THE ALABASTINE TRADE MARK

A Woman's Home

should be her pride. Your home should reflect your own individuality. You cannot have special wall papers designed by you for each room, but you can carry out a special Alabastine decorative scheme for those rooms—you can be a leader in your community and have your home the talk of your friends.

Alabastine

The Stylish Wall Tint

is the material that will accomplish this result. We can show innumerable effects, classic stencil designs, and our Art Department is at your service.

Send for the Alabastine book containing what we do for you, and how we furnish free stencils where Alabastine is used.

Alabastine is a powder made from Alabaster; ready for use by mixing with cold water, and is applied with an ordinary wall brush. Full directions on each package.

Alabastine Company

New York City, N.Y. Grand Rapids, Mich.

THE PACKAGE

SPOHN'S LIVER TEMPER CURE

FOR **PINK EYE** DISTEMPER CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for breeding mares and all others. Best kidney remedy; 50 cents and $1.00 a bottle; $5.00 and $10.00 the dozen. Sold by all druggists and horse goods houses, or sent express paid, by the manufacturers.

SPOHN MEDICAL CO., Chemists, GOSHEN, INDIANA

Your Liver is Clogged up

That's Why You're Tired—Out of Sorts—Have No Appetite.

CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion, and Sick Headache.

CARTER'S LITTLE LIVER PILLS.

SMALL PILL. SMALL DOSE. SMALL PRICE

GENUINE must bear signature: Brent Good

Hay's Hair-Health

Never Fails to Restore Gray Hair to Its Natural Color and Beauty. Stops its falling out, and positively removes Dandruff. Is not a Dye. Refuse all substitutes. $1.00 and 50c Bottles by Mail or at Druggists. FREE

Send 10c for large sample Bottle FREE

Philo Hay Spec. Co., Newark, N. J., U. S. A.

EUCALYPTUS TIMBER GROVES

ASSURED PERMANENT INCOME

SEND FOR LITERATURE

Government Reports and View of this profitable Hardwood timber grown in Southern California by a responsible corporation as Irrigated Lands near Los Angeles. Groves sold on easy terms.

E. J. McCULLY CO.

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327 W. 3d ST., LOS ANGELES CAL.

WESTERN CANADA

What Governor Deneen, of Illinois, Says About It:

Governor Deneen, of Illinois, owns a section of land in Saskatchewan, Canada. He has said in an interview:

"As an American I am delighted to see the remarkable progress of Western Canada. Our farmers look prosperous, they are industrious and economical, and do not seem like those who admitted he had made a mistake. They are all doing well. There is scarcely a community in the Middle or Western States that has not a representative in Manitoba, Saskatchewan or Alberta."

60 ACRE FARMS IN WESTERN CANADA FREE

125 Million Bushels of Wheat in 1909

Western Canada, field crops for 1909 will easily yield 125 million bushels, or $110,000,000.00 in cash.

Free Homesteads of 160 acres, and pre-emptions of 160 acres at $3.00 an acre. Railway and Land Companies have land for sale at reasonable prices. Many farmers have paid for their land out of the proceeds of one crop. Equable climate, good schools, excellent railway facilities, low freight rates, abundant water and lumber cheap. Write quick.

For pamphlet "Last Best West," particulars as to suitable location, and low settlers' rate, apply to Supt. of Immigration, Ottawa, Can., or to Canadian Gov't Agent.

W. V. McInnes, 176 Jefferson Ave., Detroit; or C. A. Lawler, Sault Ste. Marie, Mich.

(Use address nearest you.) (1)

SOUR STOMACH

"I used Cascarets and feel like a new man. I have been a sufferer from dyspepsia and sour stomach for the last two years. I have been trying medicine and other drugs, but could find no relief only for a short time. I will recommend Cascarets to my friends as the only thing for indigestion and sour stomach, and to keep the bowels in good condition. They are very nice to eat."

Harry Stuckley, Mauch Chunk, Pa.

Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 326

THICK, SWOLLEN GLANDS

that make a horse Whoose, Roar, have Thick Windpipe, or Choke-down, can be removed with

ABSORBINE

or any Bunch or Swelling. No Blister, no hair gone, and horse lives at work. $2.00 per bottle.

Book 3 E free.

ABSORBINE, JR., for mankind, $1 and $2. Reduces Goitre, Tumors Wens, Varicose Veins, Ulcers, Hydrocele, Varicocele. Your druggist can supply and give references. Will tell you more if you write. Send for free book and testimonials. Mfd. only by W. F. YOUNG, P. D. F., 310 Temple St., Springfield, Mass.

PISO'S

is the word to remember when you need a remedy for COUGHS & COLDS

MUCH OPPOSITION TO BIG WARSHIP

Plans of Secretary Meyer Are Not Generally Regarded with Favor.

TAWNEY IS CHIEF OBJECTOR

Claims Made That It Means Immense Expenditure of "Money and Is Merely an Experiment—Fight Over Amendment to Interstate Commerce Act.

Washington.—Secretary of the Navy Meyer's plan for a 32,000-ton Dreadnought to be authorized for the American war fleet at the next session of congress is meeting with strong opposition. The friends of the plan are just as energetic as are its enemies, and it is likely that there will be a fight worthy of the traditions of the American navy when the bill for the big ship gets before congress next December.

Representative Tawney, who is chairman of the house committee on appropriations, objects to the Dreadnought, first, on the ground of its cost, and second, on the ground that such a great vessel will be largely experimental and it might not be found really serviceable after it is built. In the contentions that the ship may not prove all that might be expected, many line officers of the navy have a part.

It is maintained by many of the old timers of the service, that the experience of the years which have passed since the first modern battleship was built goes to show that there is a limit of efficiency which is marked by a limit of size. There are officers, also, who are opposed to the increase in the caliber of the great guns which are used on warships. Some of them say that the 12-inch gun is just as serviceable as the 14-inch or the 16-inch gun, and that any increase of caliber from the 12-inch model is a waste of money and tends in no way to improve the fighting qualities of the ship that carries the big weapons.

Roosevelt's Naval Program.

It was Theodore Roosevelt's idea that at least two battleships should be added to the navy each year. The former president wanted the United States to keep pace with foreign nations in the matter of battleship building and to retain its relative rank in naval strength. In order to insure that two battleships at least would be authorized in one year, Mr. Roosevelt asked for four of the ships, knowing that in all human probability congress would compromise the matter and give him the two ships that he really wanted.

It was said at the time that if Mr. Roosevelt had asked for two ships, he would have been given only one. For some reason or other congress did not give the former president the support that apparently the country was giving him in his various fields of administrative endeavor. When the Panama canal is opened, the voyage from the Atlantic coast of the United States to the Pacific coast will be a comparatively short one, and therefore it will not be difficult in cases of emergency to send a huge fleet to the western waters. As things are now, of course, the voyage has to be made around Cape Horn, following the track which the battleship fleet took two years ago in making the first part of its journey around the world.

Some naval officers say that it might be a good plan to build a 32,000-ton Dreadnought and put into its turrets guns of the largest caliber for the purpose of testing the sailing qualities and the fighting efficiency of such a boat. If a Dreadnought of the size planned by the secretary of the navy should be built along the most careful lines and should prove to be inefficient, the lesson taught might be worth the 14 or 15 million dollars that it would cost to construct it, for if it were shown that such a vessel were impracticable, there would be no more experimenting, and all the energies of the department would be exerted to perfect vessels of the size that it was known could be built and operated safely and with high offensive efficiency.

Dispute Over Elkins Bill.

The senate has taken hold in earnest of the bill introduced by Senator Elkins and which provides for amendments to the interstate commerce act. One feature of the bill, as is well known, is that providing for an interstate commerce court, whose duty it shall be to hear cases that are carried on appeal from the decision of the interstate commerce commission.

One of the main reasons advanced for the creation of the interstate commerce court was that it would expedite final decisions in cases in which the great carrier companies of the country were interested. Of course appeals will lie from the interstate commerce court to the supreme court of the United States, but it is urged by friends of the new court plan that parties to litigation will be satisfied in many instances with the decision of the lower court and that anyway, inasmuch as it has only one class of cases to hear, the new court's work will be done quickly and that the route to justice will be much shorter than it has been in the past. There is strong opposition to the interstate commerce court amendment among some of the Republicans of the senate and among a considerable number also in the house of representatives. Senators Cummins and Clapp are fighting the provision for a new court. It is said by the opponents of the plan that there have only been 24 cases taken on appeal from the interstate commerce commission within the time space of several years, and that there seems to be no immediate chance that the number of cases will increase. They say, therefore, that the court is not needed. On the other hand, the friends of the court say that because of the long litigation that was sure to be ahead of parties to a suit in the past appeals have not been taken and that injustice, therefore, was done.

Provisions Objected To.

The new court provision is not the only one to which objection is made by some of the Republican senators, most of whom are what is known as insurgents. In the main, the same men were opposed to many of the provisions of the Payne-Aldrich tariff law. The charge is made that power is taken away from the interstate commerce commission to pass judgment on all traffic agreements between the railroads which are allowed by law. It was one of President Roosevelt's ideas that these traffic agreements should be allowed, but the senators who are in opposition say that Mr. Roosevelt intended to give the interstate commerce commission the power to decide on these agreements and to reject them if they were not considered proper and within the spirit of the statutes.

The friends of the court provision in the bill say that if the agreements between the railroads are of the kind to fix rates at too high a figure the interstate commerce commission can act just as it always has acted. The opponents of the bill declare, however, that agreements may be made which are in effect deadly to competition and yet they may not seem to fix extraordinarily high rates.

Wants Legislation Pushed.

President Taft is beginning to show daily more of the "spurring" qualities of Theodore Roosevelt. He is seemingly dissatisfied with the comparatively slow progress which the legislation that he has recommended is making in congress, and, moreover, he seems to have been somewhat disturbed by the reports that the country is taking more interest in the matters now under investigation by congress than it is in the progressive policies of legislation which occupied all its attention during the Roosevelt administration.

Recently reports were published to the effect that Mr. Taft had practically given over all attempts to induce congress to pass the majority of his legislative recommendations at this session. To his political friends the president was quite emphatic in denial of any such intention. He has let it be known that he not only wants postal savings banks, changes in the interstate commerce law, and conservation laws, but an anti-injunction statute and all recommendations that he has made, put through congress in law form before the session closes and the congressional campaign opens.

The President's Contentions.

The advisers of the president say that all through the tariff debate Mr. Taft was firm in his belief that by gentle measures, which were in contrast to those of his immediate predecessor, he could get more out of congress than could be obtained by big stick methods. He professed satisfaction with the tariff law, but it is said by those who seem to know his inward feelings that he would have expressed a much stronger and deeper satisfaction if the bill had gone further than it did in the cutting of customs duties.

The members of both houses are still getting scores of letters from their constituents weekly, expressing the deepest concern over the high cost of living, and also expressing a fear that the committee on investigation, now sitting, is bent on giving Secretary Ballinger a clean bill of health

The president is concerned over the feeling that the committee intends to clear the interior department officials and to clear them as a matter of course and politics. Mr. Taft said at the outset that he wanted the truth and nothing else, and that he did not care whom it hit, provided it was the truth. He is a good enough politician to know that anything that was apparently in the nature of a whitewash would do Mr. Ballinger no good, and that if he had acted in a way that he should not have acted it would be just as well for him to have that fact noted in the report as it would be to have it unnoticed, but still perfectly plain to the people at large.

GEORGE CLINTON.

Morgan Chased the Photographer.

J. P. Morgan sailed for the Mediterranean a few weeks ago on the White Star liner Cedric. He arrived at the pier along Boston, the big liner backed out into the river, and chatted with a group of relatives and friends who had come to bid him good-by. The financier carried a cane and as he alighted from his touring car he swung it at a photographer who stood in his path with a loaded camera. Turning to one of his friends, Mr. Morgan said:

"One of those fellows tried to take my picture, but I chased him about ten feet."

As Mr. Morgan uttered these words the photographer he had chased crept closer and made a few snapshots of the departing financier's back. Some one called his attention to the fact that the man he had rebuffed had "snapped" him and Mr. Morgan laughed.

Special.

"A current magazine advertises at least two distinct articles."

"How?"

"On the cover, it says 'Interesting People and Stage Folk.'"

A Byronic Relic.

A recent traveler in South Australia discovered in the corner of the yard of a wayside inn near Port Lincoln a carriage that once belonged to Lord Byron. It is still in fair preservation. The name of the London maker is engraved on the body of the vehicle, and on the panels are Lord Byron's motto and coat of arms. Its small sized wheels, leather work and general design indicate the period of its construction.

Lady Charlotte Bacon, an intimate friend of the poet—some of his verses were addressed to her—emigrated to South Australia, and to her the carriage was sent. On her death it passed into the possession of a family in the Port Lincoln district and ultimately found its way into the prosaic yard of this bush inn. Sad to say, it bears evidence of having been used as a henroost.

All that mankind has done, thought, or been, is lying as in magic preservation in the pages of books. They are the chosen possessions of men.—Carlyle.

WORTH KNOWING

Simple But Powerful Prescription for Rheumatism and Lame Back.

This was previously published here and cured hundreds. "Get one ounce of syrup of Sarsaparilla compound and one ounce Toris Compound. Then get half a pint of good whiskey and put the other two ingredients into it. Use a tablespoonful of this mixture before each meal and at bed time. Shake the bottle each time." Good effects are felt the first day. Any druggist has these ingredients on hand or will quickly get them from his wholesale house.

GOOD IDEA.

Teddy—Say, what makes yer have a gun wid such a long barrel?

Jeddy—'Cause yer kin get closer to de rabbit.

Do farmers eat the proper sort of food?

The farmer of today buys a much larger proportion of the food that goes on the table than he did ten years ago. It's a good thing that this is so because he has a great variety to select from.

He should, however, use great care in selecting for the best results in health and strength.

The widespread tendency in the city to increase the amount of Quaker Oats eaten is due very largely to the recent demonstrations by scientific men that the Quaker Oats fed man is the man with greatest physical endurance and greatest mental vigor.

Farmers should give this subject careful thought and should increase the quantity of Quaker Oats eaten by themselves, their children and the farm hands. 57

Not Appropriate.

Senator Beveridge was replying at a dinner in Washington to a defender of the sugar trust.

"You remind me of a man at his brother's funeral. This man bent over the grave and closely watched the lowering of the coffin down into the clean-cut rectangular chamber prepared for it. He heaved a sigh as the coffin came to a rest, and said to the undertaker heartily:

"'It's the neatest fit I ever saw in my life. Come and have a drink on the head of it.'"—Sunday Magazine of the Cleveland Leader.

$100 Reward, $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.

Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Big Bugs.

Dr. Cook was talking to a Washington correspondent.

"The man is wrong in his attacks," he said. "He errs as hideously in his idea of polar conditions as the Brooklyn domestic, who said:

"'It must be a filthy place, that north pole, ma'am. I hear it's full of ice bugs as big as churches.'"—Washington Star.

LIQUOR has destroyed more men than any war or epidemic combined; still some men think they must drink. The Acme Home-Treatment is the safest and surest way to rid yourself of the Drink-Habit. Try it and you will see the difference between whiskey health and Acme health. Write R. Fortin, Dickey Bldg., Chicago, for a free trial.

A Bright Idea.

Yeast.—It is said that the baya bird of India spends his spare time catching fireflies, which he fastens to the sides of his nest with moist clay. On a dark night a baya's nest glows like an electric street lamp.

Crimsonbeak.—Say, there's a bright idea for decorating that keyhole in my front door!

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher.

In Use For Over 30 Years.

The Kind You Have Always Bought.

When a baby talks without saying anything it attracts a lot more attention than a man who is doing likewise.

"Pink, Eye" is Epidemic.

Attacks the Eyes in the Springtime. Is Contagious and Calls for Immediate Action. Murine Eye Remedy Affords Reliable Relief. It Soothes. Apply Murine Freely and Frequently. Doesn't Smart.

Bear your own burdens first, after that help to carry those of other people.—George Washington.

BREAK UP THAT COUGH

with Allen's Lung Balsam, the popular family remedy. It cures where other remedies fail. All dealers, 25c, 50c, $1.00 bottles.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

It doesn't take one long to become an expert fault finder.

Sherwin-Williams Brightens Finishes

Brighten Up

CONVINCING PROOF

OF THE VIRTUE OF

Lydia E. Pinkham's Vegetable Compound

What is the use of procrastinating in the face of such evidence as the following letters represent? If you are a sick woman or know one who is, what sensible reason have you for not giving Lydia E. Pinkham's Vegetable Compound a trial? For 30 years we have been publishing such testimonial letters as these—thousands of them—they are genuine and honest, too, every one of them.

Mrs. S. J. Barber says:

"I think Lydia E. Pinkham's Vegetable Compound is the best medicine in the world for women—and I feel it my duty to let others know the good it has done for me. Three years ago I had a tumor which the doctor said would have to be removed by an operation or it could not live more than a year, or two, at most. I wrote Mrs. Pinkham, at Lynn, Mass., for advice, and took 14 bottles of Lydia E. Pinkham's Vegetable Compound, and today the tumor is gone and I am a perfectly well woman. I hope my testimonial will be of benefit to others."—Mrs. S. J. Barber, Scott, N. Y.

Mrs. George May says:

"No one knows what I have suffered from female troubles, neuralgic pains, and backache. My doctor said he could not give me anything to cure it. Through the advice of a friend I began to use Lydia E. Pinkham's Vegetable Compound, and the trouble disappeared. I continued its use and am now in perfect health. Lydia E. Pinkham's Vegetable Compound has been a God-send to me, as I believe I should have been in my grave if it had not been for Mrs. Pinkham's advice and Lydia E. Pinkham's Vegetable Compound."—Mrs. George May, 60 4th Ave., Paterson, N. J.

Mrs. E. F. Hayes says:

"I was under the doctor's treatment for a fibroid tumor. I suffered with pain, soreness, bloating, and could not walk or stand on my feet any length of time. I wrote to Mrs. Pinkham for advice, followed her directions and took Lydia E. Pinkham's Vegetable Compound. To-day I am a well woman, the tumor was expelled and my whole system strengthened. I advise all women who are afflicted with tumors or female troubles to try Lydia E. Pinkham's Vegetable Compound."—Mrs. E. F. Hayes, 1890 Washington St., Boston, Mass.

Mrs. W. K. Houck says:

"I have been completely cured of a severe female trouble by Lydia E. Pinkham's Vegetable Compound, and want to recommend it to all suffering women."—Mrs. W. K. Houck, 7 Bartview Ave., Oakwood, Dayton, Ohio.

Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, etc.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.

MICA AXLE GREASE

is the turning-point to economy in wear and tear of wagons. Try a box. Every dealer, everywhere

STANDARD OIL CO. (Incorporated)

YOU ONLY BUY A SEPARATOR ONCE

That is, it is the intention of every farmer or farmer's wife purchasing a separator to get one to last a lifetime. For that reason every point should be carefully considered and examined before buying. A thorough investigation will convince you that the

National Cream Separator

is without question the best in the market. It skims closer, runs easier, is of simpler construction, and can be cleaned quicker than any other make. Send for illustrated catalogue containing full particulars and testimonials, or have your local dealer demonstrate a National Separator at all charges to you.

No Hard Lifting — Lightest Running — Easiest Cleaned — Closest Skimmer

THE NATIONAL DAIRY MACHINE COMPANY

Goshen, Indiana Chicago, Illinois

TIGER BRIGHT SWEET CHEWING TOBACCO

TIGER

FINE CUT CHEWING TOBACCO

Uncle Sam's revenue stamp on each package guarantees the weight of Tiger Fine Cut. And any user will tell you how much superior it is in quality.

Superior in taste, in freshness and in being perfectly clean—Tiger Fine Cut is packed in air-tight packages and sold from a tin canister. Not in bulk from a dust-collecting, open pail that dries out the tobacco and makes it unfit to chew.

Don't take chances. Insist on Tiger.

5 Cents

SOLD EVERYWHERE

THE effectiveness of housecleaning can be materially increased by the means of paints and varnishes. By their use your home will not only look cleaner but it will be cleaner.

SHERWIN-WILLIAMS BRIGHTEN UP FINISHES

include a paint, varnish, stain, or enamel for every surface in the home. By using this line you can refinish chairs, tables, woodwork, floors, etc., and give the whole interior a bright and attractive appearance. Ask the dealer in your town for the particular Brighten Up Finish adapted for your purpose or write us direct.

THE SHERWIN-WILLIAMS CO., 600 CANAL RD., N. W., CLEVELAND, O.

FRIENDS.

"O, well, beauty passes, you know."

"Yes; a pity you didn't stop it on its way, isn't it?"

HOW A DOCTOR CURED SCALP DISEASE

"When I was ten or twelve years old I had a scalp disease, something like scald head, though it wasn't that. I suffered for several months, and most of my hair came out. Finally they had a doctor to see me and he recommended the Cuticura Remedies. They cured me in a few weeks. I have used the Cuticura remedies, also, for a breaking out on my hands and was benefited a great deal. I haven't had any more trouble with the scalp disease. Miss Jessie F. Buchanan, R. F. D. 3, Hamilton, Ga., Jan. 7, 1909."

Kept with Barnum's Circus

P. T. Barnum, the famous circus man, once wrote: "I have had the Cuticura Remedies among the contents of my medicine chest with my shows for the last three seasons, and I can cheerfully certify that they were very effective in every case which called for their use."

Not Willing to Commit Himself.

The teacher had called upon Freddie Brown to give an illustration of the proper manner in which to compare the adjective "clean."

"Mother is clean," said he faltering-ly, "father is—cleaner—" Here he paused.

"And," prompted the teacher.

Freddie was still silent and very thoughtful.

"Haven't you some other relative?" asked the teacher, smiling.

"Oh, yes," replied Freddie, "there's auntie—but I ain't sure about her!"

Entitled to It.

"How are things lookin' over to Dingledell?"

"They've been lookin' purty squeamish for a spell. Th' creek got so blame high it overflowed Pesaley's dam, an there's two foot o' water in Widder Brown's cellar."

"Well, well, I s'pose you folks over there will be so stuck up pretty soon thet you'll be callin' yourselves th' Parisians of Ameriky."

Storm Episode.

Two handsome young women, becomingly dressed, slipped and fell together in the slushy pool of the crossing. They arose wet and angry.

"Wring out, wild belles," commented an observer, such an addition of insult to injury being condemned by all who overheard.—Philadelphia Ledger.

No Deposits.

"Do you think there's money in hens?"

"Well, if there is they keep it well secured."—Exchange.

Insufficiently Clad.

Chappie.—I was sitting by my bed wrapped in my thoughts.—

Dollie.—Goodness! Didn't you take an awful cold?—Cleveland Leader.

CHANGE THE VIBRATION It Makes for Health.

A man tried leaving off meat, potatoes, coffee, and etc., and adopted a breakfast of fruit, Grape-Nuts with cream, some crisp toast and a cup of Postum.

His health began to improve at once for the reason that a meat eater will reach a place once in a while where his system seems to become clogged and the machinery doesn't work smoothly.

A change of this kind puts aside food of low nutritive value and takes up food and drink of the highest value, already partly digested and capable of being quickly changed into good, rich blood and strong tissue

A most valuable feature of Grape-Nuts is the natural phosphate of potash grown in the grains from which it is made. This is the element which transforms albumen in the body into the soft gray substance which fills brain and nerve centers.

A few days' use of Grape-Nuts will give one a degree of nervous strength well worth the trial.

Look in pkgs for the little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.