GUORGE DANCE The Maid-Did the mustard plaster do you any good, Bridget? The Cook-Yes; but, by gorry; ut to bolte the tongue.

The Most Noticeable Change, "So you have lived in Europe for 25 years? That's a long time for a man to be away from his own country." "Yes, it is, and I'm mighty glad to

be home again." changes?"

"Yes, many. "What, if I may ask, is the greatest change that has come to your notice?" "The greatest change, it seems to vice-president of the United States succeeds in getting his name in the paper nearly as often as he might if he were a baseball player or a prom-Ising lightweight prizefighter."

DR. MARTEL'S FEMALE PILLS.

Seventeen Years the Standard. Prescribed and recommended for Women's Ailments. A scientifically prepared remedy of proven worth. The result from their use is quick and permanent. For sale at all Drug Stores.

No Hurry. "What are you in such a rush

p'clock yet."

about?" "Promised to meet my wife at three b'clock down at the corner." "Well, there's no hurry. It isn't four

TRY MURINE EYE REMEDY for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart-Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail.

Murine Bye Remedy Co., Chicago.

So They Say. Stranger-I say, my lad, what is considered a good score on these links? Caddie-Well, sir, most of the genta here tries to do it in as few strokes as they can, but it generally takes a few more.-Scottish American.

"SPOHN'S."

emedies for Distemper, Pink Eye, Heaves and the like among all ages of horses. Sold by Druggists, Harness Makers, or send to the manufacturers, \$.50 and \$1.00 a bottle. Agents wanted. Send for free book. Spohn Medical Co., Spec. Contagious Diseases, Goshen, Ind.

The Difference. "I don't see any difference between you and a trained nurse except the uniform," said her sick husband. "And the salary," she added, thoughtfully .- Harper's Bazar.

WE SELL GUNS AND TRAPS CHEAP Buy Furs and Hides. Send for catalog 105. N. W. Hide & Fur Co., Minneapolis, Minn.

Some politicians are too modest to

face the nude truth

CATARRH OF THE KIDNEYS



Mrs. Maria Gongoll, Mayer, Minn., writes the following:
"I must inform you that I recovered
my health after using your valuable
medicine, Peruna.
"I had suffered with catarrh of the kidneys and bowels, but now I am much better and feel real strong."

## Do it Now

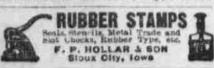
Tomorrow A. M. too late. Take a CASCARET at bed time; get up in the morning feeling fine and dandy. No need for sickness from over-eating and drinking. They surely work while you sleep and help nature help you. Millions take them and keep well.

CASCARETS for a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month,

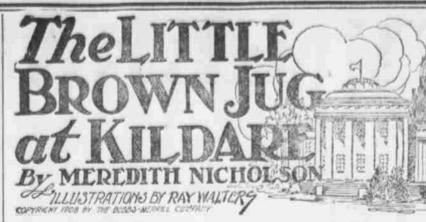
OLD SORES CURED

IF YOU WANT THE BEST BUY A MARSEILLES GRAIN ELEVATOR ASK YOUR LOCAL DEALER OR John Deere Plow Company, Omaha

Ik Log, Fover Boros, St. A7 St. Paul M.







SYNOPSIS

Tommy Ardmore, New York millionaire and owner of a great estate in North Carolina, reaches Atlanta in search of a pretty girl who winked at him as their trains stood opposite each other two days before. On the depot platform he mosts his old friend, Harry Griswold, professor in the University of Virginia, on his way worth. north.

CHAPTER I .- Continued.

come, but you're going to be there the day they arrive."

Thomas Ardmore of New York and Ardsley struck his heavy stick-he always carried a heavy stick-smartly on the cement platform in the stress "I suppose you notice a great many of his feeling. He was much shorter than Griswold, to whom he was deeply attached-for whom he had, indeed, the frank admiration of a small boy for a blg brother. He sometimes wondered how fully Griswold entered me, is to be found in the fact that the into the projects of adventure which he, in his supreme idleness, planned and proposed; but he himself had never been quite ready to mount horse or shake out sail, and what Griswold had said about indecision rankled in his heart. He was sorry now that he had told of this new enterprise to which he had pledged himself, but be grew lenient toward Griswold's lack of sympathy as he reflected that the quest of a winking girl was rather beneath the dignity of a gentleman wedded not merely to the law, but to the austere teaching profession as well. In his heart he forgave Griswold, but he was all the more resolved to address himself stubbornly to his pursuit of the deity of the car Alexandra, for only by finding her could he establish himself in Griswold's eyes as a man of action, capable of carrying through a scheme requiring cleverness and tact.

Ardmore was almost painfully rich, but the usual diversions of the wealthy did not appeal to him, and, having exhausted foreign travel, he spent much time on his estate in the North Carolina hills, where he could ride all day on his own land, and where he read prodigiously in a huge library that he had assembled with special reference to works on piracy, a subject that had attracted him from early youth.

It was this hobby that had sealed

his friendship with Griswold, who had relinquished the practice of law, after a brilliant start in his native city of Richmond, to accept the associate professorship of admiralty in the law department of the University of Virfascination for Griswold from its essentially romantic character. As a law student he had read all the decisions in admiralty that the libraries afforded, and, though faithfully serving the university, he still occasional ly accepted retainers in admiralty cases of unusual importance. His lectures were constantly attended by students in other departments of the university for sheer pleasure in Griswold's racy and entertaining exposition of the laws touching the libeling of schooners and the recovery of jettisoned cargoes. Henry Maine Griswold was tall, slender and dark, and he hovered recklessly, as he might have put it, on the brink of thirty. He stroked his thin brown mustache habitually, as though to hide the smile that played about his hu morous mouth-a smile that lay even more obscurely in his fine brown eyes He did violence to the academic traditions by dressing with metropolitan care, gray being his prevailing note, though his scarfs ventured upon bold color schemes that interested his students almost as much as his lectures The darkest fact of his life-and one shared with none-was his experiments in verse. From his undergradunte days he had written occasionally a little song, quite for his own pleasare in versifying, and to a little sheaf of these things in manuscript he still added a few verses now and then,

"Don't worry, Ardy," he was saying to his friend as "all aboard" was called, "and don't be reckless. When you get through looking for the winking eye, come up to Charlottesville and we'll plan "The True Life of Capt. Kidd" that is some day going to make us famous."

"I'll wire you later," replied Ardmore, clinging to his friend's hand a tone of banter. One of them, a gen- followed between them. In a moment moment after the train began to move. Griswold leaned out of the vestibule produced a flask, which he offered to manner at once condescending and to wave a last farewell to Ardmore, something very kind and gentle ernor of North Carolina said to the and good to see shone in the lawyer's eyes. He went into the car smiling, for he called Ardmore his best friend, and he was amused by his fresh significance. last words, which were always Ardmore's last in their partings, and were followed usually by telegrams about the most preposterous things, or suggestions for romantic adventures, or some new hypothesis touching Capt. Kidd and his buried treasure. Ardmore never wrote letters; he always telegraphed, and he enjoyed filing long, mysterious and expensive messages with telegraph operators in obscure places where a scrupulous ten words was the frugal

berth and one the upper to make it perfect," observed an Alabama man. Griswold lighted a cigar and opened the afternoon Atlanta papers in the smoking compartment. His eye was caught at once by imperative headtines. It is not too much to say that Cincinnati, who had just come from New Orleans. "Their friends are dothe eye of the continent was arrested that evening by the amazing disclosing their best to keep them apart. They both have a reputation for being ure, now tardily reaching the public, that something unusual had occurred quick on the trigger.' at the annual meeting of the Cotton Planters' association at New Orleans dare say it's all a newspaper story. Griswold, and she now pulled down on the previous day. Every copy-There's no knife-and-pistol nonsense reader and editor, every paragrapher in the south any more. They'll both on every newspaper in the land had go home and attend to their business, smiled and reached for a fresh pencil and that will be the last of it. The as a preliminary bulletin announced people of North Carolina ought to be the passing of harsh words between proud of Dangerfield; he's one of the drinks, for it kills the giant Despair. the governor of North Carolina and best governors they ever had. And -- Douglas Jerrold

the governor of South Carolina. It

never be known, for this particular marters that the governor of North disdainful of the world Carolina was the aggressor, he having it was said-declared that a people meaning the freemen of the commonwealth of South Carolina) who were not intelligent enough to raise their own hay, and who, moreover, bought that article in Ohio, were not worth the ground necessary for their decent interment. It is not the purpose of this chronicle either to seek the truth of what passed between the two governors at New Orleans, or to discuss the points of history and agriculture raised in the statements just indicated. As every one knows, the 20th of May (or was it the 31st!), 1775, is solemnly observed in North Carolina as the day on which the patriots of Mecklenburg county severed the relations theretofore existing between them and his majesty, King George the Third. Equally well known is the fact that in South Carolina it is an article of religious faith that on that twentieth day of May. 1775, the citizens of Mecklenburg county. North Carolina, cheered the English fing and adopted resolutions reaffirming their ancient allegiance to the British crown. This controversy and the inadequacy of the South Carolina hay crop must be passed on to the pamphleteers, with such other vexed questions as Andrew Jackson's birthplace-more debated than Homer's and not to be carelessly conceded to

the strutting sons of Waxhaw. Griswold read of the New Orleans

Lighted a Cigar and Opened the After-

tleman from Mississippi, presently

the others, remarking: "As the gov-

governor of South Carolina," which

was, to be sure, pertinent to the hour

and the discussion, and bristling with

"They were both in Atlanta this

morning," said the man with the

flask, "and they would have been

traveling together on this train if

they hadn't met in the ticket office

The speaker was suddenly overcome

with his own humor, and slapped his

knee and laughed; then they all

"One ought to have taken the lower

wonder when they'll get home."

"They'll probably both walk to be

ure they don't take the same train,"

suggested a commercial traveler from

"Bosh!" exclaimed Griswold.

and nearly exploded with rage."

laughed, including Griswold

fellow-passengers discussed it in a colored woman and a brief colloquy

deferential

governors.

mous!

Osborne to a first-class man, too, one of the old Palmetia Tamilies." The discussion had begun to bore

own section, having it in mind to revise a lecture he was preparing on The Right of Search on the High It had grown dark, and the car was brilliantly lighted. There were not more than half a dozen ther persons in his sleeper, and these vere widely scattered. Having taken in inventory of his belongings to be ure they were all at hand, he beame conscious of the presence of a oung lady in the opposite section. In the seat behind her sat an old colored women in snowy can and apron, who was evidently the young lady's servant. Griswold was aware that just what really happened at the that this dusky duenna bristled and Cotton Planters' convention will frowned and pursed her lips in the way of her picturesque kind as he meeting was held behind closed doors. glanced at her, as though his presand as the two governors were ence were an intrusion upon her mishonored guests of the association, no tress, who sat withdrawn to the exmember has ever breathed a word treme corner of her section, seeking touching an incident that all most its fullest seclusion, with her head sincerely deplored. Indeed, no hint against a pillow, and the tips of her "No if I endow all the chairs in the of it would ever have reached the pub sucde shoes showing under her gray miversity! You've not only got to lie had it not been that both gentle- traveling skirt on the further half of men hurriedly left the convention hall, the section. She twirled idly in her refused to keep their appointments to fingers a half-opened white rosebudspeak at the banquet that followed a fact unimportant in itself, but desthe business meetings, and were retined to linger long in Griswold's ported to have taken the first trains | memory. The pillow afforded the hapfor their respective capitals. It was plest possible background for her whispered by a few persons that the brown head, her cheek bright with governor of South Carolina had color, and a profile clear-cut, and just taken a fling at the authenticity of now-an impression due, perhaps, to the Mecklenburg Declaration of Inde | the slight quiver of her nostrils and pendence; it was rumored in other the compression of her lips—seemingly

The black woman rose and ministered to her mistress, muttering in kind monotone consolatory phrases from which "chile" and "honey" occasionally reached Griswold's ears. The old mammy produced from a bag several toilet bottles, a fresh handkerchief, a hand mirror and a brush, which she ar inged in the empty seat.

"Thank you, Aunt Phoebe, I'm feeling much better. Just let me alone

now, please. The girl put aside the white rose for a moment and breathed deeply of the vinnigrette, whose keen, pungent odor stole across the aisle to Griswold. She bent forward, took up the hand mirror, and brushed the hair away from her forehead with half a dozen light strokes. She touched her handkerchief to the cologne flask, passed it across her eyes, and then took up the rose again and settled back with a little sigh of relief. In her new upright position her gaze rested upon Griswold's newspapers which he had flung down on the empty half of his section. One of them had fallen open and lay with its outer page staring with the bold grin of display type.

TWO GOVERNORS AT WAR! What Did the Governor of North Carolina Say to the Governor of South Carolina?

The color despened in the girl's face; a slight frown gathered in her incident with a smile, while several smooth forehead; then she called the

noon Atlanta Paper.

Griswold was addressed in a tone and

"If yo' please, suh, would yo' all 'low

Griswold noted with surprise the

girl's immediate absorption in the

telegrams from New Orleans relating

to the difficulty between the two

As she read she lost, he thought,

something of her splendid color, and

at one point in her reading her face

went white for a moment, and Gris-

wold saw the paper wrinkle under the

tidings from New Orleans had un-

doubtedly aroused her indignation.

She seemed to lose account of her

surroundings, and several times Gris-

wold was quite sure that he heard her

half exclaim: "Preposterous! Infa-

When she had finished the New Or-

leans telegrams she cast the offend-

ing newspapers from her, then, recall-

ing herself, summoned the black

woman, and returned them to Gris-

wold, the dusky agent expressing the

elaborate thanks of her race for his

courtesy. The girl had utterly ignored

the curtain at her elbow with a spar

(TO BE CONTINUED.)

Patience is the strongest of strong

and turned her face away from him.

tightening grasp of her hands. The

my mistus t' look at yo' newspapahs?"

"Certainly. Take them along."



Brood sows on the average farm may be almost entirely supported by waste products. And those same waste products form the best sort of balanced ration. Skim milk, butter milk, windfall apples, parings, a run in the orchard, with shade, and after the litters are weamed and growing nicely, a run in the stubble to clean up every kernel of grain, and in the clover fields after hay has been cut.

Sow some rye for fall green forage for the poultry. It lasts until snow comes and is there in the spring for early picking. It makes fine pasture for the turkeys even if at quite a distance from the house. It disinfects the soil and is a good crop to sow on the poultry runs this month to rid the soil of impurities.

Train the colts, don't break them Many a good horse has been spolled by breaking him when a colt. Get his mouth accustomed to the bit before a barness is put on him. Be gentle and patient and you can make a good horse out of almost any colt.

"Candling" eggs upon their arrival In the city results in throwing out many thousands of dozens each year. Five per cent, of them all are culled price causing the loss of millions of fortably blanketed. dollars every year.

4ry houses, sound feet and pure wa- cows to begin with he can more wiseremedies. These are the "ounces of mate knowledge of the work of the prevention" that save the "pounds of mothers.

Unless free from lice, no flock will thrive as it ought, and the owner of Bordeaux Mixture, if begun when should help the chicks rid themselves of these pests by providing proper dust baths and occasionally dusting them himself with insect powder.

It is a good plan to give the young plgs a good start along early in life. Very many make the mistake of crimping the pigs, thereby expecting to get more lean meat. The muscles grow when the pigs grow.

There are yet a few dairymen who think they can judge a cow by her farmer, orchardist and planter has for "She said to put sody on thim stains onformation. To satisfy yourself keep the accurate record of every cow in the herd and see how form and performance coincide.

A poultry house need not be artifi-

dally heated to be warm enough for and snug, so as to exclude all drafts of cold air.

command. That's why the test asso-credit for being good layers when how it helps he is a willing learner.

It is easier to make a man a better

Mulch dahlias, cannas, caladiums and like plants with coarse manure and deluge with water. If water cannot be had, withhold the manure, as manure alone is drying.

Eggs and meat are the foundation of the poultry busines. Let us aim for this standard more, then we will have better "standard breed" and mor profitable poultry.

The safest rule is to commence feeding in good season if the pastures begin to fail and not wait until the cows actually begin to fail in milk production.

To supply good food for the dairy It is necessary to exercise forethought and plan for the fall season which is sure to come every year.

Many horses have sore shoulders be cause their owners try to fit their horses into their collars rather than getting collars to fit their horses.

There are bee-keepers all over the United States who, with a favorable locality and good management are making an excellent living.

Probably no single cause tends more to check milk secretion than the failure to remove all the milk secreted at the time of milking.

A tread-power rigged up to run the separator will save a lot of hand labor and give the ram or bull much needed exercise.

Ducks and geese should have plenty of fresh water to drink as soon as they are hatched. There is no one stated ration that

should be fed to poultry or laying hens in winter. Are you getting the best possible

results from your bees? A cow that has a good appetite.

eats heartily and keeps thin in flesh while giving milk is usually a good one to keep To make butter of good quality the

ing must be understood. Whole grain fed constantly to young chicks will sooner or later

give them leg weakness.

Cheviot ewes rank above the average in their prolific qualities.

Cows that are expected to return a WHAT HE CONSIDERED FAIR rofit must have liberal rations of the inds of food adapted to their needs. They must have dry, comfortable and well ventilated sleeping places and be kept free from excitement caused by xposure and neglect. The practise of allowing the dairy herd to run ver the farm and be herded by dogs and children and compelled to eat rosty clover and forage cannot be made to return a profit, even though

Saving the best ewes is not the only hing. He must not in-breed, but must my the best sire be can find, not only n blood-lines, but also in individuality, a ram that looks like a sire, with trong head, well-sprung ribs, and argo heart girth, a ram with a strong one, two good ends and a good, straight back. The breeder must not have no desire to carry the issue into onsider his pocketbook.

Pointo growers who "feed" their otatoes well, and give them good are, and select the best potatoes for lanting do not need to change their ed stock every few years in order give you two dollars,"-Everybody's. o maintain the rield, because by so doing they maintain the yielding powor in the potatoes they already have

Every thinking farmer knows that tore are certain essentials that canof be neglected at any season of the ear if the cows are kept in condition nilk yleld.

In making a kerosene "emulsion" sults may follow and more hide be 'eradicated" than anything else.

Two things that deserve constant attention at this time are the bits expectations, and may be applied to and the blankets. Never allow a frosty bit to come in contact with the dren of all ages. The Cuticura Remhorse's mouth and never leave the as "dirties" and sold at a reduced team without being well and com-

For the average dairyman it is The best medicine for poultry is cheaper to raise his own cows than good care. Cleanliness, light, warmth, to buy them. Besides, if he has good ter are better than the whole list of ly select the calves because of an inti-

> The black rot of tomatoes is a difficult disease to control. Applications the tomatoes are just forming and continued until they are fairly well grown, will prevent the disease.

> It has been predicted by an authority that the time is not far distant when the small dairyman will not be able to afford pasture. If this time should come, then indeed would the silo come into its own.

years been recognized, it is believed in the tablecloth, and l'ave it out over by the authorities that their importance in preserving the forests is not generally known.

A hen should be fed some grain that

she doesn't have to scratch for. Althe hens to be comfortable and lay though exercise is necessary to keep eggs, but it should be built very tight her in good health, she needs time to rest and dust herself in the middle of the day.

dairy feeder by suggestion than by acquire the laying habit, others get ciation is so valuable. When he sees they are not. The trap nest picks an, clapped her hands. 'Oh, good! them out and leaves no guess work,

> weak characteristics in your herd by breeding animals that are uncertain. The progeny is sure to inherit all the fruits of the parents.

Do not run the risk of perpetuating

As a rule very little can be done for dopy chickens. The cause of this condition is usually constitutional weakness; lice, or, error in feeding and management.

Hill selection of potatoes may some times be beneficial for the purpose of selecting the best strain where the potatoes consist of two or more strains.

Selling the breeding stock because feed is dear is just as sensible as selling seed grain because you can get a good price for it. Think this over.

Is the binder properly stored away for the winter, or will the first snow storm still find it just where it was left when drawn out of the field?

During the hot months pansies will not bloom much; try cutting the plant back for fall flowering. Hot weather blooming weakens the plant.

One good cow is superior to three poor ones in the dairy; the difference is the cost of the feed and the product of the cows.

We would like to see more beecepers at the state fairs, and have them put up a display of bees and honey.

Any good type of colt will sell for more per pound when three years old than a calf.

Better quarters for the poultry need not mean more elaborate or more ex-

pensive houses. Hogging off the corn is a cheap way of corning off the hog.

When once pure bred stock has a place upon your farm you will wonder how you got along so many years

without it.

Weighing the milk is the best means of registering the capabilities fundamental principles of cream ripenof a cow and her yield.

> It's a bad policy to build such sa elaborate barn that one has to buy ordinary cows to fill It.

Without the help of our wild birds, farming would be impossible

Mr. Olsen's Offer Must Have Come as Surprise Even to Persuasive Claim Agent

Up in Minnesota Mr. Olsen had a cow killed by a railroad train. In due season the claim agent for the

railroad called:

"We understand, of course, that the deceased was a very decile and valuthey may consume waste fedders and able animal," said the claim agent in his most persuasive claim-agentlemanly manner, "and we sympathize with you and your family in your loss. But, Mr. Olsen, you must remember this: Your cow had no business being upon our tracks. Those tracks are our private property and when she invaded them she became a trespasser. Techleally speaking, you, as her owner, became a trespasser also. But we court, and possibly give you trouble. Now, then, what would you regard as a fair settlement between you and the railroad company?"

"Vall," said Mr. Olsen slowly, "Ay baen poor Swede farmer, but Ay shall

REST AND PEACE

Upon Distracted Households When Cuticura Enters.

Sleep for skin tortured bables and est for tired, fretted mothers is found give milk, and that if any or all in a hot bath with Cuticura Soap and these essentials are neglected there | a gentle anointing with Cuticura Ointsure to be a falling away in the ment. This treatment, in the majority of cases, affords immediate relief in the most distressing forms of itch ing, burning, scaly, and crusted huof any kind for the eradication of mors, eczema, rashes, inflammations, lice, mites, flies, etc., great care must irritations, and chafings, of infancy be taken to see that the combination and childhood, permits rest and sleep s surely emulsified or serious re to both parent and child, and points to a speedy cure, when other remedies fail. Worn-out and worried parents will find this pure, sweet and economical treatment realizes their highest the youngest infants as well as chil edies are sold by druggists everywhere. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, Mass., for their free 32-page Cuticura Book on the care and treatment of skin and scalp of infants, children and adults.

The Spots Disappeared,

Mrs. Dolan lived in a district which was not as favorable for the outdoor household experiments recommended by the Ladies' Helper as it might have been. This fact Mrs. Dolan was rapidly assimilating, and in a manner not so uncommon as it might be she blamed the estimable periodical for her difficulties.

that runs the 'Handy Hints' department," she remarked to her husband one morning after an early excursion into the back yard, whence she returned in high dudgeon.

"I wisht I had a holt o' that woman

"I t'ought you t'ought she was a grand wan," said Mr. Dolan, cautiously testing his cup of tea.

"Well, I've changed me mind, as While the value of the birds to the I've the rights to do," replied his wife. night on the line, an' they'd be gone entirely whin morning come. Sure' 'tis the tablecloth that's gone-the desaving woman that she is!"-Youth's Companion.

She Probably Could.

Senator La Follette, apropos of cerain scandals, said at a dinner in Madison: "These things recall the legislator who remarked to his wife, with a ook of disgust: 'One of those land Some hens are born layers, others lobbyists approached me today with another insulting proposition."

"The wife, a young and pretty won she cried. 'Then I can have that sable stole after all, can't I, dear?"

Easy for Her.

An extremely corpulent old lady was entertaining her grandchild at lunch eon when she found occasion to repri mand the little girl for dropping some food on the tablecloth

"You don't see grandma dropping anything on the table," she said. "Of course not," replied the child; God gave you something in front to stop it.

An Exacting Personage. "I suppose you find life easier since the summer boarders have

gone?" "Nope," replied Farmer Corntossel; we're workin' an' worryin' just as much as ever tryin' to keep the hired man contented."

A man can't understand why a woman who never spends more than 17 cents for her luncehon should think nothing of blowing in \$50 for a

> WISE WORDS. A Physician on Food.

A physician, of Portland, Oregon, aas views about food. He says: "I have always believed that the duty of the physician does not cease with treating the sick, but that we owe it to humanity to teach them how to protect their health, especially by hygienic and dietetic laws.

"With such a feeling as to my duty I take great pleasure in saying to the public that in my own experience and also from personal observation I have found no food equal to Grape-Nuts and that I find there is almost no limit to the great benefits this food will bring when used in all cases of sickness and convalescence.

"It is my experience that no physical condition forbids the use of Grape-Nuts. To persons in health there is nothing so nourishing and acceptable to the stomach, especially at breakfast, to start the machinery of the human system on the day's work.

"In cases of indigestion I know that a complete breakfast can be made of Grape-Nuts and cream and I think it is et advisable to overload the stomach the morning meal. I also know the eat value of Grape-Nuts when the tomach is too weak to digest other

"This is written after an existence more than 20 years, treating all nanner of chronic and acute diseases, and the letter is written voluntarily my part without any request for it Read the little book, "The Road to

Wellville," in pkgs. "The .'s a Reason."