

Table Manners.

Man gives up with reluctance the table manners of the jungle. For centuries he has been instructed with line upon line, precept upon precept; but the average boy and girl still prefer fingers to forks and tongues to napkins. It may, however, be encouraging to the weary mother to observe that a little progress has been made by the human race in four centuries, even though her individual specimen of boyhood may lag far behind perfection. Erasmus, writing for the young gentlemen of his time, laid down a code of table manners remarkable for what they do not take for granted; and although we must make some allowance for the irony of the learned critic, we still have a picture of the dinner table of his time calculated to give us hope of our own. He assures his reader that it is very rude to wipe his nose on the tablecloth or his fingers on his neighbor's coat. One may not praise the achievements of one's own cook, or criticize unfavorably one's host's dinner, no matter how badly it is cooked. A courteous guest will not give his bones to the dogs to crack under the table, nor will he feed the cat, or encourage either cat or dog to jump on the table. "But, above all," says the frank and vigorous Erasmus, "do not lick your plate! It is an act that ill becomes a cat, let alone a gentleman!"

Stage Reform.

Every now and then the important intelligence is imparted to a waiting multitude that the stage is to be elevated. It is an old cry and it signifies nothing, for the patrons of the playhouse make it what it is and managers only supply a public demand. References are always being made to the palmy days of the drama, and a revival of them is frequently predicted, but the truth is that there were just as reprehensible performances in the past as there are in the present, though, of course, there were some noble histrionic efforts that are repeated to-day. It is claimed that this is an era of commercial managers, who are only bent on making money and are deficient in artistic inspiration, but even Shakespeare did not disdain accumulating a comfortable fortune for his day from the production of his plays, and few men are anxious to embark in an unpaying venture, even for the sake of art. We are now told that there is to be an intellectual theater in upper Broadway, New York, where only the cream of the best old and new plays will be brought out. We wish it success, remarks the Boston Budget, but we are afraid that its patronage will not be remunerative, for the theater is regarded by the majority of people as a place of entertainment, and not as a school for moral and intellectual training.

China After Ideas.

Slowly but surely modern ideas are getting a foothold in China. The appointment of a commission to visit Japan, Great Britain and Germany with a view to examining and reporting upon the working of constitutional systems in those countries is full of significance, which is increased because of the character of those chosen for the service. These are men of the most progressive spirit. Furthermore, they represent the aspirations of the real Chinese rather than the purposes of the Manchus, who to a large extent are an alien element, although they have managed to fasten their power upon the government and to perpetuate a dynasty which has been a constant source of political friction. The voice of awakened China is making itself heard and is likely to be more insistent in demanding changes and reforms that shall be for the benefit of all the people. And much of this impetus to better things comes from Chinese who have been educated in the United States or have lived here long enough to see how liberal government works.

According to a report on the crops in the American Agriculturist, American farmers' earnings will be a thousand million dollars greater this year than last. The gain is due to the increased prices of farm products, the production in general being fully ten per cent. smaller than last year. No wonder farmers are celebrating by holding big state fairs. They can afford it.

HISTORIC OLD HOUSE

WILDER MANSION AT BOLTON, MASS.

Quaint Old Structure, More Than a Century Old, Was to Have Sheltered the First Napoleon After His Downfall.

Of the great country estates of Massachusetts there is none more famed in historical connection than the Wilder mansion on Wattoquotoc hill, in the township of Bolton. It was here that Napoleon was to have sought refuge had he decided to attempt to escape to this country; it was in the mansion house of this estate that Lafayette at one time made his headquarters, and years later the spot was selected as the future residence of President McKinley, but never so occupied. It has been the abode of several millionaires and the scene of innumerable festivities of varied natures.

A little more than ten years ago, says the Boston Herald, the Wilder mansion became the most talked of residence in New England. It was reported with many facts to substantiate the tale that President McKinley would become a resident of Bolton, and that he would occupy the Wilder mansion. At the time negotiations were completed to the extent of transferring the property to the name of J. Wyman Jones, a brother-in-law of the late Marcus A. Hanna. Mr. Jones admitted that he was acting in the interest of President McKinley. As in the earlier history of the famous estate, there was subsequently a change of plan, which robbed Massachusetts of the chance to acquire another world famous resident.

The Wilder mansion is a quaint old structure, built over 100 years ago and several times remodeled. It stands on the west side of the hill road leading from Lancaster "old common" to Bolton Centre, almost at the crown of the highest rise, although this road does not scale Wattoquotoc's height.

Sampson Vryling Stoddard Wilder, the founder of the Wilder mansion, was born in Lancaster, May 20, 1780, and his family tree sprang from the Puritan stock which settled the place. The Wilders emigrated from England and came to Boston in 1639. About the year 1809 Mr. Wilder, having met Talleyrand in Boston, and being sent to France to look after certain business interests, obtained through his friendship special privileges from the French government. He made the acquaintance of many prominent men of the day, and preserved among his mementos are many personal letters which were written by them to him. He represented the United States on the occasion of the marriage of Emperor Napoleon, then in the height of his glory, to the Archduchess Marie Louise.

In 1823 Mr. Wilder returned to Bolton to settle down. The following year was made memorable by the coming of Lafayette to America and the reception given the latter by Mr. Wilder at the Bolton mansion was the event of the century for that community. The program was arranged by the host and the then mayor of Boston, the Hon. Josiah Quincy, the elder.

It is a well established tradition that the Wilder mansion was selected as an asylum for Napoleon after his defeat at Waterloo. Napoleon delayed in taking advantage of the offer until too late. Passage had been engaged for him on a vessel that was to bring him to America, but he waited in a desire to provide for his faithful friends until he was compelled to give himself up as a prisoner of war.

Cling Steadfastly to One Idea.
All human giants have been self-assertive, self-reliant men, who dared to be singular, who did not mind the laughs and taunts and jeers and gibes of the crowds, but held on to one idea, nurtured it, cared for it, cultivated it until from it they reaped success.

The Swan Song.
"The nature fake," said Dr. William J. Long, the nature writer, "is always harmful. A striking instance of this occurred not long since at the zoo. You know the old nature fake about the swan—how this beautiful bird, silent all its days, bursts when cying into the sweetest song? Well, at a zoo one day, a keeper saw a boy steal up behind a swan with a brick in his hand.

"Here," said the keeper, "what are you going to do there?"
"Ah, lemme alone," snarled the boy. "I wanter hear him sing."

Automobile's Beneficial Side.
Whatever may be the objections to the automobile, it is surely of great assistance in reducing those swollen fortunes by distributing them among the helms.—Indianapolis News.

Help for Insomnia.
Wet a cloth or handkerchief in cold water and bind around the wrist, tucking the loose end in securely. The cold cools the blood before it reaches the head and whatever draws or cools the blood will relieve the brain.

ALL THINGS IN PROPORTION.

Invalid's Meal Evidently Had Not Increased Good Humor.

For many weeks the irritable merchant had been riveted to his bed by typhoid fever. Now he was convalescing. He clamored for something to eat, declaring that he was starving.

"To-morrow you may have something to eat," promised the doctor. The merchant realized that there would be a restraint to his appetite, yet he saw, in vision, a modest, steaming meal placed at his bedside.

"Here is your dinner," said the nurse next day, as she gave the glowing patient a spoonful of tapioca pudding, "and the doctor emphasizes that everything else you do must be in the same proportion."

Two hours later the nurse heard a frantic call from the bed chamber. "Nurse," breathed the man heavily, "I want to do some reading, bring me a postage stamp."

HAVE CRAZE FOR FORMULA.

Smokers Follow Fashions in the Use of Tobacco.

"Make me up a package of tobacco according to the formula used by Edwin Booth," said the man with a southern accent. "That is the third man who has asked for that kind of tobacco to-day," said the dealer. "It is strange that people from remote parts of the country as well as New Yorkers make a fad of buying the same brand of tobacco that Booth smoked. And it isn't always the Booth mixture that they want. I have filed away the formulas for mixing the favorite tobacco of many famous persons. Smokers the country over have heard of this collection of recipes and one feature of every man's trip to New York is to try a pipeful of some big man's favorite tobacco. In most cases this special mixture is so strong that the nerves of the average smoker cannot stand it. He has to give up after a few pipefuls and go back to a popular mixture, but he has the satisfaction of having had the experience."—The New York Sun.

Held Up.

"Stop!" shouted the man on the country road, holding up a warning hand. Muttering something about rural cops, the automobilist obeyed.

"Turn around and come back with me," said the stranger. "You were going at least 35 miles an hour."

"You're a constable, I suppose," said the automobilist, with a covert sneer, when they had reached the village.

"Me?" replied the passenger. "No, I'm a farmer and had to come into town when all the teams was busy. Nice growing weather? Thanks. Good-by."

Ensuing comment is purposely omitted.—Philadelphia Public Ledger.

Belling a Rat.

You have probably read or heard that the best way to rid a house of rats is to catch one and fasten a bell about its neck. A boy in Delaware tried the experiment two months ago. He was badly bitten in making the bell fast, but he turned the rat loose and expected the tinkling of that bell would have great results. It did have. In the first place, the rat who wore it was constantly on the move all night, and the tinkling bell kept the family awake, and in the next the sounds brought scores of new rats to the house. Instead of being afraid of the bell, they were charmed with the music. Had the boy tied a harmonica to another rat's tail, the rodents would have had a dance every night.

She Was Willing.

"Yes," says the husband, "I have consented to accept the nomination." "I am so glad the party is beginning to recognize your merit," beams the wife.

"Now my dear," the husband continues, "you know that political affairs are not love feasts, by any means. You must expect to see me vilified and attacked in a scandalous manner. No doubt the opposition will try to dig up sensational rumors about me, and all that sort of thing, but you must not—"

"Well," she interrupts, "I am really glad of it. You have always been strangely silent about whether or not you ever were engaged to anyone before you met me."

A Definition of Success.

How have the hypothetical scientists and the exponents of unbelief benefited themselves or humanity at large by sowing the seeds of doubt broadcast in the world? The real scientists do not fall in this category, for they are believers in the real sense of the word; they know too much, they have seen too many mysterious manifestations of the Divine creative power. Now, those who have disposed of the Bible and all evidences of inspiration, have written a great many books and some of them have won what the world at large lightly calls fame. According to the ordinary measures that are applied in such cases, they have been extremely successful, but real success means the benefit of humanity in some form or other. If no such benefits can be shown as the result of their labors, their success is not equal to that achieved by the direst poverty and the deepest ignorance.—Joel Chandler, in Uncle Remus Magazine.

WHEN A "HUNCH" HELD GOOD.

Chinese Laundry Ticket Suggested a Bet on "Wing Ting."

Kay Spence, a well-known horseman of Mexico, Mo., won \$1,000 at the Louisville, Ky., race meeting a short time ago as the result of a "hunch." Mr. Spence has a large breeding stable of "runners" near Mexico, and attends all the big racing events in the country. Not long since he was in Louisville and entered the betting ring to see what odds were being offered on the various entries. He found that Joaquin was the favorite at even money, and pulled his wallet from his pocket, intending to bet on that horse. His attention was attracted by something that fell from his wallet to the ground, and he stooped and picked it up. It was a Chinese laundry ticket. He looked at the "books" again and found that there was an entry with a Chinese name, Wing Ting, at ten to one. That settled it, for he considered he had received a "hunch" that could not be overlooked. Wing Ting won handsly. Needless to say, those who backed the favorite considered Spence the seventh son of the seventh son.—Kansas City Star.

"BOO-HOO"
Shouts a Spanked Baby.

A Doctor of Divinity, now Editor of a well-known Religious paper, has written regarding the controversy between Collier's Weekly and the Religious Press of the Country and others, including ourselves. Also regarding suits for libel brought by Collier's against us for commenting upon its methods.

These are his sentiments, with some very emphatic words left out.

"The religious Press owes you a debt of gratitude for your courage in showing up Collier's Weekly as the 'Yell-Oh Man.' Would you care to use the enclosed article on the 'Boo Hoo Baby' as the 'Yell-Oh Man's successor?'"

"A contemporary remarks that Collier's has finally run against a solid hickory 'Post' and been damaged in its own estimation to the tune of \$750,000.00."

"Here is a publication which has, in utmost disregard of the facts, spread broadcast damaging statements about the Religious Press and others and has suffered those false statements to go uncontradicted until, not satisfied after finding the Religious Press too quiet, and peaceful, to resent the insults, it makes the mistake of wandering into fresh field and butts its rattled head against this Post and all the World laughs. Even Christians smile, as the Post suddenly turns and gives it back a dose of its own medicine."

"It is a mistake to say all the World laughs. No cheery laugh comes from Collier's, but it cries and boo hoo's like a spanked baby and wants \$750,000.00 to soothe its tender, lacerated feelings."

"Thank Heaven it has at last struck a man with 'back bone' enough to call a spade a 'spade' and who believes in telling the whole truth without fear or favor."

Perhaps Collier's with its "utmost disregard for the facts," may say no such letter exists. Nevertheless it is on file in our office and is only one of a mass of letters and other data, newspaper comments, etc., denouncing the "yellow" methods of Collier's. This volume is so large that a man could not well go thru it under half a day's steady work. The letters come from various parts of America.

Usually a private controversy is not interesting to the public, but this is a public controversy. Collier's has been using the "yellow" methods to attract attention to itself, but, jumping in the air, cracking heels together and yelling "Look at me" wouldn't suffice, so it started out on a "Holier Than Thou" attack on the Religious Press and on medicine.

We leave it to the public now, as we did when we first resented Collier's attacks, to say whether, in a craving for sensation and circulation, its attacks do not amount to a systematic mercenary hounding. We likewise leave it to the public to say whether Collier's, by its own policy and meth-

ods, has not made itself more ridiculous than any comment of ours could make it.

Does Collier's expect to regain any self-inflicted loss of prestige by demonstrating thru suits for damages, that it can be more artful in evading liability for libels than the humble but resentful victims of its defamation, or does it hope for starting a campaign of libel suits to silence the popular indignation, reproach and resentment which it has aroused.

Collier's can not dodge this public controversy by private law suits. It can not postpone the public judgment against it. That great jury, the Public, will hardly blame us for not waiting until we get a petit jury in a court room, before denouncing this prodigal detractor of institutions founded and fostered either by individuals or by the public, itself.

No announcements during our entire business career were ever made claiming "medicinal effects" for either Postum or Grape-Nuts. Medicinal effects are results obtained from the use of medicines.

Thousands of visitors go thru our entire works each month and see for themselves that Grape-Nuts contains absolutely nothing but wheat, barley and a little salt; Postum absolutely nothing but wheat and about ten percent of New Orleans Molasses. The art of preparing these simple elements in a scientific manner to obtain the best food value and flavor, required some work and experience to acquire.

Now, when any publication goes far enough out of its way to attack us because our advertising is "medical," it simply offers a remarkable exhibition of ignorance or worse.

We do claim physiological or bodily results of favorable character following the adoption of our suggestions regarding the discontinuance of coffee and foods which may not be keeping the individual in good health. We have no advice to offer the perfectly healthy person. His or her health is evidence in itself that the beverages and foods used exactly fit that person. Therefore, why change?

But to the man or woman who is ailing, we have something to say as a result of an unusually wide experience in food and the result of proper feeding.

In the palpably ignorant attack on us in Collier's, appeared this statement,—"One widely circulated paragraph labors to induce the impression that Grape-Nuts will obviate the necessity of an operation in appendicitis. This is lying and potentially deadly lying."

In reply to this exhibition of—well let the reader name it, the Postum Co., says:

Let it be understood that appendicitis results from long continued disturbance in the intestines, caused primarily by undigested starchy food,

such as white bread, potatoes, rice, partly cooked cereals and such.

Starchy food is not digested in the upper stomach but passes on into the duodenum, or lower stomach and intestines, where, in a healthy individual, the transformation of the starch into a form of sugar is completed and then the food absorbed by the blood.

But if the powers of digestion are weakened, a part of the starchy food will lie in the warmth and moisture of the body and decay, generating gases and irritating the mucous surfaces until under such conditions the whole lower part of the alimentary canal, including the colon and the appendix, becomes involved. Disease sets up and at times takes the form known as appendicitis.

When the symptoms of the trouble make their appearance, would it not be good, practical, common sense, to discontinue the starchy food which is causing the trouble and take a food in which the starch has been transformed into a form of sugar in the process of manufacture?

This is identically the same form of sugar found in the human body after starch has been perfectly digested.

Now, human food is made up very largely of starch and is required by the body for energy and warmth. Naturally, therefore, its use should be continued, if possible, and for the reasons given above it is made possible in the manufacture of Grape-Nuts.

In connection with this change of food to bring relief from physical disturbances, we have suggested washing out the intestines to get rid of the immediate cause of the disturbance.

Naturally, there are cases where the disease has lain dormant and the abuse continued too long, until apparently only the knife will avail. But it is a well-established fact among the best physicians who are acquainted with the details above recited, that preventative measures are far and away the best.

Are we to be condemned for suggesting a way to prevent disease by following natural methods and for perfecting a food that contains no "medicine" and produces no "medicinal effects" but which has guided literally thousands of persons from sickness to health? We have received during the years past upwards of 25,000 letters from people who have been either helped or made entirely well by following our suggestions, and they are simple.

If coffee disagrees and causes any of the ailments common to some coffee users quit it and take on Postum. If white bread, potatoes, rice and other starch foods make trouble, quit and use Grape-Nuts food which is largely predigested and will digest, nourish and strengthen, when other forms of food do not. It's just plain old common sense.

There's a Reason for Postum and Grape-Nuts.

Postum Cereal Co., Ltd.