

**Proportionately Reduced.**  
Irate Passenger—Conductor, we're fearfully squeezed up here with three in a seat.

Railroad Conductor—What can you expect? You're riding on cut rate fare.—Detroit Free Press.

**Cramped.**  
"You're living in a flat now, I hear. How do you like it?"  
"Well, there's no room to kick."—Philadelphia Press.

**Avoiding the Storm.**  
Mrs. Hoyle—Does your husband ever swear?  
Mrs. Boyle—I have never heard him, but I always go out of the room when he is shaving himself.—Judge.

**At Present Price.**  
"You take your roast beef rare, do you not?" asked the host.  
"Not rare," answered the man who is impoverished but grammatical, "rarely."—Washington Star.

**The Debutante.**  
"The men don't seem to be much interested in that society bud."  
"No—she's bloomed into a wall flower already."—Cleveland Leader.

**Breaking It Gently.**  
Foreman (at the door)—Did yer husband hov a new suit av clo'es on this mornin', Mrs. O'Malley?  
Mrs. O'Malley—He did.  
Foreman—They're ruined entirely, Mrs. O'Malley—How did it happen?  
Foreman—He was blowed up by a charge av dynamite.—Cleveland Leader.

**An Impending Tragedy.**  
Bug Lover—For the last time, dearest one, I ask you to be mine. Refuse and I perish in the depths of this deep, black pool.  
His Pony.  
Professor (severely)—Isn't that a free translation of yours, Mr. Cribber?  
Student (absently)—No, sir; it cost me 50 cents.—Cleveland Leader.



**Vive Jennie!**  
Alice—Genevieve's young man in Chelsea sent her a lovely locket for a birthday present.  
Maude—Did he?  
Alice—Yes. Marked with the initial "J."—Somerville Journal.

**Close Figuring.**  
"Doctor," said the shrewd looking man, "how many feet of gas does it take to kill a man?"  
"That's a queer question," replied the doctor. "Why do you wish to know?"  
"One of the guests at my hotel used enough of it to kill himself, and I want to send in a proper bill to his executors."—Philadelphia Press.

**When It Rises.**  
"Why is the young lady so frightened?" asked the dentist, as he came from behind a screen brandishing his instruments of torture.  
"She is afraid you will pull her heart out," explained the motherly old lady in gold-rimmed spectacles.  
"Nonsense! I am after her teeth. Her heart is not in her mouth."  
"Oh, yes; every woman's heart is in her mouth when she sits in a dentist's chair."

**Equipped.**  
"Jennings is making all the other autoists turn green with envy."  
"How so? Has he bought a costlier machine?"  
"No, but he has some new equipment features."  
"What are they?"  
"A claim agent and a trial lawyer."—Nashville American.

**Pure Stuff.**  
"Is this pure milk?" said the inquisitive lady customer.  
"Yes," replied the milkman, "we sell the cream separately."—Detroit Free Press.

**Disappointed.**  
Mr. Bacon—I wish you would examine my clothes, dear, and see if here is anything needed.  
Mrs. Bacon—I did examine them last night while you were asleep. They seem to need money in the pockets; that's all I noticed.

**From the Classical Hub.**  
Farmer Rye-top—So some of them Boston gals were down here fox hunting. How did you like them?  
Farmer Pumpkin—Gosh, I couldn't understand them. Instead of asking how far it was to the old meadow cap they asked how far it was to the meadow yawn.

A man may be a cynic, but the man who delights in saying cynical things is not a cynic. He is a conceited ass.

**Robbed in Church.**  
Just think what an outrage it is to be robbed of all the benefits of the services by continuous coughing throughout the congregation, when Anti-Gripine is guaranteed to cure. Sold everywhere, 25 cents. F. W. Diemer, M. D., Manufacturer, Springfield, Mo.

A few reminders of what to do for winter comfort are very timely. Wear over-shoes instead of rubbers to keep the feet warm. If circulation is poor a light, loosely knitted woolen shawl will be found useful if put around the shoulders before retiring. Do not run out of doors for any purpose whatever without something thrown about the head and shoulders.

Anyhow, it is real generous of the first young lady of the land to agree to share her popularity and prestige with a forlorn old bachelor.

The first locomotive used in this country was built in England by George Stephenson and was purchased for the Delaware and Hudson railroad, in 1828 or 1829—the accounts differ as to the year. It was named the "Stourbridge Lion." The first American locomotive was built and placed on a road running out of Charleston, S. C. in the summer of 1830. It was named the "Best Friend," and built by the Kembles, from plans by Mr. E. L. Miller.

Scientists believe that the Falls of Niagara were at one time precipitated into an ocean. Sir Charles Lyell, the celebrated geologist, has computed that a period of at least 30,000 to 35,000 years have lapsed while the falls have been cutting their way through seven miles of rock to their present position, and the retrograde movement is still going on, slowly, but surely every day.

One of the latest fads of the smart set in London, England, is the wearing of the portrait of one's fiancee on the thumb nail. The photographs are made upon a toughened gelatin film and are fastened to the nail by the use of bichromated gelatin which becomes insoluble upon exposure to the light. The film is fairly durable and lasts for a week or ten days, when it is soaked off with alcohol and a new film is adjusted. The first experiments were made with pictures printed directly upon the nail, which had been treated with nitrate of silver, but the picture was too permanent, and as the nail grew out the necessary trimmings resulted in the gradual elimination of the subject—a most unromantic ending to a pretty conceit. Now the idea has been so perfected by a fashionable photographer that the print is applied within fifteen minutes.

**OVER SEA HABIT.**

**Difference on This Side the Water.**  
The persistent effect upon the heart of caffeine in coffee cannot but result in the gravest conditions, in time.

Each attack of the drug (and that means each cup of coffee) weakens the organ a little more, and the end is almost a matter of mathematical demonstration. A lady writes from a Western State:

"I am of German descent, and it was natural that I should learn at a very early age to drink coffee. Until I was 23 years old I drank scarcely anything else at my meals.

"A few years ago I began to be affected by a steadily increasing nervousness, which eventually developed into a distressing heart trouble that made me very weak and miserable. Then, some three years ago, was added asthma in its worst form. My sufferings from these things can be better imagined than described.

"During all this time my husband realized more fully than I did that coffee was injurious to me, and made every effort to make me stop.

"Finally it was decided a few months ago, to quit the use of coffee absolutely, and to adopt Postum Food Coffee as our hot table drink. I had but little idea that it would help me, but consented to try it to please my husband. I prepared it very carefully, exactly according to directions, and was delighted with its delicious flavor and refreshing qualities.

"Just as soon as the poison from the coffee had time to get out of my system the nutritive properties of the Postum began to build me up, and I am now fully recovered from all my nervousness, heart trouble and asthma. I gladly acknowledge that now, for the first time in years, I enjoy perfect health, and that I owe it all to Postum." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville" in pkgs. Postum Food Coffee contains no drugs of any description whatsoever.

**What Did She Mean?**  
Hostess to newly arrived guest— I'm so glad, dear, you were able to come; but I hope we're going to have a little better weather, or I'm afraid you won't enjoy yourselves very much.

Miss Treymaine—Oh, Mrs. Partington, you mustn't think we came to enjoy ourselves, really! We came to see you, of course; didn't we, Archie?—Chicago Journal.

**Standing Room Only.**  
The Lawyer—So your wife has sued you for a divorce, eh? Will she have any standing in court?  
The Client—I'm afraid so. From the nature of the evidence she threatens to bring in there won't be half enough seats to accommodate the crowd.—Chicago News.

**Mistaken.**  
"Great Britain is going to send over a commission to investigate our affairs."  
"How stupid those Britons are! They think all our idiots are in asylums."—Cleveland Plain Dealer.

**Pa's Wild Guess.**  
"Say, pa, this paper says that a Boston minister wants to have District Attorney Jerome canonized. What does that mean, pa?"  
"Canonized? It means blown from a cannon, my boy."—Cleveland Plain Dealer.

**What She Wanted.**  
Manager (intelligence office)—What kind of a cook do you want, madam—white or colored?  
Landlady (boarding house)—White, Manager—Do you want a plain cook or otherwise?  
Landlady—Plain. Some of my gentlemen boarders would doubtless prefer one that was otherwise, but I want a plain one, and the plainer the better. See?

**Secret Out.**  
"Why is it," queried the fox, "that you always look so lean and hungry?"  
"Tradition is responsible for it," answered the wolf. "It requires me to hang around the poet's door all the time."

**Sorrow of It.**  
"Now that you have tried my voice, professor," said the ambitious female, "tell me frankly what it is best adapted to."  
"Whispering," answered the eminent musician, without a moment's hesitation.

**A Good, Fair Warning.**  
Mr. Jackson—I understand that that young man who comes to see you so often is anxious to become an actor?  
His Daughter—Yes, sir. He wants to appear before the footlights.  
Mr. Jackson—Well, he'd better disappear before the foot lights.

**Natural Deduction.**  
Mifkins—My oldest boy has acquired the sleep-walking habit.  
Bifkins—Training himself for a position on the police force, eh?

**Contradictory Evidence.**  
Blox—Does DeAuber paint for a living?  
Knox—Judging by his pictures, he evidently doesn't.

**No Going Behind That.**  
Bridget (after taking up the caller's card)—She ain't at home, ma'am.  
Caller—Really? Are you sure?  
Bridget—Faix, Oi am not, but she seems to be.—Philadelphia Press.

**Good Enough.**  
Jaygreen—I'd like to get a better job for my son.  
Kaybrown—What's the doing now?  
Jaygreen—He's working for a coal dealer.  
Kaybrown—That's good enough. He's sure to make his weigh in the world.

**Strenuous Test.**  
Gyer—There goes a man I would trust with my life.  
Myer—Then you have tested his honesty?  
Gyer—Yes. I once loaned him a silk umbrella and he returned it the next day.

**Better Still.**  
Village Grocer—Has your son succeeded in making a name for himself as an artist since he went to the city?  
Farmer Hayrix—Gosh, no! but I 'low he's made somethin' a heap sight better.  
Village Grocer—How's that?  
Farmer Hayrix—He's made a good livin' by paintin' box cars, by grass!

When sitting at rest we draw into the lungs about 480 cubic inches of air in a minute. If we take a sauntering walk, we increase the quantity to about 840 cubic inches; but if we walk quickly, we increase it to considerably over 2,000 cubic inches in a minute.

Agents Wanted—Hustlers, either sex. Profitable, permanent work—400 weekly easily earned. Needed in every house. Address, Albert S. Newman, 424 Pindexter St., Jackson, Miss. Enclose stamp.

In passing a pen, pencil, knife or pointer, hand the blunt end toward the one who receives it.  
The college girl talks about her life work until some man marries her. Then she forgets it.  
Whispering, laughing, chewing gum or eating at lectures, in school, or places of amusement, is rude and vulgar.

There is only one road to Right, and that is Right. There is only one road to Truth and that is Truth. There is only one word to Good, and that is Goodness.  
Brushing the hair once a day is essential if the rule of cleanliness is to be observed. Brush the hair after all tangles have been removed, steadily from the roots down to the very ends. By all means have the brush perfectly clean.

Many men are sour all day because when they arise in the morning they look at themselves in one of those green, bilious, face-dishorting bargain mirrors. If they would get a better mirror their dispositions would grow better.  
Men who are really great are not born so. In every case they have become great through their own efforts.  
An exchange says that if the woman who throws a shawl over her head to run into a neighbor's had time to pass a looking glass her reason for going would be scared out of her head and she would remain at home.

A barrel of pork weighs 200 pounds. To prolong life one should take plenty of sleep and remember to sleep lying on the right side, indulge in a morning bath in tepid water, take daily exercise in the open air, keep the window of the sleeping room open all night, take frequent and short holidays, not be over ambitious, and hold one's temper.

In the moonlight that flooded the university campus at Princeton recently there coquetted a person in a black skirt, an ill fitting waist, and a tilted bonnet, who displayed willingness to flirt with whatever might be inclined. The moonlight parader gallivanted for three hours without a single flirtation. Then it sought the home of a well-known professor. There the skirt was released, off came waist and bonnet, and the professor stood revealed. He had volunteered to turn detective in an effort to avert a threatened strike of maid servants in the homes of Princeton professors. The maids are on the point of deserting because of annoyances to which they have been subjected by a mysterious man, who had lain in wait to kiss or hug maids returning home late at night.

Women of sedentary occupations are allowing their muscles to become soft through lack of physical exercise. A good exercise for strengthening of the muscles is as follows: Stand erect, heels together, toes out, chest thrown out; with arms extended touch the toes with the tips of the fingers, bending the body only just below the waist line. Continue the movement with hands extended over the head; then throw the body back as far as possible and sway from one side to the other. Exercise in this way for ten minutes then exercise each leg for five minutes by throwing the foot out in front at the side and back. This exercise, if persevered in regularly, makes the body supple and the motions graceful.

31 Boxes of Gold  
300 Boxes of Greenbacks

For the most words made up from these letters  
**Y-I-O-Grape-Nuts**  
331 people will earn these prizes

Around the fireside or about the well-lighted family reading table during the winter evenings the children and grown-ups can play with their wits and see how many words can be made.  
20 people making the greatest number of words will each receive a little box containing a \$10 gold piece.  
10 people will each win one box containing a \$5 gold piece.  
300 people will each win a box containing \$1 in paper money and one person who makes the highest number of words over all contestants will receive a box containing \$100 in gold.  
It is really a most fascinating bit of fun to take up the list evening after evening and see how many words can be added.  
A few rules are necessary for absolute fair play.  
Any word authorized by Webster's dictionary will be counted, but no name of person. Both the singular and plural can be used, as for instance "grape" and "grapes."  
The letters in "Y-I-O-Grape-Nuts" may be repeated in the same word.  
Geographical names authorized by Webster will be counted.  
Arrange the words in alphabetical classes, all those beginning with A together and those beginning with E to come under E, etc.  
When you are writing down the words leave some spaces, in the A, E, and other columns to fill in later as new words come to you, for they will spring into mind every evening.  
It is almost certain that some contestants will tie with others. In such cases a prize identical in value and character with that offered in that class shall be awarded to each. Each one will be requested to send with the list of words a plainly written letter describing the advantages of Grape-Nuts, but the contestant is not required to purchase a pkg. These letters are not to contain poetry, or fancy flourishes, but simple, truthful statements of fact. For illustration: A person may have experienced some inelapic or chronic ailment traceable to unwise selection of food that failed to give the body and brain the energy, health and power desired. Seeking better conditions a change in food is made and Grape-Nuts and cream used in place of the former diet. Suppose one quits the meat, fried potatoes, starchy, sticky messes of half-cooked oats or wheat and cuts out the coffee. Try, say, for breakfast a bit of fruit, a dish of Grape-Nuts and cream, two soft-boiled eggs, a slice of hard toast and a cup of Postum Food Coffee. Some amateur says: "A man would faint away on that," but, my dear friend, we will put dollars to your pennies

that the noon hour will find a man on our breakfast huskier and with a stronger heart-beat and clearer working brain than he ever had on the old diet.  
Suppose, if you have never really made a move for absolutely clean health that pushes you along each day with a spring in your step and a reserve vigor in muscle and brain that makes the doing of things a pleasure, you join the army of "plain old common sense" and start in now. Then after you have been 2 or 3 weeks on the Grape-Nuts training you write a statement of how you used to be and how you are now. The simple facts will interest others and surprise yourself. We never publish names except on permission, but we often tell the facts in the newspapers and when requested give the names by private letter.  
There is plenty of time to get personal experience with Grape-Nuts and write a sensible, truthful letter to be sent in with the list of words, as the contest does not close until April 30, 1906. So start in as soon as you like to building words, and start in using Grape-Nuts. Cut this statement out and keep the letters Y-I-O-Grape-Nuts before you and when you write your letter you will have some reason to write on the subject, "Why I Owe Grape-Nuts."  
Remember 331 persons will win prizes, which will be awarded in an exact and just manner as soon as the list can be counted after April 30, 1906. Every contestant will be sent a printed list of names and addresses of winners on application. In order to have proof that the prizes are sent as agreed. The company is well known all over the world for absolute fidelity to its agreements and every single one of the 331 winners may depend on receiving the prize won.  
Many persons might feel it useless to contest, but when one remembers the great number of prizes—(331)—the curiosity of seeing how many words can really be made up evening after evening and the good, natural fun and education in the competition, it seems worth the trial; there is no cost, nothing to lose and a fine opportunity to win one of the many boxes of gold or greenbacks.  
We make the prediction that some who win a prize of gold or greenbacks will also win back health and strength worth more to them than a wagon full of money prizes.  
There are no preliminaries, cut out this statement and go at it, and send in the list and letter before April 30, 1906, to Postum Cereal Co., Ltd., Battle Creek, Mich., and let your name and address be plainly written.