ROOSEVELT OFF FOR GREAT HUNT

EX-PRESIDENT SAILS AWAY TO DARK CONTINENT.

TO BE IN AFRICA A YEAR

Then He Will Travel and Speak in Europe-Three Skilled Naturalists and His Son Kermit Accompany Him.

New York .- Theodore Roosevelt, expresident of the United States, sailed out of New York harbor Tuesday on the steamer Hamburg of the Hamburg-American line on the way to his muchheralded hunting trip in British East

On the dock was a large assemblage of Mr. Roosevelt's friends, who had gathered to bid him God-speed, and | time will be spent in Europe, and sevwho cheered him as he stood at the rail of the steamer waving his hand and smiling with delight. Beside him stood the three men selected from hundreds of applicants to accompany him and assist him in collecting the specimens of African fauna which he hopes to send back for the enrichment of the Smithsonian institution. These fortunate individuals were Maj. Edgar A. Mearns, J. Loring Alden and Edmund Heller. They comprise the Smithsonian's expedition. The fifth France, Mr. Roosevelt will go to Engmember of the little party, and not to land, where a reception of great be considered of least importance, was | warmth undoubtedly will be accorded

Glacial period

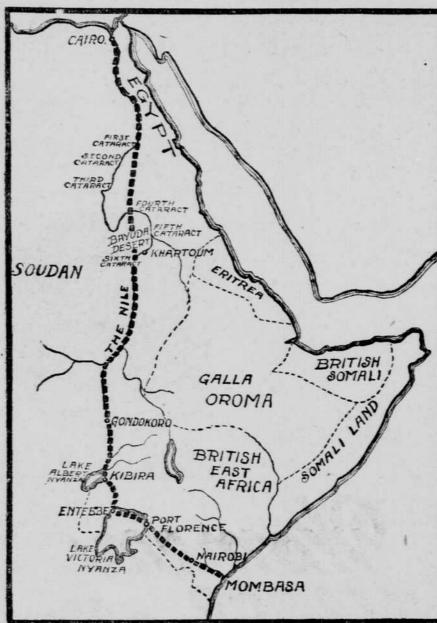
Journey Across Uganda. Leaving Nairobi in October, the party will proceed by the Uganda railway to Port Florence, on the shores of Lake Victoria Nyanza, where a short stop will be made; then a miles away. There a caravan will be formed and the journey across Uganda to the Nile will be bogun. It is expected that the White Nile will be reached about the first of the year 1910. Lake Albert Nyanza will be

touched at Kibira. In a general way the course of the Nile will be followed to Gondokoro, and thence to Khartoum. At this city Mr. Roosevelt and Kermit will be on the way.

To Speak in European Capitals. Plans for the remainder of the expresident's two years' tour have not been decided upon definitely, but the eral matters of importance have been announced. He will visit Berlin at the invitation of Emperor William and while there will deliver an address

From Germany he will go to France and deliver an address at the Sorbonne. It has not been learned how long Mr. Roosevelt intends to stay in Berlin and Paris. After his visit in

upon the one hundredth anniversary



ROUTE OF THE ROOSEVELT PARTY IN AFRICA.

the ex-president's second son. Kermit, I to him. He has accented an invitation who will be the official photographer | to deliver the Romanes lecture at Oxof the expedition and, next to his

father, the chief hunter. To Mombasa Via Naples.

Mr. Roosevelt will go via Gibraltar to Naples, where he will board a steamer of the German East African line for Kilindini harbor, the port of Mombasa. At the latter place the party will be joined by R. J. Cunninghame, an Englishman of long experience in Africa, who has been engaged as general manager and guide.

The party will spend a short time in Mombasa and then proceed by train on the Uganda railway to Nairobi, headquarters of the administration of British East Africa Protectorate, a city of 13,514 inhabitants, of whom 579 are Europeans.

On MacMillan's Ranch.

William Northrup MacMillan, forformerly of St. Loris, owns a large estate near Nairobi and his big, luxurious farmhouse will be headquarters for about six months while the hunters and scientists make trips of varying length in all directions. It is in this section that Mr. Roosevelt hopes to obtain most of his specimens, for it abounds with animals of all kinds. The smaller mammals will be trapped.

The supplies of the party are packed in tin-lined boxes. These boxes when they have been emptied will be used as packing cases for the various specimens. Many valuable natural history specimens have been spoiled by ants and other insects, it has been found | trol, the ex-president will refuse to from experience on other expeditions, and it is to guard against this that the tin-lined boxes are being taken that the utmost protection should be

Caring for Specimens.

When the specimens have been prepared they will be carefully packed in the boxes and shipped to Nairobi, when predatory animals are becoming where they will be forwarded to the United States. One of the taxidermists will always be with Mr. Roosevelt, and as soon as any big game is shot by him it will be skinned and prepared on the spot.

Mr. Roosevelt will be greatly dirappointed if he fails to kill several he meets with on the Dark Continent. specimens of the white rhinoceros. Beyond this the killing will be lim-This animal is the same as the square- ited to the demands of the commismouthed-rhinoceros and is the nearest

ford university and in all probability the honorary degree of D. C. L., which Oxford has bestowed on Emperor William, will be conferred on Mr. Roose-

The versatility of Mr. Roosevelt will be shown by the fact that he will pound more than the duty on scoured deficit, but the revenues under the speak German in his address before the students of the University of Berlin, French in his lecture at the Sorbonne, and English in delivering the Romanes lecture at Oxford.

Pays His Own Expenses.

Mr. Roosevelt will defray the exthe bill. penses of himself and his son on the African trip, but those of the scientists and the cost of preparing the specimens and shipping them to America will be paid out of a fund secured made in the duty on starch, with the dutiable, and have increased duties for the purpose by the Smithsonian exception of potato starch. Zinc in on others for the sole purpose of ininstitution.

in taking this trip is for the purpose of collecting material for writing sev- per ton. eral books regarding his experiences. During last summer he contracted with Charles Scribner's Sons, of New York giving that firm all the rights for the stitutes for coffee, coal-tar, dyes, pound; chicory root, raw, not dried, serial and book-form publication of whatever he might write on his visit | graphic prints. to Africa. It is said that the contract

but this never has been verified.

No Slaughter of Animals. Even if the British colonial government should offer to throw open to Mr. Roosevelt and his companions the Af- are contained in the paragraphs as- cents per pound, which remains the rican game preserves under its con- sessing duties on bituminous coal and same. Ten per centum ad valorem is take advantage of this opportunity. which these articles are given entry that valued between 15 and 35 cents Like other true sportsmen, he believes free of duty when imported from coun- per pound. Powdered cocoa from five given to wild animals on reservations and that permission to kill them should not be given or accepted under any circumstances unless, possibly, too numerous.

Moreover, the killing of animals for Mr. Roosevelt hopes to send back to you can easily do .- W. P. Warren. the Smithsonian institution two adult specimens, one of each sex, and a specimen of their young, of animals

Cat Fosters Rabbits.

At Woolbrook, Sirmouth, England. a tame rabbit had six young ones. The mother was killed accidentally. The house cat has since fostered and fondled them, and is bringing them up as if they were her own kittens.

Misappropriation. For it would have been better that man should have been born dumb. nay, void of all reason, rather than that he should employ the gifts of Providence to the destruction of his

neighbor.-Quintillian.

Ships' Sixth Sense.

It is superfluous to comment on the sense, in the deep sea, the fact that land is near.

The Real Glory of Life.

To be a strong hand in the dark to another in the time of need, to be a cup of strength to a human soul in a glory of life.-Hugh Black.

living ally to the type of the extinct Tichorine or woolly rhinoceros which lived in England at the close of the INTRODUCED IN HOUSE

a short stop will be made; then a steamer will be taken to Entebbe, 150 Measure Would Increase Country's Revenues from Customs to \$300,-000,000 a Year---Inheritance Tax Planned---Coffee on Free List

The inheritance tax provision of the

bill is similar to the New York state

strangers are the legatees. In cases

Ends Foreign Trade Agreements.

vision of the bill does away with the

these agreements within ten days aft-

minate immediately, while the Ger-

A provision in the bill is designed

same rules to patents taken out in

this country by aliens as applied to

Americans in the country of the aliens.

Drawback privileges are extended by

the bill and the method of valuation

on articles upon which the tariff im-

poses an ad valorem duty is broad-

Payne Explains Bill.

form of the bill was made by Mr.

and maximum tariff bill. The mini-

mum rates of duty are contained in

the first section, and the free list for

the minimum rates is in the second

section of the bill. The third section

contains the maximum rates, which

are generally equal to the minimum

rates and 20 per cent, in addition

thereto and the articles on the free

list, in the transfer to the third sec-

tion, bear a duty of 20 per cent. ad

section the minimum rates are ap-

nations has been depressed for nearly

Changes by Payne Bill.

and shows the changes that the Pavne

"The committee have transferred

from 50 to 60 per centum ad valorem

from one cent to 21/2 cents per pound;

roasted from 21/2 cents to five cents

"Cocoa, crude, transferred from the

American Phonographs in China.

ers are engaged to make records. They

pire to the three record-making cen-

Rural Postwoman.

Of the endurance and faithfulness of

the south.

American phonograph companies do

been increased as follows:

The statement gives the rates in

The following explanation of the

"The new tariff bill is a minimum

practice of undervaluation.

for six months.

The maximum and minimum pro-

Washington. - The ways and tion of these articles from America. means committee of the house joined by Mrs. Roosevelt and they will has begun consideration of the tariff continue down the Nile slowly to bill which was introduced Wednesday. law. It provides a tax of five per Caire, visiting many points of interest The measure as it now stands would cent, on all inheritances over \$500 that increase the country's revenues from are collateral inheritances or in which customs to \$300,000,000 a year.

The senate committee on finance of direct inheritance the taxes prealso began informal consideration of scribed are: On \$10,000 to \$100,000, the measure. The probabilities are one per cent.; on \$100,000 to \$500,000, that the house committee will have two per cent., and on those over \$500, only one sitting on the bill, that the 00, three per cent. It is estimated measure will be reported to the house that \$20,000,000 annually will be deimmediately after it convenes to-day rived from this tax. and the debates will begin next Mon-

The measure, which was introduced of the founding of the University of by Sereno Payne, chairman of the necessity of continuing the foreign committee, chairman of the ways trade agreements. The abrogation of inheritance tax; increased internal which authorizes the president to revenue tax on cigarettes; a \$40,000,-000 issue of Panama canal bonds; an increased issue of \$150,000,000 in minimum basis. Coffee, hides and iron ore are on the free list; boots and shoes, leather goods, steel and iron waste, and the cheaper grades of third-the patent laws of Great Britain, class wool are materially reduced. Tea is taxed eight cents a pound. The internal revenue tax on beer and whisky is not disturbed. Thirty thousand copies will be printed.

No Duty on Coffee.

While there is no duty imposed upon coffee, tea is taxed eight cents when imported from the country where it is produced, and nine cents when from other than the producing ened for the purpose of preventing the country. The internal revenue tax on cigarettes is materially increased. while the tax on beer and whisky is undisturbed. A cut of 50 per cent. is made in the steel and lumber schedules. Hides, tallow, cottonseed oil. and works of art more than 20 years old are placed on the free list.

The tariff on boots and shoes is re duced 40 per cent, and on other leather manufactures in proportion. The pottery schedule remains about the same, but the duties on window and plate glass of the smaller sizes are increased, while the duties on the larger sizes are reduced. The tariff on wool of the first and second class, used principally in clothing, is not disturbed, but on wool of the third class, known as carpet wool, it is reduced on the cheaper grades.

Duty on Agricultural Products. Agricultural products schedule: Barley, from 30 cents per bushel to 15 iff as that given to any other nation, each; bacon and hams from 5 cents against the trade of the United timum, at which it grows best. all starch, except potato starch, from action. 11/2 cents to 1 cent per pound; sugar,

to 1 90/100 cents per pound." Reduction for Wool.

the duties on shoddy and waste, while commerce and greatly reduced our wool tops are assessed six cents a revenues, so that we have a large the laboratory small flasks of milk are wool, which is unchanged. The present law are improving from month recommendations for placing wood to month, as business conditions are pulp on the free list and reducing the becoming better." duties on print paper, with certain restrictions, made by the Mann committee of the house, are incorporated in the present law, the Dingley tariff,

The duty on refined sugar is reduced bill proposes. The abstract of the bill 5.100 of a cent a pound and on dex- continues: trin half a cent a pound. A reduction of half a cent a pound is also some articles from the free list to the ore is assessed one cent per pound creasing the revenue. Most of these One of the objects of Mr. Roosevelt for the zinc contained. The tariff on articles on which duties have been pig iron is reduced from \$4 to \$2.50 increased are luxuries which have

Where Increases Are Made. The principal increases are made in the duties on lemons, cocoa and sub- fancy soap, from 15 to 20 cents per

gloves, and coated papers and litho-As was expected, the new tariff bill is per pound. price agreed upon is \$1 per word, made on a maximum and minimum basis, with the provision that the free list to the dutiable, at four cents maximum rates are not to go into ef- per pound; prepared or manufactured, fect until 60 days after the passage increased two cents on each classifiof the bill. Reciprocity provisions cation except that valued above 35 coke and agricultural implements, by also added to the duties assessed on

tries which permit the free importa- to nine cents per pound.

For the Discouraged.

Big things are only little things put together. It is encouraging to think of this when confronted with a big task. Remember that it is only a sport is not the main object of his trip. group of little tasks, any one of which

Boric Acid for Eyes.

lution of boric acid and water.

Fine Eagle Shot in England.

An eagle has been shot by a keeper beneficent possibilities of the sunken on the Tiberton estate, Herefordshire, women in the discharge of their duties bell, which, in effect, endows ships England. It measures seven feet two there is no question. Mrs. Elizabeth with the "sixth sense" that fish are inches across the wings and is two Dickson, an "unestablished rural postsupposed to possess—the ability to feet ten inches in length. It is of a woman" going between Melrose and light brown color, apparently two Gattonside, England, retired recently years old and is believed to be of the after a period of service covering 30 white eagle species.

Lived Two Months with Broken Neck. After living for more than two sick leave but 14 days. crisis of weakness, is to know the Henry Askham, aged 32, died in Scarborough (England) hospital.

Facts Regarding Their Development and How Milk May Become Contaminated. Bacteria are so small that it is dif- there is a direct passageway from the ficult to form a conception of their di- blood vessels to milk ducts. It should mensions. It is only when we con- slight that it would escape the most sider them in the

aggregate that they reach units of measure with which we are familiar. It is estimated that if 25,rod-shaped bacteria were placed end to end their combined length would equal an inch. The weight of an average bacillus is so small that it has been estimated it would take over 600,000,-000,000 of them to

THE PRESENCE OF

perature on Bacteria Ordinarily 000 to weigh one or 16,800,000,000,-Found in Milk.

ounce. What the bacteria lack in size is and means committee provides for an these is provided for in a section made up in their great numbers and powers of reproduction. A cubic centiissue notices of the termination of meter of milk, which contains about 25 Fig. 3.-Typical Rod-Shaped Bacteria drops, frequently contains thousands, er the bill goes into effect. The sometimes millions, even hundreds of treasury certificates, and the imposi- French agreement would therefore ter- millions, of bacteria. A single drop of sour milk may contain 40,000,000 man agreement would remain in force | bacteria.

Bacteria reproduce themselves by a products, lumber, wool shoddy, and to meet the conditions resulting from The cell becomes elongated and a partition wall is formed across the midwhich requires that patentees must dle. The two cells thus formed sepamanufacture their articles in Great rate, and we have two bacteria. Higher Britain. This provision applies the plants may take weeks and months, or

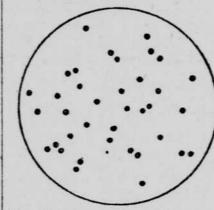
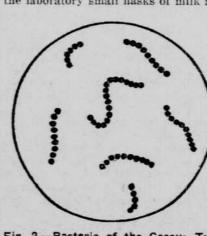


Fig. 1.-Bacteria of the Spherical or Coccus Type.

even many years, to grow to maturity These simple plants known as bacteria, however, under favorable conditions may complete their growth and reproduce themselves in less than an

valorem as a maximum rato. The maximum rate does not go into effect ture is most interesting and important. in any event until 60 days after the A certain amount of heat is essential passage of the act. By the fourth and a certain amount is fatal. Each particular variety of bacteria has an plied to all good terms by way of tarupper and a lower temperature limit cents; barley malt from 45 cents to and the maximum rates are applied beyond which it does not grow and 25 cents; cabbages from 3 to 2 cents to those countries which discriminate a certain temperature, called the op-States or fail to give the United

Most forms occurring in milk find 2 cents to 11/2 cents per pound; lard States tariff rates as favorable as their optimum temperature between 80 from 2 cents to 11/2 cents; tallow from those given any other nation. This and 98 degrees Fahrenheit. Few bac-34 of 1 cent per pound to the free section is self acting, making it the teria grow at all above 100 degrees and list; wool grease from 1/2 of 1 cent to duty of the executive to collect the at 125 degrees the weaker ones soon 14 of 1 cent; dextrin, burnt starch, duties, whether minimum or maxidie. An exposure of ten minutes at and so forth from 2 cents to 11/2 cents | mum, in accordance with the terms of | 150 to 160 degrees Fahrenheit is fatal per pound; peas, green, from 40 cents the bill, leaving it open to the courts to nearly all bacteria which do not per bushel to 30 cents per bushel; to decide upon the legality of the form spores. Spores, as previously mentioned, are destroyed only by pro-"One problem that confronted the longed boiling, exposure to steam unrefined, is reduced from 1 95/100 cents committee was the question of reve- der pressure, or to a high degree of nue. The business of all commercial dry heat. With dry heat, such as is obtained in an oven, much higher tem-A five cent reduction is made in two years, and thus has affected our perature and longer exposures are necessary to secure the same results. In Fig. 4.-Bacteria with Hair-Like Ap-



"Perfumeries and toilet articles Hanging Together in Chains.

> sterilized by holding them in a small steam boiler at a temperature of 248 vidual source may be small, but taken degrees Fahrenheit for 15 minutes. (See Fig. 5.)

> If the milk is cooled and held at 50 degrees Fahrenheit or, better still, 40 bacteria are harmful either to milk or degrees, growth is checked at once and to the human system. In fact, many multiplication is very slow.

> ters that milk is formed in the udder or appearance, while many of the ferentirely from bacteria. This has fre- mentations which make milk undesir quently been disputed and is still a able for direct consumption are used best authorities agree that milk is cheese. Very few of the bacteria bacteria free when formed, unless the cause disease or produce poisonous byudder is so injured or diseased that products.

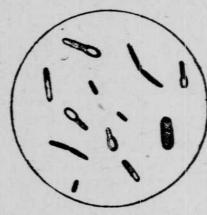
a sheep grower makes the practice of taken in, for the man who feeds late a big business in China. The most feeding whenever the spirit moves one meal is inclined to feed early the famous Chinese bands and palace sing. him. Sometimes it moves him pretty next. regularly, and again it does not, are brought from all parts of the em Where a sheep is fed regularly, its digestive system gets in the habit of stock do not plan to plant a large ters—Peking, Sharghai and Hong- handling food at definite times and it solid block of one variety of fruit trees. kong. Here the apparatus for making does that business well and thorough Different kinds, planted together, help

Often when one has a cold the eyes the master records is set up and the ly. The sheep does not get abnormal to fertilize each other's blossoms. Alfeel hot and are red and inflamed. recording done under the direction of ly hungry-nor does it get anxious or ternate the varieties by planting The best way to effect a cure is to an expert. A record popular in the restless. It knows when its feed is double rows of each kind, side by side. bathe the eyes frequently with a so- north of China seldom is popular in due, and it waits quietly for it. Plenty Remember that some varieties are selfof time elapses between meals so sterile and cannot fruit well when that it can chew its cud at leisure, planted alone. We've said this before, and the stomach can become evacu- but it's a vital point that can't be reated in part at least before another peated too often. load is received. On the other hand. says The Farmer, a sheep that is kept waiting for hours gets abnormally hungry. It becomes nervous and restless and spends much energy in this be constructed by the celebration comway. Digestive juices flow and are mittee on the south side of Queensyears and eight months. During this wasted, there being nothing to act boro bridge, in New York. It will be period she had never been late even upon. When at last the sheep is fed, 3.724 feet long and 69 feet high. The once on duty, and had been absent on it is more ravenous than it should be, principal towns and cities affected by and takes food into its stomach with- the bridge will be shown by green months with a broken neck, Percy | Every day of service she had walked out being moistened at all to speak lamps, electrically lighted, and at

careful examination might be sufficient to allow the passage of bacteria. Even if the milk is secreted bacteria free, it is very difficult to obtain it perfectly sterile. Bacteria work their

be remembered that an injury so

way into the milk cistern through the opening in the teat and find there 000 average-sized conditions under which they can grow and multiply. This growth is ordin-



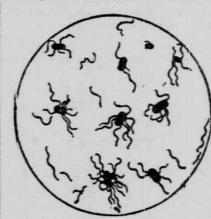
(Bacillus Type). In Some of These Spores Are Shown as Clear Areas.

arily confined to the lower part of the udder, and the greater number of the bacteria are washed out with the first very simple process, known as fission. few streams of milk. Sometimes, how ever, the growth may extend into the smaller milk ducts, and the last part of the milk will contain nearly as many bacteria as the first.

Inflammation of the udder or fermen tation of the milk in the udder rarely occurs, because there is only a very small amount of milk held in the udder, and most of the bacteria found there have little or no effect on milk. It is also true that fresh milk, like the blood, contains some substance which has an inhibiting influence on bacteria. This influence is so slight that it is probably of little practical importance, but it may have some relation to the comparatively slow development of macteria in the udder

The real contamination occurs after the milk has left the udder. In spite of careful milking, dirt, particles of the flanks or udder of the cow may fall into the milk. All of these things invariably carry more or less bacterial contamination. Manure usually contains large numbers of bacteria, many of them being kinds which produce very undesirable changes in milk; and tains great numbers and varieties of ingly large amount.

But the contamination does not end here. The pails or the cans may not be properly cleaned, and the corners or



pendages Which Enable Them to Swim About in Water or Milk.

seams may hold small particles of dirt or sour milk. These impurities are full of bacteria, which quickly find their way into the milk. The cloth through which the milk is strained may not have been properly scalded. and the bacteria are not only not all destroyed, but have actually multiplied in the damp cloth. When the strainer is used again many of these bacteria are washed out by the milk.

If a cooler is used it may add to the tles in which the milk is distributed Fig. 2.—Bacteria of the Coccus Type may not have been properly washed and steamed, and thus may become another source of contamination.

The contamination from each indiall together it has a serious influence on the quality of the milk

It should not be assumed that all kinds of bacteria will grow in milk for It has been assumed by many wri- a long time without changing its taste natter of some doubt. However, the in making butter and various kinds of

Regularity in Feeding .- Too many have passed away before another is

A Caution .- When ordering nursery

Largest Map in the World.

The biggest map in the world will equal to five times around the world chances are that this mass will not point long the East river.

PREVENTING PAINT TROUBLES.

It's easy enough to recognize the BACTERIA IN MILK symptoms of poor paint, after it has been on awhile-after its inherent tendency to crack and peel and scale and blister, etc., has developed into trouble. You know these paint "diseases" usually indicate adulteration or substitution in the paint materials. And you know the only remedy is repainting.

A little knowledge of paint and painting requirements, and how to made sure of the purity and quality of materials, would prevent all trouble, and save the big extra expense of re-painting; just as a proper knowledge of simple health-laws, and observance of them, prevents sickness A complete painting guide, including a book of color schemes, specifications for all kinds of painting work, and an instrument for detecting adulteration in paint materials, with directions for using it, can be had free by writing National Lead Co., 1902 Trinity Bldg., New York, and asking for Houseowner's Painting Outfit No. 49.

A very simple guide in the pur chase of white lead (the only sure and safe paint material) is the famous "Dutch Boy Painter" trademark; that trademark is an absolute guaran tee of purity and quality.

INADEQUATE.



Doctor Monk-Did those mustard plasters that I left seem to relieve the pains in your chest to any consider able degree?

Ostrich-Well, no: I can't say that they have; but (apologetically) I've eaten only five of them!

COVERED WITH HIVES.

Child a Mass of Dreadful Sore, Itching, Irritating Humor for 2 Months -Little Sufferer in Terrible Plight.

Disease Cured by Cuticura.

"My six year old daughter had the dreadful disease called hives for two months. She became affected by playdust, hairs, even bits of manure from ing with children who had it. By scratching she caused large sores which were irritating. Her body was a complete sore but it was worse on her arms and back. We employed a physician who left medicine but it did not help her and I tried several remedies but without avail. Seeing the the dry dust of the stable floor con- Cuticura Remedies advertised, I thought I would try them. I gave her bacteria. This dust soon settles, and a hot bath daily with Cuticura Soap an open milk pail catches a surpris- and anointed her body with Cuticura Ointment. The first treatment relieved the itching and in a short time the disease disappeared. Mrs. George L. Fridhoff, Warren, Mich., June 30 and July 13, 1908."

Potter Drug & Chem. Corp., Sole Props., Boston.

Slightly Mixed. Little Oliver, six years old, had learned the song in which is oft repeated the refrain: "Glory, glory, hallelujah," and for some time he had been singing it with great enthusiasm and vigor. Finally he became silent, and after a brief period of cogitation he said:

"Mamma, what does 'hallelujah' mean?" As simply as she could his mother

explained that it was a religious exclamation meaning "praise the Lord." He seemed rather surprised at the information, but his next question offered ample explanation of why he had thrown so much vigor into his singing. "If that's what it means," he said, "why do they throw corn and have jack lanterns on hallelujah

Piecing Out the Prayer.

night?"

Of curious prayers a writer says: "I have heard a layman utter this petition during the prayer: 'O, Lord, be thou with us in our upsittings an our downrisings'-a variant of the text in the psalms. 'Thou knowest my downsittings and mine uprisings.' A minister contamination if it is placed so that occasionally introduced a Latin senit catches the dust. Finally, the bot | tence into his prayer, and forthwith proceeded to translate it. Another minister in his early days experienced considerable difficulty with the long prayer before the sermon. In nonconformist churches this usually occupies a quarter of an hour, but long before this period had been reached he was wound up. On one occasion, while in this dilemma, he startled his hearers with the words: 'And now, O Lord, I will relate unto thee a little anecdote!""

LESS MEAT Advice of Family Physician.

Formerly people thought meat necessary for strength and muscular

The man who worked hard was sunposed to require meat two or three times a day. Science has found out differently.

It is now a common thing for a family physician to order less meat, as in the following letter from a N. Y. man. "I had suffered for years with dys-

pepsia and nervousness. My physician advised me to eat less meat and greasy foods generally. I tried several things to take the place of my usual breakfast of chops, fried potatoes, etc., but got no relief until I tried Grape-Nuts food.

"After using Grape-Nuts for the cereal part of my meals for two years, I am now a well man. Grape-Nuts benefited my health far more than the \$500.00 worth of medicine I had taken before.

"My wife and children are healthier

than they had been for years, and we are a very happy family, largely due to Grape-Nuts. "We have been so much benefited

by Grape-Nuts that it would be ungrateful not to acknowledge it." Name given by Postum Co., Battle

Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.