

PRIMARY PLEDGE PLAN

As this copy of The Commoner may be read by some one not familiar with the details of the primary pledge plan, it is necessary to say that according to the terms of this plan every democrat is asked to pledge himself to attend all the primaries of his party to be held between now and the next democratic national convention, unless unavoidably prevented, and to secure a clear, honest and straightforward declaration of the party's position on every question upon which the voters of the party desire to speak. Those desiring to be enrolled can either write to The Commoner approving the object of the organization and asking to have their names entered on the roll, or they can fill out and mail the blank pledge, which is printed on this page.

The following letters are self-explanatory:

G. C. Rutherford, Scary, W. Va.—I herewith return primary pledge signed by 35 democrats of my neighborhood, mostly farmers. I am a plain farmer, but am interested in the great effort The Commoner and its editor, W. J. Bryan, are making to secure just recognition of the rights of the plain people of this country and that was my reason for recently subscribing for your paper, and for securing the enclosed list of primary pledge signers. Let every farmer in the land whose eyes chance to fall upon these words, and who is a believer in the doctrine of "equal rights to all, special privileges to none," join hands with the editor of this paper in advancing our interests by effecting a thorough organization of the democratic party for the next presidential campaign.

Frank Nelson, Potomac, Md.—Enclosed find primary pledge signed by myself. I will try to get all the democrats in my precinct to sign the pledge and subscribe for The Commoner.

S. H. Robertson, Glendenin, W. Va.—Find enclosed primary pledge with 15 signatures of true and tried democrats. We think the present upheaval of reform sweeping over our land is ripening fruits of the efforts made by the democratic party from 1896 up to the present time. We think events are shaping themselves so that the rich and powerful will join with the people in a demand for a true democrat as president in 1908. Count on the democrats whose names are signed to this pledge to be found in the front ranks supporting democratic principles.

J. S. Close, Millgrove, Ind.—Enclosed please find 25 signatures to the primary pledge. I think there is no paper as good as The Commoner, and wish every voter could and would read the last issue—March 9, 1906.

Wm. Stiles, Parsons, Kan.—Enclosed find primary pledge signed by 90 Bryan democrats who will prove themselves true to the principles of the Chicago and Kansas City platforms at the coming elections.

Bruce Peterson, Ilasco, Mo.—Enclosed find primary pledge with 13 signatures which I secured in a short time. Many more might be secured, but I do not have the time to spare. I hope that good for the masses may come from some quarter.

W. Ashton Taylor, Murray, Idaho.—Find enclosed 11 signatures to primary pledge. The voters of the democratic party of this state are being organized; the purpose of which is to take the party's control from machines and politicians and place it in the hands of the voter, where it rightfully belongs. The party will be made the enemy of trusts, and the friend of labor, will return to the principles of true democracy and to victory. We have a committee appointed—ten in number—so situated over the district as to be in touch with all the voters. They get the views of the voters on

various questions and give any information of the progress of the work. They will examine the registration and take all precaution necessary to prevent fraud. The good work of Ohio last year will be repeated in Idaho this year.

Walter Edwards, Brock, I. T.—Find enclosed primary pledge signed by 24 Bryan democrats.

Robert B. Smith, Big Fork, Mont.—Find enclosed my primary pledge. In 1904 I tried to persuade some of our delegates to the democratic national convention to put aside the idea of Parker's nomination and nominate or work for some democrat. They thought they knew better. Parker was nominated with the aid of the Montana delegation—the result was Montana went overwhelmingly for Roosevelt and a republican was sent to the United States senate.

The following have sent in primary

pledges in number as follows: B. White, Peck, W. Va., 35; T. W. Halstead, Connersville, Ind., 19; D. Harrison, Linden, Cal., 19; Chas. W. Johnston, Fort Fairfield, Maine, 23;

G. B. Hickman, Butler, Mo., 35; Peter Reynolds, New Sharon, Ia., 23; John R. McClure, Gramplan, Pa., 4; C. D. Shrader, New Albany, Ind., 11; S. D. Buckles, Belton, Mo., 35.

THE PRIMARY PLEDGE

I promise to attend all the primaries of my party to be held between now and the next Democratic National Convention, unless unavoidably prevented, and to use my influence to secure a clear, honest and straightforward declaration of the party's position on every question upon which the voters of the party desire to speak.

Signed.....

Street Postoffice

County Voting precinct or ward.....

Fill out Blanks and mail to Commoner Office, Lincoln, Nebraska.

The Coffee Debate

The published statements of a number of coffee importers and roasters indicate a "waspy" feeling towards us, for daring to say that coffee is harmful to a percentage of the people.

A frank public discussion of the subject is quite agreeable to us and can certainly do no harm; on the contrary when all the facts on both sides of any question are spread before the people they can thereupon decide and act intelligently.

Give the people plain facts and they will take care of themselves.

We demand facts in this coffee discussion and propose to see that the facts are brought clearly before the people.

A number of coffee importers and roasters have joined a movement to boom coffee and stop the use of Postum Food Coffee and in their newspaper statements undertake to deceive by false assertions.

Their first is that coffee is not harmful.

We assert that one in every three coffee users has some form of incipient or chronic disease; realize for one moment what a terrible menace to a nation of civilized people, when one kind of beverage cripples the energies and health of one-third the people who use it.

We make the assertion advisedly and suggest that the reader secure his own proof by personal inquiry among coffee users.

Ask your coffee drinking friends if they keep free from any sort of aches and ails. You will be startled at the percentage and will very naturally seek to place the cause of disorder on something aside from coffee, whether food, inherited tendencies or something else.

Go deeper in your search for facts.

If your friend admits occasional neuralgia, rheumatism, heart weakness, stomach or bowel trouble, kidney complaint, weak eyes, or approaching nervous prostration induce him or her to make the experiment of leaving off coffee for 10 days and using Postum Food Coffee, and observe the result. It will startle you and give your friend something to think of. Of course, if the person is one of the weak ones and says "I can't quit" you will have discovered one of the slaves of the coffee importer. Treat such kindly, for they seem absolutely powerless to stop the gradual but sure destruction of body and health.

Nature has a way of destroying a

part of the people to make room for the stronger. It is the old law of "the survival of the fittest" at work, and the victims are many.

We repeat the assertion that coffee does harm many people, not all, but an army large enough to appall the investigator and searcher for facts.

The next prevarication of the coffee importers and roasters is their statement that Postum Food Coffee is made of roasted peas, beans or corn, and mixed with a low grade of coffee and that it contains no nourishment.

We have previously offered to wager \$100,000.00 with them that their statements are absolutely false.

They have not accepted our wager and they will not.

We will gladly make a present of \$25,000.00 to any roaster or importer of old fashioned coffee who will accept that wager.

Free inspection of our factories and methods is made by thousands of people each month and the coffee importers themselves are cordially invited. Both Postum and Grape-Nuts are absolutely pure and made exactly as stated.

The formula of Postum and the analysis made by one of the foremost chemists of Boston has been printed in every package for many years and is absolutely accurate.

Now as to the food value of Postum. It contains the parts of the wheat berry which carry the elemental salts such as lime, iron, potash, silica, etc., etc., used by the life forces to rebuild the cellular tissue, and this is particularly true of the phosphate of potash, also found in Grape-Nuts, which combines in the human body with albumen and this combination, together with water, rebuilds the worn out gray matter in the delicate nerve centres all over the body, and throughout the brain and solar plexus.

Ordinary coffee stimulates in an unnatural way, but with many people it slowly and surely destroys and does not rebuild this gray substance so vitally important to the well-being of every human being.

These are eternal facts, proven, well authenticated and known to every properly educated physician, chemist, and food expert.

Please remember we never say ordinary coffee hurts everyone.

Some people use it regularly and seem strong enough to withstand its attacks, but there is misery and disease in store for the man or woman

who persists in its use when nature protests, by heart weakness, stomach and bowel troubles, kidney disease, weak eyes, or general nervous prostration. The remedy is obvious. The drug caffeine, contained in all ordinary coffee, must be discontinued absolutely or the disease will continue in spite of any medicine and will grow worse.

It is easy to leave off the old fashioned coffee by adopting Postum Food Coffee, for in it one finds a pleasing hot breakfast or dinner beverage that has the deep seal brown color, changing to a rich golden brown when good cream is added. When boiled long enough (15 minutes) the flavor is not that of rank Rio coffee but very like the milder, smooth and high grade Java, but entirely lacking the drug effect of ordinary coffee.

Anyone suffering from disorders set up by coffee drinking (and there is an extensive variety) can absolutely depend upon some measure of relief by quitting coffee and using Postum Food Coffee.

If the disease has not become too strongly rooted, one can with good reason expect it to disappear entirely in a reasonable time, after the active cause of the trouble is removed and the cellular tissue has time to naturally rebuild with the elements furnished by Postum and good food.

It's only just plain old common sense.

Now, with the exact facts before the reader, he or she can decide the wise course, looking to health and the power to do things.

If you have any doubt as to the cause of any ache or all you may have, remember the far reaching telegrams of a hurt nervous system travel from heel to head, and it may be well worth your while to make the experiment of leaving off coffee entirely for 10 days and using Postum in its place.

You will probably gather some good solid facts, worth more than a gold mine, for health can make gold and sickness lose it. Besides there's all the fun, for it's like a continuous internal frolic to be perfectly well. There's a reason for

POSTUM

Postum Cereal Co., Ltd., Battle Creek, Michigan.