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Munyon's Cold Remedy cures a cold in e day. Price 25c. Munyon's Rheuma-m Remedy relieves in a few hours and res in a few days. Price 25c.

FASHION HINTS



Long lines and extreme simplicity wallet to get a memorandum and in



CHAPTER VIII. The warrant was served on the Har- the strange leases of 94 Briarsweet ouris that morning at six o'clock. place, was not to be found. The milkman, who claimed he had been paid for Out of consideration for Mrs. Harourt, whom her husband claimed was a month's wares in advance, continued elicate, and who really looked as to leave a daily allowance of milk and ragile as a piece of porcelain, the cream on the back stoop, and the accu Harcouris were not removed to the jail mulation of bottles on the Flanders out a cordon of sleuths was appointed doorstep was waxing large. Cables to patrol their apartments. The hotel from London brought word that Hackmanagement was sorely wroth, and leye was a younger son of the late Sir tried to insist upon the departure of Walter Hackleye; that for four years the Harcourts, but Harcourt came past he had been conducting tropical down handsomely with an enormous explorations, and that he was possessamount of cash, and the mollified man- ed of an immense private fortune. The agement became less censorious. Earimmediate family, an aged mother and ly that afternoon, Mrs. Harcourt fell widowed sister, and two brothers, both unmarried, lived in England for years. very ill with a seemingly malignant fever-an outgrowth of their long resi- and had heard nothing of Hamley that dence in India," so her husband said. bore upon his life with any degree o definiteness. He was a bookish sort of There was a brief preliminary hearing at 2:30 in the Harcourt apartments. fellow; imaginative and fond of origi-"My name is Harold Harcourt, and nal research, quiet, and of no bad hab-I live in the Hill district, in India," at- its so far as they knew, agreed all retested the witness, when called, I ports. No photographs of him since am 35 years of age and have been mar- he was a plump little codger of six

She is 24, and we have been traveling so ran the message, was being made in for her health during the past two London, and would be forwarded imyears, following the accidental drownmediately upon completion ing of our baby son. My wife's mind Johnny Johnson felt that he had has never been perfectly clear since drawn a blank in his slouthing expedithe harrowing moment when she pulled tion through the house at 94 Briarour dead son out of the clutches of a sweet Place, where the death chamber treacherous pool, not fifty feet from visitor had vanished. The rooms smellher bedroom window. At the advice of ed musty and the house bore the stamp physicians, we have gone from country of the unoccupied save for several to country, seeking novelty and change, suits of clothes, wearing the imprint hoping to restore her to her normal of a Picadilly tailor, hanging in the state. My occupation? Why, I have closet of one of the bedrooms. These none. I receive a large income from must have fitted a man of medium inherited properties, so does my wife, height and build. There were no personal memoranda around, and "to all and fointly we own several rich diamond mines. We never saw the young intents the house was the same as when Attorney Flanders had let it, woman, Mizz Lancey, I believe her

never did until last evening. Why we Johnny had found on the threshold was a woeful aggravation. should be held like this is incompre-"If the owner had only lost one of hensible to me. On this card you will find the names of a number of London. them," soliloquized Johnny, "I might and Calcutta firms, who will give you have traced him by matching the pair. any references of me you may desire. As it is now, there's no chance at all!' "The night of the murder of Cerisse Mr. Franz, who was a plump little Wayne we were in Milwaukee as our German, a shade too well-tailored, a hotel bills and receipts will show. The whilt too urbane, had fetched with him following afternoon late we arrived and a picture of Cerisse Wayne that tallied went to the Directory Hotel. That exactly with the portrait that had evening I was trying to explain to my blown from Harcourt's window. That wife some changes I was contemplat- the same negative had permitted both ing in my Indian estate and was prints was manifest. sketching the plans with the idea of Then they led him into the presence keeping her amused, as she had been

of Mrs. Harcourt. She was sitting in particularly fretful and nervous all the shadow of the window wrapped in lay. The room was close, and insufa wadded gowa o' . apr : ++1 The erable with the smell of steam pipes. was very listless and had not proken a so we had raised the window wide and flung high the shade. I drew out my this had been her wont at intervals death of the baby

the box, uddressed to Mrs. Wayne and signed, 'Your Fond Father.' Here is a opy of It.'

> "My Dear Daughter-It is with reat despair that I urge upon you gain, the necessity for finding your other Francis, and securing from in the route to the Tiougaley Mines. e is the only living soul who has this anowledge. His refusal to divulge the nformation to me is but another proof of his unnatural and unfilial atitude. I must insist that you find rancis and make him tell you the loation of the lost fields. Cease seeking our will o' the wisp ideal-your foolin love. Find Francis instead and aving found him return home to linckleye as soon as possible. He is crowing uncontrollably jealous of you, and not only threatening your life, but mine, and that of the children, too. They are both well, but Paula has had much trouble with her throat since the rains began. I'm afraid she will never be well in this climate. Do not misunderstand me. Hackleye is where you cannot trifle with him any longer. and the demands on our moneys have

een so great that unless we get hold f the new fields, we will be povertyuricken at the end of the year. I wish ou would quit your gaming. I do not can less wealthy, mind you, but pracleally poor. Reflect what this means. ferisse, seek out Francis, find him if ossible, and by all means make him iraw you a chart or map of those fanous and almost forgotten fields. Take care of yourself, my daughter. With uch love,

"Your Fond Old Father." "That straightens it all out for us icely now," chattered Hank Smith's olce on the air. "Hamley Hackleye Cerisse Wayne's husband, and Wayne must have been her malden name. Evidently she didn't love Hackleye, and she ran away to love someried to my wife for the past six years, were to be had. A copy of one of these body else and to find her brother Franis, and to learn about those diamond mines. Now if the whole bunch of them ived in Africa. I'd believe that the Man-Aperilla is a trained ape, a sort of oody servant that followed along after the husband. He traced her here to the Desterle house, leased the Flanders nome, and then called on her surreptilously. I don't believe Hubby ever went to murder his little wife, but they ot into a family row because Wiffe lidn't want to go home with Hubby, and in the fracas that followed wifie the worst of it, and, by the way"ere Hank's voice sank to a whisperwonder if she really was dead or only drugged? And have any of you noticed the similarity between the nearly a week previous. The garter names 'Hamley Hackley' and 'Harold Harcourt?" "You reason like a woman, Hank,"

growled Larry Morris. "You're contradictory from the start." "Perhaps."

(To be continued.)

STUDIES AMERICAN WAYS.

Syrian Girl Learns to Wear Corsets and Hat After Severe Trial.

Betrothed seven years ago in her Syrian home to William Bofysil, now of this city, 18-year-old Mary Abraham has arrived here from over seas tc marry him, the Owosso (Mich.) corre spondent of the Detroit News says. But marriage is a serious business in word for hours. Harcourt declared that Syria. "Whom God hath joined to gether let no man put asunder," is in-



WASHINGTON'S BIRTHDAY.



All honor to that day which long ago Gave birth to him who Freedom's

order, but preserving the essence of The fire and strength of patriots that order in his conservatism and gracious dignity. Lincoln was the perfect aroused; Who knew no master, save that One

fruit of a half-century of national indivine Whose strength was his, who knew

no fear, save one-The fear of doing wrong! All hall the day That gave to Freedom's cause George

Washington.

DBY.

an apprentice.

Washington!

Years come and go, and generations them we can understand; we hear Into the dust. The world its heroes

gives.

A Business Proposition

If you have Dyspepsia, Indigestion or Constipation you can get relief and cure by using

FIX TABLETS

They will prevent that distressed and uncom fortable feeling after eating, bad breath and belching. FIX TABLETS make cating a pleasure instead of a terror. To prove our claims let us send you a FREE sample and a valuable booklet on Stomach and Bowel Troubles. Address

Johnson Chemical Co. 2438 N. Clark St. CHICAGO, ILL.

\$21,000 estab. harness business for sale or trade for clear land. N. W. Harness & Saddlery Co., 314 Pearl, Sloux City, Ia.

IT afflicted with THOMPSON'S EVE WATER

A Matter of Diction.

In all its phases of development, language has its niceties, and the fine shadings in the meaning of words current in different communities, between which at first glance there might seem to be little choice, are sometimes well worth consideration.

No one gifted with even a modicum of sympathetic imagination could fail to be touched by this plaint from a hardworking, motherly woman, born and bred on a farm in one part of Missouri, and now summoned by destiny to prepare the meals of a household of miners in another section of the same state.

"Here I stand the whole day through," she said, sadly, "boiling and sweating over the hot stove, trying to fix up something tasty to fill up the stomachs of a lot o' men-folks, and then they up and call my good grub chuck!"

PILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of ltching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money relunded. 50c.

The Falling Branca.

In the grounds of Dalhousle castle Scotland, is said to be a famous example of the sympathy of the vegetable world with human death. It was anciently believed in the neighborhood that a branch always fell from this oak when a member of the family died. Apparently the fall of the original tree early in the eighteenth century did not break the sympathy, for a new one sprang from the old root, and it is upon record that as lately as 1874 an the product of transplanted English old forester, seeing a branch fall from this on a still day, cried, "The laird's deed noo!" News of the eleventh Earl of Dalhousie's death soon followed.

WHEN YOUR JOINTS ARE STIFF gia: when you allp, strain or bruise yourself use Perry Davis' Painkiller. The home remedy 70 years dependence, realizing a democracy that

Bothwell and Queen Mary. Dunrobin castle, in Scotland, was

the scene of a discovery a few years ago of a document relating to Mary Queen of Scots, which, had it seen the light when poor Mary Stuart was about to commit the crowning act of their volces; we see their faces; we folly in marrying Bothwell, would love their living presence. And so have changed the whole aftercourse of her life. The document was the original dispensation granted by the vatican to Lady Jane Gorden to enable her to marry her cousin, the earl of Bothwell. When the latter wanted to espouse his sovereign he declared his union with Lady Jane Gordon null and vold on the ground of their relationship and obtained a divorce. The assumption is that Lady Bothwell was only too glad to get rid of the aristocratic blackguard she called husband, for she must have had the dispensation, the production of which would have made her marriage valid and prevented Mary's taking place. That she had it is proved by its being found in the charter room at Dunrobin, where it had lain for three centuries, and whither she doubtless brought it on her second marriage in 1573 to Alexander, earl of Sutherland, ancestor of the dukes of Sutherland.



make this charming gown of chiffon vel-A heavy silk mesh insertion four inches wide, is the only trimming used.

It Saves Them.

The American has the saving grace of humer. Seldom in the real pinch and saw them light on an opposite fire does it fail to come to the uppermost and he gets a good laugh out of what men born under other skies would construe as nothing else than a fight.

The "head gent" of a t. t. t. show playing at Holton recently handed out a warm one to the audience. There affair." was so much going on in Holton that night that the theatrical business suffered, but the aforesaid "gent" seem- stepping forward. "If you please, I'd ed to think that the people did not appreciate the high-class histrionic art dence." served up by the company. He frankly stated in a curtain speech that in his opinion the plays presented were too refined for Holton. "But," he added, "we will try to get down to your level by presenting 'The Whole Dam Family,' which does not contain a senwible line. I think this play will appeal to you."

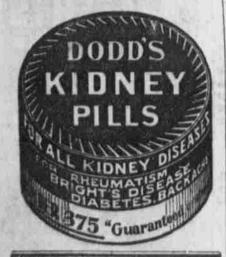
"The audience," says Frank Jarrell, in telling the matter, "instead of getting mad and lynching the actor, saw the funny side of the case and laughed long and loud at him. He didn't say any more."-Kansas City Journal.

Her Only Course.

Lady Anne Lindsay, the author of the old poem, "Auld Robin Gray," was not only a delightful conversationalist, but she was a great story teller.

This gift made her not only a wel member of the home circle, for it is related in "A Group of Scottish Women" that at a dinner party which she was giving to some friends an old man servant caused some amusement by saying in a perfectly audible under-

"My Indy, you must tell another story. The second course won't be ready for five minutes."



Waistcoats for Dogs Fancy cold weather waistcoats for pet dogs, made by experienced tailors. is the announcement that meets the eye in a London west-and shop. These waistcoats are made in all the latest colors and of the finest materials They are braided and beautifully finished, and must take hours to manufacture. Charms in the shape of mir vors, tiny brushes with the dog's monogram on the back, and silver beads are other novelties advertised for dog WOLR.

doing so pulled out by accident a little photograph of my wife that I always carry with me, and some important passports. The wind sent the curtain flying and whisked these papers out ne you were dead!" of my hand. I hurried to the window

escape and tried to recover them. As the hotel clerk has probably told you the papers were not recovered." back. "Now, I trust, gentlemen, that my

wife and I will be allowed to proceed without any further reference or entanglement in this most undesirable

"Wasn't there a letter dropped out of your wallet?" asked Larry Morris, she looked sharply, composedly at like to submit two exhibits in evi-He produced the picture and the letter that had been fished from the fire escape and proceeded to relate how they had been acquired. Harcourt's face flushed with pleas "Oh, can't you save me from them: ure at sight of the photograph. When the letter was handed to him he paled.

whether with fright or with anger, was indistinguishable. "This is an insult," he hissed "What's your wife's name, Mr. Har-

court?" asked the court. "My wife? Her name? Mrs. Harcourt, of course." "Her first name?" "Narcisse."

"Did you ever see this letter be fore?'

The hotel register was brought into the room, and as expert testimony went to the effect that the signature on the register tallied with the conforma tion of the writing not only on the let ter that had been picked up in the court-room, but with those found in come guest abroad, but a valuable the Wayne death chamber, Mr. Harcourt was requested to make copies of the documents and hand them to the court. He did this with great trepldation, but the results were very unlike the originals.

> A movement was begun to prove that Mr. Harcourt had painfully disguised his writing and the matter was thrown to the experts again.

The man's garter Johnny Johnso had picked up in the closet of Mrs. Wayne's room, and a second one, only too plainly its mate, in the same gold emerald and amethyst design, marked with the initial "II," that he had found inside the threshold of the Flanders house at 94 Briarsweet place, were shown to Harcourt. He disowned these emphatically and declared he had never seen either of them before.

Larry Morris, sworn next, told of the the reasons for Betty's visiting the Harcourt apartments-displaying sev eral photographs and sketches that had been made of the late Mrs. Wayne. remarking on the great similarity between the appearances of the two women, and begging the court to see for itself.

With Harcourt indignantly fuming a comparison between the living wom an and the photograph was made. Mrs Harcourt was in a comatose state and as she lay prostrate on the wide bed. death pale and with her hair half unbound, the inquest of the preceding day the dead seemed one.

Harcourt was bound over till the fall term of court. No count was found against his wife.

CHAPTER IX.

When, two days later, Mr. Henry D. Franz, of Franz, Doubleday & Co., Bankers, San Francisco, California, arrived, the Wayne murder mystery and fers of various property interests in the unaccountable disappearance. of Central Africa, particularly in the re-Betty Lansey were still in a chaotic gions mapped as unexplored. Several and unsolveable state. Likewise the of these make mention, indefinitely, of Man-Aperilla. His going was like his diamond mines of great value, apparcoming-unseen by man, unknown and ently. One typewritten letter was in

They sent Franz into the room a ut. tle ahead of his escort. "Mrs. Wayne," ejaculated the banker, letting fall his little black valise. "Why, they told

He advanced a few steps, and reached forth his hand, but the moment he glimpsed Mrs. Harcourt's eyes he dropped his outstretched arm and stepped "It-is-it-is-not-the-Same."

murmured, studying closely the face and figure before him. Mrs. Harcourt dropped her eyes in a terrified fashon and raised them again to find the soft, calm gaze of Philip Hartley fixed steadily upon her. For a full moment

Hartley, then from him to her husband, and then again to Franz. Springing from her chair, with the terror of a child, she flung aside her wrappings, and throwing herself upon Hartley, clung to him, screaming:

save me, take me away; they kill me with those awful drugs!' Franz paled and turned his horrified gaze out of the window.

"The delirium again!" cried Har. ourt. "Poor girl, poor girl." Harcourt strove to take his wife way, but she would not loose her grasp upon the arm of the reporter, and there was no gainsaying the clasp of those cold and tautly interlocked

Hartley, the tender, coaxed the and despite Harcourt's expostulations sent for a doctor. Harcourt swore they yould kill her and declared himself a etter man of medicine than half the roke into frightful screams, and kept thing on my head!" er eyes constantly averted from her husband's gaze. The sight of Franz appeared to have broken some chain, ave forged some link in her mind that bore directly upon this mysteryinfolding mystery.

While they anticipated the doctor the examination of Henry Franz went It was disappointing in its in in-

definiteness of result. But the body of Cerisse Wayne had een taken from the vault where it lay cending identification by Mr. Franz, so from Mrs. Harcourt's rooms they ed him to the body. Then the coffin lid was loosened and the shrouded figure of the dead woman was revealed. to him. She was more the image of Mrs. Har ourt than Mrs. Harcourt herself. For

Mrs. Harcourt, when they left her, was unk in a deadly coma, and the livor d death seemed reflected on her counenance. Cerisse Wayne lay there, alm, quiet and all at ease, like sleeping marble. Wonderful, wonderful! The like

iess," commented Mr. Franz. He scrutinized the face and hands of the orpse closely and said slowly:

"I am positive that this is the wom an that our firm knew as Ceriana Wayne. Who the woman at the in- in night of the bird which was to grace so closely resembles ser. I cannot say. All I know of Mrs. Wayne is that her rose like a mirage! The quick and deposits with us have been coming, as I wrote you, for some time. When we had notice of her death we delay

> ed opening her safety deposit box till we had a court order. Within we found the most gorgeous collections of jewels imaginable-here are photographs of them-necklaces, stomachers, all of them trinkets for the adorning of

woman. Also copies concerning trans-

terpreted literally there. So William and Mary are sensibly preparing themselves for matrimony so that no mis take shall be made and their lives ruined.

It is really a trial betrothal. William is fond of America; he will never go back to the "old country" to live; so it is necessary that his wife be come acquainted with American ways. and also be given time to decide whether she will be satisfied here. With forethought Bofysll has arranged that the girl be given a practical course in domestic science. His plan is proving successful, and the wedding will undoubtedly take place within a

few weeks. Mary arrived about three weeks ago. She was still clad in the picturesque garments of the fatherland. She wore bright-colored bodice and skirt, and wooden sandals. Her crinkly, abundant black hair was bare. She had

never worn a hat. Bofysil has relatives here in the dry goods business, and the wife of one of these relatives undertook the task of getting the newcomer into American clothing. Mary had never seen a corset, much less worn one, and she screamed with pain and fright when the lady and a girl clerk began lacing

up the stays: "O-oh! It is hurting my trightened woman into the bedroom, heart!" in a few days she became reconciled to it, as she has to a be coming hat which was purchased for her. At first she said with a wilful ractitioners in the town. Every time pout: "I have never worn a hat, and approached his wife, however, she I won't wear one now! I hate any

> Miss Abraham is studying the American way of keeping house in the home of an American family in this city. She speaks no English, and they do not, of course, understand her language, but by means of signs and a few phrases which each has added to the common vocabulary, they get along famously. The girl calls the man of

the house "papa," as she has heard his daughter do, and calls his wife 'mamma." The groom-elect comes each evening and is delighted at the progress which she proudly recounts

The colloquial name for the aristocracy in Mary's home town-which is Andara, Lebanon-is "Turkey." So her state of mind can be dimly imagined when Mr. Bofys'l chanced to remark the other day that they would have "turkey" for Christmas dinner. Earnest and repeated explanation, in which everybody in the house took part, was necessary before Mary grasp ed the fact that Americans are not addicted to cannibalism. In fact, only

rectory Hotel may be, the workness many i was beard on the feast day could allay the last lingering suspicion.

Kissing Privileges Barred.

George Shute of New Jersey, has just been bound over under a heavy penalty for klasing his wife against her will. Justice Ware warned the man not to kiss his wife again without first obtaining her consent.

National Differences.

"Chluamen are very different from us in one thing, ain't they, pop?" "In a great many, but what's your one?" "Why, if a Chinaman don't get a yellow-jacket on him, he's stung."

patriotism cannot grow cold. The They step upon the stage, then pass heart of American history is in these away And are no more, but Freedom ever vivid personalities, and its spirit looks lives.

out And while it lives, and while its ban- From behind this bending, rough-cut ner bright mask,

nation scrambling to its feet after the

struggle for independence, uncertain,

untried, became instantly personlified

in the grave wisdom of Washington.

The spirit of union, so sorely crippled

by the Civil War, and long suspected

by many Americans to be but the spirit

of tyranny in disguise, took before all

men's eyes the thape of Lincoln, so

that Whitman theught of unionism as

"a new virtue, unknown to other

lands," to be added to Lincoln's hon-

esty, goodness, shrewdness, conscience,

That the nation bred, each for his

time, the man who led and typified his

fellow men justifies democracy in Its

hope for the future. Washington was

civilization, adopting when the time

came ideals hostile to the traditional

was not in Washington's blood, but

which he believed in and hoped for.

The new nation had made a new man.

We can easily forget or fail to learn

the principles of events long past. But

the men who were the nation's soul.

Is upward flung into the golden sun, These lights and shades, this drama of Within the heart of every freeman's the whole. child

Youth's Companion. Will live that honored name, George FACTS ABOUT WASHINGTON.

Then honor to the day that gave him As commander in chief of the army he drew \$500 a month.

birth. For it is also Freedom's natal day. Of 69 electoral votes cast for the Let all who worship Freedom's cause first President he got 69.

stand forth He was 57 years old when he en And to his memory their homage ered upon the office of President.

And let each loyal son the work take His army, when he first took charge, was 14,000 men, 9,000 of them from up-

For, know ye, Freedom's work is Massachusetts. never done

He always had his hair powdered at And greater, grander, build the edifice public receptions, and never shook Begun so long ago by Washington. -Arthur J. Burdick. hands with any one at such times.

His father had a farm of 1,000 acres, When George Became a Mason. so that chopped cherry tree wasn't One of the interesting evidences that such a heavy loss after all.

George Washington is not a myth is He was very successful as a raiser the record of his becoming a Mason. of wheat and tobacco, and in addition Fredericksburg lodge, No. 4, has been carried on brickyards and fisherles inin existence since 1752, and in the terests.

vaults are the original documents At his inauguration he wore a full showing that George was initiated as suit of fine cloth made by his own a Mason on the 4th of November, 1752; servants, and the dresses of his wife he passed to the Fellow Craft degree were also woven on the plantation. March 3, 1753, and was raised to Mas-He was just 21 years old when Gov.

ter Mason Aug. 4, 1753. The entry on Dinwiddle sent him on a perilous jourthe journal reads as follows: ney to Ohio to find out the strength of 4th August, 5753, which day, the the French, which he accomplished lodge being present, transactions of handily. the evening are: George Washington,

The Indians said he hore a charmed raised Mason, Thomas James entered life after he got four bullets through his coat and had two horses shot under Another interesting bit of corroborahim in a movement led by Gen. Brad-

tion as to the existence of such a perdock against Fort Duquesne. son as George Washington is the will At 13 he was the strength marvel made by his mother. This interesting document is still part of the records to of the neighborhood, being abundantly be seen at the Fredericksburg city able to outwrestle, outrun, outleap, out hall. Few people see any of these pitch quoits and outtoss iron bars any historical treasures, however, as only boy of his age in Virginia, to say nothmen of strong physique are able to ing of his hatchet accomplishments. endure the bed and board of Freder-He wrote Gov. Clinton, at the close icksburg's one hotel. The will, after of the war: "The scene is at last the solemn introduction, refers as folclosed, and I feel myself eased of a

lows to the Father of His Country: load of public care. I hope to spend "Imprimis: I give to my son, Gen. the remainder of my days in cultivat-George Washington, all land in Accoing the affection of good men and in keek run, in the county of Stafford, the practice of the domestic virtues."

and also my negro boy George, to him and his heirs forever. Also my best bed, bedstead and Virginia cloth curtains (the same that stands in my best bedroom), my quilted blue and white quilt, and my best dressing glass."

Washington and Lincoln.

Happy is the nation whose mightiest events are grouped about great personalities, knowable, humanly complete, heart-satisfying. In them is embodied the spirit of the historical movements they commanded. Through them the best ideals of their contemporaries are clear to us. Their biographies are national epics.

Without Washington America, by weight of growing nationality, would have parted sooner or later from the mother country. Fifty years ago the forces that tended to national unity were stronger than those that made ington? Is it true that he never told

for disunion, and in the end unity a lle? must have prevailed, even without Lincoln. But in Washington and Lincoln are concentrated the meaning of a way dat it sounded premackly laik the nation's great triumphs. The young de trufe!

A Fussy Set.

"What's all this talk about boycotting Dick Bannerman?"

"Haven't you heard? He was seen kissing the cook!"

"The cook! Why, good gracious, man, Dick's wife does her own cooking."

"Does she? I didn't know that. But that doesn't let him out." "Why not?"

"In our set it is considered very bad form for gentlemen to kiss their wives."-Cleveland Plain Dealer.

GET POWER.

The Supply Comes from Food. If we get power from food, why not strive to get all the power we can? That is only possible by use of skilfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heartburn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed.

"All my unpleasant symptoms, the heartburn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 pounds, my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days' trial will show anyone some facts about food.

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.



Noncommittal.

Tourist-So you knew George Wash

Uncle Ephraim-Well, if he did, suh, he done and gone and tole it in sich

