# PORK GROWN MOST CHEAPLY BY FEEDING SOME GRAIN TOGETHER WITH FORAGE

## It Has Been Shown at Different Experiment Stations That the Best Forage Crops Are Little More Than Maintenance Ration-Alfalfa Excels.

Results of investigations at the Mis- | amount foraged off by hogs. At souri experiment station indicate this station, with half feed of grain. clearly that pork can be produced alfalfa was found to carry twelve most cheaply by feeding grain in com- head for 168 days. While it took five or six pounds of bination with forage.

The kind of grain depends, of course, grain to the pound of gain, in dry lot upon the forage crop. In the work feeding, only a trifle over three done at this station, in general, when pounds was required when the hogs the forage was a legume, such as al- ran on alfalfa. faifs, clover, cowpeas or soy beans. Red clover ranks next to alfalfa as straight corn was the grain fed. With a forage crop for swine. It will not

meal

non-leguminous forages, such as blue- carry so many head per acre, nor furgrass, rape and oats, sorghum or rye. hish pasture for so long a period as the corn was supplemented with hin- will alfalfa. In two different trials seed oil meal, the ration being made it was found that the value of an acre up of six parts corn to one part of oll of clover for hog feed is more than

\$34. Care should be taken with clover While the kind of grain to feed is not to pasture it too closely, and to



#### Excellent Berkshire Type.

equal, if not greater, importance in de- inches before turning onto it. termining the economy of grains. It more than a maintenance ration.

general rule is to feed enough grain surpassing even the clover. to cause the hogs to make a daily Bluegrass requires the feeding of each 100 pounds of live weight.

ing. An acre of alfalfa will pasture, be \$15.18 per acre. during the grazing season, from ten In general the mount of grain re-

HOE IS MOST HANDY

important, the amount of grain is of jlet it reach a height of 10 to 12

The best results with annual forage has been shown at different stations crops at this station have been obthat the best forage crops are little tained with rape in which have been sown a few oats. The Dwarf Essex is If gains are to be made, then, it is the variety of rape used. If it is not necessary to feed some grain in addi- pastured too closely it will come up tion to the forage. Experiments indi- again after the first growth, in favorcate that the greatest economy of able seasons. The data in this series grain through the use of forage is ob- of experiments with rape showed that tained when one and one-half to two an acre of it is worth \$22.84 for pork pounds of grain are fed daily for each making. At the Wisconsin station 100 pounds of live weight. The best better results were obtained with it,

grain of three-fourths of a pound for more grain than do these other crops. and it is only available in the early Where alfalfa can be grown success- summer and after the fall rains. In a fully there is probably no crop that number of trials at the Missouri stawill give better results for swine feed tion the average return was found to

to twenty shoats. The important point quired to make a pound of pork in to be observed is not to pasture too the dry lot was 5.11 pounds, and the closely. Best results are obtained by amount required on forage was 3.49 so pasturing that one or two cuttings pounds. Thus there was a saving of of hay may be taken off the field dur- about 30 per cent. of grain, which is ing the season in addition to the replaced by the cheaper forage.

EFFECT OF PLOWING

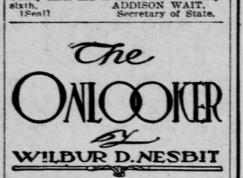
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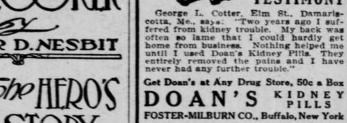
ordered upon any act except acts making appropriations for the expenses of the state government, and state institutions appropriations for the expenses of the state government, and state institutions existing at the time such act is passed. When the referendum is ordered upon an act or any part thereof it shall suspend its operation until the same is approved by the voters; provided, that emergency acts, or acts for the immediate preserva-tion of the public peace, health, or safety shall continue in effect until rejected by the voters or repealed by the legislature. Filing of a referendum petition against one or more items, sections, or parts of an act shall not delay the remainder of the measure from becoming operative. Section 1D. Nothing in this section shall be construed to deprive any mem-ber of the legislature of the right to in-troduce any measure. The whole number of votes cast for governor at the regular election last preceding the filing of any initiative or referendum petition shall be the basis on which the number of legal voters required to sign such petition shall an act shall not elay the remainder of the measure from becoming operative. Section 1D. Nothing in this section shall be construed to deprive any member of the legislature of the legislature of the legislature of the state of Nebraska:
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be constructed to member of legal wores cast for operating the filing of any the adjoint the construction and law of the easures hill be adjoint the construction and law of the same political party and no two shall not ecast at staid by or referred to the becaut of whom shall reside at the time of the same congression in the same congression in the same congression in the same congression for at least five years qualified electors thereon, invited the wores cast thereon, invited the wores cast thereon, invited the vores cast at staid in the same congressions of a board to be state of a board to be state of a board to be state of a state and state, the same congression and not otherwise, and shall be made wither the same congressions of the constitute thry-five pandiment in the same congressions of the constitutions." Said members shall be adjoint ment shall be adjoint wore as at a staid in the other same bes of a board to be sponse that the same of a board to be adjoint ment shall be adjoint to the official tark of the other shall be adjoint to the official tark of the other state adjoint the the official tark of the other state adjoint the the same of a board to be sponse of a board to be sponse shall be the sponse of a board to be sponse shall be adjoint the sponse of a board to be sponse that the sponse and missioners of a board to be sponse of a board to be sponse shall be the sponse and mi

PROPOSED CONSTITUTIONAL AMENDMENT NO. THREE.

The following proposed amendment to the constitution of the State of Nebraska, the as hereinafter set forth in full, is sub-mitted to the electors of the State of Nebraska, to be voted upon at the general election to be held Tuesday, November 5th. A. D. 1912.

"A JOINT RESOLUTION to amend Sec tion nineteen (19) of Article five (5) of the Constitution of the State of Nebras-ka creating a Board of Commissioners of State Institutions.





Picture Tells a Story."

## ARRESTING FLIGHT OF TIME

**BACKACHE A SIGNAL** 

**OF DISTRESS** Pain in the back in

Painin the back is the kidney's signal of distress. If this timely warning is ig-nored, there is grave danger of dropsy, gravel, uric poison-ing, or Bright's dis-ease.

When you have reason to suspect your kidneys, use a special kidney medicine.

Doan's Kidney Pills relieve weak, congested kidneys-cure backache-regulate the urine. Good proof in the following state-ment.

CONVINCING

TESTIMONY

German Scientists Advise the Eating of Egg Shells by Those Who Approach Old Age.

Two Germans, deep thinkers-Professors Emmerich and Loewe-state that egg shells eaten increase the power of resistance against "the withering blight of time," add weight to the body, activity to the brain and strength to the heart; that they destroy injurious bacilli, prevent inflammation and disease and lend courage and energy. This reminds me, Philip Hale writes in the Boston Herald, of the preparation advertised in London thirty or more years ago as removing superfluous hair, being an excellent substitute for table butter, none genuine unless stamped on the blade. Eustace Miles, the English court tennis player and vegetarian. says he had an old nurse who used to eat egg shells and crunch them joyfully between the teeth that happened to meet, and she said she ate the shells because they "shaved the hair off inside of the throat." The discovery of the German scientist is peculiarly welcome to dwellers by the ocean, for it is a well known fact that if you do not break egg shells the witches will put out to sea in them to wreck vessels, and of you burn the shells the hens will cease to lay. Furthermore, as eggs are now at surdly high-even case eggs-in the neighborhood it seems a pity to waste any part of them.

LEFT HIM THINKING.



"Ofttimes, when bandits threatened

PROPOSED CONSTITUTIONAL

The following proposed amendment to he constitution of the State of Nebraska, as hereinafter set forth in full, is sub-mitted to the electors of the State of Nebraska, to be voted upon at the general election to be held Tuesday, November 5th, A. D. 1912.

"AN ACT for a Joint Resolution to pro-O'er bush and log and stor And when my comrades faltered I fought the fight alone.

"AN ACT for a Joint Resolution to pro-pose an amendment to the constitution of the State of Nebraska. Be it Resolved and Enacted by the Legis-lature of the State of Nebraska: Section 1. That at the general election for state and legislative officers to be held in the State of Nebraska on the first Tuesday succeeding the first Monday in November, 1912, the following provision be proposed and submitted to the electors of the State of Nebraska: Sec. 2. Any city having a popula-tion of more than five thousand (5,000) inhabitants may frame a charter for its own government, consistent with and subject to the constitution and laws of

"I've sniffed the smoke of warfare Why, man, one whole long winter

## AMENDMENT NO. FIVE.

"Ah, I was once a hero." The stranger person said. "I heard the cheers of thousands; Felt the laurels on my head. I led the flercest charges

#### **OF FARM IMPLEMENTS** ON YIELD OF WHEAT

## Most Useful Tool in Equipment of Results Given of Experiments at Gardener or Farmer-Should Be Kept Sharp.

(By R. G. WEATHERSTONE.)

without it.

not like the hoe is that most hoes ex- die of September brought only 22 bushplain at once how "dull as a hoe" came into proverbial use.

A dull hoe is certainly not a pleasthe hoe "bite" into the soil.

File your hoe, making the bevel hoeing is not much like hard work.

should be made if the soil is in good through in good condition. condition. Simply "scuffling" half an inch of the top soil is enough to kill weeds and one can go over a lot of

smooth With a sharp hoe one can cut thistles, dock, dandelions and other be kept in better condition on the noxious weeds with quickness, dispatch and ease. It is light to handle, that about 10 per cent. of all the eggs easy to use and more effective than received by the egg dealers are bad.

poses In choosing a hoe select one the hinde of which lies not quite flat on the floor when you are standing erect with the hoe handle extending from chard owner near Springfield. Mo. your hand when in working position to placed 10,200 crude oil burners in his not quite touch the floor from this over 200 barrels of apples, while oth-

Such a hoe will bite into the soil and will work smoothly and effectively. again saved his apple crop.

Sharpen the hoe as soon as it gets noticeably dull. This will be hard on the hoe, but it saves muscle and hoes are cheap. Carry a small flat file in after it is made.

#### Conserving the Snows.

To conserve the snows of the Blue mant springs. There will be double seven days. the water supply in the summer, it is believed, when the treatment of the mountain forests is completed.

#### Teach Calf Early.

The longer the calf is allowed to suck the cow the harder it will be marketed at Thanksgiving or Christto make it drink from a bucket.

Station An experiment was conducted at So many people have a horror of the Oklahoma station for the purpose using a hoe. It is the most comfort- of determining the effect of early meable implement to be found in the dium and late plowing upon the yield equipment of a gardener or farmer, of wheat. As an average for five seaand it is handy to use for so many sons, July plowing gave a return of purposes that one cannot get along 27.1 bushels per acre; August plowing vielded 24.2 bushels per acre; while Probably one reason that people do land which had turned about the mid-

**Oklahoma Experiment** 

els per acre as an average. If the wheat fields are plowed in

July and are then worked down/with ant implement with which to work. tillage implements so that they do not The good gardener will keep his fa- present a rough, open surface, any vorite hoe filed to a sharp edge all the rain which may fail throughout the time. It is impossible to grind a hoe summer will be absorbed and subseon a grindstone because the bevel quent culture will enable the grower must be on the upper side of the blade to save this supply for his crop. The when it is in use in order to make same plan can be followed in preparing fields for alfalfa seeding.

Where it is intended to prepare the about twice as wide as the thickness soll early in September, officials of of the blade. Then keep it bright and the station recommend that special efwhen you go out after weeds the hoe fort should be made to pulverize the slips through the soil so easily that seed bed thoroughly after plowing so that in the event of autumn rains be-In hoeing a long slow movement ing abundant, the crop will come

#### Cause of Spoiled Eggs.

A. B. Lee, a special agent of the ground in one day if the hoe is sharp government, is going to establish an and bright and the strokes long and egg experiment station at Frankfort, to see why eggs spoil so quickly, and to work out plans whereby eggs may farms than at present. It is estimated any other implement for many pur- and the government is doing all possible to find the cause.

### Heaters for Orchard.

Last year J. J. Hazelton, a large orthe floor. The heel of the hoe should apple orchard and as a result sold er orchards in his immediate vicinity yielded nothing. Early this spring he easily, when it is bright and sharp installed 20,000 additional heaters and

#### Winter Shearing.

This season marks the extension of the practice of winter shearing. It is your hip pocket and do not allow a declared that the extra cost of housnick to stay in the hoe a minute ing required for winter shearing pays large returns.

#### A Valuable Cow.

A Holstein cow, 3 years old. owned dountains, in the Wenaha Forest Re by E. Lamunion of Salville, N. Y., is serve, the government forestry bureau reported to have averaged over 80 is planning to treat thousands of pounds of milk per day, from which acres with shrubbery and develop dor- was made 29 pounds of butter for

> Profit in Geese. Geese are profitble to raise where one has pasture to turn them out on. They will require almost no grain food and are nearly clear profit when mas times.

canvass. The vote upon initiative and referendum measures shall be returned and canvassed in the same manner as is prescribed in the case of presidential electors. The method of submitting and adopting amendments to the constitution provided by this section shall be supple-mentary to the method prescribed in the article of this Constitution, entitled 'Amendments.' and the latter shall in no case be construed to conflict herewith. case be construed to conflict herewith. This amendment shall be self-executing, but legislation may be enacted especially to facilitate its operation. In submitting petitions and orders for the initiative and petitions and orders for the initiative and the referendum, the Secretary of State and all other officers shall be ruided by this amendment and the general laws until additional legislation shall be espe-cially provided therefor; all propositions submitted in pursuance hereof shall be submitted in a non-partisan manner and without any indication or suggestion on the ballot that they have been approved or endorsed by any political party or orwithout any indication or suggestion on the ballot that they have been approved or endorsed by any political party or or-ganization, and provided further that only the title of measures shall be printed on the ballot, and when two or more measures have the same title they shall be numbered consecutively in the order of filing with the Secretary of State and including the name of the first petitioner. Section 3. That Section 10, of Article 3, of the Constitution of the state of Ne-braska be amended to read as follows: Section 10. The style of all bills shall be "Be it enacted by the people of the State of Nebraska," and no law shall be enacted except bw bill. No bill shall be passed by the legislature unless by assent of a majority of all the members elected to each house of the legislature and the question upon final passage shall be taken immediately upon its last read-ing and the yeas and nays shall be en-tered upon the journal. Section 4. That at said election on the Tuesday succeeding the first Monday in November, 1912, on the ballot of each elector voting thereat there shall be

Tuesday succeeding the first Monday in November, 1912, on the bailot of each elector voting thereat there shall be printed or written the words: "For pro-posed amendment to the constitution re-serving to the people the right of direct legislation through the initiative and ref-erendum," and "Against proposed amend-ment to the constitution reserving to the people the right of direct legislation through the initiative and referendum." And if a majority of all voters at said election shall be in favor of such amend-ment the same shall be deemed to be adopted. The returns of said election upon the adoption of this amendment shall be made to the state canvassing board and said board shall canvass the vote upon the amendment herein in the same manner as is prescribed in the case of presidential electrors. If a majority of the votes cast at the election be in favor of the proposed amendment the governor, within ten days after the result is ascer-tained, shall make proclamation deciar-ing the amendment herein proposed shall be in force and self-executing. Approved March 24, 1911 I, Addison Walt, Secretary of State, of the State of Nebraska do hereby certify

shall be in force and self-executing. Approved March 24. 1911 I, Addison Wait, Secretary of State, of the State of Nebraska do hereby certify that the foregoing proposed amendment to the Constitution of the State of Ne-braska is a true and correct copy of the original enrolled and engrossed bill, as passed by the Thirty-second session of the Legislature of the State of Nebraska. as appears from said original bill on file in this office, and that said proposed amendment is submitted to the qualified voters of the state of Nebraska for their adoption or rejection at the general elec-tion to be held on Tuesday, the 5th day of November, A. D. 1912. In Testimony Whereof. I have hereunto set my hand and affixed the Great Seal of the State of Nebraska. Done at Lin-coln, this 20th day of Mav, in the year of our Lord. One Thousand Nine Hundred and Twelve, and of the Independence of the United States the One Hundred and Thirty-sixth and of this State the Forty-sixth. ADDISON WAIT. [Seal]

## AMENDMENT NO. TWO.

The following proposed amendment to the constitution of the State of Nebraska, as hereinafter set forth in full, is submitted to the electors of the State of Ne-braska, to be voted upon at the general election to be held Tuesday, November th, A. D. 1912.

5th, A. D. 1912. "A JOINT RESOLUTION on proposing an amendment to Section 4 of Article 3 of the Constitution of the State of Nebraska. Be it Resolved and Enacted lature of the State of Ne acted by the Legis-

1. That at the general

to the above restrictions and limitations. The Board of Commissioners shall have full power to manage, control and govern, subject only to such limitations as shall be established by law, the State Soldiers' Home. Hospitals for the Insane, Institute for the Deaf, Institute for the Blind, Industrial Schools, Institute for Feeble Minded Children, Nebraska Indus-trial Home. Orthogradia Userital the Feeble Minded Children. Nebraska Indus-trial Home. Orthopedic Hospital, the State Penitentiary and all charitable, re-formatory and penal institutions that shall be by law established and main-tained by the state of Nebraska. They shall each give bonds, receive compensa-tion for service, perform all duties and comply with all regulations that shall be established by law. The powers pos-sessed by the Governor and Board of Public Lands and Buildings with refer-ence to the management and control of the institutions herein named shall, on July 1, 1913, cease to exist in the Gov-<text>

#### PROPOSED CONSTITUTIONAL AMENDMENT NO. FOUR.

The following proposed amendment to the constitution of the State of Nebraska, hereinafter set forth in full, is submitted to the electors of the State of Ne-braska, to be voted upon at the general election to be held Tuesday, November 5th, A. D. 1912.

"A JOINT RESOLUTION to propose amendments to Section five (5) of Article six (6) and Section thirteen (13) of Article sixteen (16) of the constitution of the state of Nebraska as in the Compiled Statutes of Ne for 1909 (Section thirteen A ska as fou for 1909 (Section thirteen (13) of Article eighteen (18) of Cobbey's An-notated Statutes for 1909), relating to time of electing judges of the supreme court, fixing the time of the general election and providing for holding over of incumbents until their successors, the re elected and qualified. It Resolved and Enacted by the Legis-ature of the State of Nebraska: ection 1. That Section Five (5)

cted by the f Nebraska: f Nebraska: (5) of Constitution of the Constitution of the ticle Six (6) of the

ered to the clerk of said city, who shall publish the same in fuil, with his official certification, in the official paper of said city, if there be one, and if there be no official paper, then in at least one news-paper published and in general circulacertification, in the official paper of said city, if there be one, and if there be no official paper, then in at least one news-paper published and in general circula-tion in said city, three times, and a week apart, and within not less than thirty days after such publication it shall be submitted to the qualified electors of said city at a general or special election, and if a majority of such qualified voters, woting thereon, shall ratify the same. It shall at the end of sixty days thereafter, become the charter of said city, and supersede any existing charter and all amendments thereof. A duplicate cer-tificate shall be made, setting forth the charter proposed and its ratification (to-gether with the vote for and against) and duly certified by the City Cierk, and au-thenticated by the corporate seal of said city and one copy thereof shall be filed with the secretary of state and the other deposited among the archives of the city, and shall thereupon become and be the charter of said city, and all amendments to such charter, shall be authenticated in the same manner, and filed with the sec-retary of state, and deposited in the archives of the city. Sec. 3. But if said charter be re-jected, then within six months thereafter, the Mayor and council or governing au-thorities of said city may call a special election at which fifteen members of a new charter convention shall be elected to be called and held as above to frame a charter which shall in like man-ner and to the like end be published and submitted to a vote of said voters for their approval or rejection. If again re-jected, the procedure herein designated may be repeated until a charter is finally approved by a majority of those voting thereon, and certified (together with the vote for and against) to the secretary of state as aforesaid, and a copy fhereof deposited in the archives of the city, whereupon it shall become the charter of said city. Members of each of said char-ter conventions shall be elected at large; and they shall complete th You see. I was a hero Who did things on the stage!"

book, which shows you a dozen ways to utilize cold roast beef." ared Lady at the door, "it never gets a chance to get cold in this house."

The time table was invented in the days when the railways had so many faults that something had to be done to divert the attention of the public.

within sixty days after their respective election. The charter shall make proper pro-vision for continuing, amending or repeal-ing the ordinances of the city. Sec. 4. Such charter so ratified and adopted may be amended, or a charter convention called, by a proposal therefor made by the law-making body of such city or by the qualitied electors in num-ber not less than five per cent of the next preceding gubernatorial vote in such city, by petition filed with the council or gov-erning authorities. The council or gov-erning authorities shall submit the same to a vote of the qualified electors at the next general or special election not held is confusing enough, but the sort that affect to offer information as to the running of trains on connecting lines are the ones that cause strong men to leap from the clutch of their keepers and race choo-chooing hither and yon. You are going to take Number 8 from Oopsqueh, for Ippleding, on the O. G. & N. B. You find that to do this, you leave No. 8 at Gonsofar, and

erning authorities shall submit the same to a vote of the qualified electors at the next general or special election not held within thirty days after such petition is filed. In submitting any such charter or charter amendments, any alternative article or section may be presented for the choice of the voters and may be voted on separately without prejudice to others. Whenever the question of a charter convention is carried by a ma-jority of those voting thereon, a charter convention shall be called through a spe-cial election ordinance, and the same shall be constituted and held and the proposed charter submitted to a vote of the qualified electors, approved or reject-ed, as provided in Section two hereof. The City Clerk of said city shall publish with his official certification, for three times, a week apart in the official paper of said city, if there be one, and if there be no official paper, then in at least one newspaper, published and in general cir-culation in said city, the full text of any charter or charter amendment to be voted on at any general or special elec-tion. No charter or charter amendment connect with No. 32 on the P. L. & U. C. for Wibbleville, where you catch No. 17. The man who sells you the ticket makes this plain to you. But when you try to unravel the time card you discover that you are also governed by Note B and three or four references. At Wibbleville you learn that No. 17, according to Note Q, runs only on Thursdays when it is raining

and you will have to wait until 9:22 p. m. and take No. 13.

tion. No charter or charter amendment adopted under the provisions of this amendment shall be amended or repealed except by electorsl vote. And no such charter or charter amendment shall di-minish the tax rate for state purooses fixed by act of the legislature, or inter-fere in any wise with the collection of state taxes. The simplest way to use a time able is to add the figures in any one column, divide the sum by the amount of your fare, and stay at home.

Sec. 5. That at said election in the year 1912, on the ballot of each elector voting thereat, there shall be printed or written the words—"For proposed amend-ment to the Constitution allowing cities of more than five thousand inhabitants in ory that Bacon also wrote the time tables.

ment to the Words-"For proposed amend-ment to the Constitution allowing cities of more than five thousand inhabitants in this state to frame their own city char-ter," and "Against proposed amendment to constitution allowing cities of more than five thousand inhabitants in this state to frame their own charters." And if a majority of all voters at said elec-tion shall be for such amendment the same shall be deemed to be adopted. Approved March 29, 1911." I. Addison Wait, Secretary of State, of the State of Nebraska do hereby certify that the foregoing propaged amendment "My wife," said the First Man, "has cquired that new walk called gracile glide." "My wife," observed the Second

Man, "still sticks to the bargain counter hop."

meker Moskit

I've heard the public's plaudits, The praise of women sweetow, alas, look at me Today I walk the street! 'And do you wear no medals? We cried in great surprise. "Has Congress never thanked you? In you great valor lies." Well, no," he answered sadly. "I'm not on hist'ry's page.

NO CHANCE FOR THAT.

"Madam," said the Energetic Book

"Humph," answered the Hard-Feat-

The Time Table.

The ordinary, one-road, time table

Ignatius Donnelly cherished a the

The New Walk

the

Agent, "I have here a valuable cook



He-It's the commonplace things in this life that are often the most important.

She-I suppose that's why you feel your importance.

#### Raw Chickens.

Rose Pastor Phelps Stokes, in an address on behalf of a New York countryweek charity, told a quaint story. "A little slum girl," she said, "stood for the first time in her life in a barnvard-a genuine, old-fashioned harnyard with its ricks, its lazy cows, its plows and harrows, and what-not.

"The slum child drank it all in delightedly, then gasped half to herself: "An' jest look at the chickensall runnin' around raw!"-Washington Star.

#### Wasted Energy.

Nimrod (just back from fishing)got this string in less than an hour. Nimrod's Wise Wife-There's a fish store nearer than that, John,

The average girl can love almost any one-except a stepfather.

One way to hold a man's interest is to take a mortgage on his property.

#### HARD TO SEE. Even When the Facts About Coffee are Plain.

It is curious how people will refuse to believe what one can clearly see. Tell the average man or woman that the slow but cumulative poisonous effect of caffeine-the alkaloid in tea and coffee-tends to weaken the heart, upset the nervous system and cause indigestion, and they may laugh at you if they don't know the facts.

Prove it by science or by practical demonstration in the recovery of coffee drinkers from the above conditions, and a large per cent of the human family will shrug their shoulders. take some drugs and-keep on drinking coffee or tea.

"Coffee never agreed with me nor with several members of our household," writes a lady. "It enervates, depresses and creates a feeling of languor and heaviness. It was only by leaving off coffee and using Postum that we discovered the cause and way out of these ills.

"The only reason, I am sure, why Postum is not used altogether to the exclusion of ordinary coffee is, many persons do not know and do not seem willing to learn the facts and how to prepare this nutritious beverage. There's only one way-according to directions-boil it fully 15 minutes. Then it is delicious." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

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

PROPOSED CONSTITUTIONAL