WELL PLEASED WITH WESTERN CANADA.

GOOD CROPS, SPLENDID CLIMATE AND WELL ENFORCED LAWS.

Mr. George E. Hunter is a Maidstone, Saskatchewan (Central Canada), farmer, who writes to a Canadian Government Agent as follows: "It was the first week in Novemeer, 1907, when we arrived here. There was very little snow or cold weather until after the holidays, then the snew and cold increased, but to no great extent. I think the coldest I heard of was 30 degrees below zero, but that degree of cold would not be felt here any more than 10 degrees below zero would be back home in Michigan, owing to the beautiful dry atmosphere of this country. There came a good thaw every month that settled the snow, the fields soon became bare, and on the 12th of April I commenced ploughing. The snow was then all gone and summer at hand. This last season was some-

thing more than an average year around here, with fine crops gathered from a large acreage. In parts the crops were less than average, but generally speaking they were above it. The price of wheat was quite good. Some fine yields sold at \$1.10 per bushel, while some were marketed at much less, but hardly any went below about 60 cents a bushel. "Oats started on the market at 35

cents a bushel, barley about 50 cents, and flax from 90 cents to \$1.00 a bushel.

"As this was my first year in this country, it was a hard year for my horses, owing to thefr being eastern horses, and not used to the western climate, but they will soon get cli-

"The soil on my farm is a black loam, about one foot in thickness, below that we find about six feet of clay, and below that again gravel and sand, with an abundance of excellent water. This was the condition of the ground as I found it when I dug a well. I can say that the water is as sweet and as free from alkali and impurities as I ever saw.

"My opinion is that the man who comes here with a little means can do no better than invest \$500 or \$1,000 in cattle, after locating a homestead adjoining or near some hilly part of the country where it will not be taken up as soon. There is plenty of grass and nay to be found in the hilly country and small lakes and sloughs will afford sufficient water for any amount of cattle. The bluffs with a few hay or straw sheds will make sufficient shelter for them. There is no need to worry about the market for cattle, as there is already a great call for stock of all kinds to satisfy the continued demands of the large packing house at Edmonton, established by Swift and

"The dairy business should by no means be forgotten. It is one of the paying enterprises of this great west. The price of butter seldom goes below 25 cents and reaches as high as 40 cents a pound. Also the new creamies that are fast being erected along the lines of railroad are calling on the farmers for their cream.

"These creameries are greatly welcomed in all communities, because selling cream is better than making butter, even at an average price of 25 cents a pound. For a new country the cailroad transportation facilities are good; not yet, of course, what they are in older countries, but the new lines are swiftly gaining as the country gets more settled and supplies them with produce to ship. It is hard to say too much in favor of this country. All one needs is a little money with grit and ambition. I have seen homesteads that were filed on a little over three years ago that the owners have refused \$3,000 for.

"There is much more that can be said in favor of Western Canada, but 1 think my letter has been long enough."

Architectural Note. Judge Balcom was talking to a crowd on the street a few days ago telling them the proper way to put shingles on a house. He said: "The old rule was to allow six inches of the shingle to 'show to the weather.' but that is too much. You should al low not more than four inches to show." Some wag remarked in a matter-of-fact tone to the judge: "How would it do not to let any show?" The judge replied, "I've seen roofs made

GOVERNMENT LAND OPENING UNDER CAREY ACT:

Twiggs County (Ga.) Citizen.

that way; but it takes a great many

shingles." Then the judge wanted to

get mad when the crowd laughed .-

May 6, the State Land Commissioner of Wyoming will distribute 7,000 acres 4rrigated land at Cooper Lake, near Laramie and Denver, on main line of Union Pacific; 50 cents per acre. Oldest Reservoir and Direct Water Rights; \$5 an acre cash and \$3 an acre annually for ten years. Free trip and two town lots to all who apply before May 1. Write for application and circulars. Tallmadge-Buntin Land Co., Agents, 2nd floor, Railway Exchange, Chicago. Agents wanted.

Margaret Was Logica!. One afternoon I overheard my two children talking about the Sunday school lesson.

Dick, who was much smaller than Margaret, believed all she said about it. So he asked her what God looked like, and she quickly answered: "God looks like a stalk of corn, because mamma said he had ears on all sides, and a stalk of corn is the only thing I know that has ears on all sides."-Delineator.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Hands Up! Winks-Were you ever in a railroad

Blinks (seasoned traveler)-Yes; I always go standard Pullman.

DIET AND HEALTH

By DR. J. T. ALLEN Food Specialist

Author of "Eating for a Purpose," "The New Gospel of Health."

(Copyright, by Joseph B. Bowles.) "THE DIET CURE"

While I believe diet to be the most important factor in life, after thought, and therefore the most important factor (after thought) in maintaining and restoring health, yet diet is not a

As there is no single means by which life is maintained, so there is no single means of maintaining health or of restoring it when it has been lost. I often hear people say, "I have tried drugs, and osteopathy, Christian Science (or suggestion) and electricity, the movement cure and the water cure, and none of them has done me any good, and now I am going to see what there is in dieting."

Such a speech indicates a narrow view of the work of the physician and a grave misunderstanding of the nature of health and healing. I have a large acquaintance among physicians and I don't know one who prescribes drugs and ignores dieting, though I know some who do not agree with the old saw in Marcus Ward's copybook, "Diet cures more than doctors." I know physicians who practice suggestion very skilfully, by intuition, but give the credit for their mental cures

to their medicine, even when they prescribe bread pills; and I am sorry to say I know some good physicians who have not yet recognized the good in osteopathy and mechanotherapy in general; but the average medical doctor believes in using all means of cure, and especially diet, as supplemental to

No sane, liberally educated physician who is successful in the practice of a specialty, finds it necessary to overestimate the relative importance of his specialty. It is the imperfectly informed person who claims for some one method of treatment, valuable in certain cases, the impossible virtue of a cure-all. The only way in which almost any therapeutic agent can cure almost any sickness is by becoming a means of suggestion. But let the mental condition be perfect yet withhold the right food and the patient must ultimately die. And suggestion need not be made the basis of a cult to be a means of faith cure.

Dr. Yorke Davies of London, one of the few eminent physicians who have made a specialty of dietetics, said, after 30 years' practice: "The deviations from health are more correctly remedied by dietetic means than by medicines. Diet may be a permanent cure, drugs are but palliatives. . .

Diet in the hands of an expert is more powerful than drugs. Medicine is seldom a remedy for constitutional ailments, whereas a system of diet, air and other means that lead to sound health is of permanent benefit. I speak from a very large experience in both systems." ("Diet and Condition,"

The general practitioner knows that he cannot give his patients the benefit of an expert knowledge of a dozen specialties. He realizes this better than the specialist realizes the danger of being too ready to treat every case that comes to him by his special cure. The surgeon who is so devoted to his science and his art that he "would rather operate than eat," as one good man puts it, is likely to be skillful: but there are patients who need to eat more than they need to be operated on; and it might be well to take the advice of a faithful general practitioner in conjunction with that of the specialist before acceding to the wish of the surgeon who glorifies his profession by crediting it with impossible

In no case is diet the only remedy to be considered; but unlike surgery, drugs, electricity, and other means of cure which are often of vital importance, diet (which includes fasting). like suggestion, is always "indicated." And whatever danger there may be in misapplied surgery or drugs, food can do no harm when taken moderately, except in a few cases, as diabetes, where expert knowledge is required. Osteopathy, suggestion massage, water cure, applied with ordinary judgment, can do no harm, except as they may exclude other necessary treatment, as drug or surgical treatment may also fail to include other beneficial treatment

Since the days of the prophet who prescribed washing in Jordan, there have been many cures, each more mysterious, if possible, than the other, but nature has continued to use the same means of restoring health, in spite of the cures or by their aid.

A young man who has been reading these articles writes me about his interesting case, which will serve to illustrate the difficulty and the importance of distinguishing health from disease. At the age of 20 he quit the farm, late in the spring, and went to work as a street car conductor in a large city. He was in excellent health, with no greater regularity than the with a good appetite. A few months human machine when properly cared later he began to have dull headache and an almost constant sour stomach, with belching. Everybody knows that an alkali will neutralize an acid and a friend advised him to take a little com- important, as the relation between the mon baking soda in hot water occasion-

aries in Africa.

"You may be interested to know."

says J. J. Reynard of the Cape-to-Cairo

telegraph construction staff, "that can-

nibalism still survives and is, to my

a physician does not go for his valuable advice on the prevention of sickness, or even for a radical cure of his ailment. What he wants is a quick cure, in the easiest way possible; hence the temptation to treat symp-

toms is strong. The acid condition of the stomach was, of course, neutralized by the alkali, but the cause remained rather worse. There was no cure. Should the acid condition in the stomach be corrected by an alkali, as carbonate of soda, or does nature know what she is about in producing the acid condition?

Another gentleman who has been reading these articles writes me about his very interesting and peculiar case, also resulting in an extreme acid condition. His work for years has been with chemicals. His system has become poisoned, as in common cases of poisoning by mercury, arsenic, etc. The acid condition and an extreme liability to cold are incidents of nature's efforts to bring about conditions in sons. The diet of meat, which this changes? man has been living on exclusively for some time, an alkaline food, contains much waste to be excreted, thus adding to the burden of the system, and it works against, instead of with, nature. He asks for specific advice, along the lines of a recent article.

I am not prejudiced in favor of homeopathy nor against any other school of medicine, for they all have something good, and my own plan is to go back to nature, to first principles, no matter what the schools say, but aiming to take advantage of all known facts. My experiments in de- perous and more harmonious congretermining the curative values of foods | gation. lead to a conclusion similar to that of the illustrious founder of homeopathy, "Similia similibus curantur" (Like cures like). I do not think that one disease can cure another, like or un- it is true). like. But we should work to bring about the same result that nature is trying to produce, even when that one trouble that is really becoming seems to be irritating or destructive.

Nature is producing the acid condition in the case of the worker in it." chemicals for the purpose of bringing about a change that will improve the conditions of nutrition. Instead of anplenty of lemonade without sugar, a noon, never fresh, and at six all the buttermilk he can drink, slowly. He should take a spoonful of olive or peanut oil, morning and evening. If he doesn't feel inclined to drink buttermilk, let him take only a sip and increase the amount gradually. With plenty of that alone on hand, he will not suffer. Every third day he should take nothing but hot lemonade, and be | hoea? careful not to overeat the next day. He is unable to work, so he can indulge the inclination to recline, which he mentions as a symptom in the case -a symptom which should not be suppressed by a tonic: it is significant. minutes with a dry and then a wet Turkish towel, and at night bathe the electric vibrator, generally, and to the extremities after the morning bath, for a few minutes. For the general treatment the vibrating chair is best, made by attaching an electric vi-

brater to a light rocking chair. But to return to the street car conductor's case, which has some points in common with this; he has been poisoned with superfluous food. This cannot be corrected by taking an alkali to neutralize the acid and a tonic to increase his appetite. A tonic is a whip. Exercise and air and water is a whip. Exercise and air and water and hope and sunshine are nature's tonics. The appetite they produce is normal, not in excess of the actual needs of the system. Excess of food is always a source of disease.

Rheumatism would result from the suppression of these symptoms, in time, if the cause persisted. Uric acid would be deposited in the joints, probably. Examination of the urine in this case would show an excess of waste matter. That means an undue strain upon the kidneys, which, in time, would lead to rheumatism, diabetes or Bright's disease, if the cause is not removed. Examination of the excreta would also show an excess of waste and of bacteria, especially if much meat is eaten. (There should be little apparent odor from the excreta if the feeding is right.)

This young man should eat very slowly, masticating thoroughly. Let him reduce his food, especially flesh meat, one-half, and eat twice as long and he will soon see an improvement. Let him be sure he is getting in his diet everything the system needs, and without undue work in digestion. He should walk five miles daily. The young man read an advertisement of a well-known tonic, which he began using, hoping it would do as much for him as the soda had done. While he was taking the tonic he felt better and gained in weight, but when he stopped using it he soon was worse than be-

fore-of course. What shall he do? First, let him understand the cause of his trouble (as far as that is possible), then apply the remedies and look for a return of health with the same confidence that he expects his car to move when the brake is raised and the current turned on. An electric car runs for, but the body is a very delicate

organism and it must not be abused. The relation between the mind and the body is just as intimate, just as current and the car. You have seen a ally. Perhaps some physicians would car off the track. No use to turn on

who had succumbed to fever, was ex-

humed and devoured. At one impor-

tant center of the Shire the cemetery

has to be guarded to prevent the na-

tives devouring the newly buried

"As far as I know, cannibalism is

Cannibalism is Still Alive

Evidently Work Remains for Mission. year. The body of a celebrated hunter,

knowledge, practiced by the Chikanda not practiced openly by tribes in the

rivers. A case came to my notice last | The natives who devour our dead be-

bodies.

have "cured" this case in the same | the current then. To expect the mind way. The average person who goes to | to set right all abnormal conditions in the body without complying with the laws of its physical organization, is manifestly ubsurd.

A farmer needs at least twice as

much muscular-energy-giving food as a street car conductor, varying with the physical work or exercise of each, but this young man continued to eat about the same amount and kinds of food that he had eaten in the country. Now the system manufactures gastric juice to digest as much food as the system requires, not always enough for the food eaten. Perhaps we can all remember a time when we were quite familiar with sour stomach. When we were younger and more vigorous, nature responded more promptly, defending herself and warning us of abnormal conditions, so that we should remove the cause. How much more quickly a child or a dog will vomit if it eats the wrong food or too much of the right food than an adult. Is the sour stomach in the child or the readiness to vomit an indication of health or of disease? Does not a farmer which the system can expel these poi- change a horse's food as his work

I have quoted these two cases submitted by interested readers of these articles to exemplify an important fundamental principle—that it is often difficult to distinguish between health and disease. So important is this principle, and so fatal are the effects of ignorance of it, that I wish to make it still clearer, by examples. A few weeks ago I met on the street

a minister with whose work in a small town, near Chicago, I was intimately acquainted last year. He had a new charge now, a larger, more pros-

"You are looking much better than when I saw you last," I said (which happened to be true-it never helps a man to tell him he looks sick, even if

"Well," he said, "I am feeling better in every way, except that I have serious; for days I have had constant diarrhods, and nothing seems to stop

"That's well," I said, for I was familiar ith his case preceding his chan for surroundings, and I took a tagonizing that effort by taking car-bonate of soda or by taking only alka-had be much depressed the precedline food, let this man eat only acid fruits in the morning, an apple, an orange, and a little pineapple, and drink powers, mental and physical, were accordingly reduced, and he had lost in little dry graham and corn bread at | flesh and accumulated waste in the tissues). Now there was a revival; all the tissues were expanding and waste was been eliminated through the bow's but more than that, the sys-tem was adjusting itself, rapidly, to adjusting itself, rapidly, to more wholesome mental conditions, and there was, as the engineer says, some exhaust steam. Should he take a standard remedy to stop the diar-

stipation, went to a large sanitarium feet in hot water. He should apply an often mistaken for signs of disease. She grew "worse," became very sick, and got well.

> What would have been the effect of "curing" that sickness?

A gentleman past middle life was advised to make some material changes in his diet, which he did with decided benefit for several months. Then he "began to go steadily down hill," as he thought. He consulted another physician, who saw in his simple diet the cause of his entire trouble. gave him a tonic and advised him to return to his old "liberal" diet, including meat, and now he feels better; -a result due, chiefly, to improved mental conditions induced by his friends, who rejoice with him in the return of his sanity! The best diet in the world. with continual worry, will kill anybody, and the prison records of Poland show that a man can live for 50 years on bread and water.

"How, then, shall I know whether I am sick or well?" asks the bewildered reader.

You are always well, if you really think so. There is more truth in this statement than I have space to explain here, for I am dealing now with diet, not with suggestion. But let me briefly state the best course to follow under all circumstances:

Follow nature. If nature is working in a certain direction to bring about normal conditions of health, cooperate with her, especially in thought. Be careful that you do not misinterpret her efforts and antagonize her. Don't be in too great haste to stop pain by the quickest means, for you may stop the healing process. Better do nothing than do wrong.

It is the business of the educated physician, one not merely skilled in dosage or in the use of the knife, to study your case and advise wisely, cautiously and honorably, and you should give him time to do it and pay him cheerfully and liberally, but observe that the thing of real value is his wise counsel, which comes only of long study and experience.

To follow our inclinations would be the wisest course in all cases if we had always lived naturally, but even if we have, our ancestors did not. The most valuable knowledge the scientific physician possesses is his elaborate maintained or restored.

Whatever the condition, hope is a prime factor in the cure; the will and faith are to be exercised. If these right mental conditions are supplied, rovelties shown this season. with the right food and the proper care of the body, all is well.

lieve that if they eat the body of a European they will acquire his intelligence, just as they eat the heart of a lion because they believe they will

gain the courage of the lion. "The Mambwe, of the Tanganyika, regard the lion as sacred, and believing implicitly in the transmigration of the soul, hold that the spirit of a dead chief enters into the body of a lion or python. Those animals are dwelling along the Zambezi and Shire country with which I am acquainted. therefore taboo, unless they kill man, when the taboo is withdr.

Walking Dresses



HE first sketch shows a very stylish costume in Aubergine Amazon cloth, the long high-waisted skirt is perfectly plain and hangs very gracefully. The directoire coat is handsomely braided in black, and has revers of black velvet; the sleeves are long and perfectly tight, and are braided at the wrist. The coat fastens invisibly over the left side. Hat of Aubergine stretched silk trimmed with feathers.

Materials required: Eight and one-half yards cloth 48 inches wide, onethird vard velvet, 5 yards coat lining.

In the second a more simple costume is illustrated, it is in royal blue fine serge. The skirt is cut walking length, and has a box-plait arranged up the center of front, buttons are sewn as trimming to just below the waist-The coat is semi-fitting and has the sleeves cut in one with the bodice part; the fronts are cut in steps and edged with braid of the same color, braid also edges the other parts of the coat. Hat of blue felt trimmed with

Materials required: Seven yards serge 46 inches wide, 6 yards braid, 41/2 yards coat lining.

to Feminine Heart.

All the pretty centerpieces, buffet, The physician there understood that | rimmed covers as soon as they come | age home millinery. painful healing efforts of nature are from the laundry, and before they have been folded.

One matron tells of a roll on the a device for linen in daily use; but be- be sewn to the hat with the same the "invasive, pervasive dust," the scribed. permanently arranged roll could not pe recommended for freshly laundered to the hat in the same way, but when

PRETTY CLOTH WAIST.



plastrons.

onholes are of satin of the same

The long, tight sleeves are trimmed to correspond.

Floral Muff.

Large muffs made entirely of flow ers are novel and artistic substitutes for the bridal bouquet. At one of the most fashionable weddings of the seaknowledge of the normal conditions of son the bride carried a huge muff of all the physical functions and the white orchids and tiny sprays of lily means by which these conditions are of the valley. The lily sprays were in clusters and hung on narrow satin ribbons from the lily and orchid muff. Violet muffs, each flower tied on with a lavender ribbon, are gorgeous

To Color Slippers.

White slippers can be dyed if they ere canvas or suede, and even the white kid can be painted. Many womn bronze their old slippers and use them in the bedroom. It is very diffi- light, and is usually becoming. It is cult to make a white slipper a good now dyed with a golden sheen that black. By the time it is evenly coat- carries out the prevailing fashion for ed, it is stiff with paint or polish and | gold in everything. is anything but attractive. White canvas shoes can be colored practically any color by painting them with dye

Self-Sacrifice Necessary. to his work, body and soul.—Buxton.

ROLLERS PROLONG LINEN LIFE. BLACK SHOE THREAD IS BEST. Hint for Care of Dainty Trifles Dear Excellent for Fastening Millinery Ornaments in Place.

When trimming a hat the great bureau and table covers can be kept problem is how to fasten the ornaso much more perfectly in linen clos- ments in place. Fine thread and ets and sideboard drawers if rolled needles do not seem to be adequate round a sufficiently long pasteboard for the purpose, and, in fact, they are roll. The regular mailing case or not. The best thread to use is black tube will fill the bill if it is of the shoe thread and the best needle is a length required. A dainty and wash so-called "glove needle"-one with a A woman who had suffered for years able cover for it can be made, tube- three-sided point that may be run from dyspepsia, accompanied by con- shaped, of white linen, into which the easily through almost any substance. roll should be slipped. One end of it With these two allies at hand it is where she had every opportunity for may be permanently drawn together not so very difficult to sew whatever cure. For a while she improved, then and the open end arranged with a cas- is required, but it is worth while to she began to grow steadily worse. She ing and tape, to close after the roll mention the different sorts of trim-Every morning, or evening, he should quit the place, dissatisfied, and went is replaced. On this should be rolled mings and how to sew each to the have a vigorous rubbing for five or ten to a private sanitarium in Chicago. all of the embroidered and lace- hat, says a writer who would encour-

Velvet bows should always be made with shoe thread, and it should be wrapped around the loop of the bow wall of the butler's pantry. This is so it will be quite firm. It should then cause of what Howells so aptly calls thread and the needle just de-

Quills and feathers may be attached the tips of ostrich plumes must be caught and held at a required angle. it is better to use a very fine black thread and a No. 10 needle. The stitches are then practically invisible, . and the result will be very satisfac-

Bandanna Kimonos.

tory. As this is a season of vivid colors, even room robes and dressing sacques have taken on brilliancy. One sees less of the pale blues and pinks alward used for these garments. One of the new ideas is to use the immense cotton handkerchief called a bandanna, or rather several of them. to make up a short kimono for room wear. Five of these are apt to make a good-looking garment. One should get them in yellow and red, with a wide selvedge, which does not need a hem or trimming. The edges are put together by ribbon run through buttontop.

holes and tied in little flat bows on Toilets of Silken Tissues.

All tollets of dress and of ceremony are of silken tissues. Silk. rather left in the background for several years, is pursued now with a lovely ardor. In plain silks and satins, in ottoman with coarse and fine cords. Pretty waist of wine-colored cloth or crepes and meteors, to say nothing of ashmere, made with plaits and a scal- the silk-faced satin cloth and silk oped yoke which furnishes the little cachemire, they present a wonderful variety from which to select a cos-The edge and the buttons and but- tume. The draping wrinkling folds of these soft, thick stuffs in their colors shade, as are also the cravat and gir- show changing lights like those of precious stones, or reflect the metallic glow of silver, gold and bronze.-From a Paris Letter to Vogue.

Hats of Pearls. Paris has given its approval to the tiny little headgear made of imitation baroque pearls and finished with a bunch of flowers at the side. The managers of the theaters allow them to keep on these hats, though they will not permit any other kind.

The pearls are strung on wire and made into a lattice work, something like a Juliet cap, and worn over the top of the head. Jet beads of varied sizes are also used for them, with a large bunch of gold ivy leaves at the

Fashion for Yellow. Little by little golden vellow is becoming one of the favorite colors of the year. It shows well under electric

Silk Irish Lace. Paris is now using the shamrock and Limerick laces crocheted in coarse silk. They are quite good looking and are dyed to match the blouse, The winner is he who gives himself as most all laces have been this winHOME TONIC FOR OLD PEOPLE

Wonderful results, eventually restoring full physical vigor, are obtained from the following: To one-half pint good whiskey, add one ounce syrup sarsparilla and one ounce Toris compound, which can be procured from any druggist. Take in teaspoonful doses before each meal and before retiring



Musical Note,-Signor Harmonetti is at Present Engaged in Composing a New Heir.

Starch, like everything else, is being constantly improved, the patent Starches put on the market 25 years ago are very different and inferior to those of the present day. In the latest discovery-Defiance Starch-all injurious chemicals are omitted, while the addition of another ingredient, invented by us, gives to the Starch a strength and smoothness never approached by other brands.

Tenderness.

It was in the hotel of a western mining town that the New England guest, registering in the office, heard a succession of youd yells.

"What in the world is that-a murder going on upstairs?" he demanded. "No," said the clerk, as he slammed the book and lounged toward the

stairs. "It is the spring bed up in No. 5. That tenderfoot up there don't get the hang of it, and every few days he gets one o' the spiral springs screwed into him like a shirt stud. I guess I'll have to go up, if there ain't anything more I can do for you for a few minutes."-Youth's Companion.

Professor Munyon has just issued a most beautiful, useful and complete Almanac; it contains not only all the scientific information concerning the moon's phases, in all the latitudes, but has illustrated articles on how to read character by phrenology, palmistry and birth month. It also tells all about card reading, birth stones and their meaning, and gives the interpretation of dreams. It teaches beauty culture, manicuring, gives weights and measures, and antidotes for poison. In fact, it is a Magazine Almanac, that not only gives valuable information, but will afford much amusement for every member of the family, especially for parties and evening entertainments Farmers and people in the rural districts will find this Almanae almost

It will be sent to anyone absolutely free on application to the MUNYON REMEDY COMPANY, PHILADEL

Early Morning Poems.

"Why, Hiram," began Mrs. Dusenbery, glancing up from her favorite newspaper at her husband on the opposite side of the table, "did you ever hear of such a thing? Here is a piece about a man who writes four magazine poems every morning before breakfast Must be quite a strain on him to do all that writing on an empty stomach

Don't you think so, Hiram?" "Well, I dunno about that," responded Hiram dryly. "I reckon a man wouldn't have such a terrible strain on him writin' the sort of magazine nomes we run across now'days with his stomach an' head both empty!"

Poor Pat. The surgeon of a large hospital was paying a visit to the patients when he come to a cot whereon lay an Irish man who was not bearing his pain very bravely, for he was groaning loudly.

"Oh, come, my poor fellow," remon strated the surgeon, "try and bear your pain like a man. It's no use kicking against Fate."

"Shure, you're roight, sorr," groaned the Irishman, who had been severely kicked by a mule, "'specially whir they're the fate of a mule!"-Exchange.

A Republican Reliance.

Three-year-old Norris is fond of the Twenty-third Psalm, sometimes repeating it instead of his regular evening prayer. Last autumn the name of the successful presidential candidate was often heard at the dinner table, and Norris unconsciously fell into the hab-It of rendering one passage of the Psalm in this reassuring fashion: "Thy rod and thy Taft they comfort me."-Lippincott's.

PRIZE FOOD Palatable, Economical, Nourishing.

A Nebr. woman has outlined the prize food in a few words, and that from personal experience. She writes: "After our long experience with Grape-Nuts, I cannot say enough in its favor. We have used this food almost continually for seven years.

"We sometimes tried other advertised breakfast foods but we invariably returned to Grape-Nuts as the most palatable, economical and nourishing of all.

"When I quit tea and coffee and be gan to use Postum and Grape-Nuts I was a nervous wreck. I was so irritable I could not sleep nights, had

no interest in life. "After using Grane-Nuts a short time I began to improve and all these ailments have disappeared and now I am a well woman. My two children have been almost raised on Grape-Nuts,

which they eat three times a day. "They are pictures of health and have never had the least symptom of stomach trouble, even through the most severe siege of whooping cough. they could retain Grape-Nuts when all

else failed "Grape-Nuts food has saved doctor bills, and has been, therefore, a most eccomical food for us."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well ville," in pkgs. "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.