AID IS SOUGHT FOR INDIANS

Catawbas of South Carolina Have Always Been Friendly to the Whites.

In South Carolina is the earliest civilized tribe of Indians in the United States, and they are not the wards of the government. These are the Catawbas, and they number approximately 100.

State Senator W. H. Stewart, of South Carolina, is in Washington to confer with the congressional delegation of that state with the view of having these Indians placed on the same basis as all other red men, and it is probable that a bill will shortly be introduced to this end.

"It is strange, perhaps, that the Catawba Indians, who have been wards of the state of South Carolina for many years should never have received any recognition from the national government," said Senator Stewart, "but it is a fact, nevertheless. The Catawbas are the only American Indians, so far as my knowledge goes, that have always been friends of the white man. They never took the blood of a white man, and during all the early struggles of the whites against the Indians the Catawbas remained true. They were what is now South Carolina when the first whites reached that territory, and they have remained there.

"For a long time the Cherokees occupied the same territory, and there was continual strife between the two tribes, for the Cherokees were among the most bloodthirsty tribes on this continent. In all the struggles the Catawbas took sides with the settlers against the Cherokees. The latter Indians massacred many of the settlers in South Carolina.

"The state government, after having taken care of these Indians for so many years, now is seeking to have the national government make provision for them, so that they can, in common with other Indians, have lands allotted to them and become American citizens, which is only just and fair."—Washington Post.

Rather Disinterested.

"Let me take your sister apart."

"Don't. She is all broken up, as it is."

A Happier To-Morrow

will be yours if to-night you will seek the beneficial aid of the famous and ideal family remedy Beecham's Pills. Nervous depression, or the "blues," is one of the symptoms of a condition quickly corrected by the reliable and quick-acting

BEECHAM'S PILLS

When the system is clogged—the bowels and liver and kidneys inactive—then the digestion is sure to be impaired and the nerves to lose their tone. Beecham's Pills induce the organs of digestion to work properly and thus this unrivaled medicine has a tonic effect upon the whole system. Beecham's Pills do not vary—they act always in accordance with their great reputation; mildly and safely but quickly. In every way—in feelings, looks and vigor—a better condition Beecham's Pills

Assure You

Sold everywhere. 10c., 25c.
The directions will every box are very helpful

A QUARTER CENTURY BEFORE THE PUBLIC

Over Five Million Free Samples Given Away Each Year.

The Constant and Increasing Sales From Samples Proves the Genuine Merit of

ALLEN'S FOOT-EASE.

Shake into Your Shoes

Allen's Foot-Ease, the antiseptic powder for the feet. Are you a tribe sensitive about the size of your shoes? Many people wear shoes a size smaller by shaking Allen's Foot-Ease into them. If you have tired, swollen, hot, tender feet, Allen's Foot-Ease gives instant relief. TRY IT TO-DAY. Sold everywhere, 25 cts. Do not accept any substitute.

FREE TRIAL PACKAGE sent by mail. Address Mother Gray's Sweet Powders, the best medicine for Feverish sickly Children. Sold by Druggists everywhere. Trial package FREE. Address ALLEN S. OLMSTED, LE ROY, N. Y.

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

Seldom See a big knee like this, but poor horses may have a bunch or bruise on his Ankle, Hock, Stifle, Knee or Throat.

ABSORBINE

Will clean them off without laying the horse up. No blister, no hair gone. $2.00 per bottle delivered. Describe your case for special directions and Book 4-R Free.

ABSORBINE, JR., liniment for mankind. Reduces Painful Swellings, Bunions, Bruises, Boils, Quinsy, Wens, Bruises, Varicose Veins, Varicocele, and Allays Pain. Price $1 and $2 a bottle at druggists or delivered. Manufactured only by W. F. YOUNG, P.D.F., 310 Temple St., Springfield, Mass.

THE NEW FRENCH REMEDY, Sexaphilene No. 2, Sex. **THERAPION** Used in Private Hospitals with great success. Cures Kidney Troubles, Nervous Debility, Pelvic Catarrh, Impotence, Sterility. Sent prepaid, $2 per box. THE THERAPION CO., 1 FRANKLIN ST., BOSTON, MASS.

IF YOU WANT TO BEGIN OR EXPAND business write the Board of Trade, Wetmore, Saskatchewan. We want industries, creameries and dairies. Electric power, water, fuel cheap. Brick factory ready. Population doubled this year.

VALUABLE PRIZES TO SCHOOL BOYS

GEO. C. HUPP OFFERS AUTOMOBILE AND SWINE; THOMAS E. NEWBOLD, GOLD; C. A. TYLER, LAMBS, AND OTHERS OFFER VALUABLE PRIZES.

BOYS' STATE FAIR SCHOOL RECOGNIZED AS MOST WORTHY OBJECT.

Eighty-three Boys Representing as Many Counties, Will Benefit by Practical Education in Agricultural Pursuits.

Michigan boys have the opportunity this year to attend the annual State Fair at Detroit without expense, for the Michigan State Agricultural Society has arranged for a Boys' State Fair School and will select eighty-three boys, one from each county of the state, as pupils. These boys will be determined upon after an examination and will have every expense paid from the time they leave home until their return. They will receive an education in the practical sides of agriculture and will then be asked to write an essay upon the matters they have treated upon in the school lessons. The essays will be written in competition as valuable prizes are to be awarded to the several winners. The committee in charge will go over these essays very carefully and decide upon the winners, who will receive $350 credit upon the purchase price of an R-C-H automobile which he may purchase immediately should he desire by paying the $250 difference or he may allow his credit to stand and attempt to win the car finally by a victory in his second year in the Boys' State Fair School. A double victory will give him the car outright. This magnificent gift is made by Mr. Geo. C. Hupp, Michigan distributor of the R-C-H Corporation of Detroit who is also offering to the pupils two pure bred Berkshire hogs as a prize. Mr. Hupp is a brother of Mr. R. C. Hupp of the R-C-H Corporation and also of L. C. Hupp and in addition to his interest in the automobile business also takes the liveliest possible interest in agriculture, being owner with his brothers of a 200-acre farm near Birmingham. The Messrs. Hupp make a specialty of dairying and the raising of Berkshire hogs and of Guernsey cattle and for many years have been exhibitors all over the United States at State Fairs, having won a room full of trophies within ten years for both cattle and hogs. The Messrs. Hupp have ranked as state champions in the exhibition of cattle for years and have gained championship honors at all State Fairs throughout the middle west. The interest of Mr. George C. Hupp is therefore quite natural and that interest will lead him into the channels of education when the boys come to the school and will prove very beneficial to the youngsters in an educational way. The car which is offered to the boy who wins in the essay contest ranks well known the world over and so much in demand that fully 15,000 will be made next year. Mr. Hupp wants to be general in every way and even though the boy does not win the second year he will still have to his credit the $350 and may purchase the car then or allow the credit to stand still another year and try again. The victory one year will not allow the boy to transfer his equity in the car however to anyone else.

And in addition to the above prizes President Thos. E. Newton of the State Fair has offered $50 in gold and C. A. Tyler, superintendent of Live Stock, whose address is Coldwater, Mich., has offered two pure bred Hampshire lambs. Other prizes will be added from time to time so that the fortunate boys who win out in the competitive examinations to be held in each county will be able to carry home with them if successful at the State Fair, enough live stock and gold to set them up in business and to enable them to grow into successful farmers and owners of live stock while still young men.

Secretary and Manager J. E. Hannon, whose idea of a Boys' State Fair School, caused the promoters of other state fairs to sit up and take notice, has been more than gratified by the reception accorded his splendidly conceived plan, having received words of encouragement from the school superintendents and school commissioners throughout the entire state of Michigan.

The committee in charge of the school, consisting of N. P. Hull, master of the State Grange, Thomas Sattler, commissioner of schools, Frank Coward of Bronson and George Slocum of the Gleaners, have also received word from farmers all through the state commending the Boys' State Fair School and promising donations of seeds and live stock and other articles as prizes, while manufacturers of agricultural implements have promised to do their part in aiding along the good cause. So the boys have much to work for in taking their examinations, which will be based upon the Eighth Grade questions as issued by the school commissioners of the state of Michigan and also upon their fitness to attend the school, the examinations to represent fifty per cent and the fitness of the candidate the other fifty per cent. This committee will be composed of the Commissioner of Schools, the Master of the State Grange, the President of the Farmer's Institute and a representative of the Gleaners, in each county who will call to them the three leading boys in the examinations and then select by the examinations the fortunate lad and an alternate who will make the trip should the winner not be able to do so. Upon the arrival of the school boys in Detroit they will be met and taken care of from the arrival being taken to a camp at the fair grounds which will be in charge of capable men who will require five hours work daily from each boy in keeping the camp in order. They will be in charge of a committee composed of N. P. Hull of Dimondale, Master of the State Grange, Thomas Sattler of Jackson, Commissioner of Schools, and Frank Coward of Bronson, Treasurer of the State Grange, and will be conducted through the fair daily by the Assistant Secretaries of the Y. M. C. A., who will show to them the best method of stock raising, dairying, farming and who will also place them in charge of the judges of live stock who will seek their assistance in awarding the prizes in that department and who will also explain the good points of the many animals shown for prizes.

The boys will be required to appear at the fair provided with sufficient clothing for necessary changes and with toilet articles and should any boy transgress the rules and be adjudged guilty he will be sent home at once—but this is not expected to happen, however.

Originals of Dickens.

Look long and deep enough into personality, and if you have in your temperament something of the whimsicality of Charles Dickens, you will discover in every man and woman that you meet a fragment of that humor or that pathos, that ridiculousness or that pathetic, that absurdity or that genial benevolence, which make up the immense and beautiful mosaic of the Dickens temple. I confess that I have found it many times difficult to preserve a grave aspect in the society of the great and learned, that often I have longed to cry out to these mighty ones, "Rogue!" "Humbug!" "Stuff and nonsense!" While again and again, in listening to the tales of the poor and humble, I have maintained a natural behavior only between the two balancing inclinations of laughter and tears. Statesmen, savants, ecclesiastics, men of letters, millionaires, clerks, shopmen, mechanics, and laborers—among all of them I have met the originals of Dickens.—Harold Begbie, in Century Magazine

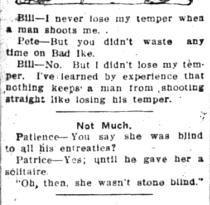
Worked Hard for Success.

Dr. Luther H. Gulick, director of the department of hygiene of the Sage foundation, came up from the ranks. At Oberlin college he cut lawns, cared for house furnaces and worked as a book agent. In preparing for college at the high school at Hanover, N. H., he paid his living expenses by sawing wood and waiting on table at a summer hotel. He studied at the medical college of the University of New York, taught physical training, had a milk route, and got up before daybreak to milk the cows, after which he made delivery to his customers. Dr. Gulick was born in Honolulu, spent his childhood in Japan, and learned the Japanese language thoroughly. In his younger life he intended to follow his father's footsteps and become a medical missionary.

Cruel Monarch.

At the annual prize-giving at Woodford House School, Croydon, England, Mr. Ian Malcolm, M. P., addressed the girls, and Mrs. Malcolm gave away the prizes. Mr. Malcolm told the girls that they must be thorough in all that they did, work with understanding, and not mind asking questions, or they would end by being superficial. To illustrate this, he told the story of a little girl who informed her mother she had been learning about King John. Her mother inquired what she had learned, and was told that he was a very cruel man, who rode all over the country in motor cars and ran over people! Her mother was amazed, and inquired what she meant, to which the girl replied: "Well, mother, Miss Jones did say he ground the people down with heavy taxes."

NOTHING LIKE PATIENCE.



Bill—I never lose my temper when a man shoots me.

Pete—But you didn't waste any time on Bad Ike.

Bill—No. But I didn't lose my temper. I've learned by experience that nothing keeps a man from shooting straight like losing his temper.

Not Much.

Patience—You say she was blind to all his entreaties?

Patrice—Yes; until he gave her a solitaire.

"Oh, then, she wasn't stone blind."

Advice.

First Deaf Mute—What would you do in a case like that?

Second Deaf Mute—I'd treat her with silent contempt; I wouldn't move a finger when I met her.

To Be Expected.

"Why doesn't that woman make Lose children of hers who act like Comanche Indians behave themselves?"

"Because she hasn't got time."

"Hasn't got time?"

"No; it takes all her time to write articles in the paper telling other women how to raise children."

Venerable Fireless Cooker.

Among the countless inventions on which the modern world is accustomed to pride itself, the fireless cooker has had a modest but hitherto unquestioned place. If, however, there are new things under the sun, the fireless cooker is not one of them, for the device turns out to be at least as old as the Christian era, and probably much older. Friedlander, in his "Roman Life and Manners," says that every Jewish household had a basket filled with hay, in which food prepared on Friday was kept warm until the Sabbath—Saturday. It is an interesting question whether the modern fireless cooker is an independent modern development of the same principle, or the direct descendant of the Jewish hay-baskets of the first century.—Youth's Companion.

CLOSING IN ON FLEEING REBELS

MADERO'S FORCES PUSH REBELS NORTHWARD; MANY BODIES STREW THE HILLS.

GEN. OROZCO CONCENTRATING FOR LAST STAND.

Only Orozco's Generalship Saved Rebels From Complete Disaster in Recent Fighting.

Only Gen. Orozco's generalship has saved the rebels from complete disaster in the battle of Conejos, the most severe engagement in the second rebellion, but they have suffered a crushing defeat. Nine hundred have been killed and wounded in the fighting, which started Sunday at daybreak with the insurgents in full base of operations, and with Gen. Huerta, commander of the federal army in pursuit.

The insurgent army, divided in three columns, numbering over 4,000 men, and every inch of lost ground was contested stubbornly. Bridges were burned by the retreating rear guard to delay the advance of Gen. Huerta's troops.

The federals, under Gen. Tellez, and the remnants of Gen. Aubert's shattered command slept on their arms and were in motion before dawn, pushing steadily northward. They had been ordered to hang to the rebel flanks under Gens. Gampa and Campos, which had deployed southwest and northwest of the central column to prevent a surrounding movement by the federals.

The federal army numbered several hundred less than 5,000 men when the operations were begun and they had the advantage in armament as well as having captured practically all the artillery of the rebel batteries.

Propose Military Reserves.

Major General Leonard Wood, chief of staff, gave his approval to a bill introduced by Rep. Tillson, of Connecticut, member of the house committee on military affairs, which provides for the esfablishment of a military reserve in the United States.

Rep. Tillson's bill embodies ideas and changes for which General Wood and other officers of the army have been asking for more than a year.

Rep. Tillson proposes to form a reserve force out of the men honorably discharged from the army, navy, marine corps, or militia. The enlistment period in the army he proposes to make six years, the last three of which are to be spent on furlough. The president is given authority to call out all reserves when war demands.

Six-Year Term Is Much Favored.

A poll of the house and senate on the Works joint resolution to limit the presidential term to six years, with no second term, gives:

SENATE

Favoring constitutional amendment	57
Opposing	3
In doubt, but probably favorable	4
In doubt, but probably unfavorable	2
Absent	10

HOUSE

For	209
Against	15
In doubt or non-committal	24
Absent	15

Taft favors the proposal and will aid it.

Popular Election Bill Wins.

The house adopted, 237 to 29, a joint resolution providing for an amendment to the constitution to permit the election of United States senators by direct vote of the people.

It already had passed the senate and now goes to the states.

All that remains to be done is the formal issuance of a proclamation to the states to signify their wishes on the proposed change.

Grant's Tomb Collapsing.

Reports that the foundations of Grant's tomb, on Riverside Drive, New York, have been undermined by water and that the magnificent mausoleum is in danger of collapse, are to be thoroughly investigated by an official commission, consisting of the chief engineer of the New York park department, Edward Miller and John H. Duncan, architect of the tomb.

Against Parole of Frank Ashley.

Leaders of Detroit, thinking men, are apparently of one mind on the proposal to parole Frank Ashley, sentenced to prison for life for the murder of James Magee, in Detroit, 16 years ago. All those interviewed denounced the plan as a crime against society.

Mrs. Frances Dewey Convicted.

It took the jury just one hour in Ann Arbor to bring in a verdict of murder in the first degree in the trial of Mary Frances Dewey, known as Wildsmith, charged with the murder last February of her 11-months-old adopted child.

According to reports received by the United States Public Health and Marine Hospital Service, Rome is practically free from smallpox.

Dissatisfied at a statement coming from certain ministers in Grand Haven that there is vice in the county jail, Sheriff Hurley has placed the matter in the hands of an attorney, who has advised that suit be brought if it can be shown who is back of the information.

Although she has just received a check for $1,830,000 bequeathed to her by the late John S. Kennedy, the New York banker, Miss Charlotte S. Baker has no intention of giving up her position as teacher in a school for girls on East Fifty-Fifth street, New York. She intends to go on with her work exactly as in the past.

The St. Louis, Mo., annual appropriation bill, as reported to the ways and means committee of the municipal assembly provides $5,000 for a municipal campaign against musquitoes.

The will of Major Archibald W. Butt, victim of the Titanic, filed Tuesday, disclosed the fact that the one great wish of the president's aide is impossible of realization. It was that he should be buried in Arlington National cemetery and that the family name might be perpetuated over his grave. In his will the young army officer had set aside $500 for this purpose.

FOUGHT 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 drove 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 nothing 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.

A Kind-Hearted Man.

"Mr. Womhat?"

"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."

Cure for Insomnia.

"Dibbie says he can't sleep."

"He ought to read the war news from Mexico."

MERGES TWO IN ONE.

Teacher—What is a "merger," Johnny?

Johnny—A minister.

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.

"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."

New York Journalists.

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

"Well?"

"Can 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."

Competition.

"Royalty has its difficulties," remarked the lord high keeper of the buttonhook.

"Yes," replied the uneasy monarch "It has gotten so that a court function finds it hard to compete with the scenery and costumes of a big musical show."

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

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

"That horrible weather"—how pleasant it really is when you are well! Garfield Tea helps always.

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

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.

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.

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.

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.

FROM THE EDITOR.

He Forgot That He Had a Stomach

Talking of food, there is probably no professional man subject 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 claims as to their merits that any further exposition is 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.

"There's a Reason" for

Grape-Nuts

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