal found in the Red Sea and East. It is from eight to twelve feet in length and resembles a small whale.

Smokeless coal is stated to be the only cure for London's fogs.

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