The matrimonial lightning has missed King Alfonso so far, but it has just struck his sister.

Morocco promises to be prominent as a trouble-producing center for some time to come.

Airship chauffeurs are not yet numerous, but they are destined to form a valuable class in society.

Borrowing money from one sweetheart to buy gifts for another is apt to lead to the opportunity to search for a

Champagne was discovered in the seventeenth century by a monk named Perignon. The price is a modern in-

Happily for the youngest member of the Romanoff family, he doesn't know what a serious time his royal father is having.

The new \$20 gold certificate is said to be hard to counterfeit, but this is a problem that does not come home to the average man.

C. W. Schwab-our Charley-is to have a \$150,000 dinner service, but no guarantee goes with it of improved digestion to the diners.

The fact that a San Francisco man was shut up in a folding bed and killed goes to prove that sleeping in a folding bed is not altogether a joke.

Any one who thinks there is nothing in the superstition should consult the prisoner who was convicted on the jury's thirteenth ballot.

And now the Prince and Princess of Wales are going to India, where the shawls that Queen Victoria used to give for presents came from.

New Jersey proposes to have a law making it a penitentiary offense for a jag to run an automobile. This is an indirect blow at Jersey lightning.

There are now two vacant seats in the Academie Française, but the average American would rather have a seat on the New York stock exchange.

Fifty people were killed in a recent riot at Santiago, Chile. The Chileans should stick to revolutions. They are less likely to be attended by fatali-

The bishop of London says race sui cide is a sin. He must be getting so old that he doesn't care to be invited around to fashionable places any more.

We wish the national purity congress would get after the rascals who spoil our pumpkin pies by selling the baker ground and colored horseradish for ginger.

' One of the lady college presidents says educated women have ceased to be frumps. She does not, however, intimate that they regard woman as naturally man's pet.

Sir Thomas Lipton has won some distinction as a mariner, but his recent experience before the king makes as he climbed higher and higher up it evident that he was never connected with the horse marines.

How tame prize fighting seems in comparison with a game of football, where a player is almost instantly killed by a "butt in the stomach." Rarely is prize fighting fatal.

Dr. Wiley says most of the Scotch whisky sold in this country is American corn juice. There has not as yet been anything like a unanimous rising on the part of the golfers.

The Hon Christy Mathewson may a shriek and the bear a growl. For occupy elegant apartments on Easy street for a season or two yet, and then he will follow the procession of the both turned and fled, each down the Beens into the land of Oblivion.

A republican daily newspaper is to be started at Birmingham, Ala., by a gentleman who evidently shares Mr. Carnegie's view about the disgrace of dying rich.-Washington

The really remarkable thing about the man in France who savs that during the last thirty years he has smoked 800,000 cigarettes is that he has reached the age of forty and is still alive.

hand During the year ended June 30 1905, 886 people were killed and 13,783 forcibly against those of the other injured in railroad accidents in this hand and open and shut the hands country. It would be interesting to slightly. Shut your eyes and do this know how many of them tried to get several times, and the feeling will be on moving trains. such that you can easily believe you

A Detroit man is suing for divorce because his wife threw a seashell at him, but, upon examination, it appears that she is entitled to a divorce from him on the ground of cruelty. He used to insist upon reading aloud to her.

Lord Charles Beresford has taken a seat on the water wagon and is enthusiastic in his declarations concerning the benefits of total abstinence. Now if he can continue to be a jolly good fellow his achievement will be worth more than naval victories.

The new steamship Amerika is ten stories high and has an elevator, a gymnasium and the highest priced restaurant in the world. If it only had crowded, dirty street cars its patrons might cross the ocean without noticing that they had relinquished any of the advantages of city life.

Prosperity, the national treasure thinks, is what caused the demand for bills of small denomination. We do not know how it works with others, but the more we prosper the bigger the bank notes we demand.



On one and all does my blessing rest
In this fleeting life of mine;
On the north and the south and the east
and west
Like a message of love divine.
—Washington Star. on paper, and before it hardens to wet the finger, so as not to burn it, and press it on the wax. The im-Big Trees of the Sea. print of all the lines will be clearly If you ask most persons what the

world's biggest plants are they will

probably mention such growths as the

giant trees of California, the wonder-

ful eucalyptus of Australia or the huge

banyan tree of Asia. But they would

be wrong. All these mammoths of the

vegetable world are mere pigmies com-

have been seen by a very few.

pared with the true monsters which

In the deep sea, hidden away from

man except when fierce storms tear a

few of them from their secret beds or

when the deep sea dredges of some ex-

plorer wrest them from the abyss,

grow plants that are 1500 feet long.

They are grown seaweeds, with their

roots in the sunless ocean bottom,

where never a spark of light filters

through a full quarter of a mile of

The greatest of these plants has

stem only about a quarter of an inch

thick, and at the end of it has a leaf

or a leaf-like growth that is 50 feet

long; surely the longest leaf in the

world. This leafy end is beset with

great bladders, each as big as an egg.

buoys the vast plant up so that it

stands upright in the water.

which are 30 feet long.

The bladders are full of air and this

On our own northwest Pacific coast.

is another weed that grows to be more

than 300 feet long. At its upper end it

has an air bladder shaped something

like a cask, and from this again there

grows a tuft of 50 or more leaf sprays

A BEAR AND A BOASTER

At a place called Georgetown, which

lies in a narrow valley, apparently

shut in by mountains, were a great

many bears, but these were much

smaller and less fierce than the griz-

zlies. Still they were savage enough

when they were provoked, especially

if they were hungry; otherwise they

would often choose to run away rather

One day news was brought that a

bear had been seen on the hills above

the town, and was prowling about

there. Just then there happened to

be staying in the town a somewhat

conceited person, who thought he

me," he said, "how fortunate that I

am here just now. I will rid you of

the bear very speedily. Only look out

to-morrow afternoon, and you will see

me come down with the skin over my

shoulder." The people rather thought

that this was brag, so they watched

him; but, sure enough, the next morn-

ing he started off to shoot the bear.

he was really somewhat uneasy, and

the lonely mountain he began to like

bear hunting less and less. On he

went, looking cautiously about him on

every side, and thinking every heap

of stones was his enemy, and eyeing

anxiously each cluster of brown

bushes, and so he slowly neared the

Meanwhile the bear was shuffling

easily up the other side of the moun-

tain, not thinking at all about hunters

or guns, but enjoying the sunshine

and wondering what he could find for

dinner. Suddenly the man and the

bear met face to face. The man gave

a second they looked at each other.

Then both turned and fled, each down

Hold your hand in a horizontal po

sition, palm downward. Place a

square, directly under and against

the crack between the first and mid-

dle fingers and blow through that

crack. Instead of flying away, the

piece of paper will cling to your hand

without support. This is because the

current of air carries away some, and

the force of the outside air pressing

on the paper makes it stick to the

Press the finger tips of one hand

are holding coins between the finger

Hook the fingers of each hand, hold-

ing them far apart, and shake the

hands swiftly, freely, and forcibly

from the wrist for several seconds.

will give a sensation as if the hands

were full of cotton of some woolly

Look closely at the inside of the

fingers near the tips. You will see

furrows running in curved lines. They

appear like mere lines, but if you

look at them through a magnifying

glass you will see they are really

slight furrows. Or rub chalk of pow-

It is said that no two persons have

these markings exactly alike, and al-

so that the markings remain the same

through life in each individual. You

may test this by taking a print of

your own. Spread some ink thinly

over a piece of glass or paper. When

the ink is nearly dry, press the fingers

on it lightly, and then on a piece of

give you some very good prints.

clean white paper. A few trials will

Another way of taking the print is

der over them, and they will be out-

substance.

lined in white.

had so lately ascended.

top of the ridge.

Though he had talked so grandly

than fight.

marked or "sealed" in the wax. Plucky Sparrows.

A pair of sparrows built a nest in a tree in Hoboken, N. J., and one of the young sparrows with which the nest was afterward equipped fell out before it had learned to fly and fell fluttering to the sidewalk. The parent pirds followed it, but an alert cat was a:ready after the young sparrow. Nothing daunted by the size of their opponent the parent birds made a rush for the cat. They fluttered about the cat's head and pecked at its eyes, and kept it so generally busy that it had no time to look after its intended prey. While this was going on more birds flew down, and in some way supported down, and their stems reaching up and upbore the young sparrow until they carried it to a fence, whence it made a short flight on its own account and succeeded in reaching the tree from which it fell. By that time the cat had been put to flight and the parent birds flew back to the tree, where they and the other sparrows twittered and chirped for half an hour, as if they were holding a political convention.-Golden Days.

Two Card Tricks.

Take the pack of cards and separate all the kings, queens and knaves. Put these all together into any part of the pack you fancy and inform one of the company that he cannot in twelve cuts disturb their order, after each taking the pack cut from and placing it on the pack cut. The chances are 500 to 1 in your favor. This trick may be rendered more surprising by placing one-half of the number of court cards at the top and the other half at the bottom of this pack.

The second trick tells you how to find a certain card after it has been shuffled in the pack. As you shuffle the cards, note the botton one, being careful not to shuffle it from its place Then let any one draw a card from the middle of the pack, look at it and place it on the top. Let them cut the pack. The card in question will be found immediately to follow the one which was at first the bottom card.

Something Every Day.

Every day a little knowledge-one fact in a day. How small is one factonly one. Ten years pass by. Three thousand, six hundred and fifty facts are not a small thing. Every day a little self-denial. The thing that is difficult to do to-day will be an easy thing to do 360 days hence, if each day it shall have been repeated. What power of self-mastery shall he enjoy who seeks every day to practice the grace he prays for. Every day a little happiness. We live for the good of others, if our living be in any sense a true living. It is not in great deeds of kindness only that the blessing is found. In "little deeds of kindness. repeated every day, we find true happiness. At home, at school, on the street, at the neighbor's house, in the playground, we shall find an opportunity every day for usefulness.

Quaint Queries.

Do you know that the custom of lifting one's hat dates back to the age of chivalry? Knights then never appeared in public without their full armor. When they entered an assemblage of friends they removed their helmets. This action signified, "I am safe in the presence of friends." Thus the custom of gentlemen of to-day means the same thing, that he is in the presence of a friend.

Do you know that the three generals ! who never knew defeat are Alexander the Great, Julius Caesar and the Duke of Wellington (the hero of Waterloo)?

Do you know the reason the hour was divided into 60 minutes? It was because no other small number has so many divisions as 60. It is evenly diand 30.

Do you know the origin of the phrase, "Up Salt River"? Before steam, navigation along the Ohio was carried on by flatboats which were the other mouse was cautiously leadrowed up stream. This was particu- ing him along by a small stick which

ple refer to sending the defeated candidates "Up Salt River" as a penalty. Do you know how many blue beans it takes to make five white beans? Five--if they are peeled. Do you know that the word "dude' comes from the English word "duds," which means clothes? Hence, a dude is one very fond of clothes.

a common method employed by their

owners. Hence, at election times, peo-

For Children's Party. From water color paper cut out and decorate Noah's arks three or four inches long, and on the back of these paste an envelope to contain the invitation. Inclose the whole in a large envelope for mailing, says the Woman's Home Companion. The invita tion may designate the kind of animal each guest is expected to represent, or that may be left to the individual choice, merely asking them to come to the party in costume. These costumes are to be as simple as possible, only expressing some characteristic feature of the animal. To represent the elephant a loose domino of gray muslin may be used, and a close fitting can with huge flapping ears attached. For the lion a tawny colored domino with a fluffy ruche for the neck and shoulders made of tissue paper fringe.

FISH AS A BRAIN FOOD



There are many men of many minds, and many fish of many kinds; therefore there must be a fish adapted for each particular mind.

For instance-For the schoolmaster he should prescribe whale, and for his pupils blubber.

For the critic-Carp. For the soldier-Swordfish and

For the officeseeker-Plaice. For a shoemaker-Sole.

For a carpenter-Sawfish.

For a smoker-Pipefish and whiff. For a blacksmith-Bellowfish

For lean persons-Chub.

For a sculptor-Sculpin', of course, For a cheese manufacturer-Smelt. For the basso singer of a minstrel roupe-Black bass.

For a sea captain-Skipper. For dwarfs-Minnows.

Then there is the archerfish for archers, the drumfish for drummers, the pilotfish for pilots the skate for skaters, and the houndfish for hunters.

In Case of Bad Bleeding. "I know one thing," said John; "if you cut an artery the blood is red and spurts; and if you cut a vein the

blood is bluer and flows." "That's right: but in real accidents you generally have both; and so there is a mixture of blue and red blood If the bleeding is very bad, tie a large handkerchief around the injured arm or leg, with a knot over the artery about an inch above the cut. Slip a stick through the place where the handkerchief is tied and twist it until the knot is pressed deeply against the artery. It would be well to tie a string around the arm over the other end of the stick to prevent its unwinding. In this way you compress and close the walls of the artery between the cut end and the heart, and thus von stop the bleeding. Cold or heat in any form also helps to stop bleeding, for they both help to clot the blood; and, of course, when the blood clots it acts like a stopper in a bottle. and so the blood ceases to flow.-From Dr. E. E. Walker's "First Aid to the Injured," in St. Nicholas.

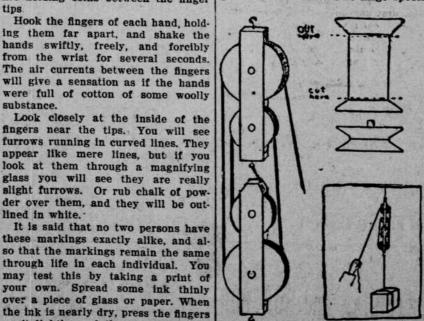
The Blind Mouse

One day while sitting under a shady maple tree by the roadside, reading a book, the soft, rustling sound made by the wind blowing through a field of piece of paper, about two inches vided by 2, 3, 4, 5, 6, 10, 12, 15, 20 To my surprise I saw two large field mice slowly crossing the road to the wheat field.

One mouse had his eves tightly closed, and seemed totally blind, while larly hard work, especially up Salt they both held in their mouths.

## A COMPOUND PULLEY

Three cents for a half dozen screw | cord, are the nesessary materials. hooks is all the money you need for a compound pulley, and any boy or girl can make one. Two large spcols,



two small spools, four strips of wood seven inches long, one inch or a lit-tle less wide, and half an inch thick; to drop a little, heated sealing wax four small blocks of wood and a heavy

Cut or saw each spool quite near the shoulder, as shown by the dotted lines. Put a pin through the two ends of each spool, letting the ends project for an axle. This gives you a very neat wheel. Be careful to make the four wheels of equal thick-

The four blocks should be each trifle thicker than the wheels, as broad as the side strips are and about one inch long. Make two holes in each side strip two and a half inches from the ends and the size of the

Now you are ready to join the parts. Take two side strips, one large and one small spool, place the axles in the holes, put a block in position at each end and fasten it firmly by means of glue or screws or nails. A screw hook in each end completes one part.

Make the other part in exactly the same way and put in the cord as shown in the drawing. To use the pulley fasten one block

to the ceiling or some other high place. Attach the lower block to the object you wish to raise. It will seem surprising how heavy a weight can be lifted with but little strength. Afterward a pulley with six or even

eight wheels may be made, and their working compared.

Lackaye's Beginning. In the Theater Magazine that excellent talker, writer, and player, the last year of her life. Wilton Lackaye, entertainingly recalls his stage beginnings.

"When I went upon the stage," he says, "I was 17, and had encountered the usual parental obstacles and the change from what found relatives had thought was a predestined career. I had wished to be a priest, had even begun studying for the priesthood. My father was the only one who differed from my view that I had such a vocation. A vocation, as we regard it, is different from a call. A call is an opportunity to get all you can, but a vocation is giving up everything you have.

"My father thought I was not adapted to the life. I believe he had already concluded that the vow of celibacy would be my chief stumbling block. But it had been arranged that I should go to that school for young priests, the Propaganda, in Rome, and we had gotten as far on our journey as New York and engaged our passage to Havre. But we lingered for two weeks in New York and went to the theater every night. I contracted that disease which every one acquires at some time. Often it does not last. but every one has it at some time or other. I was stage struck.

"The germ entered my system the night father and I went to the Madison Square theater to see 'Esmeralda.' Annie Russel was playing in it, I remember, and Eben Plympton. While watching Plympton act I decided not to go to Rome. I would remain in America. After all, I had a vocation. but it was not what I had at first thought. My vocation was the stage. After convincing myself I endeavored convince my father. He said: 'Your vocation is the padded cell.' And back we went ingloriously to Baltimore and mother.'

Hard Luck to Hit.

Harrigan, the "tramp juggler," tells this story of his first appearance as was earning a small salary with a ing very nearly all the large cities. juggling act. Receiving an invitation spend a day at their camp, he was Quite Contrary," is a descendant of

friendship of the late Queen Victoria, to whom she frequently sang during

Chas. E. Blaney's melodramatic novelty, "For His Brother's Crime," was written especially for the herculean Adonis and strenuous romantic star, Robert Gaillard.

Channing Pollock has received two offers for the English rights to "Napoleon the Great." Thomas E. Shees new play, in case Mr. Shea decides not to reserve them for himself.

Lawrence D'Orsay, the English comedien who made such a success in 'The Earl of Pawtucket," has a new play this season by Augustus Thomas. It is entitled "The Embassy Ball."

Henrietta Crosman during her New York engagement in "Mary, Mary Quite Contrary," will make a series of revivals of the old English comedies for special mid-week matinees. "Cleopatra" was the fourth play written by Sardou for Sara Bernhardt.

It was preceded by "Fedora," 'Theodoro," and "La Tosca," all of which were played in this country by Fanny Davenport, as well as by the great French actress. Louise Galloway, a member of Hen-

character of Kate in "Way Down East." Miss Galloway has "created' eleven inguene parts during her professional career.

Martin Sabine, an actor who is well known in London as a member of the Beerbohm Tree and George Alexander companies, has been engaged by Henry B. Harris to originate the role of the Hon. Fitzroy Bagley in "The Lion and the Mouse.

Dorothy Sherrod's share of the success which has come to Tim Mur phy's production of the Rev. Cyrus Townsend Brady's "A Corner in Coffee." has encouraged a firm of New York managers to announce her forthcoming tour in "His Best Girl."

The company playing "The College Widow" in the west is making a tour that approaches the triumphal. "Mr. a vagabond, doing tricks and singing. Ade's comedy has every chance of It was in his very early days-some- being the leading attraction on tour thing like twenty years ago-when he this season, the two companies visit-

Boyd Putman, the leading man for from the Baltimore Press club to Henrietta Crosman in "Mary, Mary,



Firmly established in the favor of lovers of the stage.

100000 M

it was customary to offer to the camp. I the part of Danvers in Miss Crosman's An appeal to the manager of his company for salary in advance did not meet with success, so he was reduced to pawning his stage dress suit. At night, therefore, the situation was decidedly awkward. The manager stormed, and the young juggler hastily borrowed odd garments from the other performers, made his smooth hair into a tangle, put on a half-inch beard with a handful of burnt paper, and rushed onto the stage as a tramp: His turn made such a hit that he was greeted by the manager, on coming off, with the emphatic words: "If you get that dress suit out of pawn I'll shoot you!" So he has remained a tramp-behind the footlights-ever since.

FINIAY

Personal Mention.

Eleanor Robson has revived Browning's "In a Balcony" in San Francisco in connection with her appearances there in "Merely Mary Ann."

All the members of the German le gation in Washington had box parties at "M'lle Modiste," out of compliment to their compatriot, Fritzi Scheff. Eleanor Robeson's return to New

York will be made about Christmas time, and Liebler & Co. will present her in a new play at Daly's theater. A musical comedy with a "squash and pumpkin" flavor is what Billy B. Van claims for "The Errand Boy." the two acts are laid in the country. Richard Bennett, who has been lately identified with comedy character roles, will play in "The Lion and the Mouse," his first straight juvenile

The directors of the Drury Lane, London, have re-engaged Arthur Collins as managing director for five years. The coming pantomime will be "Cinderella."

Charles H. Clark, the Seth Perkins of "The Old Homestead" is one of the veterans of the company. "Charlie" admits that he is over 50, but draws

the line at three score.

Fritzi Scheff is one of the few public singers who enjoyed the personal

comedy. Grace Elliston, who began her career in Hoyt's musical farces, recently refused an offer to return to that field at the head of her own company. Miss Elliston preferred the opportunity of creating the role of Shirley green in "The Lion and the

Miss Martha Morton's play, "The Truth Tellers," pleased a large audience at the Grand opear house, New York, on its first appearance. The audience was specially appreciative of the work of Miss Maude Fealy. once Henry Irving's leading lady, who has the leading part. The scenic equipment required for

Sara Bernhardt's production of "Angelo," "Adrienne Lecouvreur," "La Tosca," "Camille" and "The Sorceress" is said to be so great that it will occupy six cars, making up the larger part of a train which is known as the 'Sara Bernhardt special."

"Napoleon the Great" is not the first play with scene laid in France in which Thomas E. Shea has appeared. The first was "Sydney Carter," a dramatization of Charles Dickens' "Tale of Two Cities," which he produced before Martin Hawley made his success in England with "The Only Way."

Blanche Weaver, who is playing with Henrietta Crosman in "Mary, Mary, Quite Contrary," tells with great pride of a tribute once paid to her by Joseph Jefferson. Mr. Jefferson, after attending a performance of "The Country Girl," said of Miss Weaver, "she has the most infectious laugh I have ever heard in my life." A theatrical novelty in London this

winter will be the appearance there of Fuji-Ko, one of the leading actresses of Japan. She will play in English, and one of her pieces will be "The Vampire Cat of Nabeshina." This is almost a monologue and is written about the belief of the Japanese prasants that the souls of soldiers killed in battle visit their home in the twilight when the bugle calls.

## Calumet **Baking** Powder

Health-Economy

Elephant Struck by Trailn.

Says the Shanghai Times: "Rangoon papers record the rare event of an elephant being run over by a train. It happened at the 106th mile on the Irrawaddy section of the railway. The elephant was straying on the line. The front portion of the engine was, of course, somewhat damaged, as is only to be expected, but nothing else occurred. There was no derailment of carriages."

Flays Free Use of Water.

Dr. K. Beerwald of Berlin is opposed to the free drinking of water, so often advised. He says: "Excessive water drinking not only produces temporary disturbance, it also creates direct organic disorders; the heart and kidneys are particularly affected by the excess, rietta Crosman's company in "Mary, and in these cases the vascular system Mary Quite Contrary," originated the is overcharged and the heart and kidneys overworked."

> Suggestion to Motorists. It is suggested that English motorists might save trouble, time and expense by each carrying a supply of live chickens and geese on his car to replace, on the spot, those he kills.

Ask Your Neighbors.

Gelatt, Pa., Nov. 6th (Special)-Mrs. H. W. Sterns, a well respected resident of Gelatt, tells in convincing words, what Dodd's Kidney Pills have

done for her. She says: "I was a great sufferer from Rheumatism, caused through my Kidneys being out of order. I was subject to it for years. It would take me without warning, and while the attack lasted I was so lame I could not get around. So I had to send for Dodd's Kidney Pills. I took them for three days, but didn't feel much benefit, but on the fourth day I noticed a great change, the lameness in my back was gone, and the pains I used to suffer were less. I kept on with Dodd's Kidney Pills and now I am glad to say I have no lameness nor pain of any kind. I feel as if I didn't know what Rheumatism was. I shall never be without Dodd's Kidney Pills in the house, and I bless the day I first heard

A Big Claim.

I have all my life been made aware when death has seized or danger threatened those I love. Thus no fear of evil things ever disturbs me, so certain am I that if the worst of all calamities befel. I should know it on the instant of its happening, without the need of any human agency .-- Helen Mathers in the Daily Graphic.

Startling Method of Protection.

Dr Barnardo the London philanthropist, had a startling way of protecting the papers upon his desk from the devastatingly tidy housemaid. In a waste paper basket under the study table basked two snakes. This "worked like a charm," according to a personal friend of the doctor's.

Brides Remain Hidden.

At a Yezedee marriage the bride is covered from head to foot, and when she reaches her new home she hides behind a curtain, where she stays for eight days, and no one can see her. At Druse the bride is hidden with a red veil, which is first removed in the bridal chamber.

"Ah, There's the Rub!"

If the victim of unrequited love can only manage to hold out until the girl has been married nine or ten years and is trying to raise a family and do her own housework, he is almost sure to be able to get over it.-Chicago Record-Herald.

OLD FASHIONED FARE

Hot Biscuits, Griddle-Cakes, Pies and Puddings. The food that made the fathers

strong is sometimes ungt for the children under the new conditions that our changing civilization is constantly bringing in. One of Mr. Bryan's neighbors in the great state of Nebraska writes:

"I was raised in the South, where hot biscuits, griddle-cakes, pies and puddings are eaten at almost every meal, and by the time I located in Nebraska I found myself a suffere: from indigestion and its attendant ills-distress and pains after meals. an almost constant headache dull. heavy sleepiness by day and sleeplessness at night, loss of flesh, impaired memory, etc., etc.

"I was rapidly becoming incapacitated for business, when a valued friend suggested a change in my diet, the abandonment of heavy, rich stuff and the use of Grape-Nuts food. I followed the good advice and shall al-

ways be thankful that I did so. "Whatever may be the experience of others, the peneficial effects of the change were apparent in my case almost immediately. My stomach, which had rejected other food for so long, took to Grape-Nuts most kindly; in a day or two my headache was gone, I began to sleep healthfully and before a week was out the scales showed that my lost weight was coming back. My memory was restored with the renewed vigor that I felt in body and mind. For three years now Grape-Nuts food has kept me in prime condition, and I propose it shall for

the rest of my days. "And by the way, my 21/2 year old baby is as fond of Grape-Nuts as I am, always insists on having it. It keeps her as healthy and hearty as they make them." Name given by Postum Co., Battle Creek, Mich. There's a

Read the little book "The Road to Wellville" in pkgs.