

# EPITOME OF EVENTS

PARAGRAPHS THAT PERTAIN TO MANY SUBJECTS.

## ARE SHORT BUT INTERESTING

Brief Mention of What is Transpiring in Various Sections of Our Own and Foreign Countries.

### WAR NEWS.

Hungary has prohibited purchase of meats on Tuesdays or Fridays, according to Budapest advices.

Italian armored cruiser Amalfi has been sunk in the upper Adriatic by an Austrian submarine. Most of the crew were saved.

The Serbian forces have occupied Durazzo, Albania, on the Adriatic, according to the Rome correspondent of the Exchange Telegraph company.

Anglo-French naval circles are greatly alarmed at the report that seven great German submarines have reached the Dardanelles, an Athens dispatch declared.

The earl of Selborne, president of agriculture in the British House of Lords, said that the Germans were putting their whole ship building strength into the construction of submarines.

Special dispatches from the western front say that in the recent battle between Arras and La Bassée the French and British forces suffered fearful losses, one command alone losing 2,400 out of 4,200.

French casualties totaled 1,400,000 until June 1, 1915, according to an appeal issued in London by the French relief society. Of this number, 600,000 were killed, 700,000 wounded and 200,000 captured.

Closing of the Adriatic sea to merchant vessels of all nations, except when bound for Montenegro or Italian ports under convoy furnished by the Italian ministry of war, is announced in a telegram from Rome.

Lombardy, Italy's greatest manufacturing center, has organized a "preparation for munitions" committee, the executive committee of which in collaboration with the military authorities will work to organize Italian industries on a vast scale to cope with the new and unexpected national situation regarding munitions.

An alarming outbreak of cholera has occurred in the prisoners' camp at Debrecen, Hungary, according to the Budapest correspondent. "During a single week," says the correspondent, "there were 17,000 Russians. The whole district has been closed to traffic."

### GENEVA.

C. C. Cox, one of the entrants in the 300-mile sweepstakes races, run at Sioux City, died of injuries received when his car plunged through a fence and turned over.

J. D. Botkin, warden at the Kansas state penitentiary at Leavenworth, was suspended by Governor Capper pending an investigation of charges of inefficiency recently filed against the warden by B. D. Jones, a discharged employee.

Twelve people were killed and more than twenty missing and scores injured, many buried under the ruins of buildings and in the hulls of steamboats that sank, as the result of a tornado that swept Cincinnati. The financial damage is close to \$1,000,000.

William J. Bryan, former secretary of state, declared himself in favor of suffrage, and told an audience of women in San Francisco that he had not espoused their cause sooner because he had been busy with other matters.

The Italians, in their Austrian campaign, are now coming up to the more strongly fortified positions held by the Austrians. Their operations have been hampered by weather conditions in the Tyrol, while along the Isonzo front their numerous attacks, though in some instances yielding them small gains, have been in large measure held in check.

The United States torpedo boat destroyer Conyngham was launched from the Cramps ship yards in Philadelphia. The vessel will be a speed of about twenty-nine and one-half knots an hour.

The Chicago Tribune states that twenty-nine persons were killed, 1,110 injured and \$219,025 fire loss resulted from the three-day celebration of Independence day this year, against twelve dead, 879 injured and \$99,545 fire loss last year.

Frank Holt, who shot J. Pierpont Morgan and exploded a bomb in the national capitol at Washington, died as the result of a fractured skull in the county jail in Mineola, N. Y. It is thought he committed suicide.

Through the arrest of Fred Lavin, United States officials said they had discovered a scheme to ship liquor into prohibition Arizona as baggage. Lavin was arrested for violating interstate commerce laws in not having properly labeled goods in transit.

Seventy-five thoroughly trained bands will play at the same time in the same park in Seattle, when the Imperial council session of the Ancient Arabic Order Nobles of the Mystic Shrine, holds its convocation there.

Convicted of treason, General Barand Wessels, ex-member of the Union defense council, was sentenced to five years' imprisonment and fined \$5,000.

Resumption of work by some of Chicago's strikers began when 4,500 structural iron workers recommenced the labor they dropped when they struck more than six weeks ago.

Vice President Thomas R. Marshall told newspapermen of St. Louis that he has been threatened with death in more than a dozen anonymous letters received during the last six weeks.

New York state's first year of the workman's compensation act, ended July 1, shows nearly \$1,000,000 in cash investments, after paying all losses. More than 7,500 employees are insured, representing semi-annual premiums of \$750,000.

### SPORTING

Charley White of Chicago outpointed Freddie Welsh, world's lightweight champion, in their ten-round bout in the open at Brighton Beach race track, New York.

Otto Walker of Oakland, Cal., won the second 300-mile international motorcycle race at Dodge City, Kan., clipping thirty minutes off the world's record for the distance. Walker's time was 3:55:45.

Three world's automobile speedway records were established at Tacoma, Wash., by Barney Oldfield. He did two miles on the Tacoma speedway in 1:10, one mile in 31:36 and the half mile in 0:16:36.

Frank Gotch, champion wrestler, after two years' retirement, won a match with Henry Ordeman of Minneapolis at Humboldt, Ia. Gotch won in straight falls of twenty-one and eighteen seconds, respectively.

Sarl Caddock, national amateur champion wrestler, defeated Joe Gustout, the "Russian lion," in two falls at Anita, Iowa. The first fall came in eleven minutes. The second fall was gained in eight minutes.

The Dubuque club of the Three-I league has surrendered its franchise to the league and it is said at least two other cities are ready to quit for the season. Bad weather and lack of attendance is given as the cause.

Joseph Stecher, Dodge, Neb., won the heavyweight wrestling championship of the world by defeating in two straight falls, Charles Cutler of Chicago. The first in seventeen minutes and the second in ten minutes. The match took place in Omaha.

Eddie Rickenbacher won the 300-mile automobile race held on Omaha's new board speedway. E. O'Donnell was second, Tom Orr, third, and H. Donaldson fourth. Rickenbacher's time was 3:17:37.20; averaging 91.07 miles an hour. The winner's share of the prize money was \$5,000.

### WASHINGTON.

Among the 149 young lawyers admitted to the bar of the supreme court of the District of Columbia, were L. E. Bratton and Homer A. Whitehorn of Nebraska.

The Kenyon "red light" law modeled after the Iowa statute, by which the segregated district in Washington was abolished, was pronounced constitutional by the supreme court.

The department of agriculture announced the condition of the 1915 wheat crop as 87 per cent normal, with an estimated production of 963,000,000 bushels, based on July estimates.

Independence day was quietly observed in Washington. In the absence of President Wilson and most of the cabinet and with congress not in session, the celebration was devoid of the usual official character.

A comprehensive plan for co-operation of federal, state and municipal labor bureaus for the relief of unemployment throughout the country will be considered at the labor conference called by Secretary Wilson for Aug. 2 at San Francisco.

American naval officers have taken charge of the powerful wireless plant of the Atlantic Communication company at Sayville, L. I., which will be operated by the government until the close of the European war to insure against violations of neutrality.

For the first time an official compilation of automobile registration has been made by the department of agriculture. At the end of 1914 there were 1,666,984 pleasure automobiles in the United States and in addition 44,255 motor trucks, a total of 1,711,239 motor vehicles in use throughout the country.

An inter-departmental committee, named by Secretary of the Interior Lane and Secretary of Labor Wilson, is at work on a plan to relieve unemployment under which the federal government would finance workers desiring to take up farm land.

Franklin K. Lane, secretary of the interior, has made an order which will increase by more than 120,000 acres the area in Oregon designated under the enlarged homestead act. These lands are in the eastern and central parts of Oregon.

After an eight months' fight the United States department of agriculture reports the foot-and-mouth disease has been practically stamped out and the danger of another great destructive animal plague averted.

The Federal Reserve board has decided to take every possible precaution to prevent a recurrence next fall of conditions such as confronted the south last year as a result of the unusually large cotton crop and the shutting off of a large part of the European market.

## Old Mark's Stratagem

By H. M. EGBERT

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"And I wish you joy of him," repeated Mrs. Philip Adams, pursing her lips and looking angrily at Lucy Smith.

It had always irritated the wealthy farmer's wife that her cousin, the wife of ne'er-do-well Frank Smith, should have offered a home to their mutual uncle, Mark Evans.

Mark Evans had owned a prosperous farm of his own a few years before, but when his wife died the old man of eighty was unable to keep it up. At eighty-two his niece, Mrs. Adams, fearing that the depreciating property would leave her only a trivial legacy, persuaded the old man to sell out.

"Pay the money over to me and Phil," she said, "and we'll take care of you for the rest of your days."

The old man did so, but the farm realized less than a thousand dollars. The Adams family was "furious."

"If I'd known the old skunkfin wasn't worth more than that, I'd have seen myself swished before I'd have got stung for a home," said Philip.

"What's he done with all his money? He used to be rich," said his wife.

"But he did last. Old Mark flourished amazingly, and at eighty-four he was as vigorous as many a man of half his age. In vain his niece watched for signs of breakdown."

"We can't go on feeding the useless old cuss for ever," muttered her husband. "If it wasn't for what the neighbors would say, I'd turn him away to the poorhouse. He's stung us fair."

Old Mark heard that. He had resigned himself without complaint to the attic-room, to a separate table where he received the scraps that fell from the family's leavings. He had borne the taunts of the ill-bred Adams children. But it stung him to the quick to be a burden, to be accused of dishonesty.

"My niece Lucy Smith wants me to spend a week with her," he announced the next day. "Guess I'll pay her a visit."

"Guess you'll pay the fare, too," sneered Philip Adams.

However, Lucy had paid the fare, and the old man duly departed. The week's stay had extended to a year, and Old Mark was still there, an honored guest.

"Yes, I wish you joy of him," repeated Mrs. Adams, who had gone to



"But I Don't Play No Favorites," He Said.

pay her cousin a visit. "Eats his head off, don't he?"

"He has a good appetite," admitted Lucy. "We like to see uncle eat."

"Humph! Well, it's more than I do," answered her cousin. "And don't you think we're going to take him back, after the way he's acted to us, because we ain't."

"Frank and I have offered Uncle Mark a home for the rest of his days," answered Lucy quietly.

"That was true, and the old man was welcome. No longer living upon grudging charity, he sat at the table with his relatives. The best bedroom in the house had been offered him. However, Old Mark would not take that, but he was certainly more comfortably accommodated than before."

One thing had always distressed Lucy. Old Mark insisted on going out to work.

It might seem that a man of eighty-four is incapable of active labor. But Old Mark, though he had not been able to keep up his farm, had by no means lost his muscular activity. As labor was scarce in the neighborhood, the farmers, incredulous at first when the old man offered his services, were glad enough to allow him to dig in their gardens at a dollar a day. Besides that the old man did odd chores.

"He must be making a mint of money, Lucy," said her husband jocularly.

"It's all coming to Frank and you," Old Mark would say, when they reproached him. "I got to do something to earn my keep, seeing as Niece Jane has got my farm and I've got nothing to pay you with."

"But it isn't necessary to pay a penny, uncle," Lucy would say, half crying. "People will think we make you work for us."

"I guess not," answered Old Mark. "I tell 'em that I'm doing it against your wishes. But it's all coming to you."

That sounded well enough, but nobody had seen any of Mark's money. The postmistress stated that the old man had bought money orders re-

cently. But to whom was he sending his money? To a bank?

"Pshaw, Lucy, let the old fellow have his way," said Frank. "If it makes him happy, and he feels less under an obligation to us, it doesn't do him any harm."

"But I'm eighty-five next month, and I ain't going to do a stitch of work after I'm eighty-five," said Mark, chuckling.

Indeed, Mark's industry afforded the farmer and his wife less time for meditation than formerly. The season had been poor, the crops had not ripened—it was the wet summer of a few years ago; finally, the price of corn had gone shooting down. The struggle of the "ne'er-do-well" Frank Smith had long excited the derision of his relatives. He seemed an incapable farmer, and they knew nothing of the crushing mortgage and of the difficulty with which each interest day was met.

At last Frank and Lucy had to face the prospect of selling out and moving to the city. "We'll take Old Mark," they said.

Old Mark, learning of his relatives' difficulties, did not appear greatly concerned. "It's life!" he said. "That's all. It happened to me. I guess I can go to the poorhouse."

"You certainly will not go to the poorhouse so long as I can work," said Frank.

At last the farm was advertised for sale. Nobody was surprised, but several people were pleased. The Adams family were very pleased.

"And he thought he could feed an extra useless mouth," sneered Philip.

"It serves that woman right," said his wife, "for trying to reproach us with not looking after Mark. Why don't you buy the farm, Philip? It'll trample them into the dust. And I'd like to know what they'll do with Old Mark then."

"I'm going to bid for it," answered Philip shrewdly. "If it goes for a song, I'll take it."

The day of the sale arrived. Frank and Lucy, very subdued, but bravely meeting the inquisitive gaze of the neighbors, sat by the auctioneer.

"What bids for this property?" snapped the auctioneer. "Fifty acres of first-class farming land—"

"Ho! Ho!" roared a voice from among the audience. It was Philip Adams, who chuckled and nudged his wife. "That's good, ain't it?" he said.

"A house and barn in fair condition, an orchard with fruit trees in bearing, chicken houses and two hundred hens. What bids?"

"Ten dollars!" shouted Adams exuberantly.

"Be sensible, gentlemen," pleaded the auctioneer. "One-third cash and the remainder on mortgage. What ofers?"

"Five hundred dollars," said a bald-headed city clerk, who was trying to get back to the land.

"Six hundred," said Adams.

They ran the price up to twelve hundred dollars, at which the city clerk subsided. Frank watched the scene in humiliation. Lucy, impassive, regarded the sneering face of Philip, as he wrestled with another bidder at fourteen hundred.

"At fourteen hundred," said the auctioneer, nodding to Philip. "Going—going—"

"Fifteen!" snapped Old Mark, standing up as spryly as a young man.

"Eh?" granted the auctioneer. "Where's your money?"

Old Mark advanced to the auctioneer's desk and slapped down an enormous wallet chinking with bills. The auctioneer peered inside. He saw several hundred.

"He can't bid—he's too old!" shouted Philip wrathfully.

"There ain't no age limit," said the auctioneer. "Any higher offer?"

"I tell you he's a faker, and I stand by what I bid, and I take the farm," shouted Philip in a rage.

"At fifteen. Going—gone! It's yours," said the auctioneer to Mark.

"One-third cash and—"

"I'll pay the whole fifteen hundred," answered Old Mark, counting out the money.

It was done. Mark owned the farm, and Lucy and Frank found themselves one on each side of him in the open Round them gathered a curious crowd, including Jane and Philip Adams. The situation was preposterous—incredible.

Hush! Old Mark was speaking.

"You see, my dears, you were kind to an old man," he said. "You thought I hadn't no money, but there was my life insurance, which I took out fifty years ago last Wednesday. Four thousand dollars it were, and cost me something over a hundred a year. I had the premiums put by when I sold the farm, but I got a little short, so I had to work a bit to make up the last year's. But I cashed in Wednesday, and I've still got a tidy sum over. It's my farm now, and you and Lucy are going to work it till I die, and then it goes to you."

He turned toward the stupefied Adamases.

"But I don't play no favorites," he said. "You and Jane is welcome to be my guests whenever you want to—only, of course, seeing as I gave you my other farm, this one'll be Lucy's."

His Jaw a Rib.

Some marvelous surgical operations have been performed in the military hospitals of Europe since the war began, but none so epoch making in the world of surgery as one recently successfully executed at the American Ambulance (military hospital), Paris.

A soldier was brought in with the right half of his lower jaw shot away. Three inches of rib were taken from another man badly wounded in the side, and the piece of rib transplanted to the head of the first soldier in the place of his missing jaw. The operation was entirely successful.

One Monograph Lost to Literature.

"The other day," said Berry M. Aull, Chiggerbite's popular undertaker, "I sat down to write a monograph on the Futility of Everything. It was a great thought—it thrilled me. But mine is a sternly logical mind. The more the truth of my great theme came home to me, the more clear it became that I would have to give up writing the monograph. For writing also is futile."—Kansas City Star.

## Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over.

### A Nebraska Case

Henry Netwig, 840 S. 24th St., Omaha, Neb., says: "My back ached terribly and my kidneys acted irregularly. The kidney secretions scalded in passage. Doan's Kidney Pills helped me as soon as I took them and continued to make a cure that has been permanent."

Get Doan's at Any Store. 50c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

## The Army of Constipation

is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Mild on the system. No griping. Biliousness, Indigestion, Sick Headache, Sallow Skin. SMALL PILL, SMALL DOSE, SMALL PRICE.

Genuine must bear Signature **Alex. Wood**

# Paxtine

A Soluble Antiseptic Powder to be dissolved in water as needed For Douches

In the local treatment of woman's ills, such as leucorrhoea and inflammation, hot douches of Paxtine are very efficacious. No woman who has ever used medicated douches will fail to appreciate the clean and healthy condition Paxtine produces and the prompt relief from soreness and discomfort which follows its use. This is because Paxtine possesses superior cleansing, disinfecting and healing properties.

For ten years the Lydia E. Pinkham Medicine Co. has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been relieved say it is "worth its weight in gold." At druggists. See large box or by mail. Sample free. The Paxton Toilet Co., Boston, Mass.

WATSON E. COLEMAN, Patent Lawyer, Washington, D.C. Advice and books free. Sales reasonable. Highest references. See service.

## PATENTS

Shrapnel in Warfare.

Shrapnel is most effective against prone skirmishers at ranges from 1,000 to 2,000 meters, when burst twenty-eight to twenty-two meters short of the target, and against standing skirmishers at the same ranges when burst fifty-six to forty-five meters short of the target. Black also points out that a single shrapnel from a light field howitzer produces a greater number of hits when the point of burst is favorably situated than one fired from a field gun.

Shrapnel is also playing a most important part in aerial warfare, and of these anti-aircraft shrapnel, all of which embody the same general essentials, there is perhaps none more effective than that known as "Ehrhardt anti-aircraft shrapnel."

Lawyer's Admission.

First Lawyer—How's business? Second Lawyer—Oh, very bad. "No clients in town?" "Not a one." "Where are they?" "Most of them are in jail just now."

The Way of It.

"Are Bell and Barbara blood relations?" "Oh, no. It is purely platonic grouch they have for each other!"—Puck.

Interested.

"Your name, please, miss." "Iona Carr." "Oh, you do? What make?"

## WANTED TO SEE THE RESULT

Little Willie Evidently Had at Some Time Beheld a Slot Machine in O'ration.

There are some very funny things in a big store besides the things the girls say about the floor walker or the fancies the ribbon-counter boys have about the personalities of buyers and heads of departments.

For instance, the other day a small lad with an unmistakable stamp of the country, was trailing his mother along through a big store. He was hanging back, and she was pulling. The boy never had been in a big store, and the place was full of many wenders.

All of a sudden his pulling and lagging became a stubborn and pronounced utter stoppage.

"Come on, Willie," said the mother. "Aw, maw, wait," begged the boy. "No," protested his mother. "What's the matter with you?" "Look!" cried the boy. He was pointing to a young man leaving an employee's time clock, which the young man had just punched.

"Wait, maw," continued Willie. "I want to see what he wins!"

Of Far More Importance.

Pat and a friend were reading an account of a shipwreck, in which they were greatly interested.

"Pat," said his friend, "in case of a shipwreck, presence of mind is worth everything else."

"Presence of mind, ye say," replied Pat earnestly. "Faith, and I don't agree wid ye. In toime of shipwreck, absence of body is of far more importance than presence of mind."—National Monthly.

Time's Changes.

"You know when I was living here some years ago," remarked the man who had just dropped in, "you had a little boy about six years old who you thought the brightest boy in the world."

"Yes, I remember," was the reply; "but he's been through college since then."

For genuine comfort and lasting pleasure use Red Cross Ball Blue on wash day. All good grocers. Adv.

The indications are that Europe, at least, will have an old-fashioned Fourth of July.

## Look For This Name

On Packages of Libby's Olives and Pickles

—It's a quality mark for exceptionally good table dainties. Our Manzanilla and Queen Olives, plain or stuffed, are from the famous olive groves in Spain.

Libby's Sweet, Sour and Dill Pickles are piquant and firm. Your summer meals and picnic baskets are not complete without them.

Insist on Libby's at your grocer's.

Libby, McNeill & Libby Chicago

## The General Says:

You can buy the most durable roofing in the world at a price that is reasonable if you insist on

# Certain-teed

### Roofing

Your local hardware or lumber dealer can supply you with Certain-teed Roofing Guaranteed 10 or 15 years according to thickness. If they don't adopt this substitute, GENERAL ROOFING MFG. CO.

## WANTED WALNUT LOGS

12 inches and up in diameter of small end, 8 feet and up in length. Des Moines Saw Mill Co., Inc., Des Moines, Ia.

### DAISY FLY KILLER

placed anywhere, attracts and kills all flies. Wash, clean, ornamental, convenient, cheap. Lasts all season. Made of natural, non-poisonous material; will not soil or injure anything. Guaranteed effective. All dealers or direct express paid for \$1.00. SAUNDERS BROS., 150 E. 14th Ave., Brooklyn, N. Y.

## CARE FOR YOUR HAIR

By Frequent Shampoos With Cuticura Will Help You. Trial Free.

Precede shampoos by touches of Cuticura Ointment if needed to spots of dandruff, itching and irritation of the scalp. Nothing better for the complexion, hair, hands or skin than these fragrant supercreamy emollients. Also as preparations for the toilet.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

Wearisome Proposition.

"Well, Mirandy," said Mrs. Bosbyshell to her cook, "I hear it rumored that you are going to be married again, this time to Joe."

"No'm, I ain't gwine git mahried again, Miss Lucy," replied Mirandy. "I'm very fond of Joe, but I ain't gwine mahry him."

"What's the trouble?" asked Mrs. Bosbyshell.

"Ain't no trouble, Miss Lucy," said Mirandy, "but yo' see I done been mahried three times already, an' tell yo' de truth I'm gittin' mighty taked payin' out good money to dem undah-takabs."

One Good One.

Patience—What do you think of that new young man boarder? Patrice—Oh, I think he's all right. "Got good eyes, hasn't he?" "Well, he's got one good eye." "One good eye?" "Yes, one seems good; but he was winkin' at me with the other during the entire meal."

A Saving.

"I see you're laying out a tennis court in your yard. I didn't know you played the game."

"I don't, but you see I won't have to mow that part of the lawn after I take the turf off."

If you would have your money reach those who are needy, buy poetry with it.

## RULES OF UP-TO-DATE ZOO

Compiled for the Benefit of Visitors Who Without Proper Guidance Might Get Into Trouble.

All persons are prohibited from playing with the animals. If you are a monkey, don't recognize your friends at the zoo. Fraternizing with the animals is considered a serious offense, no matter if the animal shows more intelligence than the one trying to torment him.

It shall be unlawful to stroke the whiskers of Caesar, the male lion, or to pull the tails of any of the lions at any time. Visitors must not interfere with the food that is given the lions or put their hands into the mouths of the beasts.

Making eyes at the baboons and shaking hands with the monkeys are not permitted at any time. Visitors must not pull the horns of the buffalo or strike the ears of the ostrich. Children are warned not to ride on the backs of the deer.

Violations of these park regulations will be punishable by solitary confinement in the dog pound for six months.—Springfield News.

Force of Habit.

"I'll bet that judge used to be a street car conductor," said the bridegroom as they came out of the office of the justice of the peace.

"What makes you think so?" asked the bride.

"When I handed him his fee for marrying us, he asked me if I wanted a transfer?"

No Change.

"Was she self-possessed when you proposed?"

"Yes; and—er—she still is!"—Answers.

Some men would have no excuse for living if their wives didn't take in boarders.

Easy going men often go the wrong way.

# Holds The Lead

For over seventeen years Grape-Nuts, the pioneer health cereal, has had no equal, either in flavour or nutrition.

Thousands of families use it regularly because

# Grape-Nuts

Has qualities which make it the ideal food—

## Delicious Flavour, Rich Nourishment, Quick Preparation,

and withal, easily digested.

Grape-Nuts and cream, in place of heavy, indigestible food, helps to make one cooler and more comfortable on hot days; and builds body and brain in a way that gives zest and energy.

### "There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.

STRONG WORDS From a Doctor With 40 Years Experience.

"In my 40 years' experience as a teacher and practitioner along hygienic lines," says a Calif. physician, "I have never found a food to compare with Grape-Nuts for the benefit of the general health of all classes of people."

"I have recommended Grape-Nuts for a number of years to patients with the greatest success and every year's experience makes me more enthusiastic regarding its use."

"I make it a rule to always recommend Grape-Nuts when giving my patients instructions as to diet, for I know Grape-Nuts can be digested by anyone."

"As for myself, when engaged in much mental work my diet twice a day consists of Grape-Nuts and rich cream. I find it just the thing to build up and keep the brain in good working order."

In addition, Grape-Nuts always keeps the digestive organs in a perfect, healthy tone." Name given by Postum Co., Battle Creek, Mich.

Strong endorsements like the above from physicians all over the country have stamped Grape-Nuts the most scientific food in the world.