THE "SAND HILLS"

OFFERS SPLENDID POSSIBILITIES FOR STOCK RAISING.

(From Carlson's Rural Review.)

ment. Fearing that one of the most table quite near the surface.

this region, and even our own soil There is also a difference noticed

This has been prevented from form- being quick and ready buyers of them. one of which they know nothing is particles of sand in earlier times. of so-called Sand Hills in Nebraska. man can understand.

Since fires have been prevented the Every square mile is capable of sup.

This district by reason of its rich is Fast Coming to the Front and tries in America, especially if we con- the wealth of any state. taking for a subject some feature of valley lands, and extensive hay flats, fall delivery for \$25 each, making in a few years it will require a large

be overlooked by others, I am going tural value and importance as do all many sections from 10 to 39 cows duce the wealth these lands are capato take as my subject for this special other soil formations. In no other were being milked. In the case of ble of producing, will not long rearticle, the "Sand Hills" of Nebraska. one characteristic can the value of sections with 100 acres or more of main cheap. Today these lands can While this name is largely a mis- Sand Hill soil be foretold with such good productive soil, no part of agri- be had at a very low price. nomer as generally applied to many certainty as in substrata of water. cultural America offers such opporto include some fifteen counties, all the water table will be reached with work, when the amount of investment the machinery needs of the district. located in the central northern part out encountering anything but sand, required is taken into account. term "sand hills" is a misnomer as reached underneath a strata of clay. poultry are the hope of this district. here. Such machinery as dairying generally used, I mean that many The latter is the more general rule Alfalfa, all the clovers and Mellilotus and stock growing require will be the ve of crops.

The Sand Hills of Nebraska offer until the clay lands of western New year as can be seen anywhere in the large being built quite rapidly. Pasrich field for study. As yet most braska are reached, except that the corn belt. Vegetables and especially ture for summer, alfalfa, mellilotus, Nebraskans know little or nothing of rainfall decreases with longitude.

investigators, and soil experts, have in the productive value of Sand Hill passed over this district of the state lands between those drained to the for itself in all the markets of the without any attempt to give this dis- north, and those drained to the south. trict more than a passing notice. The Sand Hills of north central Ne-More has been done with reference braska drain into the Niobrara at the

Two Sand Hill Products-Note the Size of Corn Ears on Stalks.

to studying the climate of this re-north and into branches of the Platte gion than the soil and its possibilites. toward the southeast, Immediately best development of the country, and take thine ease, eat, drink and be It is definitely known that the temp- south of the ridge or highest dunes are building school houses, making merry."—Luke 12:19. "What advantreme south. Destructive hot winds this year than will \$200 lands further the first settlers, and the first proseldom reach the Sand Hill region, east. extreme southern part of the state. of Nebraska call for special mention. than those who do not so much need fearing danger from it, after sneezing season. Among these there are the This year has given excellent oppor- These are the extensive and valuable financial aid are compelled to pay. It made a short prayer to the gods, as loose and comfortable management of tunity for studying the hot winds and hay flats at the source of the Elk- seems impossible for these settlers "Jupiter, help me." The custom is the sleeve, the tunic, the girdle, the their effect upon the crops of the horn river system. Here entire to obtain money at a lower rate than mentioned by Homer, the Jewish rabseveral parts of the state. This townships will be found, all of a very ten per cent, while the new settlers bis and others. Polydore Vergil says study discloses the fact that soil has productive type of soil, and with the of Canada, Costa Rica, Chile and Ar- it took its rise at the time of the at the back and hanging in about the much to do with the destructiveness water table but a few feet below gentina can obtain financial aid at plague in 558, when the infected fell feet. of these hot winds. Thruout the the surface. It is such soils that have a five per cent rate. No agricultural dead, sneezing, though apparently in There is a little under bodice of emstate, without references to latitude made Newport, Bassett, and other district, of this country can pay ten good health. or longitude, crops suffered most in towns known to all Americans for per cent interest on the productive the districts of clay soils, and the their immense output of hay of the capacity of the district, and yet these purer the clay the more crops suffer highest quality. There is no failure poor people who need financial help In 1622 one of the wonders to be ed. On the clay soils in the south- of crop here, always an income, and so much are compelled to pay a rate seen at The Hague was a wagon or a ern part of the state crops suffered in the near future such lands will no country will justify. This is re-ship or a combination of both. A all the way from partial to total loss command a very high price. of crops, and especially true is this No district in America surpasses and will retard it as can nothing else. engine hath wheels and sails, will of corn. In the Sand Hills and thru- the Sand Hills in water, either in No part of the country is surer of re- hold above twenty people and goes out north Nebraska the corn will be the quality, or the ease with which it turns on investments than the Sand with the wind, being drawn or from 60 percent of a crop to a full, may be secured. The best of pure Hills of Nebraska, and if these people moved by nothing else, and will run, or normal crop. The only areas in soft water, and very cool, may be had could secure money to finance them- the wind being good, above fifteen the Sand Hills that have suffered anywhere in this region at depths of selves at just rates their progress miles an hour upon the even hard from hot winds this year, are the ten to fifty feet. The water is al- would be most rapid. clay soil areas. The only hot wind ways found in gravel, and with the With other editors in Nebraska I destructive of corn in the Sand Hills exceptions of a few places in the ex- have long advocated Nebraska investthis year occurred on Wednesday, treme eastern edge of the district, ments for Nebraska. Those who folthe 27th of August, when corn suffer- under clay. The district is well wa- low most closely to the lines of their shoes in the city shop. "Now, can't ed on the clay bottom lands along tered with running streams, which own latitude and climatic conditions I sell you a pair of shoe trees?" sugthe principal streams.

It will be impossible in an article Platte rivers. the erosion and decomposition of the the state and country, is seen this that would not support more than 25 Loup Fork fermation. This forma- year in the millions of dollars worth cows, to the section of land. Empty thoroly eroded and mixed by the ty and condition of the cattle being can my pen of the folly of such untured the English language until I can action of the winds becomes the fine grazed there. Sand-Hills cattle have wise investments. Why men will almost imagine that I hear it cry out."

Lincoln Highway Endorsed. | lars to Nebraska and Omaha," said will build feeders to the Lincoln high-citizens. Omeha .- T. G. Northwall, president Mr. Northwall, "when it is completed. way and will be encouraged to im- Harry Van Brunt of Council Bluffs of T. G. Northwall company, has re- Just as the highways leading into De- prove their land so as to grow mar- is an enthusiastic Lincoln highway turned from Detroit, Toledo and other troit and Toledo and Cleveland and ketable products. Farmers who are man. He is thoroughly familiar with points in that section and was espe- Chicago, are alive with vehicles, au- allowing fruit to decay in their or- conditions as they exist in Ohio, and cially interested in the increase of tomobiles, so will the Lincoln high-chards will be encouraged to put it he feels that the Lincoln highway travel on the highways radiating in way be in my opinion, with this dis- on this market. every direction from these cities. tinction, that people who will travel J. E. Freeland is especially inter- to the entire country as the Ohio Mr. Northwall attributed the in the Lincoln highway will be transient ested in the building of the Lincoln highway is to that state. crease in travel solely to the improv- rather than local. There will be peo- highway. Mr. Freeland has always "I do not think," said Mr. Van ed roads. The Lincoln highway, he ple journeying from the west to the interested himself in every move Brunt, "that we can begin to sum up thinks, is so far reaching in its possi- east. Omaha will be a stop-over ment for for good roads. He has felt the vast benefit to be derived from bilities that even the most enthusias point, and, of course, will be a supply all along that good roads were the this project. Good roads do more to

Many Scales Found Defective. Lincoln.—The first reports sent in demned at Kearney. Wagon scales at measures of extension, 10 cents per of poverty to drunkenness, shiftless-by the deputy inspectors in the the penitentiary were found a little yard, but not to exceed 50 cents for ness, trusts, tariffs, free trade, monopweights and measures department of off and readjusted.

received by Commissioner Harman, were made, covering thirty-five differ- slot machines, \$3. The first scales to be condemned, ent places. The fees connected with were those owned by the state at the the examination of scales and meas-

erature decreases as one goes west- are to be found the most productive roads, and in many other ways are tageth it me if the dead rise not? Let ward and northward, the mean tem- lands, and it is here one finds more proving themselves valuable assets of perature for the state being 48.5 de- of the saucer-shaped valleys, or flats. the district. grees, the extreme west being two Most of these flats are as fertile and Another need of this district, as it eat and drink, for tomorrow we shall degrees lower than the extreme east, productive as the high-priced lands of is of every other new part of our die."-Isaiah, 22:13. and the extreme north slightly less Iowa and Illinois, and many farms on country, is a national banking or curthan six degrees lower than the ex- such soils will harvest better crops rency system which does not penalize while they are quite frequent in the Another district in the Sand Hills ing them to pay a higher interest rate originated among the ancients, who, the best style features of the present

such a wide difference of opinion on proof of the fact that the Sand Hills western Oklahoma, and the Panhandle oysters on oyster plants, b'gosh." this subject. All are agreed however, district of Nebraska is to play an im- of Texas where farmers told me they that this formation is the result of portant part in the future wealth of had paid up to \$25 an acre for land tion spreads over all of western Ne- of grass going to waste for want of elevators, idle grain mills, abandoned braska and is composed of beds of cattle to eat it. And this grass is of farms, and rivers with no water, clay sand and limestone, which when excellent quality, as seen in the quali- speak with a greater emphasis than

tic does not comprehend its scope. station for these travelers. Enlarg- greatest signs of progress in a com- improve the prosperity of a commun-

pump and two measures were con- 10 cents; for sealing and marking Wray gave due credit for the cause

Lincoln insane asylum. They were found to be forty pounds short on a thousand.

An oil and gas pump at Beatrice

The examination of scales and measures are charged as follows: Platimoscales of 5,000 or more, \$1.50; entry will result in permanent good without a complete change in the land system," said Judge A. G. Wray of but by a custom as old as chattel slating the state at the the examination of scales and measures are charged as follows: Platimoscales of 5,000 or more, \$1.50; entry will result in permanent good without a complete change in the land system," said Judge A. G. Wray of but by a custom as old as chattel slating the state at the the examination of scales and measures are charged as follows: Platimoscales of 5,000 or more, \$1.50; entry will result in permanent good without a complete change in the land system," said Judge A. G. Wray of but by a custom as old as chattel slating the state at the three examination of scales and measures are charged as follows: Platimoscales of 5,000 or more, \$1.50; entry will result in permanent good without a complete change in the land system," said Judge A. G. Wray of but by a custom as old as chattel slating the state at the three examination of scales and measures are charged as follows: Platimoscale and the state at the three examination of scales and measures are charged as follows: Platimoscale and the scales are charged as follows: Platimoscale and the scale and the scales are charged as follows: Platimoscale and the scales are charged as follows: P Opposes Monopoly of the Land. was found short seven cubic inches to that amount, 25 cents; dormant the gallon. The pump was condemned to scales \$1.00; railroad track scales, Patriotism" before the Political vate ownership and monopoly of ed. One platform scale, a measuring \$3.50; sealing or marking every beam, Equality league of Omaha. Judge land."

sand of the Sand Hill district. The long been known in the markets of leave a country known to them for one element always wanting is humus. the country, both feeders and packers years for its certainty of crops for ing because of fires and the moving There are some 10,000 square miles one of those unexplainable things no

soil has become bound together with porting 100 head or more of cattle, grasses, pure water, healthful clivegetation in the form of native If this region were stocked with cat- mate and cheap lands is singularly grasses. Nature is a great healer, the to its full capacity, a million head fitted to make homes for the renters and if fires can be prevented for a of cattle could be counted there. This on high-priced lands further east. few years more, the Sand Hills will would represent a wealth of forty or There is no reason why a renter A Heretofore Neglected Section Which become one of the best grassed coun- fifty million dollars, no mean sum in should not become his own landlord while such opportunities are his. Attracting the Attention of Stocksmall area of Sand Hills extending bilities of this district by dealing in American to how this into Lincoln county, and also in units of division, the section or America than for renters to buy this Dundy county, the latter extending in- square mile would be the unit, since land while it can be had at a low to Colorado. For the purposes of the farms are of a section in area at price. They will not only become It has been agreed by the editors this article only the district north of the present time. On one section I their own landlords, but they are and publishers of Nebraska, that durthe Platte river is considered. Here tound a young man handling 112 cows, ing the month of September each will the Sand Hills consist of rounded write and publish a special article, dunes, saucer-shaped valleys, clay 31 head. These were sold for late from the rise in the value of the land. Nebraska life, production or develop the latter subirrigated with a water him an income of \$2,275 for the year. sum of money to buy a section in the On another section I found 146 head Sand Hills of Nebraska. Any land, interesting districts of Nebraska will The Sand Hills differ in agricul- of mixed cattle supported, and on anywhere in America that will pro-

parts of the state, it is usually made In the poorest districts of this region tunities for the man who is willing to upon these lands will do well to study Much of the farm machinery used in of the state. When I say that the In other districts the water will be Dairying, cattle, horses, hogs and Iowa and Illinois will not be needed parts of the so called "Sand Hills" of finding water, and in this formation, and contain the surface soil is always prono more sand than is generally found ductive. Agriculturally, the poorest will grow on the highest hill, and the in clay soils, at least no more than is soil is found in the eastern limit of necessary to make the clay productive Sand Hill area, the soil increasary to make the clay productive Sand Hill potatoes are equal to the best that and the native hay for winter, supplecan be grown anywhere. The Sand mented with silage, will soon develop country, because of its excellent qualithe first settlers now have bank

Settled by men who mean business, vears. I first saw the Sand Hills in 1874. Then it was a country of Sand who are not afraid of honest labor, Hills, and little else. Annual fires who appreciate the future possibilities destroyed the grasses, and the hills of this district, the Sand Hills of Nebraska will play an important part of sand. Today one sees only grass, in the production of Nebraska wealth for all time to come.

in the valleys, on the hills, every-

where grass, and for the most part

few cattle to consume it, or to con-

The homesteaders for the most part

land, and who possessed no know-

and stock raising. The district will

make no rapid progress in the way

vert it into ready money.

Who first used the word "gas" and why? Merely because of the supposed were men and women from the shops ing carbon to the chaos af the and schools and railroads of the country, who possessed no means to improve their homes or stock their Helmont in 1648, "I call by the new ledge of the needs or possibilities of ing untamable, it is scarcely distinthe country. This makes the present guishable from the chaos of the anneed of the district men with some cients." A glimpse at modern gas demoney to stock their land, and who vices will show how far removed possess some knowledge of farming from untamability is the gas of today.

of producing wealth until a new type "Then I commended mirth, because of owner secures the land. Those of a man hath no better thing under the the first settlers who came from the farms and possess some knowledge of be merry."—Ecclesiastes, 8:15. "And farming and livestock are making I will say to my soul, 'Soul, thou hast good. These are interested in the very much goods laid up for many years; us eat and drink, for tomorrow we die.-I. Corinthians 15:32. "Let us

ducers, of a new country by compell-

Wagon With Sails.

tarding the progress of the district, traveler of that time wrote: "This

The farmer had bought a pair of find their way to the Niobrara or will succeed best in their land invest- gested the clerk. "Don't git fresh ments. Million of dollars have been with me, sonny," replied the farmer, such as this to devote much space to In dry hot seasons such as the pres- invested in lands in the far south- bristling up; "I don't believe shoes the geology of this district. It may ent one, the agricultural value of a west by farmers living in Nebraska, kin be raised on trees any mor'n I be be well that this is so, since there is country may be studied best. The lowa and Illinois. I was recently in lieve rubbers grow on rubber trees or

> A Sensitive Editor. "Well, what do you think of my

"How could you be so cruel? "What do you mean?"

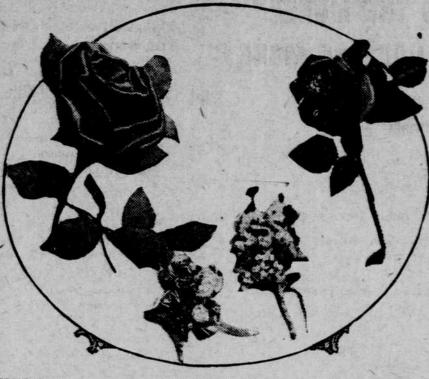
"Why, in every line you have tor-

will be productive of as great results

"It will be worth millions of dol- ing on this idea, people in the country munity and the surest thrift of its ity than ever anything else,

one measure; liquid or dry measures, olies, and when he had agreed that the pure food commission have been In the two days 233 inspections 10 cents; weights, 5 cents; automatic all had their share to do with causing and maintaining poverty, he declared that the fundamental error in our economic system was that we permit

Corsage Rose Sets Off the Costume.



WITH soft lace drapery which forms | short length is doubled and plaited in or for afternoon functions are com- sewed down. After the petals-say pleted by draped skirts meeting the ten or eleven in all-have been made. bodice with a girdle or sash. Often they are fastened about the center of the top of the skirt extends itself into the rose already formed, tied to the the waist line drapery, and often a stem with thread or tie-wire. Finally separate girdle in a contrasting color the corners are curled back on some

line, for these gowns for high occa- the fingers. Wind the stem with narsions, the splendid corsage rose is row green ribbon, winding in a spray rarely left out. This is a rose made or two of millinery rose foliage. of ribbon or velvet, mounted with or These roses made of velvet ribbon without millinery foliage and having about two inches wide in a deep gold a ribbon-wrapped stem.

the gown, usually a little toward the heavier gauze ribbons are used, and ed wonders in the improvement of this country during the past few little to begin with.

left side and just under the bust. It is a splendid factor in the costume: this sort are expensive bits of luxury it is in fact "featured" given the star. part in the composition of the pic- two to five dollars each. The value is

> made in all the fashionable new cold far more than in the material used. ors. Certain yellow and strong light | For less dress-up times, the little green shades, also deep orange and rosegay of rosebuds made of several black, have been favorites. These different colors of narrow satin ribbon, corsage roses-in passing-will trans- is still a great favorite. These small form a plain skirt and dressy blouse roses are made of a length of satin into quite formal dress. They are ribbon (folded lengthwise along the large and are made of ribbon about center) or of separate petals made of three inches wide, or wider. The rib- narrow ribbon. They are mounted on bon is cut into lengths to form the little stems of small green covered petals, each length being twice that wire. Sprays of fine millinery foliage of required petal plus an inch extra of maidenhair fern usually are used for plaiting in at the base of the pet- with them by way of variety. Narrow al and winding in at the stem.

> ball of cotton is wound about one end, nosegay with a little bow. These the size of a thimble, and over this small nosegays are scented, and form a bit of ribbon is placed and fastened the daintiest of accessories worn on to the stem by winding it with a the coat or furs for the street. Small thread or tie-wire. About this center bits of ribbon or silk will make them. a short length of ribbon (folded They are always appreciated, bound lengthwise) is wrapped to imitate the to please those who possess a sense small petals, still unopened, at the of the value of such finishing touches

their bodices, gowns for evening at the raw edges. The plaits are of the petals and blind-stitched down. But whatever the finish at the waist Shape the petals, cupping them with

color are mounted with velvet foliage. Such a rose is posed at the front of Besides satin and velvet ribbon the

placed upon the time consumed in The roses of satin or velvet are making them, and the workmanship,

velvet ribbon in green or purple winds A wire provides the stem. A little the stems together, and finish the to the toilet. It would be difficult to After the center has been made in think up a better Christmas gift for this way, the petals are made. Each one's friends. JULIA BOTTOMLEY.

A TRIUMPH OF FRENCH DESIGN

HERE is an unusual and attractive in the n French designer. It has the grace of simplicity and it embodies several of

broidered chiffon with elbow sleeves. finished with a wired ruching of maline. A band of beaded embroidery adorns the material of the bodice, which is draped in the fashion of the Chinese collar.

It is not always easy to solve the in



tricacles in construction of the most simple looking of French gowns. It and dry in that condition. is quite likely that this one is made in two pieces, with the skirt and chiffon bodice attached to a short under waist. The skirt overlaps at the front.

The tunic is apparently fastened at the left side and attached to the bodice. The girdle is boned and is of soft satin, lined in irregular pleats. Girdles are, almost without exception, made in colors contrasting with that pimento are some of the woods servused in the body of the gown. Some ing. times a girdle is in several colors. These canes are elegantly slender those in plaid of bright tones being and not as tall as those favored by favored for plain cloth gowns. An femininity during the Directory.

other development of the always present girdle shows silk in three colors girdle. Certain it is that, in the management of the waist line, our present modes are the most artistic, the most easy and graceful of any that lie within the memory of the women of our

The study of a gown of as great artistic value as this one should involve that of the dressing of the feet and the arrangement of the coiffure, because both these matters should enter into the consideration of a dressy costume at any time. Satin slippers in black with rhinestone buckles, and take care of the clothing of the feet appropriately.

The coiffure is one of those designs classified as the "casque" style, in which all the hair is waved. It is arranged over the head like a turban. There is no chignon at the back. The ends of the hair are turned under the waves and spread about in such a way as to dispense with a coll.

In cutting a gown of this character wide goods are more easily managed than narrow. Skirts, overlapping at the front, while narrow, give room for easy walking because the front seam is not joined down to the bottom. The under petticoat must be soft; the most clinging of fabrics, as chiffon or crepe de chine, or lace. An inserted flounce will take the place of a petticoat. Anything heavy enough to interfere with the falling of the skirt in close and clinging lines would destroy an important item in the beauty of the design. It is the hang and not fit of garments which is of paramount importance now. The figure, without distortion of any sort, without restraint, And Studies at Night on Grape-Nuts but in the lovely, natural silhouette, is glorified in present day styles, which really amount to cleverly arranged drapery. Garments must not shape the figure today; they must be shaped by it, or appear to be, anyway. Hence so many gowns seem to be designed for the corsetless figure

JULIA BOTTOMLEY.

To Freshen Velvet Hats. During the velvet hat season, which is now with us, those having stained. spotted and shabby looking velves hats can freshen them up nicely by heating an iron, then placing a wet cloth over it, and holding the iron upside down in the inside of the hat. When the entire surface is moist, hang the hat without touching it. When dry brush well, and it will look bright and new.

It may also be held over the steam ing spout of a boiling kettle until moist. If the fingers come into touch with the wet nap, it will press it down

Walking Stick Feminine. 'Tis here! And 'tis smart Have you seen it? It graces the promenade. As a rule, it is silver headed It is a good four feet in height, Ebony, turtle ebony, rosewood and

"CASCARETS" FOR **SLUGGISH LIVER**

No sick headache, sour stomach, biliousness or constipation , by morning.

Get a 10-cent box now. Turn the rascals out-the headache. biliousness, indigestion, the sick, sour stomach and foul gases-turn them out to-night and keep them out with

Cascarets. Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stom-

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great, A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Chil-

The Only Way. "My wife never answers me back." "How did you manage her?" "Easily. I never married."

dren love Cascarets because they

never gripe or sicken. Adv.

And your shoes pench, Allen's Foot-Ease,
Antiseptic powder to be shaken into the sh
is just the thing to use. Always use it for br
ing in new shoes. Sold everywhere, 25c. San
FREE. Address, A. S. Olmsted, Le Roy, N
Don't accept any substitute. Adv.

Not Accurate.

"So it was in the army that your brother won his spurs." "Oh, dear, no! He was in the infantry corps.'

Vivid Suggestion.

"You can have no suggestion of what a cyclone is like." "Oh, yes, I can. My wife's cleaning

Strange.
"The railroads killed 10,585 people in this country last year," observed the old fogy.

"How did the automobiles come to miss that many?" queried the grouch

The Test.

Friend-Don't you think athletics in school make a boy strong? Mother-Well, they haven't made our boy strong enough to bring up a bucket of coal.

Papa Knew. The Small Chap-Papa, what is the

race problem? Papa-Picking winners.-St. Louis Post-Dispatch

They Are Needed.

Hamlet-Why is it, Simon, that they always have bloodhounds in an "Uncle Tom's Cabin" show?

Simon Legree-To find the manager on salary days, my boy.-Puck.

A Distinction.

"So your wife wants to vote?" "No," replied Mr. Meekton. "She wants the right to vote. When it comes to going to the polls in all sorts of weather she'll do as she pleases about it."

Of Course. When the three children returned from their walk, says Punch, they

found their mother waiting for them on the porch. Mother-Well, dears, did you meet anyone you knew?

The Three Children-Yes; Ruby and Derek Mother-Where did you meet them? Barbara (the youngest)-At the

same place we was. Was Scarcely a Desirable Recruit. 'Now, loogy yuh a minute. Brudder Hawhee!" in an admonitory way said astute old Parson Bagster. "I un'er-

stands dat yo' been uh-wastin' yo' time proselytin' 'roun dat 'ar deef and dumb Campbellite brudder dat lately moved to town?" "Wastin' mub time, sah?" was the astonished reply. "W'y, de man's got a precious soul to save, isn't he, pah-

son, even if he am a Campbellite? "H'm!-mebby. But dar don't pear to be no puhvisions in de cattygory of our church for pussons dat's 'flicted like he is. Lemme ax yo': What kinduh shoutin' Meferdist would a dumb man make?"-Kansas City

WORKS ALL DAY

Some of the world's great men have worked during the day and studied evenings to fit themselves for greater things. But it requires a good constitution generally to do this .. A Ga. man was able to keep it up

with ease after he had learned the sustaining power of Grape-Nuts, although he had failed in health before he changed his food supply. He says: "Three years ago I had a severe attack of stomach trouble which left me unable to eat anything but bread and water.

"The nervous strain at my office from 6 A. M. to 6 P. M. and improper foods caused my health to fail rapidly. Cereal and so-called "Foods" were tried without benefit until I saw Grape-Nuts mentioned in the paper.

"In hopeless desperation I tried this food and at once gained strength, flesh and appetite. I am now able to work all day at the office and study at night, without the fervous exhaustion that was usual before I tried Grape-Nuts.

"It leaves me strengthened, refreshed, satisfied; nerves quieted and toned up, body and brain waste restored. I would have been a living skeleton, or more likely a dead one by this time, if it had not been for Grape

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."