

PROVES GREAT POWER

When Regular Medical Treatment Failed, Dr. Williams' Pink Pills Cured Her Rheumatism.

Hundreds of people afflicted with rheumatism have spent years under the care of excellent physicians in vain. Then they have settled down to the conviction that it is fastened on them for life. Mrs. Dinsmore was not willing to join the ranks of the hopeless merely because her doctor did not know how to help her. Here is her story:

"Four years ago I suffered greatly with rheumatism in my hands and knees. After I had been sitting a while my limbs seemed so heavy I could hardly walk on the first attempt. So long as I kept moving I was all right, but just as soon as I stopped, something seemed to settle in my knees and make them ache. My hands were so bad I couldn't touch the palms of them on a flat surface; they were swollen and pained so."

"Did you call in a physician?"
"I doctored steadily for over a year; then one doctor said: 'You have taken medicine strong enough to kill almost anything.' Still, it did not kill me nor the rheumatism."
"How, then, did you get rid of it?"
"At different times I had read in various publications about Dr. Williams' wonderful Pink Pills for Pale People, and I finally decided to try them. I took them steadily for four months in accordance with the directions. By that time I was completely cured."
"Have you been free from it ever since?"

"Since then I have had but one slight return of my trouble, and a box or two of the same pills made me all right again."
Mrs. F. A. Dinsmore lives in hearty enjoyment of her recovered health at Woburn, Mass., entirely freed from the grave anxieties that rheumatism always brings. When it appears in but a single joint it shows that the blood is in a faulty state in the whole body. It may at any moment break out elsewhere, and one of the dangers is that it may break out in the heart and then the result must be fatal. The only security is to keep the blood all the time in a perfectly sound condition.
Dr. Williams' Pink Pills make healthy blood. All other relief is superficial. This is thorough. These pills are sold by all druggists.

A hotel is to be built at Cannes, France, for the use of motorists. Attached to the hotel there will be garages and repair shops, and M. Charley, who is one of the promoters, says that no one will be accepted at the hotel who cannot give evidence of being a bona fide motorist.

ALL CROPS GOOD IN WESTERN CANADA.

"Potatoes the Finest I Ever Saw."
Owing to the great amount of interest that is being taken in Western Canada, it is well to be informed of some of the facts that are bringing about the great emigration from portions of the United States.

The Canadian government has authorized agents at different points, and the facts related in the following may be corroborated on application. At the same time they will be able to quote you rates, and give you certificates entitling you to low rates on the different lines of railway. The following letter copied from the North Bend (Neb.) Eagle is an unsolicited testimonial, and the experience of Mr. Auten is that of hundreds of other Americans who have made Canada their home during the past seven or eight years:

"I presume some may be interested to know how we have progressed this year in the Canadian Northwest. We have no complaint to offer. We have had a good year, crops were good and we have had a delightful season. I threshed from my place 8,650 bushels of grain. My oats made 65 bushels per acre and weighed 42½ pounds per bushel. My wheat made 31½ bushels per acre and is No. 1 quality. My barley made about 30 bushels of good quality. My crop is a fair average of the crops in the Edmonton district.

"All crops were good here this season. Potatoes the finest I ever saw, and all vegetables adapted to the climate. We have had a very fine fall, but no exception to the rule, as the fall season is, I think, the most pleasant of the year. We have had no snow yet (Nov. 9), and have been plowing and working the land preparing for an early seeding next spring. Last night the mercury dropped lower than any previous night this fall, and this morning there is a crust of frost on the fields sufficient to prevent field work. No doubt many would imagine that Alberta had put on her winter overcoat before this and that the people were wrapped in furs, but it is only a question of time when this country will not be looked upon as an iceberg, but a country fit for the best of mankind to live in.

"We are now assured of a transcontinental railway, which is to be built to the Pacific during the next five years. The Canadian Northern road is graded to within seventy-five miles of Edmonton. It comes from Winnipeg, and will reach us next summer, so with one railroad already at hand, the second to reach us in less than a year, and the third to penetrate our city and open up this country to the west across the Rockies to the coast within five years, we surely have reason to believe that the country is progressing.

"Very respectfully, L. J. AUTEN."

Bare Feet for Health.
People who go barefooted and those who wear sandals instead of shoes, it is said, rarely have colds in the head or any form of influenza.

Ancient Literary Work.
The book of Job is believed to be the most ancient literary work in existence. It is known to have been written prior to the Pentateuch and prior to the promulgation of the law.

Biggest Toboggan Slide.
St. Moritz, in Switzerland, has the biggest toboggan slide in the world. It is three-quarters of a mile long, and has been descended in a whiz of only seventy-one seconds.

FOIBLES OF FASHION

Unique Picture Frame.
An idea equally new for a frame and one made with much less labor than the canvas work, is to paint with water colors a striking, rather pronounced flower, a poppy or an iris. This then should be cut out and pasted on a background of Japanese grass cloth, vivid red if a poppy and blue or green if an iris is chosen. The whole then is framed in passe partout style. This gift costs very little and is highly decorative.



Charming Hat.
Pale blue felt is used in the above hat. It is trimmed with a crush crown band of pale blue uncut velvet, with cascade of loops and two black tips at front.

Bows and Buttons.
Bows and buttons decorate so many modish frocks that they play an important part in the trimming scheme of the season. There are little short, perky, cobby bows, and long, thin, serious, straight bows—bows with dangling tails depending, bows minus tails. They are of black velvet, of ribbon, of silk; they are of gold or silver gauze, but of whatever shape or material they are distinctly conspicuous. There are loops of velvet covered cord and velvet buttons; there are leaf shaped tabs of applied velvet, with center of rhinestone and there are charming enamel or diamante buttons and even old silver, not to mention gilt and gun metal, comes into the button field. Few of these fancy buttons serve as real fasteners, their charm and their interest centering in their decorative value, which, in most instances, is sufficient to warrant the attention that the button is receiving just now. Concerning the bow opinions differ as to its decorative influence, but it can safely be said that one tires more quickly of the bow than the button.

Souffle of Apple.
Pare, core and slice six or seven fine, juicy apples. Stew them in a double sauce pan, without adding any water, till quite tender. Mash these to a pulp, stirring in two tablespoonsful of butter, a teaspoonful of white sugar, and flavor with grated lemon peel and nutmeg. When quite cold, beat in first the yolks of four eggs, and then alternately beat in the very stiffly beaten whites and a cupful of breadcrumbs. Beat for three minutes till the mixture is a creamy batter, then pour into a buttered pie dish, cover with greased paper, which should be kept on until ten minutes before serving, as it will prevent the juice from drying up and a crust forming on the top. Bake for an hour all together in a moderate oven, turn out and sprinkle with sugar before serving.

Gown in Old Design.
A costume was worn at a reception not long ago that was so original that

it was positively refreshing. It consisted of a green velvet gown and mantle of just the shade you would imagine the heroine of a historical novel would wear. The gown was long and straight and fell in graceful lines from the bare shoulders, being loosely fitted at the waist. The angel sleeves were fitted with raw silk in a faint old blue, deeply embroidered up from the hand on the inside in rich purple, relieved with white. The décolletage was embroidered with the same design in seed pearls, amethysts and turquoises, to carry out the color scheme.

The mantle was a graceful thing in green, with blue and purple tones, and draped over the left shoulder, where it was fastened with a great jeweled clasp of ancient design. The whole was as truly mediaeval as anything ever seen off the stage, and yet the effect was not in the least startling.

To be graceful and womanly in dress is an object worth striving for and can never result in bad taste.

Designs for Fans.
Seasons may come, and seasons may go, but the fan waves on forever. Just now it waves in fashionable circles, most conspicuously in real lace and spangles. Particularly for the young girl are these, the preferred types of zephyr creators, and this year they are lovely enough to tempt the least envious of girls to covet their possession. Mother of pearl is the favorite mount and most of the fans are small. Silver, gold and opalescent hued spangles glisten and gleam from a background of white or black gauze, plain and inset with floral motifs in point de gaze, Duchess or Chantilly lace. Ivory and tortoise, as well as pearl, are used for mounts, and two of the favorite designs are pictured above.

Muffs display two kinds of fur combined.
All the fur coats crave little cravets of ermine.
A cloth made of rabbits' wool is new in millinery.
Bright colors run riot in the silk petticoat corner.
Mink is accounted a comforting substitute for sable.
Brown is undoubtedly the fashionable color of the winter.
The finest of embroidery supplants lace on the new underwear.
Most of the taffeta frocks seem determined to be copper-brown.
Even the pert little plume that stands erect runs into several colors.
There are possibilities of a dainty evening wrap in an old white lace shawl.

Glimpses of New Millinery.
Curious flower-like trimmings are used—and the flower idea is carried out through the whole trimming. Ribbons are looped and gathered up across a crown into great flat clusters that look like a huge dahlia, with a velvet dahlia in exactly the same shades perched on the brim.
Pale pinks and blues used separately or mingling in a gauzy, indistinct way make up some of the prettiest of the evening hats.
Some of the velvet hats are shirred on wires and puffs have found their way on everything.
Fur and velvet combinations are in high favor.
Fur crowns are in the handsomest hats, with velvet brims, and often velvet flowers on the crown and band.

Three Essential Points.
The woman who wishes to appear fashionable this season must insist upon three small but essential points when choosing her winter costume. She must demand width across the shoulders, a slender waist and nicely rounded hips. Nor is it necessary to

part way up each of the front breadths.
The outer costume is of olive-green cloth. The blouse is shirred along the shoulders and apparently over the tops of the sleeves, and again at the bottom in front and back, where it is slightly draped. The shoulder straps and the strap in the middle of the front are of the cloth, the latter ornamented with passementerie buttons. The high

turn-over collar is of linen embroidered in many colors. The sleeve is plaited to form two cuffs, a large and small one, and is finished with a deep plain cuff ornamented with buttons.
The skirt is plaited at the top and finished with a deep gathered flounce, headed by rows of stitching and trimmed with bands of velvet of a darker shade in graduated widths. The girdle is of the material.

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contract the waist to give it the proper slim effect. The breadth of shoulder accentuates the smallness of the waist, and a good modiste can accomplish both with little inconvenience to her customer.

Apples Baked with Jelly.
Pare and core six good-sized apples and stick cloves all around the top near the opening of each one; put them in a tin pan in the oven, and add half a cup of sugar water and bake till done; put the peels and cores in a sauce pan, cover with water and boil till tender; strain through a jelly bag, return the juice to sauce pan and boil twenty minutes; then add for each pint of juice one pound of sugar and boil ten minutes; remove the apples to a glass dish, pour the apple jelly over them and serve them cold.

While the Tea Brews
Mums display two kinds of fur combined. All the fur coats crave little cravets of ermine. A cloth made of rabbits' wool is new in millinery. Bright colors run riot in the silk petticoat corner. Mink is accounted a comforting substitute for sable. Brown is undoubtedly the fashionable color of the winter. The finest of embroidery supplants lace on the new underwear. Most of the taffeta frocks seem determined to be copper-brown. Even the pert little plume that stands erect runs into several colors. There are possibilities of a dainty evening wrap in an old white lace shawl.

With the Housewife
Muffins and gems made without eggs, but with more milk and butter, the batter beaten with a wooden spoon till it is very light, are said to be indistinguishable from those made with eggs.
When ivory has become yellow from age or use wash it well with soapy water and a brush and bleach it by standing it in the sun for several days, wetting it repeatedly with soapy water.
Stains made by dipping candle grease (and such ugly things are the penalty one pays for those ornamental adjuncts to the dinner table) may be removed by placing a piece of blotting paper over the spots and pressing with a hot iron. This applies to stains in fabrics.
To whiten linen take one pound of fine white soap, cut it up into a gallon of milk and put it over the fire in a kettle. When the soap has quite melted put in the linen and boil for half an hour. Now take it out, having ready a lather of soap and warm water. Wash the linen in it and then rinse it through two cold waters, with very little blue in the last.

From Paris.
White chiffon linen gown, trimmed with lace and chiffon and embroidered vest.

Change in Corsets.
"There is quite a change in the style of corsets for this season," says a corset salesman. "A new style has been made for certain figures that have never before been shown. The bust line will be lengthened. That does not mean that old-fashioned, high bust corset is coming in style again, but that there will be a drop in the waist line. The high bust corsets will probably never come in again, at least for many years. Heretofore the line below the waist has occupied so much attention that the waist line has been neglected, but this new form has remedied this defect. The styles that prevailed in the last season will still be good, but the new one takes care of figures that have not heretofore received much attention.
"The tendency in the corset market is getting to be gradually toward higher grade goods. Women are getting more particular than they used to be.
"It may seem strange, but a much more expensive and higher grade corset can be sold in South Africa than in this country. There we can sell a \$35 corset where we cannot sell one for \$15 here."

New Fruit Mixtures.
Grapes divested of skins and stones and mixed with pineapple frappe is one of the latest combinations. Only two kinds of fruit are allowable in a salad, according to certain cooks. Sliced oranges and bananas, oranges and apples and pears, without other accompaniment than a dash of maraschino, are among the favorite blends.

The Bronze Button.
There's a little bronze button, that's dearer by far, or jewel, or star; To heroes who wear it, 'tis worth more than gold.
What memories it brings of boys living and dead; Of fathers and brothers who struggled and died; To keep us a nation; they're veterans who fought; They're known by the button they wear on their coat.
That little bronze button, the favorite charm of up-the-rod soldiers, who've piled up their arms; They're mustering heroes by hundreds every day; Those veterans who battled, the blue against the gray.
"But still they are ready for country to fight, 'Till death sounds the taps, and they bid us good night; Let's honor these heroes, as proudly we note The little bronze button that's worn on their coat."
That little bronze button, still keep it in view; And honor the wearers once brave boys in blue. They all at their hard-tack, and marching side by side; 'Tis the Grand Army button they wear with such pride.

Some Enlisted Men.
"I remember," said the major, "several men with histories who enlisted in the first three months of the war to carry muskets. There were a full hundred men in my company in the three months' service, but I didn't know the antecedents of more than twenty of them. All were well appearing men, and a few seemed to me rollicking dare-devils looking for trouble or adventure. I noticed in the first week's drill in the mud of camp one man who was disregarding of injury to a very fine pair of trousers, which he wore every day. These would be trusted with mud half way to the knees some days and yet the wearer was never disturbed.
"Every garment that he wore was of fine material, and he started in every morning clean as to person and apparel. However, he trotted around with the most awkward of men, making no remarks, until some visitors identified him one day as the son of an old army officer who had run away from school and enlisted. For years I watched with interest his steady promotion in the regular army. Another man puzzled me not a little. He was a fair skinned, pink cheeked, slender young fellow, very choice in his speech, and gracious in manner. One day there was a scrap in his mess and he handled himself so well that I asked, 'Where did you learn to use your fists?' Taken off his guard, he said, 'At Eton, sir,' and in a few weeks I learned that he was a young Englishman who, traveling in this country, had bolted his tutor and enlisted. He served a year and was sent home by the British minister.
"In one of the early drills I noticed a man who seemed to regard the drill officer with smiling wonder, but who was stupidly or perversely awkward in executing commands. One day I ordered him to the front and said good humoredly, 'The awkward squad will give an exhibition drill for the benefit of officers and men.' Without more ado I put him through the French zouave drill, and, much to the amazement of the men, he executed every movement with marvelous dispatch and precision. I then put him through our own manual, and he did as well as in the zouave drill. He had been having lots of fun, but the next day took up without protest the work of drill master for several companies.
"In a few days he complained of a 'darned Dutchman' in one of the companies, given, he thought, to deriding his methods. I sent for the quiet German and asked him what he had to say for himself. He said at once, 'That Frenchman is not a man to drill others for practical work. He is too much inclined to frills and showy movements when you are not watching him, and he has no character whatever, but I never meant to make any complaint, because all this is none of my business.' A few questions brought out the fact that I had in the company half a dozen men who had received military training in Europe, and most of them were serviceable in a larger field later in the war."
—Chicago Inter Ocean.

Army Nurse for Three Years.
Mrs. Margaret Hamilton, whose experience as an army nurse is one of the most interesting, is secretary of the Massachusetts State association. She was born in Rochester, N. Y. Her family were Roman Catholics, and, being religiously inclined, she desired to become a sister of charity. Her wishes met with great opposition from her father, but finally, in 1860 she was allowed to enter an orphan asylum of the order as an aspirant.
After three months' probation she was sent to the mother house at Emmitsburg, Md., where she was six months under instruction. As soon as she was qualified, she was sent to the orphan asylum at Albany to teach. This was during the autumn of 1861.
The war having broken out, Mrs. Hamilton who, of course, was not then married, began to regret that she was unable to go as a nurse. But in the early spring of 1862, an order came from the mother house for three sisters and herself to go to the Satterlee U. S. military hospital, West Philadelphia.
Arriving there, she found a few other sisters, among them being a niece of Gen. Beauregard who had connected herself with the sisters greatly against the wishes of her family, they being much opposed to her acting as nurse to northern men.
She herself evidently did not relish her task, for after eight weeks of such service she was missed, and it was not known what became of her. Dr. I. I. Hayes, the Arctic explorer, was the surgeon in charge of the Satterlee hospital. This hospital, which was built to accommodate 5,000 patients, was opened May 1, 1862.

Nursing Shattered Her Health.
Mrs. Jane M. Worrall, senior vice president of the Massachusetts army nurse association, is one of the victims which ill-health has claimed among the army nurses, having been for some time one of the "shut-ins."
When the war broke out Mrs. Worrall resided with her husband and two children in the southwestern part of Virginia. Owing to the feeling which existed against northerners, Mr. and Mrs. Worrall removed to Boston.
Business, however, called Mr. Worrall back to Virginia, where he was taken prisoner. He succeeded in making his escape when he returned to Boston and enlisted in the 24th Mass volunteer regiment.
In 1863 he re-enlisted, serving in all four years and eight months. At the time of his re-enlistment, Mrs. Worrall decided to enter the service as an army nurse, having been commissioned by Miss Dix.
Mrs. Worrall's first assignment was in connection with the Columbian hospital, Washington, D. C., where she immediately took charge of a ward of twenty-five cots. Just before entering upon her duties Mrs. Worrall had a depressing experience that led her to say, "If I am to be of any use I must learn to control myself. I am here to cheer, not to sadden, the lives of my patients."
The bracing effect of this resolution was observed by the matron of the hospital, who said to her, "Mrs. Worrall, of all the nurses we have had, you are the only one who has remained from crying when going through the ward for the first time. I know you will make a good, true nurse."
At Fortress Monroe, Mrs. Worrall was given charge of the wards, acting as a special nurse to the confederate Gen. Walker of South Carolina, also to Capt. Small and Capt. Babb, both of whom were union men. Afterward, she went to the West Building hospital, Baltimore, where she remained until the hospital closed.
Just before the closing of the hospital she contracted typhoid fever in its worst form, barely surviving from the attack. She has never been well since. Mrs. Worrall was in the service a year and a half. She has been breveted major.

Lincoln to Grant.
"My Dear General: I do not remember that you and I ever met personally. I write this now as a grateful acknowledgment for the almost inestimable service you have done the country. I wish to say a word further. When you first reached the vicinity of Vicksburg, I thought you should do what you finally did—march the troops across the neck, run the batteries with the transports, and thus go below; and I never had any faith, except a general hope that you knew better than I, that the Yazoo Pass expedition and the like could succeed. When you got below and took Port Gibson, Grand Gulf, and vicinity, I thought you should go down the river and join Gen. Banks, and when you turned northward, east of the Big Black, I feared it was a mistake. I now wish to make the personal acknowledgment that you were right and I was wrong."—July 13, 1863.

The Badge Money Cannot Buy.
Speltz or Emmer, above illustrated, gives 80 bushels grain and four tons hay besides per acre. It's wonderful. Salzer's seeds are pedigree seeds, bred up through careful selection to big yields.

Per Acre.
Salzer's Home Builder Corn... 300 bu.
Speltz and Macaroni Wheat... 80 bu.
Salzer's Victoria Rape... 60,000 lbs.
Salzer's Teosinte Fodder... 160,000 lbs.
Salzer's Billion Dollar Grass... 50,000 lbs.
Salzer's Pedigree Potatoes... 1,000 bu.
Now such yields pay and you can have them, Mr. Farmer, in 1905.
SEND 10c IN STAMPS and this notice to the John A. Salzer Seed Co., La Crosse, Wis., and you will get their big catalog and lots of farm seed samples free. [W. N. U.]

Punishes Catholic Leg.
Mr. Campbell, the Irish solicitor-general, speaking upon delusions, told a story of a north of Ireland Protestant who was perfectly sane save on one point. This staunch Protestant harbored the delusion that one of his legs belonged to a Roman Catholic and therefore when he went to bed every night he used to leave the Catholic leg outside the blanket by way of punishment.

Insist on Getting It.
Some grocers say they don't keep Defiance Starch because they have a stock in hand of 12-ounce brands, which they know cannot be sold to a customer who has once used the 16-ounce package. Defiance Starch for same money.

Some actors become tramps because they get hungry at times.

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Groves' signature is on each box. 25c.

SENTENCE SERMONS.
A joy unsharred is always short lived.
Making a life is greater than making a living.
There will be good will in all when God's will is over all.
You cannot touch men as long as you think of them as masses.
The man who suspects everybody is surely a suspicious character.
You can't expect a nickel's worth of religion to last you over Monday.
The man who sows nothing always reaps something a good deal worse.
They who really pray for the poor find themselves saying Amen at their door.
The flowers on the streets of heaven are the transplanted sorrows of earth.
It is easy to preach on the benefits of walking when you are in the band wagon.
There's something wrong about a man's piety when it provokes others to profanity.
When a man thinks he has a cinch on sin he is apt to find that the halter is on him.
Our biggest, blackest troubles are often only the locomotive drawing our richest treasure train.
It will take a lot of nerve for some Christians to stand up and look over their lives at last and hear the judge say: "Well done, good and faithful servant!"—Chicago Tribune.

MIGHT HAVE SAVED IT
A Lot of Trouble from Too Much Starchy Food.
A little boy of eight years whose parents did not feed him the right kind of food, was always nervous and suffered from a weak condition of the stomach and bowels. Finally he was taken down with appendicitis and after the operation the doctor, knowing that his intestinal digestion was very weak, put him on Grape-Nuts twice a day.
He rapidly recovered and about two months thereafter, his Father states, "He has grown to be strong, muscular, and sleeps soundly, weighs 63 pounds, and his whole system is in a fine condition of health." Name given by Postum Co., Battle Creek, Mich.
It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That disease is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.
Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect nourishment of all parts of the body, particularly the brain and nerve centers.
Read the little book, "The Road to Wellville," found in each pkg.

TOLD OF THE VETERANS

There were few of the horrors of war that the nurse who were stationed there were not made to realize. The corps was insufficient for the demand, and they had scarcely time to eat, sleep or rest. Mrs. Hamilton suffered greatly with blistered feet, but her labors were unremitting.
During the battles of '62, '63 and '64 the Satterlee hospital was always filled with sick and wounded men. After the battle of Gettysburg, the wards were overcrowded, tents being erected on the grounds to accommodate 2,000 soldiers, the greater part of whom were colored troops. The weather being warm, the condition of the wounds became most repulsive, the hospital presenting a true picture of the horrors of war.
But Mrs. Hamilton says that she has always been grateful that she could give three of the best years of her life to her country.

Grant's Famous Letter.
This letter from President Ulysses S. Grant is one of the most interesting in the collection of the Brooklyn museum. It is as follows:
Headquarters in the Field, Feb. 16, 1863.
Gen. S. B. Buckner:
Sir—Yours of this date proposing an armistice and the appointment of commissioners to settle on the terms of capitulation is just received. No terms except unconditional surrender can be accepted.
I propose to move immediately against your works.
I am, very respectfully,
Your obedient servant,
U. S. Grant.

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It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That disease is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.
Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect nourishment of all parts of the body, particularly the brain and nerve centers.
Read the little book, "The Road to Wellville," found in each pkg.

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Groves' signature is on each box. 25c.

SENTENCE SERMONS.
A joy unsharred is always short lived.
Making a life is greater than making a living.
There will be good will in all when God's will is over all.
You cannot touch men as long as you think of them as masses.
The man who suspects everybody is surely a suspicious character.
You can't expect a nickel's worth of religion to last you over Monday.
The man who sows nothing always reaps something a good deal worse.
They who really pray for the poor find themselves saying Amen at their door.
The flowers on the streets of heaven are the transplanted sorrows of earth.
It is easy to preach on the benefits of walking when you are in the band wagon.
There's something wrong about a man's piety when it provokes others to profanity.
When a man thinks he has a cinch on sin he is apt to find that the halter is on him.
Our biggest, blackest troubles are often only the locomotive drawing our richest treasure train.
It will take a lot of nerve for some Christians to stand up and look over their lives at last and hear the judge say: "Well done, good and faithful servant!"—Chicago Tribune.

MIGHT HAVE SAVED IT
A Lot of Trouble from Too Much Starchy Food.
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