

Most Unusual Story.

There comes from New York a very entertaining story relating to the settlement of the affairs of a concern that had gone into bankruptcy several years ago. Two lawyers took charge of the company's affairs and on Thursday they made a report to the judge of the United States district court. They reported that the creditors would get 100 cents on the dollar and that there was yet remaining an unexpended balance, and this, too, after the lawyers had been allowed \$1,000 for their labor. This sort of a report was made possible by the pushing of claims made by the alleged bankrupts and the recovery of money due by the processes of the courts. And very properly, the judge to whom the accounting was made complimented the two lawyers for their fine work. The average returns from the settlement of bankrupt accounts is about 25 per centum but upon one occasion now recalled a return of 92 per centum was made. One hundred per centum is so very unusual that it can be said to be a fact that the bankruptcy case was treated fairly and squarely, and that both the company and its counsel were honest men. Decidedly refreshing it is, remarks the Wilmington (Del.) News, to hear of such an instance in these days of heavy failures and no returns for the creditors. Honest failures always create sympathy for the unfortunate, but dishonest failures ought to result in sending somebody to prison.

Proving His Stories.

De Rougemont, the adventurer who some years ago deceived the Royal Geographical society and the public in London by Munchausen tales of his extraordinary experiences among the natives of Australia, until the Daily Chronicle exposed him, has turned up again. One of his early yarns was that, when shipwrecked on one occasion, he saved himself by striding a great turtle which carried him to the shore. Even this was swallowed until the final expose. But now De Rougemont has actually taken such a ride in the tank of a London playhouse. It is said that he had never seen the tortoise, or turtle, until he was introduced to it in the water. After making some passes, he successfully crossed the tank on its back, incessantly calling out: "Jah-tallah!" a word which we cannot translate owing to the absence of our turtle and tortoise dictionary. De Rougemont now claims that he has proved the truth of his original story and says that he will take a trip from Margate towards France on turtle-back to silence all doubters.

The record-breaking balloon ascension of two Philadelphia doctors for the purpose of studying the physiological effects of great altitudes, is a natural incident of ballooning's present popularity. There is sure to be discovered—probably it has been in Paris already—some aerial equivalent of the "automobile face," the "bicycle heart," the "croquet stool," the "ping pong wrist," and the like ailments. When the subway was opened, says the New York Post, even, there was predicted a great epidemic of "subway eye," a peculiar overstrain caused by rushing by white painted pillars. It may not be true that these peculiar dangers are themselves attractions in new sports. Yet, there is undeniably a certain grisly satisfaction in thinking of the perils which beset innocent and domestic amusements. We may not fall off mountain peaks like the Alpine club member, or be spared by savages like those who indulge in the expensive sport of exploration; but at an outlay of a few thousand dollars and without abstention from business, there are still to be acquired permanent squints and other marks of the enthusiast.

The Commercial club of Birmingham, Ala., is convinced that there is a profitable field in that district for the manufacture of cotton-mill machinery, steel and wooden railway cars, wagons, iron beds, spring beds, wire furniture, brickmaking machinery, window glass, bottle glass, shovels, office fixtures and furniture, paper boxes, radiators, galvanized metal, horseshoes, wrapping paper and paper bags. Few industrial centers of the south or southwest can duplicate this list of opportunities, but most of them can pick something from it that they can make with advantage.

When Wellman does find the pole, it is easy to see he will have to revert to the obsolete vertical apparatus for wireless telegraphy, unless the pole is inserted horizontally.

Denmark advertises for a reliable, sturdy executioner. In the business of decapitation one who is not afraid of work seems to have the chief qualification.

It costs the czar \$185,000,000 a year to keep his army, not to mention the sleepless nights.

Two fatal accidents to baseball players in a single day point to the fact that even the great American game is not without its serious dangers.

An accurate dog census probably would reveal the fact that the visit of the Igorrotes to this country has not been entirely in vain.

Germany is thinking of buying the house in which Louis Stevenson lived in Vallima as a residence for the governor.

Hayashi, the Foremost Diplomat of Japan

Notable Career of the Man Just Appointed Minister of Foreign Affairs.

Viscount Hayashi, who has just been made minister of foreign affairs in the Japanese cabinet, is a statesman of the flower kingdom who has achieved notable triumphs in diplomacy, and who will in his new advanced position, come much into contact with the United States and the other nations of the world.

Viscount Hayashi is only 56 years of age, having been born in February, 1850, at Sakura, a little town about 80 miles northeast of Tokio. His father is Dr. Taizen Sato, a prominent Dutch scholar, who was physician to Baron Sakura. To understand the circumstances under which Hayashi was brought up will be necessary to review the part played by Dutch scholars under the old regime in Japan.

After Iyemitsu Tokugawa closed the doors of Japan against European countries in 1637 the only means of communicating with the outside world was through Deshima, a little island in front of Nagasaki. Here a few Dutch traders and scholars were allowed to stay. Through these men, however, Japan is under obligation to Holland for instruction in engineering, mining, astronomy and medicine.

Dr. Kaempfer, for instance, stayed in Deshima for two years (1690-1691) instructing Katsurakawa, the first Japanese who practiced medicine after the western fashion. Later Dr.

litical science and familiarize himself with Anglo-Saxon civilization.

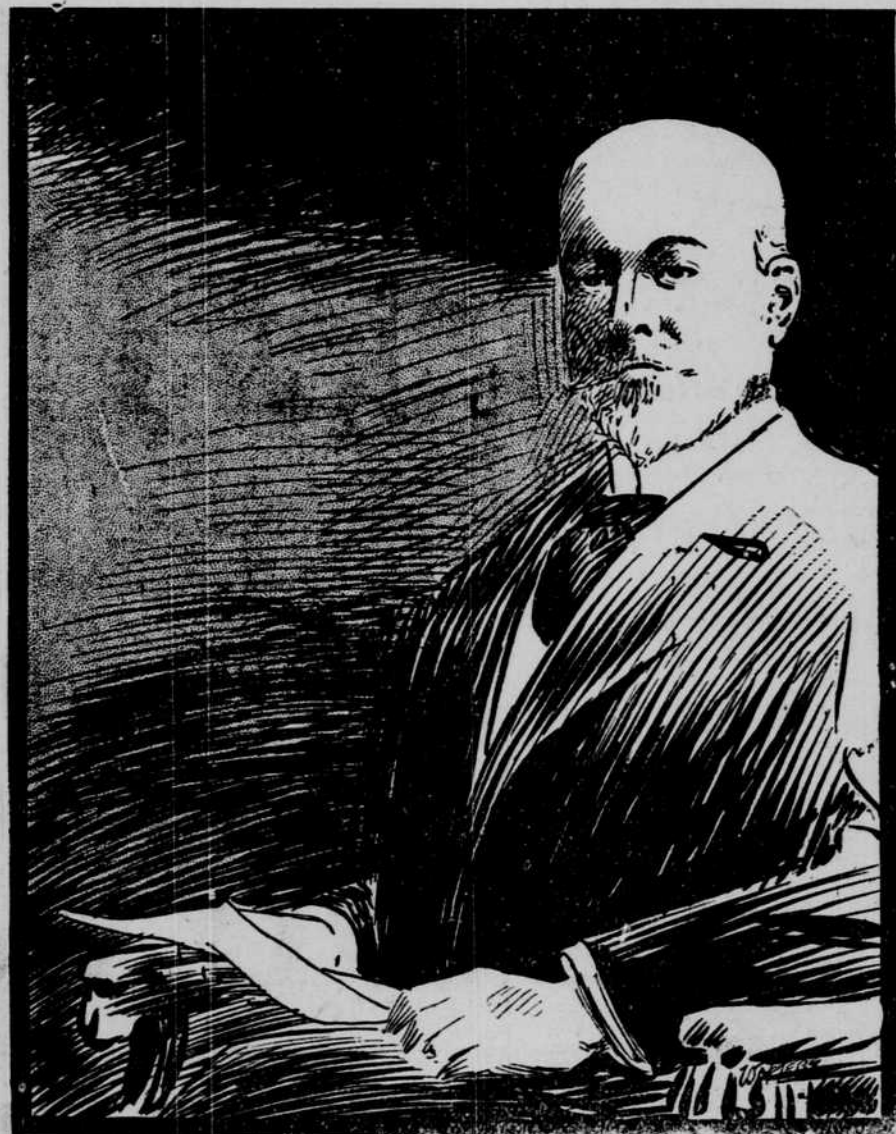
In 1891, when Admiral Enomoto took the office of minister for foreign affairs, Hayashi was appointed vice minister, and began his diplomatic life. This office he held until 1896.

As soon as the war with China was over he was sent as minister to China and stayed at Peking for three years, from 1895 to 1898.

Hayashi's success in this post was brilliant. His chief achievement was the commercial treaty between China and Japan negotiated and signed by him in 1896.

In 1898 he was sent to Russia as minister, and eight months later he was transferred to London. There he remained until May of the present year, first as minister and then as ambassador.

How active he was in the capital of England both before and during the Russo-Japanese war is well known to every one. It was he who negotiated and signed the treaty of alliance between England and Japan, joining the hands of east and west. It was he who during the war acted as the mouthpiece of the Japanese government, declaring the political will of Japan to western powers through the press, and it was he who signed the final revision of the British alliance treaty, so favorable to the peace of



Viscount Hayashi, New Japanese Minister of Foreign Affairs.

Riotaku Maeno, of Nakatsu, and Dr. Genpaku Sugita, of Obama, became prominent scholars under similar circumstances.

It was to these men that Japan, for some 200 years before the reopening of her doors, owed what knowledge she had of the sciences and progress of the western world. Viscount Hayashi's father, Dr. Sato, was one of these men, and Viscount Hayashi's brother, Baron Matsumoto, the first organizer of the department of army surgeons, was trained under them.

After he had been graduated from the Kaiseisho, young Hayashi learned the English language under the instruction of Dr. Hepburn, a pioneer missionary to Japan, who is now living at Orange, N. J.

While the future minister of foreign affairs was reading Dutch books at the Kaiseisho Japan was passing a critical point in her history, being subjected to strong foreign pressure from outside and being torn internally by the struggles of three parties, radical, progressive and conservative.

Then came the trouble with America, England, France and Holland, which led to serious internal disorders.

During the struggle, Hayashi, together with Admiral Enomoto, went to Ezo, or Hokkaido, the northeastern island of Japan, with eight men-of-war. Their purpose was to establish a republic in the island and to oppose the new regime. The project was a failure.

Before this struggle began Hayashi had been sent to England to study po-

the world. For the negotiation of this treaty he was created viscount in 1902.

Hayashi is a scrupulous and single minded man. He is never deceitful, his admirers say. Sagacious in his methods, sound in judgment, refined in his taste, and loyal to his duty, he is a true son of the Samurai.

Viscountess Hayashi, his wife, is a sister of Admiral Enomoto and is familiar with European culture, speaking English and French fluently. While in London Hayashi and his wife were influential figures in society. They contributed time and money to English philanthropic work.

A few weeks ago, when Sir Claude MacDonald, British ambassador to Japan, made a short speech at a dinner of the Japan Society of London held in Tokio, he said, referring to Hayashi:

"He has by his kindness, his willingness to do the least service in the cause of charity or any other good cause, his close study of and sympathy with British life and British character, won the hearts of all my countrymen, and I am sure the viscountess will bear with me when I say all my countrywomen. He has thus assisted most nobly in bringing the two nations into close sympathy—an inestimable service to the two nations concerned, and indeed to the whole civilized world."

Strictly Up to Date.

The largest department store in London has a night order service for early morning delivery.

GOT A FINAL AFFIRMATIVE.

Frenchman Persistent, But Doubtful, in the Questionings.

A young northern woman once went out to visit the famous old chapel and cemetery of St. Roch, near New Orleans. The eccentric old Frenchman in charge was delighted to show her about, and when they came to one of the "stations" where hung a painting of the Crucifixion, wishing to make sure of a firm foundation for her appreciation of the subject, he inquired: "Madam is an artist?"

"No," modestly replied "madame," only a student.

The old man was visibly disappointed, but, taking new courage, he tried again:

"Madam has traveled much. Perchance to Paris?"

"No," replied the lady, with proper regret; "I have never been to Paris."

Increased disappointment, almost reaching the point of disapproval, but followed by another brave attempt at

establishing mutual interest and understanding.

"Madam is a good Catholic?"

"No," replied the unfortunate woman, a trifle uncomfortable, although amused.

"Well," in desperation, "this painting is by a great artist—a French artist who lives in Paris. It represents the Christ who long ago was crucified upon a cross. You have heard of Him?"—Everybody's Magazine.

Li Wondered Why.

When Richard Harding Davis met the Viceroy, Li Hung Chang, in St. Petersburg he was asked how old and how rich he was, and what he did. He replied: "I write books." "Why do you write?" said Li: "are you not strong enough to work?"

Beauty from Within.

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.—Ralph Waldo Emerson.

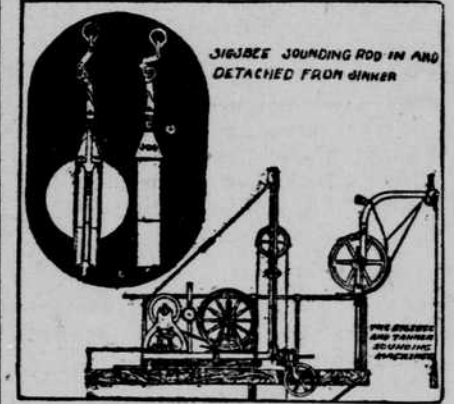
SOUNDING DEPTHS OF SEA.

GOVERNMENT HAS LEARNED SECRETS OF OCEAN BED.

Wonderful Apparatus by Which a Depth of Six Miles Has Been Uncovered by the Prying Eyes of the Scientist.

The oceanographer knows the floor of the sea to-day almost as thoroughly as the geographer knows the configuration of the land, but not more than 35 years ago it was believed by even some men of science that there were places in the ocean abyss that were fathomless. Navigators a few years ago solemnly assured credulous landlubbers that they knew the location of certain holes that never could be sounded, because they were bottomless.

There are tremendous depths, but the greatest that a ship properly equipped with sounding apparatus has



ever passed over, has been found and recorded by an infallible method.

The ship was the United States steam collier Nero, and it was incidental to a thorough exploration of the Pacific for a transpacific cable that she picked up a few handfuls of the remotest bottom, 75 miles east-southeast of the island of Guam, six years ago. The spot was christened the "Nero Deep" and no sounding rod has ever gone further into any ocean. The depth was 5,263 fathoms, or only 66 feet less than six statute miles. The peak of the highest mountain on earth is not so tall.

The work of the Nero probably never has been equaled by any other vessel surveying for a cable route. Incidental to the soundings the naturalist of the ship collected much material relating to the character of the bottom, adding something to the great stock of knowledge already acquired. The Nero made soundings every ten miles over a zigzag course of 21,519.5 nautical miles. The exploration practically covered a sea

territory 14 miles wide and 6,000 miles long, and for thoroughness has never been excelled.

The pressure at six miles below the surface is about five tons to the square inch, the tissues of the deep sea animals are formed to resist. Some of them are so soft that they disintegrate when they are hauled into the air. All come up dead. The sudden and enormous decrease of the pressure as they ascend and the immersion in a temperature of 80 degrees from a temperature of 35 degrees is enough to destroy any sort of animal life.

The first accurate knowledge of deep sea conditions and life was obtained by the experts of the famous Challenger expedition around the world, beginning in 1872 and lasting about four years. Even the Challenger, which sounded great depths and brought up many new animals and specimens from the ocean floor, used the old-fashioned and unreliable rope sounding apparatus. Sir William Thomson, who devised the machine for sounding with piano wire, had one put aboard the Challenger, but the British conservatism of the explorers made them stick to the rope which served them well rather than experiment with new fangled things. So Sir William's device was consigned to the storeroom.

The United States navy and coast survey profited by Sir William's invention, however. It was only a few months after the Challenger expedition had started that Capt. George E. Belknap, of the navy, in the steamer Tuscarora, fitted up for sounding for a submarine cable from California to Japan, took one of the wire machines along. He used it by attaching the wire to his own improved apparatus. It is Capt. Belknap's sounding machine, perfected by then Lieutenant Commander C. D. Sigbee, that is now in use on the most famous and complete of all sea searching vessels, the Albatross of the United States fish commission.

This machine is here illustrated. The globular part is the sinker or shot, which is detached by the impact of the rod running through it against the bottom or by the slackening of the sounding wire. The weight of the shot, including the thermometer, is about 70 pounds. When the projecting bottom of the rod is forced by the weight of the shot into the sea floor it lifts a valve and fills the cylinder with specimen soil. The shot is detached automatically. When the rod begins to ascend the valves are closed and the contents of the rod are protected from wash.

MAKE STEEL FROM SAND.

BLACK SOIL OF PACIFIC COAST TO YIELD WEALTH.

By a New Electrical Process is Expected That a New Industry Will Soon Be Established.

The Pacific coast has no ore mines, but what may prove more productive, it has a black sand which promises to yield a good grade of steel, and instead of the blast furnaces of the east, it is expected that electrical furnaces will soon be devouring the black sands greedily, and will be pouring forth a stream of steel ingots.

"Within four months we will be making steel on the Pacific coast, the first time that steel has ever been produced there in commercial quantities."

So spake C. E. Wilson, who was the electrical expert at the Lewis and Clark exposition at Portland, and who had charge of the electrical smelting operations conducted by the government there.

"We will make our steel on the Pacific coast from iron contained in the black sands," Mr. Wilson went on to say, "and instead of the blast furnace that is used in the east, we will use the electrical furnace. There is enough iron in the black sands of the Pacific coast to supply the needs of the world in the shape of steel for generations to come. That it has never been utilized before is simply because no way of separating the iron from the sands had ever been devised."

The ingenuity of a Chicago man, Thomas J. Lovett, is said to have solved the problem of how to do this, and the Lovett separator it is expected to readily obtain the iron.

The Lovett separator, it is claimed, will handle the sands either wet or dry, and, in fact, will do better work when they are wet than when they are dry. All over the Pacific coast these sands abound, and many of them carry iron ranging from 500 to 700 pounds to the ton. This iron, when separated from the sands, is of the highest grade. It is very fine, being carried down in the beds of the rivers by erosion, and is absolutely free from sulphur.

Because of its fineness, this iron cannot be smelted in the ordinary blast furnace. It would be blown out when the blast was put on. With the electrical furnace, however, this difficulty is overcome.

But it is said that the Lovett separator is not alone for the recovery of iron, but for the recovery of the gold and other valuable minerals with which all the black sands of the Pacific coast abound. For years and years it has been the object and the ceaseless effort of the miner to get rid of this iron in the sand. The miner called it the "chit," because it robbed him of the precious metal that he was seeking to recover. As he would run the gold bearing sand over his sluice the iron in the sand would drop down and choke up the riffles. Consequently the gold, which is very fine and is known as flour gold, would run off with the water.

By running these sands through the Lovett separator the iron is pulled out of the sand by powerful magnets. Then the sand is ready for the placer miner operation, and, being freed from the magnetite or iron, the gold is readily concentrated, as well as any other precious mineral that the sands may

contain. The United States government has for some years been conducting a series of experiments with the black sands of the Pacific coast, but the object of these experiments was solely to see if they did not contain platinum in greater or less quantities. The supply of platinum in the world is extremely limited, and mainly comes from Russia, and at the outbreak of the Russian and Japanese war this supply was seriously threatened.

A few years ago congress voted an appropriation of \$50,000 to the United States geological survey, and the in-



First Steel Ingot From the Electric Furnace.

vestigations of this body found that the black sands did contain platinum, but also found that in many cases they carried gold values ranging as high as \$600 and \$700 to the ton. Only a small proportion of this value, however, could ever be recovered, because of the presence of iron in such large quantities.

ANNIVERSARIES IN THE HOME.

Little Celebrations That Mean Much in Fostering Sentiment.

The happiest households are those that do not let die out the sentiment connected with various anniversaries. Although gift-giving or recognition of such events in a suitable way may be out of the question owing to the straitened circumstances of those "within the gates," there can yet be a little air of festivity when mother's or father's birthday comes round, or some wedding anniversary is to be celebrated, says the Indianapolis News. An extra dish, a little bunch of flowers, or some special music prepared for the occasion, will show the kindly spirit and the loving remembrance that count far more than the money value of any gift. As the children grow up, if these festivals are encouraged, they will have much to look forward to and much more to remember in the years to come when they go out to do battle with the world and find that sentiment is crushed under foot and affection is regarded only as a side issue.

Insomnia Cure.

An excellent way to cure insomnia is to bandage the eyes with a handkerchief before retiring. The compress seems to drive away the blood from the eyes and so cure, or at least temporarily relieve, that feeling so often experienced by sufferers from sleeplessness, of trying to see in "the dark."

Under Difficulties

The girl with the raspberry-color plume curling underneath her hat seated herself with a sigh of exhaustion. "It is simply dreadful to have to come back to town to shop," she said. "Isn't it!" agreed the girl with the tanned arms. But her tone was abstracted. "I really didn't need anything and should not have come at all only I wasn't going to let that egotistical Millie Adams win out," she added. "Whadshedo?" asked the girl with the raspberry plume.

Her friend sighed. "My dear," she said, leaning over the table, "that girl is selfishness incarnate! Anyhow, I don't see how I could be expected to know all about it! I'm sure nobody could blame me because Gordon Lane haunted my very footsteps up to the camp. Whenever there was any place to go or anything to do Gordon was on hand. He was devoted itself and he certainly has a way of looking at a person that—well, when he told me his sister had written him that she was coming up and intended to bring one of the girls along, I said that was perfectly lovely and I should try to help give them a good time."

"Of course," agreed the other girl. "We had a row down to the station to get them," went on the girl with the tanned arms. "There was a broiling sun and it was three miles and I had to steer, for it was a big boat. We got there simply exhausted and I had the worst sunburn on my face and hands you ever saw, but I never mentioned it, because Gordon likes girls who are keen on outdoor sports."

"There they are!" Gordon said, as he saw the two come down the platform. "I wonder what girl Dot has brought with her?"

"Then, as he looked, he gave a funny little choke and said something I did not catch. Dot Lane came running up with her face beaming and kissed her brother enthusiastically."

"I thought I'd bring you a surprise," she cried. "I knew there was no one on earth you'd rather see than Millie, especially as you didn't expect her. But she came back from the east ahead of time, so I just brought her along." Then she pushed forward a regular dream of a girl in cool linen, with the most carefully kept complexion and angelic hands.

"I knew right away that I never should like Millie. She seemed so absolutely sure that Gordon was perfectly delighted to see her that I felt so sorry for the poor boy! He seemed dreadfully embarrassed for some reason and if I hadn't known his real feelings I would have said he seemed glad, too. But I knew he just put it on to be polite. Millie walked away with him toward the boat with the most brazen assurance, leaving me to follow with his sister."

"Dot just beamed as she watched them. 'Gordon is so surprised and pleased, dear boy,' she murmured, 'that he is quite upset. They aren't really engaged, but we all know how matters stand. Really, his devotion to Millie has been something beautiful and it has gone on for two years now. I don't believe he even thinks of another girl!'"

"I just stared at her and thought of all the things I might say, but I was too diplomatic. I decided that I'd let actions speak for themselves. I knew that Gordon couldn't drop me simply because this conceited Millie Adams fancied he cared for her. I had no doubt it was just a little flirtation that she had taken seriously and nothing like the deep feeling he had for me. Why, the beautiful things he had said to me!"

"I can't say we had very good times, for Gordon acted so subdued, though I tried hard to show him that I knew I was really first in his thoughts. Millie tried to do the same thing, too, and I thought it pretty forward of her. I think these girls with delicate complexions are always selfish, don't you?"

"Gordon and I never had a minute to ourselves; not one minute! To be sure, neither did Millie and he, but that was different entirely. His sister seemed so worried. She said she couldn't imagine what had come over her brother, that he was getting thin and did not seem happy. It was so stupid of her not to see it was the persecutions of Millie Adams that were spoiling his vacation for him."

"She looked so triumphant when she told me that Gordon was going back to town with her and his sister that my heart bled for the poor boy. I gave him one comforting glance and said what a jolly party we'd be, because I intended to take that train, too, to go in for some shopping. I wish you could have seen her face! And Gordon gave a little groan—of relief, I am certain. Men are so helpless in a situation like that and I knew he'd admire my cleverness!"

"He certainly must have done so," said the girl with the raspberry plume, fervently. "By the way, I met him just before I came in here, rushing toward a car with a suitcase. I asked where he was going and he looked at me in a strange way and said to the farthest point of the earth his money would carry him. I didn't understand what he meant then, but—"

"Oh!" wailed the girl with the tanned arms, "I just knew that Millie Adams' running after him would drive him to do something rash! Did you find out what his address would be? I suppose, though, a letter would be forwarded to him."—Chicago Daily News.

Will Sue Many Railroads.

Attorney General Moody has directed that suits be brought against a large number of railroad companies to recover penalties for violation of the safety appliance law through failure to keep their equipment in proper condition. The largest number of violations attributed to any road is 52 against the Atlantic Coast Line Railroad company.

No Leisure Class.

Strictly speaking, we have no leisure class. Where we are doing nothing else, we are getting divorced.—Pack.

ERRORS ABOUT THE WHITE HOUSE.

To the Editor: I noticed somewhere recently, would not say positively that it was your columns—an article on the White House which contained several mis-statements.

In the first place it was stated the White House was first occupied in 1809 and that its first occupant was President Madison. The fact is, its first occupant was President Adams, who took up his residence there in 1800.

The original mansion was begun in 1792. In 1814 it was burned by the British and rebuilt in 1818.

Another of the errors in the article referred to was the statement that ready-prepared paint is used on the White House to make it beautifully white.

I noticed this especially because I have used considerable paint myself and wondered that "canned" paint should be used on such an important building when all painters know that pure white lead and linseed oil make the best paint.

It so happened also that I knew white lead and linseed oil—not ready-mixed paint—were used on the White House, because I had just read a booklet published by a firm of ready-mixed paint manufacturers who also manufacture pure white lead. In that book the manufacturers admitted that for the White House nothing but "the best and purest of paint could be used," and said that their pure white lead had been selected.

Above all people, those who attempt to write on historical subjects should give us facts, even if it is only a date or a statement about wood, or brick, or paint, or other building material.

Yours for truth,

First Use of Modern Trousers.

Trousers, in their present shape, were introduced into the British army in 1813, and tolerated as a legitimate portion of evening dress in 1818.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Watson* In Use For Over 30 Years. The Kind You Have Always Bought.

Another Triumph for X-Rays.

So successful has the application of the X-rays been in the treatment of children suffering from ringworm, that the Metropolitan Asylums Board, London, has been enabled to discontinue the use of one of the two institutions reserved for such cases.

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

California's New Idea.

A California ostrich farmer is about to open a branch office in London, where he will have a collection of ostriches, and incredulous customers will be treated to feathers cut direct from the backs of the ostriches, manufactured under the customers' eyes, and sold to them across the counter "at a price they never heard of."

Immense Leaves of Palm.

The palm family bears longer leaves than any other known tree. The Inaga palm, growing on the banks of the Amazon, has leaves which reach from 35 to 50 feet in length, and 10 to 12 feet in breadth. Specimens of the taleopt palm, a native of Ceylon, has been met with 20 feet long and 18 feet broad. These leaves are used by the natives to make tents, and, thus employed, they make very efficient shelters from rain. The leaves of the double cocoanut palm are often 30 feet long and several wide. The leaves of the cannibal tree of Australia resemble broad planks and are frequently 15 feet long, 20 inches broad and 1 1/2 feet thick at the base. These boardlike leaves all shoot out at the top and hang down so as to form a sort of umbrella around the stem. The umbrella tree of Ceylon has leaves of such enormous size that a single one will cover from 15 to 20 men, and often serves as a canopy to a boat, or a tent for soldiers. A specimen leaf taken to England measured 36 feet round.

GOOD NIGHT'S SLEEP.

No Medicine so Beneficial to Brain and Nerves.

Lying awake nights makes it hard to keep awake and do things in day time. To take "tonics and stimulants" under such circumstances is like setting the house on fire to see if you can put it out.

The right kind of food promotes refreshing sleep at night and a wide awake individual during the day.

A lady changed from her old way of eating, to Grape-Nuts, and says:

"For about three years I had been a great sufferer from indigestion. After trying several kinds of medicine, the doctor would ask me to drop off potatoes, then meat, and so on, but in a few days that craving, gnawing feeling would start up, and I would vomit everything I ate and drank."

"When I started on Grape-Nuts, vomiting stopped, and the bloating feeling which was so distressing disappeared entirely."

"My mother was very much bothered with diarrhea before commencing the Grape-Nuts, because her stomach was so weak she could not digest her food. Since using Grape-Nuts she is well, and says she don't think she could live without it."

"It is a great brain restorer and nerve builder, for I can sleep as sound and undisturbed after a supper of Grape-Nuts as in the old days when I could not realize what they meant by a 'bad stomach.' There is no medicine so beneficial to nerves and brain as a good night's sleep, such as you can enjoy after eating Grape-Nuts."

Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

—Pack.