

gray stone which has a beautiful ap- ranged for assembly room, G. A. R. provement throughout the county.

Iowa county has one of the model pearance. The arrangement of the room, storage, engine room and gencourt houses of Iowa. This splendid building is quite harmonious in every eral utility rooms. recorder, with large fireproof vaults resents in a measure the thrift of this less husband. tures, of \$74,000. The main walls of for each. One the second floor are county, and the fact that they have the building are constructed of Cleve | the superintendent's room, county at | spent \$74,000 for a temple of justice and sandstone, a very substantial court room. The basement is ar- indicated the high standard of im-

CARROLL TO DAIRYMEN.



Gov. B. F. Carroll.

Maintaining that Iowa land is becoming so valuable that no farmer can afford to feed an animal that is for better methods on the farm, and shape of macadam. likewise better profits, better living ried with it conviction.

that the state is intensely interested in the industry in which they are en- mile. I was talking with ex-Gov.. sort to something more profitable gaged, and spoke of the splendid les- Larrabee a few days ago and he said than simplying plowing corn. son taught by the exhibits, particu- he thought that was too high. He inlarly the cattle in the basement, and vestigated a piece of road that is befelt that the men would get great ing kept in shape near his home at the same experience—that the lands benefit from it. He stated that it was Clermont and wrote me that 11 hours' of the country grow more valuable. rather an unusual thing for the state work per year served to keep that There has been a great tide of emito make an appropriation and put the road in condition. If we can put our gration from Iowa, so that our farm money into the hands of an association or the officers of an association dollar and keep them in shape on one time is coming when that tide of, where these officers are not directed mill on the dollar it would certainly shall I call it migration, is going to by the state and by the laws of the be an improvement worth while. The stop. When these lands become more er is never well cooked, and understate, although they have for some soil is such that it is more difficult to valuable the thing is going to work time been making appropriations for keep roads good than in most other back on us and we have got to resort violently with the consumer. county agricultural stations and for places, yet I believe that we can get to something more profitable than the carrying on of institute work.

"Whether the legislature will feel like repeating that appropriation," said the governor, "will, of course, depend on yourselves and how you have used the appropriation and the tenor of my remarks at the legislature will. of course, depend upon your report.

"The dairy interest is one of the greatest of the state. Mr. Wright, our food and dairy commissioner, has just filed with me his annual report, and I have been studying it a little. There are some things in that report which I feel I ought to bring to your attention. We have something like 1,000-. 363 ml.ch cows in the state, and I don't know whether the number is increasing or decreasing. His report shows that the creameries turned out about 102,000,000 pounds of butter last year; the total butter production was us any profit whatever, practically home to raise a family. every pound you can add to that is clear gain. It may take a little extra girl at home? How much money did feeding, but it is practically all profit. you make off your cows last year? If it could be brought up to six pounds | Don't try to put all that money into per week I think at least 21/2 pounds big barns. Good buildings and imwould be clear profit. Is it not pos- provements for the stock are, of sible to improve our dairy herds so course, necessary, but put some com-

this state, but I am not sure it shows state of Iowa better able to have good greatest thing to say we raised more rob him of his farm if he has it paid serves to keep the things which im- best way I know to keep the boy and was thrown at an officer?" prove the soil in the soil.

"I am glad that the man who just

read the paper by Prof. McKay made | You can have gas and hot and cold cup each of flour and corn meal sifted reference to the fact that there are water and a furnace in your house. It together with four teaspoons of ba- be burned as soon as possible as garvery few silos in this state. When I is a source of great pride to ride over king powder, and one-half a teaspoon bage has a great attraction for flies. travel through the northeastern por the state and see the magnificent of salt; add one cup of milk and the In cities where there is a garbage distion of the United States and up into homes, but you can make them better. stiffly beaten whites of two eggs. Bake posal the problem is partly solved. Canada I see 50 silos to where you And if you make them better you are in buttered muffin tins. A good mufsee one or where you see none in going to keep the children at home. fin may be made with one egg and ized iron, with a tight cover. When Iowa. It must mean something. It means that these must know there is in the state that is more important or some benefit and some advantage in more profitable than the dairy interhaving silage over the way we are ests of the state. You can just as well

"I am trying to work up a little senno people more interested in it than roads. It means you can get your cream to your factories cheaper and better if we have better roads. This means that your profits will be larger and therefore you can pay more profits to the farmer. I don't know just how we are going to bring good roads to Iowa, but I believe it should be done by using the supplies we have at hand. I was talking with the governor of New Hampshire recently and he told me that they were building miles of macadam roads there, and that they were getting their stone from Massachusetts and shipping it into the state for the purpose of making roads. He said they had stone in not making him a profit, Gov. B. F. New Hampshire, but they could get it Carroll gave an address before the cheaper and better from Massachusstate dairymen's convention at Cedar etts. If this can be done in Iowa I Rapids that gained a warm place for think it would be a good plan, but I lowa's first official in the hearts of believe there is plenty of good stone everyone present-particularly the in Iowa, and I believe at least some dairymen. It was an eloquent appeal of it should be on the roads in the

stay at home and for better roads- idea to me. We have an appropriathe latter being a proposition in tion to levy a four-mill road tax. He terested. It was an address that car- that and setting it aside to be used for doubt but what you folks get great dragging the roads everywhere after good out of getting together. I am in- lsts between children and parents." Gov. Carroll assured the dairymen every rain. He said it could be done for six or seven dollars a year per the time is coming when we must reroads in shape on three mills on the a good deal better results out of the simply tilling the soil. I don't know appropriation and taxes than we are of anything better than dairying." getting now.

which are most attractive to a boy or girl by way of rural entertainment have passed out of existence and our are talking about keeping the boy on dogs." the farm. If we are keeping the right boy on the farm that is the thing to do. Not every boy, however, born on the farm will make a good farmer; some of them are not good for anything. If you have a boy who will stay on the farm that is the best place in the world to keep him.

"Don't try to own all the land that borders on your land. It is against the laws of nature, and you have no business with it. You don't need 320 about 170,000,000 pounds, or about 21/2 acres of land in Iowa. Give a part of pounds of butter per cow per week. If it to the boy and keep him at home. by producing the amount of butter per | Don't set him up as a poor excuse for animal that is now produced renders a lawyer or a doctor, but keep him at

"How are you going to keep the as to get more butter from our cows? forts into the home to induce the girl "I am not in a position to criticize to stay there. Henry Wallace said at he said: your methods, but I often wonder if Des Moines last week that if he were you are looking at this question in a a housewife and the husband would broad enough light. Last year we not put hot and cold water in the produced more than 300,000,000 bush- house he would put a tent in the yard els of corn in the state of Iowa. It and stay there until he did put it in. is a great compliment to the soil of There is not a class of people in the the greatest wisdom. May we not be homes than the farmers. He has an running too much in one rut? Are income big enough to take care of we not paying too much attention to him. The farmer may rob himself by the raising of corn? It is not the failing to farm properly, but you can't their togs." bushels of corn this year than last for. There is no man in the state year unless we raised it on less that ought to have a more comfortground. The business of dairying able home than the farmer, and the at Annapolis where an alarm clo

girl on the farm is to furnish them a

home that they will want to stay in. ashamed to throw away his time so

the number of cows or increase the the can after opening. you dairymen-the question of good quality of the animal. Which would of corn grow where only one grew before and two blades of grass grow where one used to grow, but it is not always profitable to pasture two cows where one cow should be pastured. It is profitable to get a cow to give two pounds of butter rather than one. You ought to teach the farmers that if a the pipes. cow is not profitable to send her to place a cow that will produce enough fast. butter fat to be profitable.

not take any more grain or more care hand, to avoid being burned. to feed a good cow than a poor one. I want to say to you that I am going to watch with more interest next year than I have in the past the progress that is being made along the lines that you are working for, for two reasons-because I want to know about "I had a talk with a road enthusiast terested in it. And then I want to it and because I live here and am inso the boys and girls will want to a short time ago who suggested this know whether you were correct when you said 'if you will give us an appropriation we will produce more butter.' der the roof. terested in it because I believe that

> "I think I am correct in saying that population is actually decreasing. The bake 20 minutes.

"It seems to me that those things PROVED HIS REMARK CORRECT

pure English. On one occasion as a teaspoon each of salt, cloves, allspice, purpose of providing variety, and not country people are catching on to city student was leaving the doctor's house nutmeg; then add one-half a pound of as a valuable source of food. ways. I think that is a mistake. We he called back: "It's raining cats and dates, stoned and cut in pieces. Steam In preparing for eating, carefully

> ately corrected the doctor. Dr. Bascom then ventured down the steps to determine the force of the ele-

> ments and was thoroughly drenched by the driving rain. Hurrying back upon the porch, he exclaimed: "Indeed, it is raining pitchforks!" The student glanced at the doctor

questioningly, who was visibly embarrassed because of his exaggerated reference to the storm. In confusion | Combine the mixtures; put into the he dismissed his visitor after giving him the use of an umbrella. On the way home the student ran

into a projection of an awning, which pierced a hole into the umbrella. The next day both men were plan

ning explanations and apologies, the doctor for using "pitchforks" and the student for ruining an umbrella. Dr. Bascom lost no time in reliev

the grateful student, who saw the way to explanation made very clear, when "Doctor, the term you applied to last night's rain was correct. Thu

ing his mind, but was interrupted by

your umbrella was struck by one o the descending pitchforks."

Sees Them at Their Worst. "She doesn't think so much of men. "What's the matter with her?" "Well, she's cashier in a tailor sho She's used to seeing men get fitted fo

A Mild Opinion. "What do you think of that incide "I think any young man should

eKFF6HEN

ATTRACTIVE table is a

something to do with good

good appetizer, and

seeing that her table is neat and attrac-

Household Sanitation.

save himself and his neighbor.

All waste from the kitchen should

Fresh air is another vital necessity

who creep

The Favorite Shell Fish

Which I with sword will open.

gills are curled. More cooking makes

phoid germs, derived from sewage.

Some noted epidemics have been

traced to this source. Greater care

is being taken to prevent contamina-

tion and our pure food laws are ful-

Because an oyster has a greenish

hue do not condemn it, for they often

have that color from feeding on the

green sea plants. It has been demon-

strated that a five per cent. solution

bacilli in a short time. This is a fruit

acid found in grapes, commonly

less. Immerse the suspected oyster,

vegetable or fruit, in the solution

made by adding one tablespoonful of

the acid to a pint of water. After half

an hour, rinse thoroughly in fresh wa-

When preparing a stew, drop the

edges are curled. Add a quarter of a

Nellie Maxwell.

Was Doing Her Best.

a servant girl who came to Mrs.

sion to go home for a few days. She

had a telegram saying her mother

"Certainly you may go," said Mrs.

A week passed, and not a word from

"Dear Miss Pruette i will be back

Pruette, "only don't stay longer than

is necessary, as we need you."

can."-Success Magazine.

Pruette in tears and asked permis-

filling a great promise.

Oysters are one of the few animal

But merely to consume the corn,

Devour the cattle, fowl and fish

And leave behind an empty dish.

The world's mine oyster,

Into this world to eat and

and sunned.

In to way are we more our "broth-



stead of brooding over your business, instead of severely talking behavior. Human nature is easily about others, let the conversation at the fected by the atmosphere with which it table be genial, kind, social and cheering. Don't bring disagreeable things to the ed to behave well in a home given over table in your conversation any more than to disorder, fretfulness and flurry. ble manners for the housekeeper begin in you would in your dishes."

Breakfast Dishes.

Breakfast seems to be a meal that troubles many cooks. There are so many hot breads, griddle cakes and fritters to choose from that there need be no monotony in the menu. See that the day is started right with a well prepared meal presided over by a cheerful, happy house mother. A whole day may be spoiled by a gloomy breakfast table, and so it is essential for all good work at school or office that the day be begun with cheerfulness. Get up a few minutes earlier to avoid hurry. If husband reads his paper at the table, do as one wife did. Deprive him of her presence until he noticed and complained structure was erected in 1892 at a to- way. On the main floor are the offices The people of Iowa county are just- of the wileless breakfast. She extal cost, including furnishings and fix- of the auditor, treasurer, clerk and ly proud of this structure, and it rep- plained that she wanted a newspaper-

Corn Muffins.

Cream one-fourth of a cup of butter, add one-fourth of a cup of sugar, no carrier of disease more to be yolks of two eggs, well beaten, one dreaded than the common housefly. "I don't know of any one industry two teaspoonfuls of butter.

To Test the Freshness of Fish.

feeding now. It is one of the things double the production of butter in this firm to the touch, the eyes bright and sible from dust, good wholesome food To be eatable, all fish should be of health. A house as free as posstate as not, and you ought to do it. full, the scales bright, gills red and and one has a fair chance for a use-In order to do that we must do one of flesh free from odor. Canned fish ful life, if exercise is rightly taken. timent on another line and I know of two things: We must vastly increase should never be allowed to stand in

be the easier and most profitable? We after thawing, kept for a time before Fish that have been frozen and have been talking of making two ears cooking, are apt to contain injurious

Household Hints.

Let the cold water run in the pipes a few minutes. Never use water for cooking of food, that has stood in

Air the kitchen and dining room the slaughter house and put in her thoroughly before beginning break-

To thaw out a water pipe: Bundle "The reason that our cattle are not a newspaper into a torch and pass it producing more butter is because one. lighted, quickly along the pipe. Drop half of them are poor cattle. It will it into a pail carried in the other foods which contain a large amount anyone to approach him. He was over-



world to apply to a household than that of whether them tough. The one great objection the children in it are truly happy-happy in their association with their parents, and happy with any chance company unwhich the governor is especially in- advised taking a certain percentage of I want to see if that is so. I have no achievement of civilization, refinement. may become contaminated with tyeducation and religion is a home in which both a loving and reverential relation ex-

Escalloped Oysters.

Put a layer of oysters in the bottom of a baking dish; cover with crumbs, season with salt and pepper and dot with bits of butter. Repeat, covering the top with a thick layer of crumbs. Add a little milk, enough to just be seen between the oysters, and of tartaric acid will destroy typhoid

Never use more than two layers of oysters in the dish, as the center lay- known as cream of tartar, and harmdone oysters are liable to disagree

St. James Pudding. Take three tablespoonfuls of but ter, and all danger of infection is reter, melted, one-half cupful each of moved. Although oysters are easily molasses and milk, sift one and two-digested, they are not especially nourthirds cupfuls of flour with one-half ishing and when 50 cents a quart may Dr. John Bascom was a stickler for teaspoon of soda and one-fourth of a be regarded as a luxury, used for the two and one-half hours. Use one-half handle each with the fingers to re-"The rainfall is excessive," immedi- pound baking powder taking powder move all bits of shell. hoxes for the molds.

> Fig Pudding. Take one-third of a pound of suet. Work until creamy and soft. Add one cup of butter, one quart of milk, seahalf pound of chopped figs. Soak two son with pepper and salt. and one-third cups of stale bread crumbs in half a cup of milk, add two eggs, well beaten, one cup of sugar. three-fourths of a teaspoonful of salt. mold and steam three hours. Serve with an egg sauce flavored to suit the

> > Generalities.

Parsley will keep fresh and green was sick. ten days or longer, if put into a dry glass jar, covered tight and set in a cool place

The water in which rice is cooked is too valuable to be thrown away. her. Then came a note which read: Add tomatoes to it with a little beef extract, or both, and have a soup for nex week an plese kep my place for luncheon or dinner at once palatable me mother is dying as fast as she and nourishing.

An Escape from a Crocodile.

middle of the river. He was given remain a mystery.

up for lost, and none of his compan-Seldom, indest, does a crocodile ions ever expected to see him again; enquish its prey when once its pow- but two days later he was discovered erful jaws have closed upon its vic- lying on the beach, three miles away, tim; but a story comes from East with the waves washing over him. It Africa of a native who had an extra- does not appear that he was seriously ordinary escape from one of these injured, but all he could remember reptiles. He was a Soudanese bugler, of what happened was his being seized who was bathing in the river early by the crocodile and carried down the one morning, when one of his com- river towards the sea. When he recanions saw a large crocodile emerge covered consciousness, he found him from the water, seize the bugler by self on the seashore, but what caused the body, and carry him off into the the crocodile to spare him must ever

NEBRASKA IN BRIEF 90,000 AMERICAN

NEWS NOTES OF INTEREST FROM VARIOUS SECTIONS.

ALL SUBJECTS TOUCHED UPON

ical and Other Matters Given Due Consideration. The Midwest Life of Lincoln closed are that upwards of ninety thousand the year 1909 with \$2,000,000 of insur- settlers from the United States went ance in force, all written in Nebraska, into Western Canada during the past

Religious, Social, Agricultural, Polit-

Washington, D. C., April 13.

er's keeper," than in the manner we of the county exceeds 25,000.

the world, especially of course, in the business of the past year. cities are we all subject to germ la-

daughter in Seattle, Wash. It was not so long ago that yellow fever was rampant in the south, but science discovered the kind of mosquito that carried the disease, and now, with the draining of marshes, brought \$575.

covering pools with kerosene and screening houses, one may live in for active, progressive men to repre- Iowa, of Indiana, of Nebraska, Kansas, comfort and health in these same dis-Lincoln for particulars.

The effort to exterminate the breeding places of flies will raise the health rate in a marked degree, for there is

that he will lose one foot. ever paid for land in that vicinity. emptied it should be washed, scalded

> While Night Clerk Frank Grace of rarily absent early in the morning, a burglar entered the hotel office, and by working quickly made his getaway with about \$200 in cash.

Jacob Branton, who lives four miles northwest of Blair, has the distinction of growing an ear of corn with an unever number of rows of grains. It was a leading feature at an agricultural exhibit held in Blair.

Mrs. George Stutheit, postmistress suit him best. at Smyrna, five miles east of Superior, has sent in her resignation and a successor has not yet been named. It is quite probable that the postoffice at that place will be discontinued.

Ed Smith, a young farmer living near Fullerton, appeared upon the streets armed with a double barreled shotgun and a 38 revolver, threatening

of carbohydrates. These are present powered and placed in custody. James F. Ferrier, who came to Ashin the liver in the form of glycogen. The oyster is especially easy of diges- land from Louisville several months tion, if eaten uncooked, or not over- ago and embarked in the livery busicooked, as they require little cooking. | ness, later selling out and engaging in In preparing a stew, cook the oysters | the restaurant business, was the vicin their own liquor and remove them | tim of a burglar, who entered his room

as soon as they are plump, and the and secured \$120. John Ginglon, a foreigner from Great Falls, Mont., was found wandering to the use of the raw oyster is that around the farm of John McNulty, two during the fattening of the shell fish miles from Alliance, in a badly frozen which is done in shallow water, it condition. He was taken to the Alli-

> serious way. The Farmers' Grain & Live Stock company elevator was burned at Oakland. There were about thirteen thouscand bushels of grain in the elevator and all of it is practically a total loss. The building was 'valued at about \$5,000 and the grain destroyed was

valued fully as high. Judge A. A. Welch of Wayne, announces that the first term of court in the Ninth district will be held at Pierce on February 7. At this term will come up the case of the State vs. Harry Joyce, who is now in the county jail charged with robbing the Farmers' State bank at Hadar last January.

E. R. Kuible, county treasurer of Cherry county, has refused to turn over the office to Miss Gertrude Jorfall election, on the grounds that Miss Jordan is not eligible to hold a county office. The case will be carried to the supreme court.

A Cleveland (O.) dispatch: Mrs. Effie Iddlings of North Platte, Neb., secured her husband, Charles E. Iddlings, on a habeas corpus writ and started west with him. She charged One Ought to Have a Good Appetite. that his brothers and sister in Warren. O., had held him in their home withand remove as soon as plump, and the be suffering from nervous trouble. ousiness proposition to buy it in a Neof policies. Write the company, giving age nearest birthday, and it will send you a sample policy.

Edward Brouhard, son of H. Brou-William Pruette, the singer, tells of hard, president of the Bank of Beaver City, committed suicide by shooting himself, with a target rifle, in the breast. He had just celebrated his 21st year of age.

Mrs. B. F. Kroeger is dead and nine members of the families of B. F. Kroeger and C. Dake, farmers near Fairbury, are ill from trichina poisoning. The two families ate a quantity of raw pork sausage. The illness was supposed to be grippe. Mr. Kroeger died, and two others, it is said, cannot recover. Physicians say the illness is due to trichina.

The railway commission has granted permission to the Douglas County Teleshone company, located at Valley, to ssue and sell stock to the value of

35.000. A suit for damages against the Nuck olls County Agricultural society for 32.500 was filed in district court last veek by Ebenezer H. Foote of Super or. While attending the county fair eld by that association last fall, he laims to have been injured by a wild orse springing upon his with its feet nacking him unconscious, cutting a eep wound on his leg and otherwise ormanently injuring him.

SETTLERS GO TO CANADA

THE YEAR 1909 HAS SHOWN AN INCREASE OF OVER EIGHTY PER CENT IN AMERICAN SETTLEMENT.

Recent advices from Canada, our next door neighbour, the neighbourly

country across the boundary line,

The work of making the preliminary year, most of them for the purpose of survey for the Kearney & Beloit, Kan., taking up and settling upon the varailway is rapidly nearing completion. cant lands, 160 acres of which are Governor Shallenberger has received given free by the government, and an invitation to attend a celebration lands adjoining held by railway and of Jefferson's birthday, to be held at land companies are selling at from nine to fifteen and twenty dollars per The county officials of Buffalo county acre. Even if thirty and forty dollars have asked for an increase in salaries per acre were paid, the price would be under the theory that the population low, as the lands produce wonderfully, and at these higher figures there is a treat and dispose of wastes. We are R. R. Copsey of York county was large interest on the money and labor each at the mercy of thousands of our the first county treasurer to settle up invested. The ninety thousand setfellow beings. As long as we are in with the state treasurer's office on there of last year, followed about sixty thousand of the previous year, and for Mrs. J. N. Grant, a former resident several years the number has been den dust. Each should do his share of Beatrice and mother of R. W. Grant running into these large figures. There of disposing of dust and wastes, to of that city, died at the home of a must be a reason for it. It may be found in the single phrase, "they are Henry Gentry, a farmer two miles satisfied." Nothing attracts people south of Stella, sold a span of mules more than the success of others, and last week to a horse buyer for \$490. the news of this reaching other thou-At J. M. Stanley's sale a span of mules sands, causes them to investigate. The investigation in this case is always The Midwest Life has good openings satisfactory. The splendid land of sent it locally. Write the company at Minnesota, Wisconsin, Michigan, Ohio and other States has risen to a high A walk through the snow with both value, and it is worth every dollar shoes off, and one foot even bare, was asked for it. But there is not room the act of a drunken man from Central now for all on these lands. With the City at Grand Island. It is feared ever increasing demand for grain, there comes the ever increasing de-Mons N. Nelson last week bought the mand for land. Canada is the only John Corlson farm east of Oakland country on the continent in a position for \$22,000, or at a price of \$137.50 to supply it. Land there that costs, per acre. This is the highest price say fifteen dollars an acre, produces on a reasonable calculation, 25 bushels Mrs. Frank Koontzman, who lived of wheat to the acre, or about \$20.00. near Albion, while on the road to The most liberal calculation as to cost town with one of her sons, was taken makes the cost to produce \$7.50 per ill. They turned around and drove acre, leaving a balance of \$12.50 per home where she died on reaching the acre. The \$7.50 carries good wages for the farmer, and all other conceivthe Evans hotel, Holdrege, was tempo-like this, covering the entire area of about 500,000 square miles, it is readily understood why 90,000 Americans should follow the sixty thousand of the previous year. Canadian Government Agencies at different points in the Union are always ready to give information regarding the free homestead lands, ready to advise the settler as to the districts which would

CHANCE FOR BARGAIN.



For Sale Cheap-Aeroplane-Owner No Further Use.

Fight Against Plaque Goes On. Although the survey of the past year's anti-tuberculosis work shows that much has been done, the reports from all parts of the country indicate that this year the amount of money to be expended, and the actual number of patients that will be treated will be more than double that of the past year. For instance, special appropriations have been made in the various municipalities for next year's antituberculosis work, aggregating \$3,976,-500. In addition to these appropriations over \$4,000,000 has been set aside by the different state legislatures for the campaign against tuberculosis this year. Besides these sums, a large number of the present existing institutions and associations are planning enlargements of their work. and new organizations are being

George Refrained.

formed daily.

"George declared he would kiss the dan, who was elected treasurer at the first woman that passed under the mistletoe, and she was the colored cook '

"Did George kiss her?" "Kiss her! I guess not. Nobody dares to take any liberties with the cook.

WHEN DINNER COMES

oysters into boiling water to cover, out her consent. Iddlings is said to It goes a long way toward helping in A good appetite is the best sauce. the digestive process, and that is abso-In buying life insurance it is a sound lutely essential to health and strength. Many persons have found that Grapebraska company. The Midwest Life of Nuts food is not only nourishing but Lincoln issues all the standard forms is a great appetizer. Even children like the taste of it and grow strong and rosy from its use.

It is especially the food to make a weak stomach strong and create an appetite for dinner.

"I am 57 years old," writes a Tenn. grandmother, "and have had a veak stomach from childhood. By great care as to my diet I enjoyed a reasonable degree of health, but never found anything to equal Grape-Nuts as a

standby. "When I have no appetite for breakfast and just eat to keep up tny strength, I take 4 teaspoonfuls of Grape-Nuts with good rich milk and when dinner comes I am hungry. While if I go without any breakfast I never feel like eating dinner. Grap .-Nuts for breakfast seems to make a

healthy appetite for dinner. "My 13-months-old grandson had been very sick with stomach trouble during the past summer, and finally we put him on Grape-Nuts. Now he is growing plump and well. When asked if he wants his nurse or Grape-Nuts. he brightens up and points to the capboard. He was no trouble to wean at all-thanks to Grape-Nuts." Read he little book, "The Road to Well-'ille," in pkgs. "There's a Reason."

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