on Immortality" could never have been

written but for Paul's fifteenth chap-

ter of First Corinthians and the eighth

chapter of Romans; that Shakespeare's

conception of woman, of a Desdemona

and of an Ophelia, would have been

impossible, had not his mind been per-

This suggestive thought could be

much expanded, and these instructive

illustrations might be greatly multi-

plied. The Bible gave all these men-

working in different departments of

genius-their inspiration. Shall we be

so inconsistent as to rejoice in the

streams while we despise the fountain

wings to the imagination, enterprise in

hope in death, and glory in eternity.

THE EMPLOYE'S DUE.

(By His Eminence JAMES, CARDINAL GIBBONS.)

"The modern democratic spirit came from the Bible. The popular institu-

tions of today can be seen as develop-ments of early Hebrew institutions."-

The Redeemer of mankind never

on the human

race than by en-

nobling and sanc-

tifying labor, and

by rescuing it

from the stigma

of degradation

that had been

branded upon it.

I cannot conceive

any thought bet-

ter calculated to

case the yoke and

to lighten the bur-

den of the Chris-

tian toller than

the reflection that

the highest type

of manhood vol-

untarily devoted

himself to manual

conferred a greater temporal blessing

just to deny to workingmen the right

as to withhold the same right from

or the factory, are wonderfully quick-

ened by putting ourselves in their

place and asking ourselves how we

would wish to be treated under sim-

There is no enjoyment in life so

pure and so substantial as that which

springs from the reflection that others

are made content and happy by our

benevolence. And I am speaking here

not of the benevolence of gratuitous

bounty, but of fair-dealing tempered

with benignity. Considerate Kind-

"It droppeth as the gentle rain from

It blesseth him that gives, and him that

'Tis mightlest in the mightlest: it be-

The throned monarch better than his

Good Joke on Sothern.

actor, says the worst moment of his

stage career was passed in a state of

mental paralysis owing to a trick

played on him by another actor. This

actor, who had a passion for practical

joking, and Mr. Sothern were appear-

ing in the same play. It was a senti-

mental comedy in which Mr. Sothern

had to make a long and effective speech

with the stage all to himself. The prac-

tical joker got an alarm clock, timed

the alarm very carefully, and set it up-

on a sideboard upon the stage. "At the

very moment I opened my mouth to

declaim," Mr. Sothern says, "it went

off. I stood before the footlights lit-

erally gaping, whilst the blatant bell

rang and thrummed and clattered

through an eternity. It was a night-

mare! I wanted to run, and could not;

I wanted to speak, and could not. Sud-

dealy from the gallery a piercing

voice cried out: 'Say, boss, I gues'

Hilarious Announcement.

is going to leave us in the morning!"

your line's engaged!'"

Mr. Samuel Sothern, the English

place beneath; it is twice

ness is like her sister Mercy:

flar circumstances.

heaven

bless'd.

takes;

Upon the

William P. Merrill, D. D.

meated by a Bible ideal.

Better Biscuits Baked With You never tasted daintier, lighter, fluffier biscults than those baked with Calumet. They're always good - delicious. For Calumet insures perfect baking. RECEIVED HIGHEST AWARDS World's Pure Food Exposition, Chicago Paris Expo France, 1 1912.

ou don't save money when you buy cheap or his aking powder. Don't he misled. Bay Calumet economical more wholesome gives be not is far superior to sour milk and sods. Scotch National Hero. One hundred years ago the cele-

brated colossal statue of Sir William Wallace was formally dedicated by the earl of Buchan, in connection with the celebration of the five hundredth anniversary of the battle of Bannockburn. Sir William Wallace is known as the national hero of Scotland, and the stories of his courage, patriotism and devotion are familiar to all the children of that land. As the leader of a (By ROBERT STUART MACARTHUR, band of patriotic followers, he fought for years to deliver Scotland from English rule. When victory seemed about to crown his efforts he was defeated and captured through treachery, August 5, 1305, and sent a prisoner to London. There he was tried for high treason. On the same day that he was convicted he was executed and his body quartered.

Looked Older.

to the mother.

"I know it, sir, but he's not. He was brought up in Philadelphia," replied the mother.

Father Time probably hands a woruan a new wrinkle occasionally, merely as a reminder that she hasn't been for gotten.

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invig-orate stemach, liver and bowels. Do not gripe. Adv.

The face of a new blackboard eraser is made of felt so perforated that the crayon dust is gathered inside it.

Fluorspar production in the United States in 1913 aggregated 115,580 tons, valued at \$6.37 per ton.

The Human Automobile

The human body, like an automobile changes fuel (food) into power. When the fuel is too rich, or the mixers and valve are out of order, waste products clog the achinery and reduce the power. The kidneys, like exhaust valves, should earry off the waste (uric acid), but weak kidneys can't. Uric acid in excess causes headache, weak eyes, rheumatic pains gravel, dropsy and fatal Bright's disease Donn's Kidney Pilla help the kidneys fight off urle acid. It is the best-recomended special kidney remedy.

A South Dakota Case



DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.

Back to the Bible

Application of the Scriptures to the World Today as Seen by Emi-nent Men in Various Walks of Life

-------(Copyright, 1914, by Joseph B. Bowles)

THE GOSPEL OF PROGRESS.

(By ARCHBISHOP JOHN IRELAND.) "Its constructive ideas (the Bible's) are as far above those of the other books of religion as the heavens are above the earth."—Washington Giad-

The divine purpose in the creation

and the preservation of the universe is man. We become God-like in act when we work for man. God, in-

deed, must ever be the supreme end of our willing and our doing. Direct homage is due to the majesty of God, and this homage God demands from us. But he demands also that we for his sake serve our fellow-men, and the first commandment of the law makes re-

ligion to consist in the service of God and in the service of man. Christianity, the historic manifestation of the Eternal Mind, makes work for humanity a fundamental principle of religion. "Amen, amen, I say to you: as long as you did it to one of these my least brethren, you did it to me."

And working for man is not the hopeless task that pessimists proclaim it to be. Progress is the law of God's creation. The Creator has bestowed upon us faculties capable of expansion and it is His will that we summon into action their latent forces. labor, his boyhood and early man-He has subjected to us the earth, and | hood being spent in a mechanic's it is His will that we take possession shop: "Is not this the carpenter, the of it, and assert our dominion over | Son of Mary?" its every part. Powers that lie dor- Labor has its sacred rights as well mant find no favor in the eyes of as its dignity. Paramount among the God. Progress is the continuity of rights of the laboring classes is their creation; to arrest it, through malice privilege to organize for their mutual or indolence, is a crime against Cre- protection and benefit. It is in acator and creature. Christ's gospel is | cordance with natural right that those a gospel of progress. It announces who have one common interest should that all things should be put to profit unite for its promotion. It is as unand made to increase; the talent that is wrapped in a napkin but draws to band together because of the down upon its possessor the Master's abuses incident to such combinations,

History is witness that under capitalists because they sometimes un-Christ's touch humanity was impelled warrantably seek to crush or absorb into moral and spiritual progress weaker rivals. with such might that centuries do not words of discouragement, does not something more and that is kind and read nature's lesson in the brightness of the morning sun, and in the rich- be less ground for complaint against ness of the autumn fruitage; nor does employers if they kept in view the he read in his Bible the divine lesson | golden maxim of the gospel: "Whatof mercy and grace. There will al- soever ye would that men should do ways be sin and suffering, misery and unto you, do ye also to them." Our death. But evil may be lessened, sympathies for those in our employ, and good may be increased, and this whether in the household, the mines, is progress. I shall never believe that good must necessarily yield to evil, and I shall never cease to put my hope in the divinely ordered progress of humanity.

THE BIBLE'S INDIRECT INFLU-ENCE.

D., LL. D., President, Baptist World

Alliance.) "When I ran across something in the poets that most deeply impressed me, I have laid down the book and said: Now, where have I seen that in the

Bible?"-Robert J. Burdette.

The Bible has ennobled every language into which it has been translated. Its thoughts are so lofty that the moment they are embodied in human speech, whatever that speech "That boy looks more than five may be, it is exalted, and glorified. years old," said the railroad conductor When it came into the Greek and Latin languages it largely regenerated even the vehicle which communicated its thought. It necessitated the creation of new words; and it gave new and nobler meanings to old words. It is not too much to say that it almost cre-

ated a new Greek and Latin tongue. It has given noble themes and thoughts to our greatest writers. Go through a library and count the number of the books which the Bible has suggested. You will at once put into the category Dante's "Divine Comedy," Tasso's "Jerusalem Delivered," Spenser's "Faerie Queene," Milton's "Paradise Lost" and "Paradise Regained," Pollok's "Course of Time," Pope's 'Messiah," and many others of like

character. It has often given the idea of the characters which are the subjects of many books. In this way, we are indebted to it for striking features in Scott's "Ivanhoe," Mrs. Stowe's "Uncle Tom's Cabin," and for many characters in George Eliot, in Tennyson, in Byron, in Shakespeare, and in many other writers. It is said that the Red Cross Knight, in Spenser's "Faerle Queene," is but Paul's armed Christian in the sixth chapter of the Epistle to Mr. Noowed-"What makes you think the Ephesians; that Pope's "Messlah" so?" "Why, she's been sitting on the is but a paraphrase of prophetic and kitchen floor with a bottle in her seraphic passages in Isalah; that the hand, singing. And when I asked her noblest strains in Cowper's "Task" what was the matter, she threw the drew their inspiration and part of bottle at me and said, 'We won't go their imagery from the same rapt home until morning." - Exchange.

And What Could He Answer?

store, distributing tracts. At the back

of the store sat an elderly and distin-

guiabed citizen reading a morning

dignantly. "Then why don't you re-One Sunday morning Mr. Moody, the form?" quietly asked the old gentlerevivalist, entered a Chicago drug man,

At an evening party a very elderly newspaper. Mr. Moody approached lady was dancing with a young partthis gentleman and threw one of the ner. A stranger approached Douglas temperance tracts upon the paper be- Jerrold, who was looking on, and said: fore him. The old gentleman glanced "Pray, sir, can you tell me who is the at the tract, and then, looking up be young gentleman dancing with that nignantly at Moody, asked: "Are you elderly lady?" "One of the humane a reformed drunkard?" "No, sir, I am society, I should judge," replied Jernot!" cried Moody, drawing back, in- rold.-Exchange.

Bryant is but the expansion of a passage in Job; that Wordsworth's "Ode SHELTER FOR BIRDS

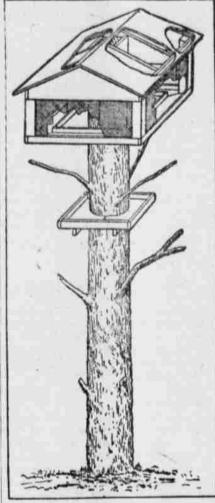
Particularly Desirable Where Edible Material Is Scarce.

Designs of Two Houses Given in Bulletin Issued by Agricultural Department-Importance of Protecting the Milk Cans.

Prepared by the United States Department of Agriculture.)

The farmer who will build a food shelter and furnish an abundance of whence they flowed? The Bible is a light to the path and a lamp to the feet of the noblest literature. No man haunt his premises. This is particularly true when there is a scarcity of may claim the honors of the highest culture if he is ignorant of the word of States department of agriculture in a God. Let it sing itself through the recently published bulletin on bird soul, giving clearness to the thought, houses has offered designs for shelpractical life, inspiration to daily duty, ters that will protect food in all kinds of weather.

To induce birds to enter a food shell ter baits are first placed in a conspicu-



Food Shelter for Attachment to Post-Roof Cut Away to Show Construc-Panes 8 by 10 Inches.

ous place outside and the birds are led by degrees to enter the inclosure. Such food as suet, seeds, or cracked nuts will prove attractive as bait,

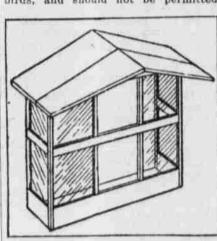
That "the laborer is worthy of his still the sublime vibration. The pes- hire" is the teaching of Christ as well tin for adequate food shelters. The simist who stands idly by uttering as the dictate of reason. He deserves first may be attached to a tree, the and then make a few trials himself. other may be placed on top of a post considerate treatment. There would or tree stub. The sides are made of glass. There is no bottom to either of

Besides protecting food, such a shelter will provide a place where one interested in birds can watch them con-

veniently If the farmer has neither the time nor inclination to make a shelter but still desires to attract valuable birds by putting out food, the next best thing is to fasten the bait to trunks or branches of trees or scatter it on the

ground in sheltered places. Desirable birds may be attracted by other means than food, particularly in summer. On warm days they appre ciate fresh water for drinking and bathing. A shallow pool of varying depth, if only a foot across, becomes a center of attraction for all the birds in the vicinity, and it may be made with little effort and material. Only a small amount of cement is required, or, if that be lacking, a pan with stones in it, set in the ground will be equally serviceable,

Cats are particularly dangerous to birds, and should not be permitted



Food Shelter for Attachment to Trunk of Tree.

near the home-made bird pool during bathing hours or go near the food

bird houses that will interest all bird a fine state of tilth. lovers are given in a farmers' bulletin No. 609, which the United States department of agriculture has recently issued. It is entitled "Bird Houses, and How to Build Them," and will be Mrs. Noowed-"Oh, John, our cook sent free of charge to anyone requesting it from the department.

> Protection for Milk Cans. Much milk that seems to be perfect ly good when it leaves the farm. reaches the consumer in bad condition, and the United States department of agriculture is now convinced that this is frequently due to a rise in the propriate insulating material which material.

will effectually exclude the heat, serious injury. In milk above 50 de the future.

grees F, the rate of bacteria growth is much more rapid. It follows that when the milk is to be shipped a long distance it must be loaded on the cars at a temperature much less than 50 dea temperature much less than 50 degrees F. unless some efficient means s taken to prevent the temperature rising during the journey.

Perhaps the most practical way of accomplishing this is to wrap the cans in a pair of quilt jackets, wet burlap, or some other similar material. In the course of the recent experiments milk HARD TO MAKE OVER CITY was hauled a distance of 13 miles in an average air temperature of 82,65 de- Experiences of Centuries Old Towns grees F., the milk being shipped at a temperature of 50 degrees F. At the end of three hours the cans that were hair-quilt jacketed showed a raise food in it will find that many birds of of only 51/2 degrees F.; those wrapped value to him as insect-destroyers, will in wet burlap, a raise of 81/2 degrees F. Milk in cans that were left unprotected rose in the same time to a tem- itable entrance through the walls into bird food in the vicinity. The United perature of 78.5 degrees F., an increase the city are now in the very heart of of 28.5 degrees. This is much too high. the city's bustling life.

More elaborate methods of preserving milk during shipment by refrigerabulletin just issued by the United ain. States department of agriculture. The legend has it that this Lud laid which deals in a technical way with the foundation of London. Shakesmany types of refrigerating apparatus. peare preserves his memory in "Cym-The bulletin discusses fully the influ- beline:" "And on the gates of Lud's ence of time and temperature on bac- town set your heads." This strong teria in milk. It also contains elab- gate in the western part of the city orate diagrams illustrating the different methods employed in utilizing re- and is one of the busiest streets in frigeration, and the cost of operating the world. them. This bulletin so long as the department's supply lasts will be sent free to all interested in the refrigeration of milk. Refrigeration, however, is, of course, not always possible, while of jacketing his milk cans.

PROFIT MADE IN CAPONIZING

Increased Value of Birds Pays Well for Time and Labor-Operation is Not Difficult.

As a vast majority of poultry owners and growers are not professional and keep the poultry incidentally and in the main for the use of the family, it is not surprising that so few poultry owners undertake to caponize the cockerels. But if all poultry owners were aware of the increase of profit that capons pay over the ordinary poultry I think a great many more would learn how to perform the operation and caponize all the surplus males every fall.

Even if it were done only to supply the use of them on one's own table it would pay well, says a writer in an exchange. As almost all farmers themselves emasculate all their surplus boars and bull calves, and some even the male colts, it is evident that with a little more skill they can emasculate the cockerels, and in most cases tion-Sides Made of Glass; Size of | can sell them for from a half more up to twice as much as the cockerels would bring in the market.

As caponizing requires a keen eye and steady hand, as well as the special tools for doing the work, it would be well for one without experience, if Two designs are given in the bulle- he can get the opportunity, to see some one who is expert at the work In order to make the job easier I think it will be well to etherize or chloroform the chicken, so that it will be absolutely still. However, if one

knows how to do the job and has the tools it takes but a little while, and there is no reason to believe that the suffering will be great.

GIVE THE TREES MORE ROOM

Question of Space Should Be Requlated Largely by Circumstances -Opinions Differ.

The question of how much space to leave between the trees is one that occasions much argument. This should be regulated largely by circumstances If the trees are to be kept well pruned back they may be as near as four yards apart, while those which are to be allowed more free growth in the tons should be at least 20 feet apart. The question of distance depends entirely upon the system of training and

richness of the soil. The common system of keeping the orchard in sod practiced by many apple growers, is not in favor among peach growers, and except in very rare cases, among small growers is practically unknown. Thorough cultivation is necessary to develop the peach crop as the tree during the time of bearing requires extremely large

amounts of moisture and plant food. Growers differ widely upon the sys tem of cultivation but all are agreed that plowing as early as-possible in the spring, thorough cultivation during the first half of the summer season and the growth of a cover crop of some kind during the fall and winter are essential to the proper care of the peach orchard.

The disc or spading harrow is better than the plow in most cases as the side extensions enable much closer work without injuring the trees. In the case of gravelly or hard heavy soil the disc or springtooth harrow is necessary during summer cultivation, while the light smoothing har Designs for simple and elaborate how is required on soils that are in

CONCRETE OR CEMENT SILOS

Material Gaining Rapidly in Popular ity Where Permanency Is Desired on Live Stock Farms.

The concrete and cement block construction is getting very popular in so far as silos are concerned; especially is this true where permanency is desired, such as established stock farms, etc.

In the past the high first cost of temperature of the milk during trans- this construction has been the chief portation. A series of tests that has factor against its more extensive use, recently been completed shows the but this has been due to our insuffiimportance of surrounding the milk cient knowledge as to the best and cans during hot weather with some ap- most economical methods in handling

The price of lumber has been stead-Even when milk is to be shipped ity raising, while that of the good Portonly a short distance its temperature land cement has been decreasing, and should not be higher than 50 degrees good qualities can now be obtained at F. At this temperature bacteria will fair prices. It seems, therefore, to be nultiply, but the increase is slow and generally conceded that the concrete a few hours delay will result in no or cement block silo will be the silo of

Should Be Lesson to the Builders of Today.

The most hurried traveler along the tourist routes of Europe allows himself time to note with a smile that the "gates" which were once the ver-

Who does not know "Lud Gate" in London, now Ludgate Hill? Lud is tion are discussed in a professional the name of a mythical king of Brit-

is far enough removed from the west

Bishopsgate-the bishop gate: Aidgate-the old gate; Newgate-the new gate, all tell the same story. The "gates" are found in the innermost recesses of the city. The real enany shipper can take the precaution trances to the city are many miles away.

And what a higgledy-piggledy business it is! Boxes of brick and stone, in bewildering squares and parallelograms and shapeless shapes of every fashion, stretch away into dim distance, to straggle, to jostle, or to decay, as fate or fortune wills. There is not a city of any age in all Europe, now touched by the progressive spirit, which has not been for the last 30 years or will not be for the next 30 engaged in the titanic task of widening its old streets and constructing

But at what cost must the men and women of an unwailed and ungated city today make the place of their habitation habitable!

ADVANCE IN CITY LIGHTING

Hanging Arc Lamps so Installed That They Add to Instead of Detracting From Appearance.

Many of the old installations of hanging arc lamps are even uglier than the incandescents. The old arcs are usually suspended above the street on a tangle of wires and cables where they glare and sputter the long night through. But modern engineering and modern love of the beautiful, as well as the utility of a lighting system, have changed all this. The new systems of arc lighting are nothing like the old. The lamps are not hung above the street but crown the tops of ornamental standards placed alternately ap and down the street. There are no hanging wires in sight, no sharp points of light to dazzle the eyes, no flicker and sputter. Instead of sharp, penetrating rays of bluish light the new luminous arc lamps give a flood of soft, white light which is many times more efficient and more economical than the light from the old lamps. The wire and cables are all underground, where they are safe and do not mar the natural beauty of the street. Shade trees do not have to be cut down or trimmed until they die.

Hints on Concrete Road Building. Sprinkling the wearing surface of concrete roads during the construction period must be practically continuous on hot days unless there is some moisture-retaining medium present. Recent observations of a number of pieces of road construction, on which contractors new to the work were engaged, indicate that the inspector is having his hands full in getting the "wettingdown" specifications properly adhered to. Where earth is available a generous layer thrown on makes an excellent cover and holds water well. Some careful road builders in the West, recognizing the value of curing concrete

under water, have made earth dams

along the edges of concrete roads and

divided the road longitudinally into a

series of pools.-Engineering Record. Boy Scouts Guarding Trees. Philadelphia boy scouts are doing yeoman service in guarding the trees of the city from the caterpillar pest and other harm for which laws can be enforced to prevent mischief to forests and trees. The same plan is also baing carried on in Burlington, Ut. It is an excellent idea to enlist he services of the boys in these preservative methods and teach them by this means to love and care for the trees, which the average city boy only eajoys for shade or as a convenient ogject from which to obtain a stick.

No Cause for Interference. However brave the policemen are, they are careful about not breaking the laws and ordinances. A patr .. man was kicking his teet down on the lake front in Chicago, so a story runs, when an excited citizen ran up to have and cried: "Say, hurry up! A man has just jumped off the pier!"

"With his clothes on?" asked the officer.

"Yes-fully dressed. Hurry! What do you want me to do? There ain't no ordinance against a man swimmin' as long as he's properly

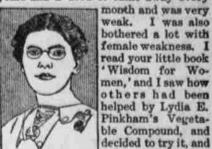
Seek to Set Good Example. The blossom cannot tell what be-

comes of the odor, and no man can tell what becomes of his example, that rolls away from him, and goes beyond his ken on its perilous mission,-H. W. Beecher.

Difficulties of Astronomy. "Is it hard to learn the use of a telescope?" asked the student. "Not very," replied the candid professor. "The hardest thing about astronomy in guessing what something is after you manage to see it."

IN STERLING LIVES A GIRL

TELDS Who Suffered As Many Girls Do-Tella How She Found Relief.



Sterling, Conn.—"I am a girl of 22 years and I used to faint away every month and was very weak. I was also bothered a lot with female weakness. I read your little book 'Wisdom for Women,' and I saw how others had been helped by Lydia E. Pinkham's Vegeta-

decided to try it, and it has made me feel like a new girl and I am now relieved of all these troubles. I hope all young girls will get relief as I have. I never felt better in my life. "-Miss BERTHA A. PELOQUIN, Box 116, Sterling, Conn.

Massena, N. Y .- "I have taken Lydia E. Pinkham's Vegetable Compound and I highly recommend it. If anyone wants to write to me I will gladly tell her about my case. I was certainly in a bad condition as my blood was all turning to water. I had pimples on my face and a had color, and for five years I had been troubled with suppression. The doctors called it 'Anemia and Exhaustion,' and said I was all run down, but Lydia E. Pinkham's Vegetable Compound brought me out all right."-Miss LAVISA MYRES, Box 74, Massena, N.Y.

Young Girls, Heed This Advice.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should immediately seek restoration to health by taking Lydia E. Pinkham's Vegetable Compound.

Pettits some Eve eyes Salve

JUST AS AN ILLUSTRATION

Yorkshire Man Had His Reasons for Desiring Salesman to Repeat His "Selling Talk."

A commercial traveler had been talking his hardest, his most eloquent, his most persuasive for nearly an hour to a shrewd old Yorkshire business man. The old fellow seemed convinced and pleased, and the traveler thought he had his fish landed. But the Yorkshire man said:

"There's ma lad, Jock. Ab'd laike him to hear what ye have to say. Will ye coom this afternoon and go over

your talk again?" "Certainly, sir, with pleasure," replied the traveler heartily, and at the hour appointed presented himself again for the interview with father and son. Again he went over the points of the article he had to sellforcibly, eloquently, persuasively. Never had he acquitted himself of a

finer "selling talk." When he had finished the old Yorkshire man turned to his son and said enthusiastically: "Do you hear that, Jock? Well, now, that's the way ! want ye to sell our goods on the road.

Lovelorn Philatelist.

The manager of an advertising concern has made it a fad to collect curious ads, particularly of a personal nature. Here is one, which he culled

from the Figaro of Paris: "A collector of postage stamps, possessing 13,440 specimens, desires to contract a marriage with a young lady who is also a collector, and who possesses the blue Mauritius stamp of

1847. No other need apply."

Surely. Mr. Flatte-Don't you think what we do is reflected in our faces, dear? Mrs. Flatte-Yes, William; I notice when you are examining a long bill your face is also long.

More than million tons of coffee are required annually to provide a daily severage for half the human race.

LIGHT BOOZE. Do You Drink It?

A minister's wife had quite a tusale with coffee and her experience is interesting. She says:

"During the two years of my training as a nurse, while on night duty, I became addicted to coffee drinking. Between midnight and four in the morning, when the patients were asleep, there was little to do except make the rounds, and it was quite natural that I should want a hot cup of coffee about that time. I could

keep awake better. "After three of four years of coffee drinking, I became a nervous wreck and thought that I simply could not live without my coffee. All this time I was subject to frequent bilious attacks, sometimes so severe as to keep me in bed for several days.

"After being married, Husband begged me to leave off coffee for he feared that it had already hurt me almost beyond repair, so I resolved to make an effort to release myself from the hurtful habit.

"I began taking Postum, and for a few days felt the languid, tired feeling from the lack of the coffee drug, but I liked the taste of Postum, and that answered for the breakfast bew erage all right.

"Finally I began to feel clearerheaded and had steadler nerves. After a year's use of Postum I now feel like a new woman-have not had any bilious attacks since I left off coffee." Name given by Postum Co., Battle Creek, Mich. Read "The Road to

Wellville, in pkgs. Postum comes in two forms: Regular Postum-must be well boiled. 15c and 25c packages.

Instant Postum-is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

The cost per cup of both kinds is about the same,

"There's a Reason" for Postum. -sold by Grecers.

