

GREAT BRITAIN PUCHTS RESERVED COPYRICHT 1903 BY W.R. HEAR

They didnt even know each ather's |

They didni even know each ther's names, for they had never been cor-rectly introduced according to the rules prescribed by Mrs. Grundy. But, per-haps, that was half the charm of it. It happened one afternoon that her isson at the Guildhall School of Music concluded, she went into Lyon's, the little shop in Fleet street, which is much loved by journalists. It hap-pened too, that he went there soon afterwards, and perceiving the pretty, thy looking girl who sat at the table in the corner with her violin case be-side her, he had the audacity to take a seat at the same table, instead of seek-ing the smoking room below.

seat at the same table, instead of seek-ing the smoking room below. The succeeding stages were simple and commonplace. He diplomatically kicked over her umbrella and she graciously forgave him. He hazarded the remark that it was raining heavy. and she went so far as to admit that it was "very wet." Conversation trickled demurely. He recommended the hot tea cakes, and she laughingly acknowledged a weak-ness for the same.

ness for the same.

They met again the following Tues-day, and again and again. He discovered that her Christian name was Daisy. On this particular afternoon they

dallied over tea longer than usual. It was the last day of the Guildhall term, and they would not meet again for Some weeks.

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"How do you do?" he said heartily, grasping Jarvis's hand with the utmost confidence H-y'- a— vbgkqj bgkqj b friendliness. "I am very pleased indeed to make your acquaintance, but I think you are a confounded young scamp to carry off my property like this. Of course I wish it had never happened." "I can't agree with you there," re-plied the young man. "If it had not happened I should not have had the pleasure of meeting you."

"Very kind of you to put it like hat," said the old man with a sly wink. that.' that," said the old man with a siy wink. "But I believe there are other reasons. Of course I quite understand how it happened. I was a young man myself once, and I don't mind telling you that I had an eye for a pretty girl."

Mr. Jarvis sat back in his chair and closed his eyes. Was he dreaming? He heard as in a dream Mr. Smeth-wick say: "Of course I can't give my

wick say: "Of course I can't give my consent to your engagement right He was in a state of mental collapse

when he heard a ring at the front door, a light, girlish step trip down the hall, the opening of the door, and a man's voice followed a significant silence which even to his confused mind sug-

which even to his confused links ou gested kissing, Mr. Smethwick was evidently sur-prised also, and stopped to listen. The drawing room door was flung open and in came a young lady curiously like Daisy in the face, but somewhat older



"APPEARETH NOT TO LIKE TAXES"

So Wrote the Humorous Old Clerk-

Documents Signed by Franklin and Other Illustrious Characters.

Globe Democrat: Workmen who were employed in repairing the Westmoreland county court house, at Greensburg, Pa., a few days ago, uncovered a great oaken chest in the garret, which, on being opened, was found to contain many rare and interesting records of colonial days. The barest chance saved the priceless documents from destruction, since the janitor was about to build a bonfire of them when he was fortunately discovered by W. D. Reamer, one of the county commissioners.

The old court house where the papers have lain unnoticed for many years was built back in the early por-tion of the century, and is a rare bit of elassic architecture. Built of a beautiful brown sandstone, the finger of time has rested kindly upon it, the action of the elements serving but to augment the beauty of its coloring. The great flight of stone steps that leads to the main entrance has been worn into furrows by the footsteps of

at present lay is a gloomy, box-like room, near the main staircase. Here ton ,at one time an extensive land tions, remarks. "George Washington, Esq., appeareth not to like taxes." The most ancient paper thus far un-

tory note:

This purporteth to be a true and Lukens, deputy surveyor."

schedule of prices fixed, which innkeep-ers were instructed to follow under peril of wrath. The list follows:

 perh of wrath. The fist follows:

 Whisky, per gill
 4d

 Toddy, per gill
 1s 00

 West India rum, per gill
 6d

 Continent rum, per gill
 4d

 Rum toddy
 1s 6d

 Cider, per quart
 1d

 Strong beer, per quart
 8d

 Maderia wine, bottle
 6s 60

 Lisbon wine, bottle63 00 "There be no objections if these rates are lowered."

Elizabeth Blake, "a made of sound health," during the year 1751 indent-ured herself to Morris Stansland "to be forbidden "to play at cards or dice, or any unlawful game.'

Early in the year 1773 is inscribed a case of the king vs. Simon Girty. The charge was misdemeanor, and a true bill is recorded, but the sentence of the court is not given. Whether it was this trial that drove him to his awful deeds of blood or not is not known; but it is certain that in a few years this Simon Girty left his people and joined the savages. He it was that headed the fierce Mohawks at the time of the Wyoming massacre, and personally urged the In-dians to deeds that make the blood run cold. In 1774, having captured a frontier post, he tortured the captives and burnt Colonel Crawford at the stake. In reply to Crawford's piteous pleadings for mercy Girty spit in his face as he was

Just at the outbreak of the French and Indian war, June 10, 1760, Hector, a negro slave, was sentenced to death for murder. The original death warrant is unique in phraseology, as can be seen: "Cumberland County, ss.—

"At a court of over and terminer, held at Carlisle, Cumberland county, before Francis West and Wm. Smith, esquires, justices of said court, and fellow assist-ants, viz.: Thomas Wilson, John Welsh, John Montgomery, John Agnew, Robert Miller and Jonathan Holm, June 10, 1760, by virtue of commission from James Hamilton, Esq., lieutenant gov-ernor and commander in chief of the province of Pennsylvania and counties of New Castle, Kent and Sussex, up on the Delaware, to them the said Francis West and Wm. Smith, esquires, directed bearing date the 9th day of April last past where brought before said court a negro named Hector, the property of Wm. Mumson, of said county, husbandman, and charged with the murder of a certain George Hughson, ate of said county, yoeman, and found guilty by us of killing and murdering said George Hughson at Peters township, in said county, on the 12th day of February last past, which murder the said Hector received sentence to return to the place from whence he came, and there to remain until Saturday, the 12th inst., and then be taken thence to the public gallows and there hanged by the neck until he shall be dead.

"Witness my hand and seal this day and year above written.

THE BEES HOLD UP **A PASSENGER TRAIN**

Strange Honeymakers, Attract. ed by Those Incased for Ship-

ment, Cause Trouble.

ANGRY AT ROUGH USAGE

Attack Crew and Every Living Thing on Platform, Delaying Train-Driven Away by Owner of Apiary in Transit.

Wabash passenger train No. 51, the St. Louis accommodation, was held up by bees at Edwards-ville recently. The passengers did not realize the cause of the delay, but the trainmen did. The "hold-ube" were reveal swarps of bees and ups" were several swarms of bees, and they put that part of the road com-pletely out of business for a few min-

Louis Werner, proprietor of the Cakohia Valley aplary at Edwardsville, prepared several colonies of fine Italian prepared several colonies of fine Italian bees for exhibition at the world's fair. They were shipped from the uptown station and unloaded at the junction for transfer to the main line. They had not been on the truck more than ten mixutes when the boxes were covered by thousands of strange bees that gathered from all directions, attracted by the scent of the honey and the other bees inside. When train No. 51 came in the ex-

When train No. 51 came in the ex-

When train No. 51 came in the express messenger put on gloves, tied a handkerchief over his face and heaved the boxes aboard.
The train could not start, because every time Conductor Jones started toward the steps he was driven back by a red-hot peppering of stings. The branch messenger forbade throwing water on the boxes because of the probability of killing the unoffending bees inside the cases.
Every living thing on the 200-foot platform was driven to shelter by the vicious insects, and a dog that was being shipped in the baggage car was stung almost to death.
The train was compelled to stand at the blatform was libered.

stung almost to death. The train was compelled to stand at the platform until a messenger was sent up town for Werner, who hastened down and carried the hives out, brush-ing the strange bees aside by handfuls without receiving a sting, after the manner of bee men. He put the boxes in one of the freight houses and dislodged the strange bees by burning a smudge. The exhibit hives were forwarded by a later train without further incident.

DECLINE OF PROFANITY.

Gentle Slang Has Supplanted Cuss Words of Old.

Savannah News: Many purists bewail the prevalence of slang in the spoken language of the period. Has it never occurred to them that in the vast majority of instances, slang is relative-ly soft and harmless, that it is seldom and year above written. "Francis West, "Wm. Smith, "Justices." The early records show that West-moreland county included, originally, all the settled portion of western Penn-sylvania. The capital was established at Hannastown, in 1773, and there re-mained until that town was burned by the Mohawks in 1782. Ralph Hanna was the first justice. His wife and two daughters were carried off by the Indi-ans when the town was burned, and Mabel, the eldest daughter, fell in love who was among her captors. "Wm. Smith, "Justices." In adding off and harmless, that it is seldom profane, and what common speech has suffered from interjections of slang and cant phrases has been more than coun-teracted by the disuse of hard old Ang-lo-Saxon swear words? Thus the lan-guage is the gainer and usage is making much of the good slang Eng-lish. Take any good dictionary lately from the press, and 'it will be found to contain literally hundreds of words that were considered slang, and not to be spoken in polite conversation, a dozen or twenty-five or fifty years ago. Like-four or five generations ago, which re-fiects the customs and people of its period, and it will be found that some of the leading characters in it were

Progress of the War.

Progress of the War. Managing Editor-Have you had that special illustrated article on the de-tenses of the Yalu thrown away? War Editor-Several months ago. M. E.-And the Feng Wang Cheng story was melted up? W. E.-Yes. And that illustrated account of the positive impregnability of the works at Liao Yang-how about it? We used it two weeks ago and are trying to forget it. How about the one on the impossibil-ity of taking Harbin by assault or by slege?

siege? We've got it in type waiting to see whether the Russians stop running when they get there. Well, have you had Irkutsk written up as the real Gibraltar of north cen-tral Asia? The boys are working on it now. And are you touching up Moscow, showing that the Japs wouldn't dare attempt to take it? Yes, it's in the hands of the military information bureau.

Yes, it's in the hands of the mintary information bureau. Well, you'd better have a story as-signed for a detailed account of the de-fenses on the ea t side of St. Peters-burg. Don't delay it.

The Reason Why.

Drummond, Wis., Sept. 19.-(Spe cial.)-Whole families in Bayfield County are singing the praises of Dodd's Kidney Pills and the reason why is given in experiences such as that of Mr. T. T. Wold, a well-known citizen here.

"I had such pains in my back that I did not know what to do." says Mr. Wold, "and as I came across an adver-tisement of Dodd's Kidney Pills I sent for a box. That one box relieved me of all my pains. My wife also used them and found them just what she needed. I recommend Dodd's Kidney Pills as a sure cure for Backache and

other Kidney Troubles." Backache is one of the earliest symptoms of Kidney Disease. Dodd's Kidney Pills cure it promptly and per-manently and prevent it developing into Rheumatism, Dropsy, Diabetes or Bright's Disease.

Stenography Ancient Art.

Chicago Tribune: Shorthand writing as we now know it-the verbatim record of human speech-is generally suposed to be quite a modern art. The ordinary books of reference confirm this impression. They note the exstence of systems of abbreviated writing in antiquity, but give the in-ference that these were incapable of doing what is now done by shorthand. Leon Goudallier, writing in Paris Cos-mos, produces evidence that this in-ference is erroneous. Apparently he has made a thorough search of anci-ent literature for allusions to short-hand, and he produces such facts as these: these:

At the church council of Carthage, A. D. 411, eight shorthand reporters were regularly employed. St. Augus-tine says his hearers took down his discourses in shorthand. Socrates, the church historian of the fourth century says the sermons of St. John Chrysos-tom were so preserved Euseblus church historian of the fourth century says the sermons of St. John Chrysos-tom were so preserved. Eusebus, writing a century earlier, says a theo-logical debate between Malchion and Paul of Samosata was so recorded. Plutarch accounts for the preservation of an extempore speech by Cato Uti-censis in the same way. But the most renowned shorthand writer of ancient times were Marcus Tuilius Tiro, the slave, freedman and secretary of Cicero the orator. Undoubtedly to his efforts we owe the preservation of those rhet-orical efforts which not only drove Cataline into open rebellion, but which still inspire incendiary thoughts in the minds of Amerisan schoolboys, especi-ally during the base ball season. Hence it would appear that life in ancient Rome might have about as strenuous as it is now. For, of course, Cicero was not the only statesman at-tended by a stenographer, and it can-not be supposed that the business men of the time would omit to supply them-selves with the assistance to rapid vork.



dying.

countles thousands, and the tresselat-ed interior courts, where the voices of Clay and Webster have often been heard, impress one with an air of sombre antiquity. The appartment where the records

are stored nineteen large boxes, each package with weatherstained tomes, some of which date back as far as the some of which date back as far as the seventeenth century. The first paper examined after the discovery of the documents proved the value of the value of the find. It was a court rec-ord of a case in which George Washington was the plaintiff and one John Johns the defendant. Washing-ton at one time are activated by owner in Westmoreland caunty, sued Johns to recover rental amounting to £28 4s and 2d. The goods of the de-fendant were sold to satisfy the claim, and the terse word, "evicted" which concludes the record, explains the rest. Cases against Washington appear here and there in the civil docket. No less than three claims were entered against him during the year 1787 to compel him to pay taxes. The humor-

earthed is a soiled topographical map of the region around Fort Pitt. The drawing is neatly executed and in one corner bears the following explana-

correct drawing of the surveys taken from the west slope of the mountain on the east, to the river which drain-eth the great lakes on the west, and from the lakes on the north to Virgin-ia on the south, done in ink by John

The signature to the map is almost obliterated, though it resembles con-siderably that of William Penn. Rec-

instructed in the trade or mystery of housewifery." In consideration of eight years' service in the capacity it was stipulated that she receive "meate, drink, wearing apparel and three quar-ters of schooling." Meanwhile, she was

THEY DALLIED OVER TEA LONGER THAN USUAL

He had found a plain card with the shove address written on it tucked arefully in the lining. "I shall give myself the pleasure of calling upon you onight. Mr. Smethwick," he growled. It was nearly 8 o'clock in the evening when at last he was able to present immedif at the Lindens, Highbury Wood, it was a large and very hand-tome house, and Mr. Jarvis with jour-alistic self confidence, set down the owner's income as being "two thousand a year, or perhaps three." The maid servant opened the door

The maid servant opened the door and welcomed him with a smile of benignity. "Come in sir," she said with an air that betokened a hearty welcome from the servant's quarters at any rate.

e led the way into the drawing

"The family have not quite finished linner, sir, if you wouldn't mind taking seat," she said. "But I expect one of the young ladiés will come to see

the heard a light step at the door.
It was pushed open and in came to see paise, the heroine of the tea shop, in fact, his own particular heroine.
When she entered the room there was a look of shy mischler on the girl's face, but upon catching sight of him the expression changed to an alarning mixture of disdain, astonshment and haughty indignation.
"Is this where you live?" he asked.
"Is this where you live?" he asked.
"Is this where you come to be here."
"Well, the fact is," began Mr. Jarvis, "when we left Lyon's this afternoon, I picked up the wrong hat and—and—" "Pray don't trouble to explain," she said freezingly.

aid freezingly. Before he could speak she had left in the room, and he could hear her light footsteps scampering upstairs. But he could hear the "man's" foot-mineteps in the hall and he prepared to receive cavairy, quite expecting an un-rise and received from the advance of the had received from the advance of the second second

But it was an evening of surprises. Mr. Smethwick bowed into the room with an air of hearty welcome. He was a short, stout, florid man, with an air of prosperous jovialty in his man-

Jarvis was embarrassed. It was great opportunity, but if he seized it he might get Daisy into trouble. Luckily for him, Mr. Bennett blundered into the reach unconsciously.

"But surely I have seen you, too, be-fore," turning to his financee's younger sister, whose face had cleared wonder-fully now that she knew the explana-tion of the young fournalist's presence. "Were you not in Lyon's this after-noon also, having tea with our friend here?"

"Having tea with him?" said the old man. "Is this gentleman a friend of yours, Daisy?" man.

"Your daughter and I are very old friends," said the journalist promptly. "My name is Jarivs: I'm on the Daily Budget. Your daughter goes to the Guildhall and I-eh-I'm a great lover of music, you know."

That settled it. Mr. Smethwick eemed to regard the explanation as uite satisfactory, and rang the bell for further supply of glasses.

"There is one question I would like to ask," remarked Mr. Jarvis. "Where is my hat?" "In the hall," said Bennett briefly. "I wore it here."

Colors That are Not Easy to See.

Success: What color is least easily seen at a distance? One would nat-urally say some dull neutral tint, a somber gray or brown. This has been the conclusion of most military men, and our brilliant uniforms have given way for practical campaigning to kha-ki and other dull colors. Is this a mistake? Possibly so, according to the results obtained in recent experiments in England. It has been found there that masses of dull colors are much more conspicuous at a distance than mixtures of bright tints. For instance, a battery of field artillery whose car-riages and calssons were decorated with stripes of red, blue and yellow could be made out with difficulty at a thousand yards, while other batteries painted a uniform brown or drab were easily seen at great distances. It would seem as if, on the same principle, a regiment of gayly dressed troops might be less easily visible than one wholly garbed in dull colored khakt. Success: What color is least easily

ords bearing the name of John and Richard Penn are numerous. The most important of these is the com-The mission of Arthur St.Clair, signed by Richard Penn, which reads as follows: "The Hon. Richard Penn, Esquire

Commander of Pennsylvania: Arthur St. Clair, of the county of Westmorewithin said province, reposing special trust and confidence in your loy-alty, knowledge, care and fidelity, know I have ordained, constituted and ap pointed you by these presents and do ordain, constitute and appoint the said Arthur St. Clair to be prothonatary or principal clerk of the county court of Westmoreland county; to have full pos-session of the books, records, writings and papers of said county and to collect fees and emoluments, lawfully due, until my further pleasure shall be made

"Given under my hand and seal at Philadelphia on the 27th day of February, in the thirteenth year of the reign of our sovereign lord and King George III, of Great Britain, France and Ireland, and in the year of our Lord 1773. (Seal) "Signed Richard Penn." Down in the corner of the great chest a priceless bit of parchment was found in the form of a land warrant issued by Benjamin Franklin. This warrant reads:

"Land warrant No. 3,144: John Weitzell hath made application for 300 acres of land on the old road leading to Pittsburg, near the Turtle Creek mountain, one-fourth mile below said creek, adjoining Kelly's land.

"(Signed) Benjm. Franklin,

"President. Wm. Thompson, Deputy Surveyor "Dated Philadelphia, 21 April, 1769." Under a date of 1783, an old record shows that one Ephraim Blain of Washinugton county petitioned the court to escape a debt under the insolv ents' law. The Ephraim Blaine referred to was the grandfather of the distinguished statesman, James G. Blaine. In the same book is found recorded the warrant of Abram Hendricks, a justice of the peace, who authorizes the sum of \$8 to be paid to one Wm. Pipe, for killing a wolf. Thomas A. Hendricks, vice president under Cleveland's first administration, was a grandson of the Abram Hendricks referred to.

During the year 1774, according to an ancient record. James Bradon, an innkeeper, entered suit against a Captain William Christy to collect a debt of £89 9s Sd, incurred in the tap room. The plaintiff avers "that he hath sundry and divers times besought" his worshipful debtor to settle the score, but instead of complying, the captain, who was a thirsty coul, but increased the bill. The court finally gave the plaintiff judgment for the amount of the bill and f12 interest.

During the year 1773 the court of

who was among her captors.

ty's early days. Up until his appoint-

come to volunteers to arms and discipline, and have formed an association. which I suppose you will soon see in the papers. God grant an end may speedily put to any necessity of such proceedings. I doubt the utility and am almost as much afraid of success in this contest as of being vanquished." St. Clair's patriotism soon led him to ssume command of a regiment of mill-

tia, and his services in the wars quickly sained him the rank of major general. At the close of the revolution he was sent to congress, and later made gov-ernor of the Northwest territory. While commander in chief of the armies in 1791 he met a terrible defeat by the Indians at the battle of the Wabash. This defeat embittered his whole after life. He resigned from the army and devoted simself to industrial concerns. Misfortune overtook him in his old age, every penny of his fortune being swept He died at length in a mise hovel near Greensburg, which still

The body of the illustrious patriot lay in an unmarked grave until 1842, when the Masonic societies erected a simple shaft of brown sandstone, upon which s inscribed the following beautiful epitaph:

stands.

The Earthly Remains of Major General Arthur St. Clair Are Deposited Beneath

This humble monument, which is : erected to supply the place of a : nobler one due from his country. : He died August 31, 1818, in the : 84th year of his age.

The old cemetery in which General St. Clair is burled, at Greensburg, has been named St. Clair's cemetery, in his hon-The little plot of ground, however or. in which his remains lie is overgrown with rank weeds, and the wooden rail-ing which inclosed it has long since fallen in decay. Great slabs of sand-stone have crumbled from the Masonic monument, and in a few years even the lettering will have been obliterated by the tooth of time, leaving his name unwritten, save in the history of his coun-

The building of the railway up the Jungfrau, which is intended to carry

the traveler to a level of 13,650 feet Westmoreland county hit upon an unique plan to prevent overcharges by innkeepers. A list was prepared and a and Germany, is already begun.

Arthur St. Clair, a Scotchman by Dirth, was the moving spirit in the coun-ty's early days. Up until his appointcompany whatsoever.

ment as prothonotary of Westmoreland county he was English all through, but it must have been the influences of western life that prompted him to write the following letter: "Arthur St. Clair, May 18, 1775.—To Jos. Shipper, jr., Ligonler: Yesterday we had a county meeting, and have come to volunteers to arms and disci-Judicious cath while in the most charming society. Thackaray, in per-son and in his novels, let drop swear words occasionally that would not now be tolerated in a gentleman's parlor. There was a famous and brilliant lawyer of Charleston, who flourished long before the outbreak of the i not civil yer of Charleston, who flourished not long before the outbreak of the civil war, who swore plausibly, artistically and easily in the most select circles; and he was accounted among the most delightful company to be found within the large expanse of the country. In the "good old days" of long ago, it was regarded as a gentleman's privilege to swear, and if his oaths were nicely chosen, no offense was felt. It is not so now. Not that profanity is obse-lete, but it is pretty nearly so in polite society. It is principally indulged in by uncultured persons or by the tipsy. Occasionally the gentleman may let slip an oath, under provocation, but in such instances he is careful to note that there is no woman within ear-shot. The "d——" at the dinner table or in the drawing room is unknown in these modern and better days. Men have a higher and finer respect for women, for themselves and for the language, than in former times.

German Element in the United States

Harper's Weekly: A German writer says that in 1790 German blood ran in the veins of about one-fifth of the pop-ulation of the United States. In 1830 ulation of the United States. In 1830 the Anglo-Saxon-Puritan element numbered 2,964,717; the German ele-ment 2,695,167; and the American pop-ulation, in which the several European strains had already become so thor-oughly blended as to be no longer easi-ly distinguishable, 4,852,717. At the century's end he finds in the United States 25,477,583 Germans, as com-pared with 12,713,036 descendants of the "American" inhabitants in 1830, and 12,118,640 Anglo-Saxons. The Teutonic element (Germans, Scandinavians, Dutch and Belgians) is given as 43 per the "American" inhabitants in 1830, and 12,118,640 Anglo-Saxons. The Teutonic element (Germans, Scandinavians, Dutch and Belgians) is given as 43 per cent. of the total white population; but very litle reflection upon the foregoing figures will be required to convince our readers that in the course of a century, a large part of the German element— which was important even at first, and has been increasing so rapidly that H now holds the first position numerical-ly, and is indeed twice as strong as the Anglo-Saxon in that sense—must have become by intermarriage thoroughly amalgamated with the descendants of British colonists and the nineteenth century emigrants from Great Britain. It is a fair presumption that the influ-ence of German blood—the inheritance of "the best of the German nationality" —may be traced in the more or less useful careers of very many of the prominent Americans whose names give no certain indication of their German origin, or of German blood derived no certain indication of their German origin, or of German blood derived through some ancestress.

The Difference.

Detroit Free Press: Miss Gasoline to Miss Benzoin—"Oh, you're not so much!"

Miss Benzoin-"I'm better than you are, anyway. . I'm more refined.'

Of Course.

Waggs-I refused a supplicant woman's appeal for money, and as a result I didn't sleep any all last night. Her voice was ringing in my ears all night. Wiggs—You felt remorse at your hardheartedness, eh? Who was the voman's

Waggs-My wife.

CHANGE FOOD

Some Very Fine Results Follow. The wrong kind of food will put the body in such a diseased condition that no medicines will cure it. There is no way but to change food. A man in Missouri says:

"For two years I was troubled so with my nerves that sometimes I was prostrated and could hardly eve. get in a full month at my work.

"My stomach, back and head would throb so I could get no rest at night except by fits and starts, and always had distressing pains.

"I was quite certain the trouble came from my stomach, but two physicians could not help me and all the tonics failed, and so finally I turned to food

"When I had studied up on food and learned what might be expected from leaving off meat and the regular food I had been living on, I felt that a change to Grape-Nuts would be just what was required, so I went to eating it.

"From the start I got stronger and better until I was well again, and from that time I haven't used a bit of medicine for I haven't needed any.

"I am so much better in every way. sleep soundly nowadays, and am free from the bad dreams. Indeed this food has made such a great change in me that my wife and daughter have taken it up and we are never without Grape-Nuts on our table nowadays. It is a wonderful sustainer, and we frequently have nothing else at all but a saucer of Grape-Nuts and cream for breakfast or supper." Name given by, Postum Co., Battle Creek, Mich.

Good food and good rest. These are the tonics that succeed where all the bottled tonics and drugs fail. Ten days' trial of Grape-Nuts will show one the road to health, strength and vigor. "There's a reason"

Look in each pkg. for the famous little book. "The Road to Wellville."