SYNOPSIS.

The story opens during a trip of the "Overland Mail" through the Rocky mountains. "Uncle Billy" Dodge, stage driver, Alfred Vincent, a young man, and Phineas Cadwallader, introduced. They Phineas Cadwallader, introduced. They come across the remains of a massacre. Later at Anthony's station they find the redskins have carried their destructive work there also. Stella Anthony, daughter of Anthony, keeper of station, is introduced. Anthony has been killed. Vincent is assigned his work in unearthing plans of enemies of railroad, being built. Vincent visits town where railroad men are working on the road and receives token of esteem from Stella. The old stage driver decides to work close to town in order that he may be able to keep fatherly watch over the young woman. She is engaged as a tutor for Viola Bernard, daughter of hotel landlady. Vincent visits society circles of enwoman. She is engaged as a tutor for Viola Bernard, daughter of hotel landlady. Vincent visits society circles of enemies of the Central Pacific railroad and learns their secrets. He returns to Stella, each showing signs of love for the other. Phineas Cadwallader, pushing a railroad opposing Central Pacific, reaches mining town. She wites to Alfred Vincent his boast. Plying his attenions Cadwallader insults her and she is rescued by Gideon, her father's servant. In turn he proposes marriage, is rejected, leaves her declaring he will return the sort of a man she will love. Vincent "shows up" San Francisco and Washoe road and is praised by governor and heads of Central Pacific. Being known as agent of C. P. he decides to retire to position of a brakeman for a short time. Stella hears from her lover, Gideon, and of his phenomenal success. Finds letter of importance involving plans of opposition road. "Uncle Billy" returns in terrible suffering from long mountain trip. Plot to destroy company's ship Flora is unearthed and incriminating evidence against Cadwallader on charge of wire tapping is also found, the letters found by Stella being deciphered by Brakeman Alfred Vincent, who arrives on scene. Impending disaster to Central Pacific is averted by protecting the Flora and sending the ship laden with iron for railroad camp. Phineas Cadwallader faces prison on charge of wire tapping and has interview with Gov. Stanford, sponsor for Central Pacific. Phineas signs statement, promising that he will enter the governor's cause and the latter tells him of a perfect chain of evidence connecting him with plot to blow up "Flora." Support of San Francisco and Washoe railroad is underblow up "Flora." Support of San Fran-cisco and Washoe railroad is under-mined by sale of a link to Central Pacific.

CHAPTER XIV .- Continued.

On the morning of the day of days Gideon returned from his long absence. Stella knew nothing of his wanderings save the little told in his infrequent letters; and she was quite unprepared for the Gideon who presented himself before her. The change she saw in him was mysterious, almost uncanny. Something about him, his clothes, his bow, his voice, an atmosphere she could neither define nor understand, made her feel as if a character before unknown had stepped out of a book to meet her. She was glad there was no time for him, that she could plead the pressure of work for the evening.

He had hardly gone when Yic Wah poked his yellow face into grandma'am's room, where in spite of August heat, four women were plying hurrying needles in last preparations for the evening.

"Charley Clocker, he come now plitty soon.

"Cut my shoestrings! Extras, Yic; and hurry!" Sally B. rolled up her work with one hand, smoothed her hair with the other and was out of the room before the cook's reply was finished.

"You callee me Yic Wah! Sabe? All light. Extlas plenty gosh quick. I damn hully," he called after her as he ambled to the kitchen, his words following her flying form to the office

Standing in the open doorway Sally B. began a voluble welcome to her distinguished guest while "he was yet a great way off," her high words carrying like arrows from a taut bowstring.

Not to the public wash basin and all-serving roller towl, but to her fastidiously clean best room, kept for such emergencies, Sally B. conducted Mr. Crocker for "a wash-up 'n hairbrush." Without actual need of the ceremony, he was too tactful to decline it, but used Sally B.'s homewrought conveniences with an appre ciative thoroughness that brought broad smiles to her face as she stood by, serving him, and retailing wellselected railroad gossip the while.

The dinner served to the superintendent, seated apart in a corner of the dining room, testified to Yic Wah's fine understanding of the laconic order, "extras." The flag-draped, firtrimmed walls, and a stage at the end of the room, aroused Mr. Crocker's curiosity; and Sally B.'s description of the show to be held there that night "fur the benefit of Jim Sackett's widder" was so eloquent that Mr. Crocker put in her hand the first five dollars for "a reserved seat." he said.

At six o'clock came a message from Alfred to Stella. "My train is ordered to the Front. You'll have to postpone the programme till I come. Set them to dancing, and get Sally B. to explain. She's hostess; it will come properly from her. I'll be there as needles and candle grease impartially soon as possible. It will be after ten." The dispatch met Stella as she

went in to supper, early to-night and contrary to her custom. Teamsters, trainmen, shopkeepers,

saloonmen, gamblers, employes of Ingram, Finn & Gould's Fast Freight wagon train to leave in a day or so for the desert, the three musicians from Auburn, a traveling ministerit was an odd companioning of brawn, brain and guile there at supper under the yellow kerosene lights in Sally B.'s hotel. No table-talk served as a sauce to meat; no ceremony graced the daily meal. Men did not eat, they fed-three times a day, if work al-

A quick transformation from dining room to theater was followed soon by the arrival of the audience from shop and shack, from saloon, camp, distant ranch-a human mosaic. Sally B. made an effective speech of welcome and explanation; and the ball began.

The flare and dip of candles twindle; the scrape of heavy boots in "bow and swing;" the few well-mated couples that whirled in the dizzying,

all was! Stella had not before guessed

the possibilities of her little world. "Deal yer dances fair, Stella," Sally B. whispered as she sailed by, herself as popular as the light-footed Viola. "Where women's skurce, partiality breeds fights," she added a moment later, when her partner seated her near Stella. "An' look out fur Gid. He's got up to kill, hain't he? He'll be jealous, whether ye give him any call or no."

Stella but half listened to Sally B.'s wise advice; her heart was out in the wild with Alfred. She danced automatically, and forgot the warning because Gideon was quickest at her elbow.

"You know no one else can give you as good a dance as I, Stella," he pleaded almost before another had her heart sore. seated her, and bore her off in the face of a dozen disappointed ones.

Alfred never come? Mr. Crocker came | vehemently. down to look on, and Stella wished him? But surely Alfred would insist ored Alfred's devotion to duty. on this one night-what little there was left of it.

Stella, watching her as she read, saw despise 'em.' her face grow white, saw her whisper to the boy and send him away. And without a word stepped out on the she noticed that Sally B. danced and floor with Gideon. In any garb he was laughed no more.

spot on his cheek, his lips dry, his and joy softened his dark, inscrutable

mediate word with Alfred. He told fred was standing by Sally B., who her of it as they walked slowly down was speaking. An unusual, solemn

gentleness in her voice recalled Stella to her surroundings. Mrs. Sackett

sympathetic words to his neighbor.

conspicuous courtesy.

merry-making to dreamland.

CHAPTER XV.

Enemy."

He was glad to be out of the light,

even the mild light of sputtering can-

dles. He wished to think, to live over

again some of the moments of the

cers and Sally B.'s hasty orders for his

supper annoyed him, till Stella's voice

was added to the hubbub, and he

found himself straining to catch her

"It's most ready, Stella," he heard

Sally B. say as a soft step came

nearer. "Everybody's gone, and-

look out fur yer silk trail! I've set a

"How dear you are!" he heard Stel-

'all samee red button Chinaman.'"

make the tea soon's the water biles:

an' take in the tray. I'm dead tired.

"Oh, Mrs. Sally, you're going to

"Lawsy! You don't want me. An'

Alfred blessed her understanding

"You're so good to me." Stella said.

"Shucks! Good for nuthin'! I ben

An instance of silence followed an

Alfred was grateful for the still-

lights save the one in the screened

leave the room and pass through the

good-night before he shut and locked

did, into the love-land his Romeo's

dress recalled. The darkness was wel-

come. Not even vet would he call

vet it was only minutes, and but a few,

"Mr. Vincent!" softly; and after a

Alfred sprang out of his nook, but

she was! How sweet and womanly!

breath, hesitatingly, "Romeo."

audible kiss and Sally B. tramped out

of the room by a side door, while

Stella descended to the kitchen.

danger of interruption.

the outer door.

and the swish of her silken skirt as

she crossed to Sally B. reached Al-

want 40 winks 'fore sunup."

every word.

winder."

la reply

find it all?"

Good-night."

heart.

fred's ear.

stay, too, aren't you?"

She saw an angry gleam in his eye, saw his set, stern jaw; but he spoke was dead! What did the people wish hardly a word. Stella almost felt that done with the money so generously his anger was for her. In vain she looked given for her that night? Sally B. for some tender glance, some whisper paused an instant, then went on a litthat would explain. She could not the unsteadily: "Will you have this know that Alfred was fighting one of you've paid in here go fur the pore the few fierce battles of his life; that woman's debts, an'-an'-fur the buryhe was almost ready to strike out in'?" with his fist for possession of her, to defy Mr. Crocker, business, all the sane and safe and dutiful things of life. But the wild moment passed, and more than once on his way to the door he looked back tender messages to her.

The supper hour came; but she would not go with Gideon upstairs. where it was laid in the "corral," fearing that Alfred, in his first search for her, would miss her. Neither would she dance afterward, but sat out a yet passing out without venturing the schottische, refusing all on a plea of

Gideon danced with no one but Stella, and hung about her, entranced by her new beauty. When at last a waltz was called love and anger joined hands. "Just a few steps, Stella," he pleaded; "when Vincent comes I'll give way. Why doesn't he come in spite of Charley Crocker and claim room, but seated himself in the his dance like a man?"

"But he must stay if Mr. Crocker wishes," she said, her lips defending,

"Do you suppose 50 Charley Crockers or railroad jobs would keep me Ten o'clock! Half-past ten! Would from a promise to you?" Gideon asked night. But the bustle of belated dan-

Something in Stella's passionate desperately, unreasoningly, that he heart responded for a moment to Gidhad gone to bed. Was he only waiting eon's lawless flame, though deep in for Alfred? Would business chain her soul she knew that she more hon-

"Anyway, I'd think you would be ashamed to let him see so plainly that Ten-forty! A scared-looking boy you love him. Men don't care for girls came in with a note for Sally B. that fling themselves openly. They

Stung as by a lash, Stella rose, and a striking figure. To-night his fault-Alfred came at last, panting, a red less dress enhanced his Spanish grace



"Where Women's Skurce, Partiality Breeds Fights."

red with dust.

"No; no supper yet, there isn't time." he said to Stella as she met and questioned him in the hall. "Yes, I their measures on his old violin. walked the nine miles, all that I didn't run." He saw the quick sympathy leap to her eye, but went on quickly. "Make things ready while I change and get my breath. You can begin without me, can't you?"

She nodded, flushed at the look he sent to her over his shoulder from the stair and ran in to help Sally B. set the programme in motion.

It was better than the usual experience of amateurs, for Alfred was practised in such work and had drilled his mummers carefully. And the onlookers were so ready to be pleased that the flimsy house quaked with frequent applause and rained pine on silk and fustian

All the evening Stella had looked forward to the moment when she might dance with Alfred. During the programme Gideon had knocked at the door of grandma'am's room, then the "green room," to ask for coming waltzes, and had gone away scowling at Stella's refusal.

Their brief players' moment had passed, when Alfred's eyes had burned into hers, revealing his own heart in Romeo's words.

Yet, now that it was over, it seemed a dream, and Stella began to doubt. to fear. No formal words could more fully disclose them, one to the other; No matter what it was, this hour she even knowing what lemon squash is, during a speech. would claim. One dance! Once to feel for it was Bismarck who boasted to his arms about her, to fancy him her Sir William Richmond that in his very own-she would dare fate for young days six bottles of strong wine

what usury she must pay. ing by the office door the jam of They are too cautious, never make a years ago. Mr. Tinline, who was one old-fashioned waltz, winning time from onlookers halted them. Some one ad- bold stroke." It was a mixture of of the early pioneers of New Zealand, the tired musicians because of their dressed Stella and she did not hear Moselle and seltzer that Bismarck kept them alive on the voyage by exhaustion and that a new supply of you think her complexion is natural? grace and beauty—how fascinating it Mr. Crocker's low request for an im- used in the reichstag to keep his sticking them into potatoes.

danced together. Even in the grim his name! desert station Stella's father had often vielded to their coaxing and tuned

She saw Alfred enter and pause sud- did not speak. There she stood, above denly in the doorway as Gideon him on the high stage, the light from whirled her on toward him. She behind the screen flaring sidewise caught the frank adoration in Alfred's upon her; next him the cheek he had rows, one above the other, the ends of correspondingly from decay. eye as it rested on her and the gleam longed to kiss in the play, but did the retorts being supported in a of almost savage hostility as his gaze not. A little pale she was now, yet shifted for an instant to Gideon. Her so fair and sweet! Her lips were apart, heart leaped with quick relief. Gid- her hand lifted as if to catch the and thus entirely incloses the reeon did not know. Alfred did love sound of his coming. How beautiful terts. her, did not despise her, would-

boots rock-scratched and his trousers | face. Since childhood the two had

"Take me to my seat! Hurry, Gid- And in the lonely darkness how near and intimate-his own! his own! The music stopped suddenly. Al-(TO BE CONTINUED.)

Took Moselle as Stimulant

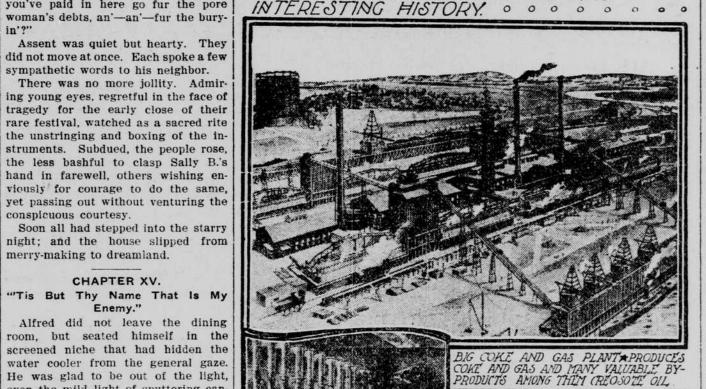
During His Speeches.

Years in Parliament," credits Bis-

hoarseness down and his spirits up. Prince Bismarck Kept Waiters Busy The supply used to be maintained by a relay of waiters running between the chancellor's bench and the kitch-Speaking of the different liquids fa- en. At the zenith of his fame, minisvored by great orators for refresh- ters, secretaries of state and privy ment during their speeches, Griffith councilors were alone worthy to con-Boscawen, in his book, "Fourteen coct the mixture, and when Bismarck was making his last great speeches in rare prehistoric animals, such as marck with having carried an army the reichstag they were kept busy bill with the aid of eight lemon behind him with wine bottle and seltstill an intangible veil had dropped squashes. Never was a man and his zer siphon in composing his drink, between them. Alfred was withheld drink so incongruous. All history for Bismarck required eighteen or two from her; or did he withhold himself? protests against the idea of Bismarck dozen glasses of Moselle and water

Willows from Napoleon's Grave. this; would borrow from the future had no effect on him. And it was Bis tically all the weeping willows in New kling in the greens; the twang of fid- this one little bit of time, nor care marck who lamented: "Ah! English Zealand are products of the supply politics has suffered since statesmen which John Tinline carried away with As they neared Mr. Crocker stand- have no longer strong heads for wine. him from Napoleon's grave nearly 60 or human history.

CREOSOTE IM 4-GREAT WOOD PRESERVATIVE HAS



PROCESS, AS ALL BY PRODUCTS
ARE LOST BATTERY OF GAS RETORTS FROM BY-PRODUCT OF COAL-TAR

table in among them greens where you One of the significant signs of the | Many of the lighter compounds distimes is the awakening of the Amer- tilled off by the heat will remain in an' him play-acted; but the screen's in front so's nobody can see in the ican people to the dangerous destruct the form of gas when they are cooled tion of their forest wealth, and the to ordinary temperatures, and it is necessity of a wise use of what re- some of these which make the gas mains of it. Undoubtedly, in the fu- finally used for lighting and fuel. But "Huh! It's Yic that's dear. You bet ture the nation must utilize its forest as it comes from the retorts, the gas Al Vincent's the only feller Yic'd crop less wastefully, both in the woods is like a thick, yellowish-green smoke, make a kitchen fire for at three in the and in the mill, and must make provi- and could not be used at all for such mornin'. Yic's stuck on Al; says he's sion for future crops; but that is not purposes. This gas escapes from the the only way to prolong the timber retorts into a series of large and cost-Stella made a light movement be- supply. If the service of the wood ly machines where the lighting gas fore she spoke again. "Oh, what nice which is used can be lengthened, it is cleansed from its impurities, and things to eat, and linen napkins, hem- will largely decrease the amount of the different by-products are separated stitched! And china! Where did you timber that must be cut.

CREOSOTE IS MADE

the wood with chemicals which will "Oh, them's some bits of high life I've kep' hid fur a spell. You kin poison the low forms of plant life which attack it and cause it to decay. The growth of timber is slow, and when the dearth of it becomes pressing, a new crop cannot be grown from this product is made the amquickly enough to prevent a time of monia water which is used in every severe shortage. Preservative treat- household. ment of timber has the advantage, as a remedy, that it can be applied im- liquid which is collected in the cooling mediately. Its importance is, there- of the gas is what we know as coal

the preservation of timber, among obtained not only creosote oil, but them blue vitriol, corrosive sublimate most of the dyes which are used now-aand chloride of zinc. The most effect days, perfumes, and even flavoring tive preservative is the substance extracts. called "creosote oil," or "creosote." Yic Wah came in and put out all the ing process.

Nearly every city now uses gas for fred slipped from the actual, the sor- for wood preservation.

To understand how all these things are produced, it is necessary to know something which the chemists can tell brick wall which also extends around United States forest service to creothe ends of the rows and over the top, sote oil, to determine what its compo-

which comes out of the retort as coke. all users of timber.

from each other. First are great And this can be done by treating "condensers," in which the gases are cooled. The cooling condenses the heavier compounds into thick liquids, which are then left behind.

COKE,

One of the substances later removed from the gas is ammonia, and

The heavy, strong smelling, black fore, attracting increasing attention. | tar. This is an exceedingly complex Many chemicals have been used for mixture of substances. From it are

To obtain crecsote oil from coal tar On account of the similarity of the the tar is, in its turn, distilled. But names, many people suppose this to this distillation is like that used for be the creosote obtained from wood, other liquids instead of that employed | bly held to which a feast is given by such as can be obtained, refined for for the coal. The still is heated, and the head of the Hanga geno. After medicinal purposes, at the drug stores. as the heat increases the "light oils" ness, glad that, for the moment, even But the two are quite different, and first pass over. Among these is the Stella was unaware of his nearness, should not be confused. The creo- familiar carbolic acid. This is a pow-He would not speak till there was no sote used in wood preservation is ob- erful antiseptic, but it is not desirable tained from coal, by a most interest- in a wood preservative, for it evaporates so readily that it soon becomes lost from the wood. When a temperacorner of the stage. Alfred heard him light and fuel, and many people know ture of about 400 degrees has been that this illuminating gas is often reached, the distillate is turned into kitchen, giving Stella an elaborate made from coal. But the many things another receiver, and from this point besides gas which are obtained in on to 600 or 700 degrees creosote this process are not so well known. It | oil is produced. One of the substances With the grating of the key and the is one of these other products from which is contained in this mixture is

assurance of no further intruding, Al- which is obtained the creosote oil used "napthalene," from which common moth balls are made. Coal tar creosote, thus produced, is the great wood preservative.

The residue remaining in the still Stella. For a moment he would dream. us. Coal, they say, is composed part- after the distillation is "pitch," which No need of lamp or candle; the re- ly of the substance called carbon, part- is chiefly used together with coal tar splendence of his visions illumined by of compounds of this carbon with the saturated felt in the preparation of him. The song in his heart throbbed gas hydrogen, which they have named gravel or slag roofing. In America melodiously on, it seemed for hours; "hydrocarbons." . When the coal is roofing pitch is the chief end for which heated sufficiently, away from air, the tar is distilled. In Europe this is when the rustle of skirts and a second hydrocarbons are driven off in the not so true. Now pitch for roofing light appearing behind the screen form of gas. Illuminating gas is made must be rather soft. Therefore tar aroused him. The rustling went and by subjecting coal of the proper kind distillation is not carried so far in this came again, and a faint tinkle of to this process, which is known as country as it is in Europe. For creochina struck his ear. Then he heard "dry distillation." The coal is put sote oil it would be better if it were into a long, fire-clay oven, or "retort," carried farther, since the substances shaped much like a giant model of the which distill at the higher temperalittle cakes which the bakers call tures in most cases neither evaporate "lady fingers," the retorts being in the air nor dissolve in water as about 13 feet long, two feet wide and readily as those which distill more 16 inches deep. A number of these easily. Consequently they stay in the retorts are built side by side, in three | wood for a longer time, and protect it

Much study is being devoted by the sition should be to give the best results in preserving timber, under dif-The retorts are partly filled with ferent conditions, and how the most coal, after which they are sealed, so desirable creosotes may be obtained. that no air can get into them. They The reports of these studies, together are then heated to a temperature of with detailed description of the more about 2,100 degrees Fahrenheit. Un- economical processes of applying the der this intense heat almost all the preservatives to wood, have been hydrocarbons of the coal pass off, leav- worked into circulars which the goving behind only the "fixed" carbon, ernment has placed at the disposal of

Engravings Made by Nature

Finds by Geologists in Quarries of Lithograph Stone.

of the fine-grained stone used in in Tennessee. lithography has been the quarries at Solenhofen, in Bavaria. These quarcause in them have been discovered cussed. remains of exceedingly strange and some of the flying reptiles that once dwelt in Europe, but have now dis- Jones and his wife are not getting appeared from the earth.

The science of geology has gained much from these fossils, which, flat- Jones should never have married when tened and compressed, and leaving he did; he was too young to realize their impressions in the rock, might the step he was taking. be likened to engravings from na-It is interesting to learn that practure's own hand, whereby she has like the boy; we have many things in handed down to use pictures of a common. world whose antiquity extends far beyond the limits of human memory

Recently it has been stated that the Ethel? Solenhofen quarries are approaching Little Ethel-Yes, mamma. But do

lithographic stone is needed. It is gratifying to know that our own country may supply the want, excellent For many years the greatest source stone of the kind required being found

In the meantime, in Germany the possibility of substituting aluminum ries possess a particular interest, be- for Solenhofen stone is being dis-

> Putting it Gently. Mr. Henpeck-I hear that young along very well.

Mrs. Henpeck (authoritatively)-Mr. Henpeck-Yes, I know-but I

In Doubt. Mamma-Don't you like your dollie, FIVE MONTHS IN HOSPITAL.

Discharged Because Doctors Could Not Cure.

Levi P. Brockway, S. Second Ave., Anoka, Minn., says: "After lying for five months in a hospital I was discharged as incur-

able, and given only six months to live. My heart was affected, I had smothering spells and sometimes fell unconscious. I got so I couldn't use my arms, my eyesight was impaired and

the kidney secretions were badly disordered. I was completely worn out and discouraged when I began using Doan's Kidney Pills, but they went right to the cause of the trouble and did their work well. I have been feeling well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



Lady-Your little brother seems to be bright for his age, doesn't he? Little Maggie-Well, I should say so. Why, he knows the name of almost every player in the big leagues.

TORTURED SIX MONTHS

By Terrible Itching Eczema-Baby's Suffering Was Terrible - Soon Entirely Cured by Cuticura.

"Eczema appeared on my son's face. We went to a doctor who treated him for three months. Then he was so bad that his face and head were nothing but one sore and his ears looked as if they were going to fall off, so we tried another doctor for four months, the haby never getting any better. His hand and legs had big sores on them and the poor little fellow suffered so terribly that he could not sleep. After he had suffered six months we tried a set of the Cuticura Remedies and the first treatment let him sleep and rest well; in one week the sores were gone and in two months he had a clear face. Now he is two years and has never had eczema again. Mrs. Louis Leck, R. F. D. 3, San Antonio, Tex., Apr. 15, 1907."

Curious Indian Custom.

The following curious custom is recorded by J. Owen Dorsey in his monograph on the sociology of the Omaha Indians:

"In the spring when the grass comes up there is a council or tribal assemthey decide that planting time has come and at command of the Hanga man a crier is sent through the villages. He wears a robe with hair outside and cries as he goes. 'They do, indeed, say that you will dig the ground! Hallo!' He carries sacred corn, which has been shelled and to each household he gives two or three grains, which are mixed with the seed corn of the household."

After this it is lawful for the people to dig up the soil and plant their

Little Lesson for Rufus. Uncle Erastus had been polishing his musket for half an hour; at last he gave it a final love-nat, and turned to his grandson. "Chile." he said. "does you see dat bottle about 30 yards over dere?"

"Shore I does," Rufus agreed. The old man threw up the musket and balanced it rather shakily. "Whang!" it bellowed. "Now does you see dat bottle?" the 'old man de-

manded. "Yes, I does, granddad." "I's powerful glad to hear dat, Rufe," the old man said, calmly. "I's been afeard from de way you sorted taters lately dat your eyesight was failingbut hit ain't. You's good fo' several yeahs yit, Rufus."

Useless Society.

Mrs. Jones often declared that she enjoyed a little chat with their fishdealer because he was a man of such original ideas, but one day, says London Opinion, she returned from market somewhat puzzled by his remarks. "I said to him, just in the way of conversation," declared Mrs. Jones, "that I had heard that a man becomes like that with which he most associ-

"'That's ridiculous, Mrs. Jones!' he answered. 'I've been a fishmonger all my life and can't swim a yard."

BUILT UP

Right Food Gives Strength and Brain Power.

The natural elements of wheat and barley, including the phosphate of potash, are found in Grape-Nuts, and that is why persons who are run down from improper food pick up rapidly on Grape-Nuts.

"My system was run down by excessive night work," writes a N. Y. man, "in spite of a liberal supply of ordinary food.

"After using Grape-Nuts I noticed improvement at once, in strength, and nerve and brain power.

"This food seemed to lift me up and stay with me for better exertion, with less fatigue. My weight increased 20 lbs. with vigor and comfort in propor-

"When traveling I always carry the food with me to insure having it." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

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