Where He's Wrong. A man has no right to give his wife cway when she boasts before company, considering that she never gives him away by looking surprised when he offers her the rocking chair when company is present.-Atchison Gibbe.

Leave Mementoes of Visit. According to a very old custom prevailing at the quaint old town of Oakham, England, every peer of the realm passing through the town is required to leave a horseshoe, or its equivalent, to be placed in the castle.

Australian Curiosity. Australian geologists recently discovered a great curiosity in the shape of a fish of opal. The fish is about three and one-half feet long, and is of the shape of the dog-fish. It has distinct opal veinings.

River Skirts Lake.

One discovery made by an explorfng party in Abyssinia recently is that the river Gelo skirts the southernmost extremity of Lake Tata instead of flowing into the lake, as was hitherto believed.

Opportunity.

When Opportunity knocks at your door, go and open it quick, and don't stand still sneering at her because she wasn't up to date enough to ring the electric bell.-Somerville Journal.

Women Know No Birthdays. Among female Moors birthday celebrations are unknown. A Moorish woman considers it a point of honor to be absolutely ignorant of her age.

Water as Sound Conductor. The sound of a bell which can be heard 45,200 feet through the water can be heard through the air only 456

Oil for Locomotive Fuel. Of the 1,350 locomotives owned and sperated by the Southern Pacific, 780 tre now using oil as fuel.

Tartar Alphabet.

The Tartar alphabet contains 20% letters, being the languart in the world The Reason Why.

Drummond, Wis., Sept. 19 (Special) -Whole families in Bayfield County are singing the praises of Dodd's Kidney Pills and the reason why is given in experiences such as that of Mr. r. T. Wold, a well-known citizen here.

"I had such pains in my back that I did not know what to do," says Mr. Wold, "and as I came across an adverisement of Dodd's Kidney Pills I sent br a box. That one box relieved me of all my pains. My wife also used them and found them just what she aeeded. I recommend Dodd's Kidney Pills as a sure cure for Backache and

ther Kidney Troubles." Backache is one of the earliest Imptoms of Kidney Disease. Dodd's Kidney Pills cure it promptly and permanently and prevent it developing into Rheumafism, Dropsy, Diabetes or Bright's Disease.

Undertaker's Thank Offering. The bishop of London has received subscription of \$25 from an undermker who described the gift as a mank offering "because trade has

been so brisk of late." While we are sorry to learn that the attendance at St. Louis is not as having a very great deal to commend the skin and keeps it from chafing. large as was expected, still there is them. The Dolly Varden hat looks the happy thought that there will not be so many people who will want to alk all winter about their visit to the

A man who removes his hat in the flevator of an office building always does it with an expression which indicates that he believes every woman in the elevator will write a note to the papers about his gallantry.

The nest embodies all that is greatest in a bird's life; and as most men are a good deal like birds, the same ought to be said of the home.-New York Tribune.

They say that money does not bring happiness. This is an experiment, however, which every one wishes to try for himself .-- Philadelphia Tele-

Some people insist that while it is fame to have a 10 cent cigar named for you it is mere notoriety when a 5 cent cigar has your picture on the

The first step toward the elevation of the stage should be the incarceration of the big handed man who wants eight or ten encores of every song.

Classic music and woman are simitar. Lots of people like them, but few anderstand them.

Some men admire a well-formed woman more than they do a well-in-

Many a man is willing to die for his country, but he wants to fix the date for himself.

of blotting paper and passing a hot A man who sits with his hands in his pockets usually hasn't much else

Every man knows how a wfe should

be managed, but few are able to do it. The men who make a noise in this world are always the quiet ones.

If in doubt about an experiment get some other fellow to try it first. The fellow who intends to succeed

works without a time table. The wise man begins life by buying

a good umbrella. The man always in a hurry seldom

gets anywhere. True greatness ever mates with simpores and thus hardens the cuticle.

Money makes the world go-wrong,

Three-Quarter Coat. Fitted coats in severe tailor style are among the features shown for the coming season and are eminently smart as well as becoming to the greater number of womankind. This one allows a choice of three-quarter or arm length and can be made as

part of a costume or as a separate fads accessory to the heavier shirt wrap as may be preferred. In the waist. They come in white, black and case of the model the material is wood | in the natural leather color, and are brown cloth with bands of the same stitched with corticelli silk as a finish, but the list of available materials is almost limitless and the bands can be of the same or of contrasting cloth or silk as may be desired.

The coat is made with fronts, backs. sidebacks and double under-arm gores, the side-front and side-back seams be- Very dainty ready-made stocks ing continued to the shoulders, so making long and graceful lines. The sleeves are in regulation style with slight fullness at the shoulders which gives the broad effect that is the latest edict of fashion.

The quantity of material required for the medium sizes is 5% yards 27 inches wide, 4 yards 44 inches wide or 31/2 yards 52 inches wide for threequarter length; 4% yards 27 inches wide, 3 yards 44 inches wide or 21/2 yards 52 inches wide for arm length.

Flavors for Meats.

Certain flavors are more appetizing with some meats than with others. Bits of meat are delicious when made

From bits of left-over mutton make mutton salad, seasoning with mint or

From left-over chicken make a salad, using celery for flavoring. A delicious beef salad can be made by chopping bits of left-over beef and seasoning with tomatoes, cucumbers

For the Garden Party.

and bits of celery.

Garden party gowns require something very picturesque in the way of hats, and among the most fashionable styles now worn are the Dolly Varden and the ever beautiful Gainsborough -two very opposite styles, but both best as an accompaniment to a simple white muslin or chiffon gown. For instance, such a one as that Diane that I admired so much at a garden party on Saturday afternoon. The pretty white chiffon dress, with many frills, was distinctly in 1830 style, with its long sash ends and soft belt of pale blue ribbon, and the Dolly Varden hat was a veritable inspiration, with its full frilled brim of white chiffon and crown of closely-massed pale pink roses. Gainsborough hats look best always in black-gathered tulle is altogether admirable—and a long, sweeping ostrich plume gives an air of dignity and picturesqueness to an elaborate costume.-Exchange.



Sour milk removes ink stains. White china washes like a handker-If pongee be sanely made it washes

To make cut glass glisten and

sparkle it should be sprinkled with sawdust and then rubbed with cham-Delicate colored silks should never

be laid away in white paper, as the chloride of lime used in bleaching the paper often draws out the color. Grease marks can be removed from books by sponging the soiled leaf with benzine, placing it between two sheets

iron over it. Thin slices of brown or gluten bread lightly buttered and then spread with cream cheese make delicious sandwiches to serve with let-

tuce and tomato salad. Some Beauty Don'ts.

Don't neglect the daily bath if you

want a radiant complexion. Don't be afraid of friction for the face; freshness is prolonged by the tepid bath in which bran has been stirred, followed by long friction. This keeps the blood at the surface. Don't bathe the face and hands in hard water. Soften it with a little powdered borax or a handful of oatmeal. The excess of lime in hard water neutralizes the oil in the skin

It was to the saving virtues of rain water that many beauties of romance owed their charms. Did not Diane of Poitiers preserve her beauty by the use of rain water?

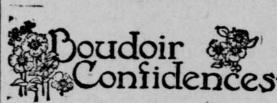
Don't bathe the face while it is very warm or very cold. Don't bathe the face just before going out in the sun or wind.

Swan-Formed Bonbon Holders. Dainty bonbon holders for the dincovered with gold foil. For a pink able. dinner the same favor is shown in pink crepe paper, and the bonbons are wrapped in pink tissue paper, finished with a twist that gives the effect of a rose in full bloom.

The New Skeleton Collars.

The girl who has had trouble with the ruching and ribbon combination should try one of the new skeleton collars. The ruching is basted on the collar which is pinned around the neck, and then the ribbon is tied around it. Thus the weight of the ruching does not bear down the ribbon, and the neck has a more trim and tailored look.

Hemstitched Leather Sets. Hemstitched leather sets for collars and cuffs are among the late summer worn with a belt to match.



come by the yard. with the cool weather.

In some instances a fold of velvet is more becoming than a ruche. Crushed velvet and velveteen belts

are among the novelties for autumn. Veils shaded, veils embroidered and veils of all sorts are growing in favor. Not to be smartly dressed when traveling is one of the unpardonable sartorial sins.

Many a dazzling frock has just the right note added by a pair of long black silk gloves.

. Some good combinations are salmon and gray, navy and hyacinth blue and coral and brown.

sheared and it is said that fur effects will be in the background.

Simple Skin Food.

A simple food for the skin is made thus: One tablespoonful of pure olive oil, one-half teaspoonful of rose water. beaten to a cream. Rub the food into the skin until entirely absorbed. This food can be used at any time. If at night before retiring wash the skin with warm water and pure castile soap; then rub ointment on, always rubbing upward; if applied during the day, after rubbing food well into the skin, apply drop chalk. This food removes and prevents wrinkles, softens

Most Popular Colors.

The three modish colors this season are undoubtedly brown, blue and mauve, and though, as always in summer, white is very much worn, it is really astonishing to note how various shades of brown are daily increasing in fashionable favor. Pale blue is more enchanting than ever in the thin. transparent fabrics now in vogue, and gowns of this lovely color seem to be

white lace and a pale pink rose or two, and a long stole of white marabout or ostrich feather or lace. Of white lace stoles, to be worn with a pale blue gown, undoubtedly the most chic is one edged with palest pink banksia roses, arranged in applique. Mauve is the favorite color of several royal ladies, and they, loyally taking their cue from those in high placez, have set the great seal of fashion upon this delightful color, which is so particularly becoming to fair women; and for real dainty, delicate beauty commend me to a mauve gown with a white toque or hat, and a white stole to correspond.

Girl's Apron With Fancy Collar.

viceable. This one is peculiarly grace- more vigorous from the start. ful and can be worn over the frock or over the guimpe aloue, as may be tory, the vitality of the seed as shown mature farm animals. Here and there



upper edges and joined to a shallow yoke over which the fancy yoke-collar visibly at the center back.

of embroidery.

Black Still Much Used. tucked slightly to emulate a yoke perity of the beet sugar industry. blouses over a high belt and the long bishop sleeves are turned back at the wrists, with a vandyke cuff of gold gold lace guipure.

Washing Silk Handkerchiefs. No soap should be rubbed on the silk, no soda should be mixed with the water, and the handkerchiefs should on no account be boiled. A hot, thick soapy lather, made with finely-shred His opinion is coincided in by no less soap, should be used for cleansing an authority than Professor Charles the handkerchiefs, which should after E. Thorne of the Ohio Experiment ward be thoroughly freed from all Station. That gentleman does not soap by rinsing in plenty of cold wa- hesitate to declare that steamed bone ter; and when most of the water has meal furnishes the cheapest and most been pressed out they should be dried, available form of phosphorus that can if possible, in the sun.

Before Washing Lace Curtains, Soak them for a couple of hours in the acidulated goods. By actual exmostly accompanied by pale blue chip | cold water. This will remove the dust | periment it was found that the cloveror fancy straw hats, trimmed with and help to make them a good color.

SILK WITH BATISTE.



in vogue. This very attractive model combines white louisine with a yoke and cuffs of embroidered batiste edged with lace app! que, and is charming; Try always to get rain water for the but the model suits many combinations and materials. The oddly shaped | 18 inches wide.

Soft, thin tilks make charming | yoke and the deep cuffs make speciblouses for all seasons and are much ally noteworthy features, and the dewaist for a woman of medium size will be required 4 yards of material 21, 31/2 yards 27 or 2% yards 44 inches wide, with 1 yard of yoking material



Home-Grown Sugar Beet Seed. A bulletin of the United States Department of Agriculture says:

content of beets in this country can to old ones, though the latter use it be increased 2 to 3 per cent when we to fairly good advantage. The young shall have developed a higher strain ones have stomachs so well adapted of beets through home-grown seed. to using skimmilk that they can get On account of the higher vitality of more out of it with less expenditure Pretty aprons are always in demand the germ, these experiments indicate of digestive energy than any others. and are as attractive as they are ser- that we shall have a race of beets

preferred. As illustrated, the material by germination is an important factor. are men that have fed it to their is white lawn with fancy stitching and It is the first evidence of the probable milch cows, and in the absence of frill of embroidery, but all materials yield of the crop that the grower looks other animals to consume it this is a in vogue for aprons are equally cor- for. Everything depends upon the ner table come in the form of swans, rect. For afternoon and school wear stand. It is desired that a beet shall done in crepe paper. For white and nothing is pretter than white lawn, fill every place in the row provided gold dinners the paper is white, the but for the hours of harder usage, for it. It is evident that if every swan's bill gold, and the bonbons piled chambray, gingham and the like are third beet is missing there will be only in the hollow of the bird's back are often preferred and are far more dur- two-thirds of a stand of plants matured at the harvest. If the rows are The apron is made with full front 18 inches apart and the beets stand 8 and backs which are gathered at their inches apart in the row, there will be 312 beets to the row, and 138 2-3 rows to the acre. If every beet is in its place there will be 43,264 beets to the acre. If these beets average one pound, there will be 43,264 pounds to the acre, equal to 21.63 tons. If the beets average two pounds, which is more nearly the usual size, we will have 43.26 tons per acre. This shows the possible tonnage per acre when all conditions are favorable and we nave a perfect stand. Vitality of seed is a strong factor in reaching this

The plants should start out strong, send down their taproots vigorously, and send out their laterals quickly; this enables them to entrench themselves early in the soil. Plants are like animals. Vigor in youth promises much for healthful maturity. Strong vitality or germinating power of the seed indicates this early vigor, which will enable the plants to withpower in a shorter time than those yield of beets from the use of home-

grown highly developed beet seed. A touch of black on all pale-tinted this country averages 11 per cent, of chic, and this is especially to be ton of beets. The factory pays the observed in the case of modish gowns farmer for this sugar \$2.27 per hunowning Paris and Vienna as their dredweight while it is still in the birthplace. An afternoon gown which beet. If the factory could extract 13 represents the very newest ideas of a per cent of sugar on account of our is one to conjure with, is of old rose higher sugar content and purity velours mousseline, striped with satin through home-grown seed, a ton of of the same shade, and so soft and beets would yield 40 pounds more suthin as to remind one more of sill gar, worth at the factory \$1.80. This muslin than any heavier make of ma alone would give the factory 36 per Zibelines for fall are closely terial. It is very plainly made, the cent profit upon the investment of \$5 long skirt sweeping round the feet ir per ton for beets. This seems quite full folds, being gathered housemaid possible. Home-grown seed to-day cffashion at the waist and devoid of any fers the most encouraging prospect of ornamentation, while the bodice insuring the future growth and pros-

Phosphorus in Steamed Bone Meal. In a recent talk with Professor lace, parted by a cuff of empiecement Hopkins of the University of Illinois, of tucked black silk, the collar beins a representative of the Farmers' Resimilarly trimmed with black silk and view learned that the cheapest form in which to purchase phosphorus is in the form of steamed bone meal: that | ter. is, for early results. It may be the cheapest in any competition, but we have yet much to learn about the phosphate in unacidulated phosphate rock. That Professor Hopkins is right we have every reason to believe. be obtained. He further says that ex- shaped molds with other cup-shaped tonic. cept for experimental purposes the Ohio station has abandoned the use of producing fields were injured by the constant application of the acidulated fertilizers. The sulphuric acid brough: into the soil manifested itself in barren spots in the clover field, and these spots grew from year to year as mor. | the sellers. fertilizer was applied. Steamed bon meal has the advantage over raw bone meal in that the nitrogen has been mostly taken out of the steamed article and therefore does not have to be paid for. This makes the steamed bone meal a cheaper source of phoscourse if a man wants also to buy ni- the latter is placed in water, which trogen he can purchase the raw bone is nearly at the boiling point. The meal.—Farmers' Review.

> The World's Wheat Crop. That the world's wheat crop this

year is to be a full average now seems certain. The high prices paid for wheat in the markets of the United States are not caused by a shortage in the world supply, and as long as vestigation and experience. we export wheat, or have a surplus to export, the crop of the world is what will finally determine the price at which we must sell both the exportable surplus and the main body used for home consumption. The crop is about the same as that of 1902 and 1903 for all practical purposes. One foreign estimate is that the crop this year will be 3,064,000,000 bushels. The crop of last year was estimated at from 3,087,000,000 bushels to 3,160,000,-000, a margin so wide as to throw much doubt on the correctness of the higher figure. Taking the world as a whole the yield tends to uniformity; for when there is a great loss in one country there is generally a great gain in some other country to make it good. The crop of 1902 was estimated at from 3,029,600,000 to 3,155,200,000 hushels. Even a difference of a hundred million bushels cuts little figure in the wheat crop of the world, being sign can be utilized both for the gown It will be seen that we cannot hope only between three and four per cent. and the odd blouse. To make the for a world price very much in excess of the world price of recent years. The prices for wheat in exporting nations tend to gravitate toward the world price, less cost of



That skimmilk is a useful feed for

all kinds of farm animals is an established fact. It pays better, however, It is believed that the average sugar to feed it to the young animals than A good many experiments have been made with it from time to time, In the production of beets for a fac- by the way of using it as a food for good use to make of it. The value in such a case depends on the market price that can be obtained for it. In the case of using it for cow feed it will be found necessary to keep it sweet till so used.

Colts and even mature horses have been fed on skimmilk. One man claims that his horses came to like milk and that less grain was consumed after the milk began to be fed. We can easily believe this. The milk contains a good amount of protein and this of course goes to build up the muscles and make protein from grain less necessary.

On all of our farms the use of skimmilk for chicken feeding is now recognized, and little urging is necessary to induce the careful poultry raiser to feed the fowls all the milk they will consume. When they cannot use enough of it on account of its vigorous and healthful. They must watery nature, it is very easy to make cottage cheese for them out of the

> Deliver Cream Often. Reports from the centralized cream-

gathering plants indicate that there is a good deal of trouble about the securing of cream in good condition. The farmers in many places now have stand diseases, pests and drought. hand separators, and in others follow The number of sprouting germs in a the old practice of setting me milk given number of beet balls and the to get the cream. They are too busy vigor and rapidity of germination are in the summer time to drive to the is arranged. The closing is made in the tests of this vitality. Home-grown railroad depot oftener than they have seed has shown a higher germinating | to, and this means that in some cases for the medium size (6 years) is 21/8 selected from ordinary imported seed. forwarded. The butter makers de-Marabout feather stoles will appear | yards 36 inches wide, with 2% yards | From these facts it would appear that | clare that it is next to impossible to we are entitled to anticipate a higher | make good butter out of this cream, or when it is mixed with the other milk, as it usually is. The problem is a The extraction of refined sugar in hard one and it cannot be solved by any short method. It is, of course, toilets is still the distinguishing note or 220 pounds of refined sugar to a advisable to have the farmers deliver their cream as often as possible, but a farmer will hardly make a trip to town if that trip is going to cost him more for loss in his harvests than the profits of the cream will amount to. great French dressmaker, whose name perfecting a strain of beets with It is evident that we must depend on a little improvement here and a little improvement there. With the proper facilities and with sterilization of cream on the farm it should be brought into a condition where it can be kept for a few days without injury to it. If Mr. Gurler can send milk from Illinois to France and have it arrive there sweet after 17 days, certainly our farmers can keep their cream in such good condition that it will be fit to make butter from a few days after it is taken from the milk. We are not advocating few deliveries of cream, but know that there are many of our farmers so situated that they will not attempt to deliver cream every day, either in summer or win-

Edam Cheese. Edam cheese is made in Holland and takes its name from the town of Edam. Its manufacture may have started at that place and so given it the name, but for the most part it is made in dairies and not in factories. There are few of the latter in Holland. The cows are milked in the fields, and the milk hauled to the houses. The cheese is made in large wooden tubs, and is placed in cupmolds on top. This gives the cheese the shape of a cannon ball. In the process of curing, salt is rubbed on is sold. It is piled on the pavement pleasant taste. in the form of pyramids, where the purchasers make their bargains with

A New Milk Test. It is reported that a German scientist has invented a new milk test, by means of salts in solution, which have the power to dissolve the casein of milk. The compound of salts is merephorus than the raw bone meal. Of ly mixed with the milk in a tube and tube used is marked with percentages, and the butter-fat fills the tube in the same proportion as the fat percentage in the milk. If this simple system proves to be an accurate one, the dairy world will be greatly benefitted. The test itself will however have to stand the test of further in-

Fattening Cattle in Montana. There is a growing demand for fat cattle to supply our local markets. which is worthy of the attention of the Montana stockman and farmer. Hitherto the state has produced large numbers of fat cattle from its ranges. but these have all reached a finished condition at one season of the year. and, consequently, have had to be shipped at that time in order to prevent loss from scanty food supplies and severe weather. Conditions, however, are rapidly changing with the settlement of the rich valleys which are being brought under irrigation. In many places the large stock owner is now able to supply food for his breeding herds or flocks during the winter season. In other sections, devoted more largely to strictly agricultural work, the farmer can produce enormous quantities of forage which can not be disposed of to better advantage than in the fattening of live stock during the winter season. It is possible for our farmers not only to supply the local demand for beef and mutton throughout the year, but to prepare Look in each pkg. for the famous large numbers for shipping as well.-



Costs 10 cents and equals 20 cents worth of any other kind of bluing. Won't Freeze, Spill, Break

Nor Spot Clothes DIRECTIONS FOR USES around in the water.

Pathetic Appeal for Sympathy.

Did you ever carry two suit cases. a hat box and a bag of fruit onto a train that was just starting, for a woman, and then have her walk past seven empty seats looking for one that might be a little better?-Council Blaffs Nonpareil.

Death From Slight Accident.

While carrying a keg of beer in-

tended for a picnic in Reading, Pa., Elmer Kerchoff stumbled over a wire. The ker slipped so suddenly that the jar dislocated his neck. Cure for Cretinism.

Cretinism, which is one form of idiocy, is curable, according to Prof. von Wagner of Vienna. He has treated fifty-two cases with typhoid gland and finds improvement in body and mind in all cases, even when the patients had passed the age of growth. All improved in their power of speech, and some of the children were made fit to attend school.

Allen's Foot-Ease, Wonderful Remedy. "Have tried ALLEN'S FOOT-EASE, and find it to be a certain cure, and gives comfort to one suffering with sore, tender and swollen feet. I will recommend ALLEN'S FOOT-EASE to my friends, as it is certainly a wonderful remedy .- Mrs. N. H. Guilford, New Orleans, La."

Sewage Kills Fish.

Recently, just as the tide in the Thames was turning from ebb to flow and the fish were coming up the river again, a very heavy rain, following several days of drought, suddenly flushed the sewers of London, and the rush of foul water killed the fishes by the million, so that the dead bodies covered the banks for miles.

Left-Handed Compliment.

In a case involving the management of an English insane asylum several former inmates were called as witnesses and the king's counsel, who called them, remarked that they were as sane as any one in the court. The judge on the bench showed no enthusiasm at the announcement.

A Birdless World.

A naturalist says that if the world were to become birdless, man could not inhabit it after nine years' time. In spite of all the sprays and poisons that could be manufactured for the destruction of insects, such pests would simply eat up orchards and crops.-Exchange.

Most Active Volcano.

Mount Sanguay is the most active volcano in the world. It is in Ecuador. is 17,120 feet in height, and has been in constant activity since 1728. The sounds of its eruptions are sometimes heard in Quito, 150 miles distant, and 267 reports were once counted in one

Midnight Sun.

"I'se mighty glad," said the old colored inhabitant, "dat de worl' only turns 'roun' once in a day. Kaze ef ever hit turned in de nighttime hi! would er kotched me at many a henroos'."-Atlanta Constitution.

Laughter a Health-Tonic. There is nothing better established among physicians than that cheerfulness prolongs life, and also enriches and enlarges it. Whole-souled, joyous laughter is a powerful health-

Fungus on Corks. It has been found that some of the cork imported in this country from it from day to day as the cheese is Algeria is affected by a fungous turned. Edam is the great market growth, which, unless the corks are where large quantities of this cheese sterilized, gives bottled liquids an un-

CHANGE FOOD

Some Very Fine Results Follow. The wrong kind of food will put the body in such a diseased condition that no medicines will cure it. There is no way but to change food. A man

my nerves that sometimes I was prostrated and could hardly ever get in a full month at my work. "My stomach, back and head would throb so I could get no rest at night

"For 2 years I was troubled so with

except by fits and starts, and always had distressing pains. "I was quite certain the trouble came from my stomach but two physicians could not help me and all the tonics failed and so finally I turned

to food. "When I had studied up on fo and learned what might be expected from leaving off meat and the regular food I had been living on, I felt that a change to Grape-Nuts would be just what was required so I went to esting it.

"From the start I got stronger and better until I was well again and from that time I haven't used a bit of medicine for I haven't needed any. "I am so much better in every way, sleep soundly nowadays and am free from the bad dreams. Indeed this food has made such a great change in me that my wife and daughter have taken it up and we are never without Grape-Nuts on our table nowadays. It is a wonderful sustainer and we frequently have nothing else at all but a saucer of Grape-Nuts and cream for breakfast or supper." Name given by Postum Co., Battle Creek,

Good food and good rest. These are the tonics that succeed where all the bottled tonics and drugs fail. Ten days trial of Grape-Nuts will show one the road to health, strength and vigor. "There's a reason." little book, "The Road to Wellville

entire bath, but certainly for the face.