

# Don't Be Fat

My New Obesity Food Quickly Reduces Your Weight to Normal, Requires No Starvation Process and is Absolutely Safe

TRIAL PACKAGE MAILED FREE



The above illustration shows the Remarkable effects of this wonderful Obesity Food--What it has done for Others it will do for you

My new Obesity Food, taken at mealtime compels perfect assimilation of the food and sends the food nutrition where it belongs. It requires no starvation process. You can eat all you want. It makes muscle, bone, sinew, nerve and brain tissue out of the excess fat, and quickly reduces your weight to normal. It takes off the big stomach and relieves the compressed condition and enables the heart to act freely and the lungs to expand naturally and the kidneys and liver to perform their functions in a natural manner. You will feel better the first day you try this wonderful home food. Fill out coupon herewith and mail to-day.

### FREE

This coupon is good for one trial package of Kellogg's Obesity Food with testimonials from hundreds who have been greatly reduced, mailed free in plain package. Simply fill in your name and address on dotted lines below and mail to F. J. KELLOGG, 2609 KELLOGG BLDG., Battle Creek, Mich.

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## "IN THE HEART OF A SEED"

(Continued from Page 12)

prayer which, although unspoken, beats about the great white throne and there interprets itself, in the very language of Tiny Tim: 'God bless us, every one.'

"Within the breast of every man, as within the heart of every seed, a little plant sleeps; sleeps, and in some lives the ever recurring influences of the world's sunshine and rain fall without effect, and the man who might have been a benefactor earns no place in the world's history or the world's esteem. The world is richer for the fact that the man whose birthday we celebrate today did feel these awakening influences; that the 'sunshine and the rain' of a nation's need fell upon the sleeping plant within his heart and brought forth the glorious flower of American citizenship. To express whatever there is in one of power, or strength, or talent 'in terms of human helpfulness'—that is the awakening. We need but to 'look up and not down, look forward and not back, look out and not in—and lend a hand' in order that the sleeping plant may spring to life and give service to the world.

"But when all is said and done, when the man's achievements and mistakes, his successes and failures, are crystalized upon the page of history, and the world stands by to praise or to condemn, it is well to go deeper than human judgment is wont to go, and try to realize that beneath the achievements of a man's life, often imperfect, but often glorious, lies the inward struggle and the immortal hope which is the man himself.

"Fair are the flowers and the children, but their subtle suggestion is fairer; Rare is the roseburst of dawn, but the secret that clasps it is rarer; Sweet the exultance of song, but the strain that precedes it is sweeter; And never was poem yet writ, but the meaning outmastered the meter.

Never a daisy that grows, but a mystery guideth the growing; Never a river that flows, but a majesty sceptres the flowing; Never a Shakespeare that soared, but a stronger than he did enfold him; Nor ever a prophet foretells, but a rightier seer hath foretold him.

Back of the canvas that throbs, the painter is hinted and hidden; Into the statue that breathes, the soul of the sculptor is bidden; Under the joy that is felt lie the infinite issues of feeling; Crowning the glory revealed is the glory that crowns the revealing.

Great are the symbols of being, but that which is symbolized is greater; Vast the create and beheld, but vaster the inward Creator; Back of the sound broods the silence; back of the gift stand the giving; Back of the hand that receives thrill the sensitive nerves of receiving.

Space is as nothing to sprit; the deed is outdone by the doing; The heart of the wooer is warm, but warmer the heart of the wooing; And up from the pits where these shiver, and up from the heights where those shine, Twin voices and shadows swim starward, and the essence of life is divine."

### HE WAS RIGHT

Bryan has written from China to resign his position as trustee of Illinois College because the board of trustees voted to receive gifts of money from Carnegie or trust magnates. He said:

"The issue presented seems to me to be a vital one, and even if Carnegie refuses, the same question will likely

arise if some other trust magnate invites requests.

"Our college can not serve God and Mammon. It can not be a college for the people and at the same time commend itself to the commercial highwaymen who are now subsidizing the colleges to prevent the teaching of economic truth.

"It grieves me to have my alma mater converted into an ally of plutocracy, but having done what I could to prevent, I have no other recourse than to withdraw from its management.

"I regret that the action, if it was to be taken, was not taken before I gave my notes, for I regard the money given as worse than wasted, if the college is to be under the shadow of a great monopoly."

And Bryan was right.—Plattsburg (Mo.) Leader.

New York dispatches say that as a result of the insurance scandals the business of the Equitable Life Assurance society in 1905 fell off \$81,000,000 as compared with 1904. The policies surrendered increased from about \$3,000,000 to more than \$10,000,000.

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