

# The Heroes Who FIGHT DEATH for You



**HEROES!** Why, you, there are many kinds. There is the man who rode through the town faster than the water flowing him, yelling that the dam had burst; there is the man who stuck to his ship when all the crew deserted him; there is the woman who plucked somebody else's child out of the flames; there is the engineer who kept his hand on the throttle and died to save his train-load of passengers.

And there are others of a quieter and less spectacular sort. The men and women who work day after day among steaming pots and glittering test tubes in the laboratories, fighting back by inch against disease and cutting down the death rate in every one of those awful scourges which wipe out hundreds of thousands of human lives every year.

There is no life of ease. Every day they take the chance of catching some fatal contagion themselves. And each by such they gain. Each year they inch down the death rate, though taking every chance with death themselves. They are making serums; they are studying contagion with the microscopes; they are examining tropical cases in the hope of getting some new idea that will work for stamping out some pest to men, women and children.

Tetanus, diphtheria, meningitis, typhoid, rabies, septicaemia, glanders—these are some of the contagions they face. Millions of microbes come before them every day. It is a soldier in battle taking any more chance with his life.

Do they die? Of course they do. Few hear of them, though, because life is so short that they die. There seems nothing heroic in dying of glanders or meningitis, but it is death just the same. The victim is only one more martyr to medicine, says the New York World.

"What a useless sacrifice!" so many say. But is it? In every one of those germ diseases the death rate in New York and other cities every where has been cut down. Diphtheria is no longer the awful pest it once was. Tuberculosis is curable if the patient is caught in time. The Fourth of July no longer gets its toll of dead boys and girls, thanks to the serum for lockjaw. Sacrifice has paid.

Take diphtheria alone. The death rate today is so reduced that practically every case, if taken in time, has a favorable outlook. The death rate has been reduced 75 per cent. But some men who have worked over the diphtheria bacilli have died to make possible this reduction.

The antitoxin from the horse has worked this wonder and has kept thousands of mothers and fathers from weeping by the side of little graves with diphtheria, so it has been with other scourges. Men and women have worked over cultures until they have found the culture that gives immunity. Some have died, but think of the lives that they have saved!

To use a platitudinous "Familiarity breeds contempt." So it is with those who work over the bacteria of disease; so it is with railway men and workers in powder mills and mines.

## TREACHERY OF ELEPHANT

Witchforks and Not Sugar Plums Represent Wicked Tendencies of the Beast.

In Jersey City recently Queen, an elephant 37 years old, said to have been sent to the famous Jumbo, the largest elephant ever in captivity, was put to death by her owner, a circus man, for having killed her keeper. She had taken him up with her trunk and after battering the body against the wall of her stall had knelt upon it, crushing it to a shapeless mass. To kill her, the owner gave her a red apple filled with cyanide of potassium. She ate this, and death was almost instantaneous. This was probably not Queen's first killing, and, like Mile. Djek, in Charles Reade's short story, written 50 years ago, her owners for 25 years "had been calling her a duck when she was a demon."

table rapidly. On a glass-topped table were a bunsen burner, a small wire basket containing about twenty small test tubes, each corked with a small wadding of cotton; a receptacle holding a dozen glass-handled platinum wires, a microscope and the large vessel, about one-third filled with a yellowish or amber-colored fluid, and also a number of slides like the small covers of preserve jars. These were the test slides upon which the individual germs are developed into colonies, each colony appearing to occupy no more space than could be covered by a large pin point.

These germs were to be used for injections to one of the horses, from which they wished to secure the diphtheria antitoxin.

The first dose given to the animal is a small one, but the germs get to work at once. At the same time the blood takes up the task of fighting them. The next injection is larger, and the blood, now containing certain agents produced in the first battle, attacks the newcomers with added force. So the process goes on, until a great quantity of germs can be injected without the disease developing, and the horse is now ready to give up its immunized serum.

This, when extracted, is found to contain, besides the antitoxin globulins, a great amount of useless material, which if injected into a human being, while not causing any danger, would give the blood an added amount of work to do.

The serum is taken to the laboratories to be refined. This is done by filtering and refiltering until only the globulins remain, and these when injected furnish the human blood with reinforcements that the disease cannot defeat. Great care must be used in raising these "pats," as one of the orderlies called the germs, and in order to make them grow they must be placed in specially prepared bouillon. Then they are taken to a room which is kept at a high temperature all the time. In some cases they are covered so that no light can reach them.

In the germ room are many of these vessels and test tubes containing enough bacilli to wipe out the entire population of the United States. Every one of those disease germs is carefully tended so that it may not die.

In the Pasteur room a physician was grinding something in a small bowl. This was a spinal cord from a rabbit which had died that morning from rabies. It contained a frightful amount of living bacilli. The worker wore neither mask nor rubber gloves, and when asked why he did not take that precaution he only smiled and remarked that it might interfere with his work.

He showed us shelves on which were twelve jars containing the spinal cords of rabbits. These represented the period of drying, from one to twelve days, and each day the cord in the last bottle is thrown away and the bottles moved up, while a fresh cord is placed in the one just emptied.

In giving the treatment the cord of the twelfth day is first used, as this contains only dead bacilli, which act as an immunizer. Each day a cord of less period of drying is used until they reach that of the seventh day, when the living bacteria are found, though in very small numbers.

If by this time the patient shows no symptoms of the real disease it is thought that he had never been inoculated in the first place or that the effects of the immunizing doses have defeated it, but should the symptoms become marked then the dosage is kept up until they reach that of the first day, which means the use of materials from a freshly removed cord.

The cures from this treatment have been marvelous. Commissioner Lederer of the department of New York city, and Dr. William H. Parks, chief of the research laboratory, showed the work of preparing the antitoxin from the first to the last stage of the other day.

"To get the antitoxins and vaccines, and also for test purposes, we use guinea pigs, rabbits, goats, calves and horses," said the commissioner. "The horse furnishes us with most of the antitoxin. On the farm there are 24 horses, of which 18 are used for diphtheria alone. When they have given to the immunized serum they are put to work; their strength has not been impaired by the operation. The calves from which we take the vaccine are killed and eaten by us. You, actually eaten, and I trust that you will make this point strong because I believe it will do much to show the people who have been crying out against vaccination that there is nothing harmful in it, or we could never eat the meat."

"Antitoxin and vaccine treatment, wonderful as have been the results, is only in its infancy, and we cannot but wonder what the future holds in store. As each day passes and new points are brought to light, we are encouraged to fight just that much harder in the hope that the next will bring out ever so much more."

"Take tetanus as an example. It is not so long ago that we discovered that this was an attenuated smallpox and it is not capable of developing the true disease. Instead, it has the wonderful property of immunizing the person from an attack of that awful disease for a certain period. I have never seen a culture of smallpox used on a calf, and the vaccine we are using on the calves today is taken from one previously vaccinated and it in turn from another."

There is absolutely no danger from vaccination, especially when the person so treated preserves a certain amount of antiseptic caution; by that I mean not picking dirt to get into the sore, or picking at it or scratching it. The vaccine is only an attenuated smallpox and it is not capable of developing the true disease. Instead, it has the wonderful property of immunizing the person from an attack of that awful disease for a certain period. I have never seen a culture of smallpox used on a calf, and the vaccine we are using on the calves today is taken from one previously vaccinated and it in turn from another."

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The "weekly" writer said that was a lie. We replied that he was ignorant of the facts. He was put on the stand and compelled to admit he was not a Dr. and had no medical knowledge of appendicitis and never investigated to find out if the testimonial letters to our Co. were genuine.

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We showed by expert testimony that many cases are healed without a knife, but by stopping the use of food which did not digest, and when food was required again it was helpful to use a predigested food which did not overtax the weakened organs of digestion.

When a pain in the right side appears it is not always necessary to be rushed off to a hospital and at the risk of death be cut.

Plain common sense shows the better way is to stop food that evidently has not been digested.

Then, when food is required, use an easily digested food. Grape-Nuts or any other if you know it to be predigested (partly digested before taking).

We brought to Court analytical chemists from New York, Chicago and Mishawaka, Ind., who swore to the analysis of Grape-Nuts and that part of the starchy part of the wheat and barley had been transformed into sugar, the kind of sugar produced in the human body by digesting starch (the large part of food).

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Splitting hairs about the meaning of a word, it is sufficient that if only one-half of the food is "predigested," it is easier on weakened stomach and bowels than food in which no part is predigested.

To show the facts we introduce Dr. Thos. Darlington, former chief of the N. Y. Board of Health, Dr. Ralph W. Webster, chief of the Chicago Laboratories, and Dr. B. Sachs, N. Y. If we were a little severe in our denunciation of a writer, self-confessed ignorant about appendicitis and its cause, it is possible the public will excuse us, in view of the fact that our head, Mr. C. W. Post, has made a lifetime study of food, food digestion and effects, and the conclusions are indorsed by many of the best medical authorities of the day.

**Lightning Change.**  
The Manager—Can you make quick changes in a double in a few parts?  
The Actor—Can it? Stay, you know the scene in "Love and Lobsters," where the hero and the villain are fighting, and a friend rushes in and separates 'em? Well, I played all three parts one night when the other two fellows were ill.

**Holidays in the States.**  
Washington's birthday is a holiday in all states. Decoration day in all states but Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee and Texas. Labor day is observed everywhere. Virtually every state has legal holidays having to do with its own special affairs—battles of New Orleans in Louisiana, Texas Independence and battle of San Jacinto in Texas, Admission day in California, and so on. Mississippi is like the federal government in lack of statutory holidays, but by common consent Independence day, Thanksgiving and Christmas are observed. A new one is Columbus day in a few of the states.

**Planting Wedding Oaks.**  
Princess August Wilhelm, wife of the Kaiser's fourth son, has set herself the task of reviving one of Germany's oldest customs, that according to which newly wedded couples immediately after the marriage ceremony plant a couple of oak saplings side by side in a park or by the roadside of their native town.

The town of Mulchansen, in Thuringia, is the first to respond to the princess's appeal. A municipal official appears at the church door after every wedding and invites the bride and bridegroom to drive with him in a carriage to a new road near the town and there plant oak saplings.

The tree planting idea was started by a former elector of Brandenburg with the object of repairing the ravages caused by the 29 years' war. The elector forbade young persons to marry until they had planted a number of fruit trees.

**Two Very Old Ladies.**  
We have heard a great deal lately about long-lived people, but it is probable that the oldest two people in the world today are Frau Dutkewitz and another old lady named Babavasilka.

The former lives in Posem, in Prussian Poland, and was born on February 21, 1785. She is therefore one hundred and twenty-five years old. The latter, however, is nine months her senior, having been born in May, 1784.

She is still a fairly hale old woman, and for nearly one hundred years worked in the fields. Her descendants number close on 100, and these now make her a joint allowance. She lives at the village of Bavelko, whose neighborhood she has never quitted during the whole of her long life. She remembers events which happened at the beginning of last century much more clearly than those of the last 40 years.—Dundee Advertiser.

**An Alaskan Luncheon.**  
Runners of woven Indian baskets, with white drawnwork doilies at each of the 12 covers, were used on an oval mahogany table. The doilies were made at Sitka. In the middle of the table a mirror held a tall central vase of frosted glass, surrounded by four smaller vases, all filled with white spring blossoms. The edge of the mirror was banked with the same flowers. Four totem poles were placed on doilies in the angles made by the runners.

Place cards were water colors of Alaskan scenery. Abalone shells held salted nuts, and tiny Indian baskets held bonbons. The soup spoons were of horn, several of the dishes used were made by Alaskan Indians, and the cakes were served on baskets.

The menu was as follows: Poisson a la Bering Sea (halibut chowder), Yukon climbers (broiled salmon, potatoes Julienne), snowbirds avec aurora borealis (roast duck with jelly), Shungonek river turkeys, Tanana beefs, Shagway hash (saal), Fair banks nuggets (ripe strawberries arranged on individual dishes around a central mound of powdered sugar), arctic slices (brick ice cream), Circle City delights (small cakes), Klondike nuggets (yellow cheese in round balls on crackers), Nome firewater (coffee).

Woman's Home Companion.

**Cripple Rides Bicycle.**  
George Anstey, aged 12, a cripple, of Leicester, England, is one of the most remarkable cyclists in the country. Both his legs are withered and useless, but the Leicester Cripples' Guild has provided him with a two-wheeled pedalless machine, with a padded tube covering the axle bar. Across this he fits a face forehead, with wooden clogs strapped to his hands he propels himself along the streets and roads in a marvelously rapid manner. He has complete control of the machine, his hands acting as pedals, steering gear, and brake combined.

**Too Ardent a Lover.**  
Georgotto Fontano, an embroiderer who lives in the Rue Sevres in Paris, has found himself condemned to a month's imprisonment for what seems to her a harmless act.

She was going home from a concert a few evenings ago when she decided she would like to see her fiancé. As he happens to be a fireman whose station is in her own neighborhood it occurred to her it would be very easy to summon him to her side by breaking the glass of the fire alarm and sounding a call.

She did so and in a few moments fire engines came from several directions, all laden with firemen, of course, but alas! her fiancé was not among them, and more than that all the firemen were angry, and before she knew what had happened she was taken to a magistrate, who proceeded to make the course of true love run unsmoothly by sending her to prison for a month in spite of her tears and protests that she thought it would be a simple way of bringing her fiancé to her side.

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**Woman's Home Companion.**

**Largest of Whales.**  
The largest whale of its type of which there is scientific record was captured recently off Port Arthur, Tex. He measured sixty-three feet in length, and was estimated to be about three hundred years old. Captain Cob Plummer, mate of a United States pilot boat, sighted the monster in the shoals off the jetty, and the crew of his vessel captured the mammal, exhibited and much photographed before being cut up.

**Bankers and Bank Notes.**  
Four men, three of whom were connected with brokerage concerns in the Wall street district, were discussing the disappearance of paper currency and the disappearance of counterfeiters. "We are so sure nowadays," said one of the party, "as to the genuineness of bills that little attention is paid to them in handling, except as to denomination." To prove his assertion he took a \$10 yellowback from his pocket, and holding it up, asked who could tell whose portrait it bore. No one knew, and by way of coaching the broker said it was the first treasurer of the United States. Again no one knew the name. "Why, it's Michael Hillegas," said the man proudly. "But in confidence, I'll tell you, I didn't know it five minutes ago."—New York Tribune.

**An Unnecessary Confession.**  
A hearty laugh was occasioned at the Birmingham police court by a prisoner who gave himself away in a very delightful manner. The man was the first on the list, and the charge against him was merely one of being drunk and disorderly. He stepped into the dock, however, just at the moment when the dock officer was reading out a few of the cases which were to come before the court that morning, and a guilty conscience apparently led him to mistake these items for a list of his previous convictions.

He stood passive enough while the officer read out about a dozen drunk and disorderly, but when he came to one "shopbreaking" the prisoner exclaimed excitedly. "That was eight years ago, your honor." Everyone began to laugh, and the prisoner, realizing the blunder he had made, at first looked very black indeed, but finally saw the humorous side of the matter, and a broad smile spread over his face. His blunder did not cost anything.—Birmingham Mail.

**French Official Etiquette.**  
The wives of the new French ministers share in the honors conferred on their husbands, the degree of deference due to them being minutely established by the "protocole." When the wife of a minister enters a room, if any deputies or senators' wives are present, they are supposed to rise and remain standing until she is seated. Other ministers' wives may rest in their chairs, but should the prime minister's wife arise they also must stand to attention. And even Mme. Briand (if there were such a person), would have to show similar deference to the wife of the president of the chamber. With her, according to the protocole, "est la representation nationale qui entre, le suffrage universel la France."—London Chronicle.

**Vivid at Least.**  
Dr. Hiram C. Cortlandt, the well-known theologian of Des Moines, said in a recent address:

"Thomas A. Edison tells us that he thinks the soul is not immortal; but, after all, what does this great wizard know about souls? His forte is electricity and machinery, and when he talks of souls he reminds me irresistibly of the young lady who visited the Baldwin locomotive works and then told how a locomotive is made."

"You pour," she said, "a lot of sand into a lot of boxes, and you throw old stove lids and things into a furnace, and they empty the molten stream into a hole in the sand, and everybody yells and swears. Then you pour it out and let it cool and pound it, and then you put it in a thing that bores holes in it. Then you screw it together, and paint it, and put steam in it, and it goes splendidly; and they take it to a drafting room and make a blue print of it. But one thing I forgot—they have to make a boiler. One man gets inside and one gets outside, and they pound frightfully; and then they tie it to the other thing, and you ought to see it go!"

**DIFFERENCE IN THE RACES**  
Mexicans in the Main Unjust in Blaming Americans for Lack of Politeness.

All the Mexican correspondents who have written on the subject of why Americans are not better liked by Mexicans agree that it is largely a question of a lack of politeness on the part of the foreigner here, and in some cases an ill-concealed contempt. The latter is inexcusable, and certainly must emanate only from inconsiderate or poorly educated persons, from which no nation is free. Politeness, however, is largely a matter of form and training. It is undeniable that the Anglo-Saxon salutations, methods of expressing thanks and appreciation, etc., are simpler and shorter than the Latin forms. To many who have all their lives been accustomed to the briefer Saxon ways, an attempt of the more elaborate Latin politeness seems, for them, nothing short of affectation, and they simply cannot do it. There are exceptions among Americans and Englishmen who readily adopt the courteous phrases of the Mexicans and use them naturally, but they are the exceptions. And it is difficult to see how this can readily be changed. Our Mexican friends should understand, on the other hand, that if Anglo-Saxons do not, as a rule, go through as many social formalities as the usages of the land prescribe, they mean no offense thereby. They are accustomed to taking a good many things for granted, and their Latin cousins give verbal assurance of. Naturally, it is the duty of the outlander to conform as nearly as he can to the ways of his adopted country, but human nature and settled habits are pretty hard to make over, particularly unless you catch them while they're young.—Mexican Herald.

## That Suit for Libel

### Against the Postum Cereal Co., Ltd., Gave a Splendid Chance to Bring Out Facts

A disagreement about advertising arose with a "weekly" Journal.

Following it, an attack on us appeared in their editorial columns; sneering at the claims we made particularly regarding Appendicitis.

We replied through the regular papers and the "weekly" thought we hit back rather too hard and thereupon sued for libel.

The advertisement the "weekly" attacked us about claimed that in many cases of appendicitis an operation could be avoided by discontinuing indigestible food, washing out the bowels and taking a predigested food Grape-Nuts.

Observe we said MANY cases not all. Wouldn't that knowledge be a comfort to those who fear a surgeon's knife as they fear death?

The "weekly" writer said that was a lie. We replied that he was ignorant of the facts. He was put on the stand and compelled to admit he was not a Dr. and had no medical knowledge of appendicitis and never investigated to find out if the testimonial letters to our Co. were genuine.

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We showed by expert testimony that many cases are healed without a knife, but by stopping the use of food which did not digest, and when food was required again it was helpful to use a predigested food which did not overtax the weakened organs of digestion.

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To show the facts we introduce Dr. Thos. Darlington, former chief of the N. Y. Board of Health, Dr. Ralph W. Webster, chief of the Chicago Laboratories, and Dr. B. Sachs, N. Y. If we were a little severe in our denunciation of a writer, self-confessed ignorant about appendicitis and its cause, it is possible the public will excuse us, in view of the fact that our head, Mr. C. W. Post, has made a lifetime study of food, food digestion and effects, and the conclusions are indorsed by many of the best medical authorities of the day.

It is possible that we are at fault for suggesting, as a Father and Mother might, to one of the family who announced a pain in the side: "Stop using the food, greasy meats, gravies, mince pie, cheese, too much starchy food, etc., etc., which has not been digested, then when again ready for food use Grape-Nuts because it is easy of digestion?"

Or should the child be at once carried off to a hospital and cut?

We have known of many cases wherein the approaching signs of appendicitis have disappeared by the suggestion being followed.

No one better appreciates the value of a skillful physician when a person is in the awful throes of acute appendicitis, but "an ounce of prevention is worth a pound of cure."

Just plain old common sense is helpful even nowadays.

This trial demonstrated Grape-Nuts food is pure beyond question.

It is partly predigested.

Appendicitis generally has rise from undigested food.

It is not always necessary to operate.

It is best to stop all food.

When ready to begin feeding use a predigested food.

It is palatable and strong in nourishment.

It will pay fine returns in health to quit the heavy breakfasts and lunches and use less food but select food certainly known to contain the elements nature requires to sustain the body. May we be permitted to suggest a breakfast of fruit, Grape-Nuts and cream, two soft boiled eggs, and some hot toast and cocoa, milk or Postum?

The question of whether Grape-Nuts does or does not contain the elements which nature requires for the nourishment of the brain, also of its purity, will be treated in later newspaper articles.

Good food is important and its effect on the body is also important.

**"There's a Reason"**  
**Postum Cereal Co., Ltd.,**  
Battle Creek, Mich.