Quarrel Explained

Reat Cauce of Thomas C. Platt's Resignation From the Senate Given by E. J. Edwards.

in a recent number of a popular magazine the late Thomas C. Platt tells, in this arteblography, his version of the situation that led him and Ruscos Containg to resign from the United States senate a few weeks after President Garfield had sent to that body the maniaution of Judge William H. Robertson as collector of the port of New York. In one place the senator says first when he learned that the tenn who had been instrumental in defeating the Grant movement for a third-term nomination had been facored of the president without the knowledge and approval of the New! York senutors, who had fought for Grant's nomination, He. Platt, walked ever to Coukling and exclaimed: "I shall send my resignation to Governor Cornell tonight" Then the two went tato conference, Conkiling insisting that we should wait and fight it out in the committee to which the Robert-

joint resignations." why did Senator Platt not desire to ---light it out in the committee" to which this nomination, which was so distasteful to him, had been referred? Recause "we have been so humiliated. as United States senators from the creal state of New York," is the reason he gives. That may have been the reason in part, perhaps, but as the belief is quite general in old-time national political circles that Senator Platt did not reveal all he knew about the Robertson incident in his autobigraphy, I am telling today a bitherto Stephen W. Dorsay, former United unpublished version of the real reason States senator from Arkansas, and of Platr's resignation, and I tell it on during the national campaign of 1880 Van Wormer.

son numbration had been referred."

But, "I finally induced Conkling, on

May 14, to toin me in offering our

ason of Mr. Piatr's resignation from Senator Dorsay exposing the manner the United States senate dates back in which he had collected and used to the closing days of 1889 and the \$200,000 in new two-dollar bills for the first days of 1881 when, prior to the purpose of making the state of In-Regal Bean legislative caucus at Aldiana return a majority for the Repubany, the party leaders were busily lican candidates. -ugaged in trying to determine upon te said Colonel Van Wormer. That eral hours by a freight wreck dead said not be re-elected.

sponded Instantly to Secretary

Salmon P. Chase's Call

for Financial Aid.

and New Jersey was one of the great

bankers of United States at the time

thereafter. Buring the first two years

of the war he was more intimately as-

sociated with the Lincoln administra-

tion on the financial side than any

ame into close and intimate contact

lown in history as one of the coun-

try's great secretaries of the treas-

I had exposized a high admiration for

leged to meet him, and that meeting

resulted in one of the most dramatic

tinance of which I have personal

over the government's financial condi-

tion, following the outbreak of war,

the bunkers of the east-New York,

Philiodelphia and Boston-received an

intimation that the secretary of the

recusury was auxious to meet them in

confidence, for he had a message of

them. An appointment was at once

made for Secretary Chase to meet us

m the directors' room of the bank of

"There, prompt almost to the sec-

and. Mr. Chase appeared on the day

and hour set and we were introduced

one after the other to him. The gra-

does dignity of the man, a certain

majesty of manner-I do not know

which I was then president.

knowledge.

Appeal That Got \$50,000,000

How the Bankers of the East Re- bow better to express it-the great

The into George S. Coe of New York | that room was equally impressed.

of the divil war and for twenty years | been made, Secretary Chase began to

giver of the country's prominent bank- have ever heard in private conversa-

ifr Chuse," said Mr. Coe to me when be difficult to raise whatever size

recidents in connection with big it with equipment and ammunition?

"At the height of the uncertainty administer the finances of the coun-

great importance to communicate to ment, and the preservation of the

ers of that period. Of course, he thus tion, and then it was that I under-

party faction headed by Conkling.

"But there was a wing of the party. ertson, who had taken such a leading York. part in blocking Conkling's plans for a Depew-led wing was rather favorably Tom Platt for senator.

"But when we who were backing Crowley heard that Levi P. Morton, who, it was thought at that time, would be secretary of the treasury under Garfield, looked with favor upon Platt's candidacy, we at last had a meeting with Platt. At that meeting we told him that if he would pledge himself not to make any war upon Judge Robertson for upsetting the Stalwarts' plan to nominate Grantif he would not encourage any further factional disturbances in the partywe would throw the Crowley support to him, and thus assure him of the

senatorial nomination and election. "It would be impossible to conceive of any more earnest assurances than Mr. Platt then gave us. He declared Hitherto Unpublished Version of the the party in favor of the election of he was sick and tired of factional dis-Richard Crowley, who had represented turbance and wanted to bring about one of the New York districts in con- a general reconciliation, and with that gress for a number of years. 'Dick' pledge made to us Mr. Platt was able was a very popular man. He was a to secure a sufficient number of votes very strong Stalwart, the name of the to place him in the United States senate.

> "A few weeks after Mr. Platt had under the leadership of Chauncey De. taken his seat, President Garfield, unpew, which, while not exactly opposed known to the senator, sent to the sento Senator Conkling, was disposed to ate the nomination of Judge Robertbe friendly to Judge William H. Rob. son as collector of the port of New

> "Tom Platt was in a fix. I have third-term nomination for Grant. This heard that the night following the announcement of the nomination he did disposed towards the nomination of not sleep a wink. He had more to be worried about than Senator Conkling. even, for there was that pledge to us old Crowley men. It was that that bothered Tom Platt most, and it was that that finally forced him to reach his unalterable determination to resign. 'I can't vote to confirm Robertson's appointment,' was his conclusion. 'But, on the other hand, I am under pledge to those who made my election as senator possible not to onpose that appointment with my vote. I am between two fires. There is nothing left for me to do but to resign from the senate.'

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Confession of John J. Ingalls

Edwards That He Could Project Himself Into the Future and Determine Coming Events.

In midsummer of 1883 I was on my way to the New Mexican ranch of the authority of the late Col. John R. prominently before the country as secretary of the Republican national com-The real, and not the ostensible mittee. It was a visit that resulted in

Sometime during the night the train he man to succeed Francis Kernan, a on which I traveled between St. Louis is cocrat, in the United States sen- and Kansas City was held up for sevgialature was Republican by a safe shead. The confusion incident to the asjority, and, therefore, Mr. Kernan clearing of the track caused all the passengers in the sleeping car to be Now, there was a strong element of astir early in the morning. That is

intellectuality revealed in his face, the

noble poise of his head, his entire per-

sonality, greatly impressed me, and I

am certain that every other banker in

"Soon after the introductions were

over and a few casual remarks had

ly, in a low tone of voice, but every

"'Now, gentlemen, I am no finan-

until congress gives me that power.

business to know how to raise money.

I appeal to you, having nothing to of-

fer except the credit of the govern-

Union for fifty millions in gold. You

use of it. This, gentlemen, is the

message I had to deliver to you."

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said, emphatically.

tially in these very words:

How the Brilliant Kansan Told E. J. | all except one, at the rear end of the car, and not until nearly ten o'clock was there a head thrust between the curtains of the lower berth, revealing the late riser as none other than Senator John J. Ingalls of Kansas.

> I said a little later in the smoking compartment, "and, apparently, a verysound one. All the rest of us in the car were up early owing to the freight wreck that has made us so late."

"My method of spending the night a sleeping car differs from that of most persons," he said. "I usually go to bed an hour or so before midnight. Then, while I sink immediately into a physical lethargy that is luxurious, my mird becomes very active. This mental activity seems to bring to the surface, so to speak, the sub-conscious quality that is in every human being, and it continues until about, two o'clock, when I sink into a profound slumber that will last for eight. hours if the train schedule permits.

Now, when my mind thus becomes active-and it does so only in a sleeping car-I find that I am studying the psychological side of my nature. You may have heard it said that I am an atheist, or an agnos , but both accusations are absolutely untrue. I am a profound believer in a first, allpowerful and ever-controlling Cause. and am persuaded that it is a conscious Cause. But there is much that we do not know, and we cannot know, since the mind is mortal, and. therefore, reasoning is confined within mortal limitations. Yet, as my mind is active as I lie in my berth, I find mydeliver his message. He spoke quiet- self absolutely convinced, and not by any process of reasoning, that the word was distinctly uttered; his was vital, conscious element in my naone of the most attractive voices I ture existed before my birth, and must exist after my death. I-that is to say, that part of me which i stood what his great charm is a pub- recognize, my consciousness-has wert Salmon P. Chase, who has gone lie speaker was. And this was the existed from the beginning and will message he brought to us, substan- exist forever."

"Gentlemen, the government of the looking thoughtfully out of the win-For a number of years before he United States is in need of gold. It is dow.

became a memberned Lincoln's cabinet in greater need of gold than of an "And as I have pondered upon this," army. This is so because it will not he continued, "I have found it poseisid-time finance was under discussion, army we may find necessary to save I know, for instance, at what time my but not until some months after the the Union. Enlistments will proceed, service in the United States senate outbreak of the civil war was I privi- are proceeding, all over the north. But will end, although I do not know why what are we to do with an army un- it will end. To know that would inless we can feed it, clothe it, provide volve considerations entirely apart from my projected consciousness. And I also know, or am convinced that I cier. It is my duty, under the law, to know, the time of my death, although I do not know the place or cause. It try, but it is no part of my duty, nor is a consciousness that has given me is it within my power, to raise money great peace of mind. It has absolutely relieved me from all sense of You are men of finance. It is your | personal danger. Ah, the soul, as distinguished from the intellect, is the marvelous part of our nature! It has never been explained and never will

be; it is not a part of our mortality." Seventeen years later, with perfect know how to secure that gold. I shall serenity, John James Ingalls apknow how to make wise and efficient proached his end. And I have often wondered since then whether his great peace of mind as he faced the Mr. Coe leaned forward in his chair grim reaper of us all would justify "He got the gold on the instant," he the impression that he had predicted

pyright, 1910, by E. J. Edwards. All

"Senator, you are a late sleeper," The brilliant Kansan smiled.

curately the time of his death

The Preservation of Venison

quires careful preservation. If in spite of every care it seems likely to go book gives the following recipe for its Telegraph. redemption.

Take strong ale, and put to it wine cinegar, as much as will make it sharp. Then set it on the fire and boil ried again, a right to firt with her to well and scum it and make of it a groung brine with hay salt or other case exists in Atchison, and that sait; then take it off and let it stand the cold, then put your venison her there was "talk," the woman retato it and let it lye in it full twelve

Then take out from that meer sauce tions from the man who was once my and greens at well. Then purboyl it, husband?"—Atchison Globe. and senson it with pepper and sait, and

The venison, the housewife goes on to say, must be baked in a "coffin"-1. c., inclosed in a paste case well lined with letter. After it is baked pour through a bole in the case some melted butter, three tablespoonfuls of vinegg and six of claret, and let it lie the city pay you?-Lippincott's.

and cool in this, after which it will be group an old English housewifery excellent cold.-London Daily Tele- English game according to association

> Divorced Woman's Right. Has a divorced wife, who is mardivorced husband? It is said such a when one of the woman's friends told plied: "Good heavens, the people in this town will talk about anything! Haven't I a right to receive atten-

His Identity Disclosed. Judge-What do you do during the

week? Witness-Nothing Judge-And on Sunday? Witness-I take a day off. Judge-Oh, I see. What salary does

Football in Russia. Football is taking an extraordinary hold of the Russian youth. A series of matches played recently in a large Russian city attracted over 20,000 spectators at each game. It is the rules that is played and the terminology is adopted without translation. It sounds curious to hear a Russian crowd shouting "offside," "corner" or "free kick" as they watch the play. But most wonderful of all is the vocabulary of the reporters who descibe the matches. Apparently they are really musical critics of some pretersion, for their published reports abound in mention of the crescendo passages and bravura thrills accomplished by the football players.

0-0-0-0h!

Miss Chatterton (gushingly)-What a magnificent great Dane! And, of course, his name is Hamlet? Mr. Galey (the owner)-Not exacty; you see, I-e-r, couldn't consist-

ently use that name. Miss Chatterton-And why, pray? Mr. Galey-The best I could do was to call her Ophelia!

One From the Cashler.

aimless converse, for he was of that

"Weil," snapped the cashier as she

fed his fare to the register, "if money

was intended for you to hold on to the

mint would be turning out coins with

Lo. the Rich Indian.

is approximately \$2,130, that for other

Americans is only a little more than

\$1,300. The lands owned by the In-

dians are rich in oil, timber and other

natural resources of all kinds. Some

of the best timber land in the United

The value of their agricultural lands

runs up in the millions. The ranges

000 sheep and cattle, owned by lessees,

bringing in a revenue of more than

\$272,000 to the various tribes besides

providing feed for more than 1,500,000

head of horses, cattle, sheep and goats

belonging to the Indians themselves.

Practically the only asphalt deposits

in the United States are on Indian

Our Voices.

I think our conversational soprano,

as sometimes overheard in the cars,

arising from a group of young persons

who have taken the train at one of

our great industrial centers, for in-

stance, young persons of the female

sex, we will say, who have bustled in

full dressed, engaged in loud, strident

speech, and who, after free discussion

have fixed on two or more double

seats, which having secured, they pro-

daguerreotypes-I say, I think the

conversational soprano, heard under

these circumstances, would not be

would put in requisition were he get-

ting up a new temptation of St. An-

There are sweet voices among us,

ture to that eternity of blissful har-

should I tell lies? If my friends love

truth. I never heard but two voices

in my life that frightened me by their

Add to Cost of Living.

letter which was sent to the Massa-

chusetts cost of living commission. It

"It seems to me that the elimination

of waste is nearly impossible in house-

holds where there are numerous serv-

ants; at least, I have found it so,

with only one, and the waste rises in

geometrical progression with the num.

ber employed. I have now been doing

I feed my family twice as well on

bout two-thirds the cost. A large

nomical use of meat. I make a de-

meat that a cook would give to the

licious dinner with a few scraps of

"Then I depend a good deal on

soups, which I invent to suit my

a little tomato and a bit of meat on a

a soup that all eat with much pleasure

and it is so nourishing that it goes far

to make the dinner. Most people do

not understand how different a soup

is when it has simmered a good many

hours. The soup that has been boiled

fast a couple of hours will taste flat

and uninteresting, whereas the same

being able to distinguish the ingre-

gients. Again it is time that counts.

and you do not need a great deal for

The American Magazine reprints a

sweetness.-Holmes.

goes as follows:

which they possess support about 500,-

States is owned by Indians.

The per capita wealth of the Indian

spend money."

handles on 'em."

lands.-Red Man.

Thanks to Burnt Cork. The harmless customer leaned "Gosh! But the colored race is aacross the cigar counter and smiled comin' to the front fast!" whispered engagingly at the new cashier. As he innocent Uncle Hiram, at the vaude month the Koran-according to Moshanded across the amount his dinner ville show, as the black-face comedian check called for he ventured a bit of was boisterously applauded.

"Yes, indeed," smiled the city man; anyone can see that that fellow is a "Funny," said he, "how easy it is to self-made negro."

> A Medical Compromise. "You had two doctors in consulta-

tion last night, didn't you?" "Yes." "What did they say?"

and the other recommended something else." "A deadlock, eh?"

"No, they finally told me to mix

The "Country Churchyard." Those who recall Gray's "Elegy in a Country Churchyard" will remember that the peaceful spot where "the rude forefathers of the hamlet sleep" is identified with St. Giles', Stoke Poges, Buckinghamshire. In the prosaic pages of a recent issue of the Gazette there appears an order in council providing that ordinary interments are henceforth forbidden in the churchyard.

MAKE UP YOUR MIND.

If you'll make up your mind to be And with the optimists agree That trouble's soon forgot,

Despite misfortune's darts. What constant springs of happiness
Lie hid in human hearts:

The passing years unfold. How soft and warm the levelight beams When you are growing old.

"It must have been frightful," said ceed to eat apples and hand round Mrs. Bossim to her husband, who was in the earthquake, "Tell me what was your first thought when you awakened in your room at the hotel among the allurements the old enemy | and heard the alarm."

"My first thought was of you," answered Mr. Bossim.

"How noble!" "Yes. First thing I knew, a vase off we all know, and voices not musical, the mantel caught me on the ear; it may be, to those who hear them then a chair whirled in my direction. for the first time, yet sweeter to us and when I jumped to the middle of than any we shall hear until we listen the room four or five books and a to some warbling angel in the over- framed picture struck me all at once."

Even after saying that, he affected monies we hope to enjoy. But why to wonder what made her so angry for the remainder of the evening.-Mack's me, it is because I try to tell the National Monthly.

No Slang for Her.

"Slip me a brace of cackles!" ordered the chesty-looking man with a hored air, as he perched on the first stool in the lunchroom.

"A what?" asked the waitress as she placed a glass of water before

"Adam and Eve flat on their backs! A pair of sunnysiders!" said the young man in an exasperated tone. "You got me, kid," returned the

waitress. "Watcha want?" "Eggs up," said the young man. E-g-g-s,' the kind that come before my own cooking for nearly a year and | the hen or after, I never knew which." "Why didn't you say so in the first gested.

part of the saving comes in the eco- had 'em by this time." "Well, of all things-" said the young man.

"I knew what he was drivin' at all the time," began the waitress as the young man departed. "But he's one of them fellers that thinks they can larder. A few cold baked beans, with get by with anything. He don't know that they're using plain English now bone, or a little left over gravy, make | in restaurants."

All Need the Earth. "There is an Antaeus in every one of us and in the whole of us which needs the earth," says Henry Demarest Lloyd in his posthumous book. "A grandmother was spreading before the vision of a beloved child a picture soup five hours later will have such of the beauties of heaven with its a delicious blend of flavors that all gates of pearl and its pavements of you know is that it is nice without | gold. 'What,' said the scornful boy, | loctor for observation, the doctor said unpactivated, 'no mud?' There spoke the real philosopher. We are earth-Cooks waste the coffee and tea hor- animals, and we need contact with aside. ribly. Mix the coffee with cold water all the aspects of nature, human nathe night before with an eggshell | ture, and other nature. They who and bring it to a boil in the morning | feed wholly on white bread and the tenderloin and the sweetness and on your body." "Ah, it is not a sicka good cup of coffee. The tea in the light of the best people, art for the ness," laughed the man from Bavaria. kitchen is piled into the teapot and art's sake, cannot get phosphates thrown out with but little of the good- enough and soon develop the rickets. ness extracted. Another frightful The man I heard say he liked to eat waste is the coal. I use less than with the common people once in a half as much as any girl I ever had while, the woman you heard say that He informed the doctor that he had and my stove bakes better. I never she thought it was her duty to as- \$11,000 in all, with which he was goor did after burning all the goodness the approach of extinction. They are Oregon. out of her coal in the first hour after losing touch with the source of all personal and social power."

Moslem Traditions.

Ramadan is the month exalted by Moslems above all others. In that lem tradition-was brought down by Gabriel from heaven and delivered to men in small sections. In that month, Mohammed was accustomed to retire from Mecca to the cave of Hira, for prayer and meditation. In that month Abraham, Moses and other prophets received their divine revelations. In that month the "doors of heaven are always open, the passages to hell are shut, and the devils are chained." So "Well, one recommended one thing run the traditions.-The Christian Herald.

The League of Politeness.

The League of Politeness has been formed in Berlin. It aims at inculcating better manners among the people initiative of Fraulein Cecelie Meyer, who was inspired by an existing organization in Rome. In deference to the parent organization the Berlin league has chosen the Italian motto. "Pro gentilezza." This will be emblazoned upon an attractive little At first those inside paid little heed; medal worn where Germans are accustomed to wear the insignia of or- why they should be disturbed in this ders. The idea is that a glaance at fashion. the "talisman" will annihilate any indiscourteous language. "Any polite us." person" is eligible for membership.

Why He Laughed.

south, and she was entertaining a guest of distinction.

On the morning following his arrival | sperrits."-Success Magazine. she told Tillie, the little colored maid, to take a pitcher of fresh water to Mr. Firman's room, and to say that Miss Mattie sent him her compliments, and that if he wanted a bath, the

bathroom was at his service. When Tillie returned she said: "I tol' him, Miss Mattie, en' he laughed fit to bus' hisself."

"Why did he laugh, Tillie?" "I dunno" "What did you tell him?"

"Jus' what you tol' me to." "Tillie, tell me exactly what you said

"I banged de doah, and I said, 'Mr. Firman, Miss Mattle sends you her lub, and she says, 'Now you can get up and wash yo'self!"-Lippincott's Mag-

Exaggeration.

On her arrival in New York Mme. Sara Bernhardt, replying to a compliment on her youthful appearance, said: "The secret of my youth? It thoughtfully, "so how can these many friends are exaggerating."

"No. no!" sclous exaggeration, like the French of it we cannot tell. nurse on the boulevard. Our boule-

begged her to stop a while in a crowd, acter in the heat, so that when the surrounding an automobile accident. glass is in place the lights are delight Please wait, the little boy said, 'Want | fully soft and mellow. to see the man who was run over.' 'No; hurry,' his nurse answered. shades each panel is separately mould-There will be plenty more to see ed and bent and the sections are asfurther on."

Had Money in Lumps.

Charles H. Rosenberg of Bavaria had lumps on his shoulders, elbows, and hips when he arrived here from Hamburg on the Kaiserin Auguste Viclike a mountain range, as it is presented on a bas-relief map.

berg passed before the immigration softly to himself, "See that lump." Then he asked Mr. Rosenberg to step

"You seem like a healthy man," said the doctor, "but I cannot pass you until I know the origin of those lumps "Those swellings is money."

Taking off his coat he broke open a tained \$500 in American bank notes. prospects ahead. He was admitted to the country .-

New York Tribune.

Economy in Art. "Of course," said Mr. Sirius Barker, "I want my daughter to have some sort of an artistic education. I think

I'll have her study singing." "Why not art or literature?" "Art spoils canvas and paint end literature wastes reams of paper. Singing merely produces a temporary

Economy,

disturbance of the atmosphere.

The late former Governor Allex D. Candler of Georgia was famous in the south for his quaint humor.

"Governor Candler," said a Gainesville man, "once abandoned eigars for a pipe at the beginning of the year. He stuck to his resolve 'lil the year's end. Then he was heard to say:

"'By actual calculation, I have saved by smoking a pipe instead of of Berlin. It was founded upon the cigars this year \$208. But where is

Hard on the Mare.

Twice, as the bus slowly wended its way up the steep Cumberland Gap, the door at the rear opened and slammed. but the third time demanded to know

"Whist," cautioned the driver, clination to indulge in bad temper or doan't spake so loud; she'll overhear

"Who?"

"The mare. Spake low! Shure, Oi'm desavin th' crayture. Everry toime Miss Mattie belonged to the old she 'ears th' door close, she thinks won o' yez is gettin' down ter walk up th' hill an' that sort o' raises her

The negro, on occasions, displays a

fine discrimination in the choice of "Who's the hest white washer in

town?" inquired the new resident.

"Ale Hall am a bo'nd a'tist with a whitewash brush, sah," answered the colored patriarch eloquently. "Well, tell him to come and white-

wash my chicken house tomorrow." Uncle Jacob shook his head dubiously.

"Ah don' believe, sah, ah'd engage Ale Hall to whitewash a chicken house, sah.

"Why, didn't you say he was a good whitewasher?"

"Yes, sah, a powe'ful good whitewasher, sah; but mighty queer about a chicken house, sah, mighty queer! -Mack's National Monthly

New Process of Staining Glass.

The art of coloring glass has been is the good God-and then, you know, lost and refound, jealously guarded I work all the time. But I am a and maliciously stolen so many times great-grandmother," she continued, in the history of civilization that it seems almost impossible to say anycompliments be true? I am afraid my thing new on glass staining. Yet a process has been discovered for ma-Mme. Bernhardt's laugh, spontane- king the stained glass used in windows ous as a girl's, prompted a chorus of which is a departure from anything known at the present time. What the "Yes," said the actress, "uncon- Venetians and the Phoenicians knew

The glass first receives its design in vards are much more crowded than mineral colors and the whole is then your streets, you know, and, although fired in a heat so intense that the colwe have numerous accidents, things oring matter and the glass are indisaren't quite as bad as the nurse sug- solubly fused. The most attractive feature of this method is the sun face acquires a nec

In making a large window in many sembled in a metal frame.

Fidelity to Parole,

Judge Crain of the Court of General Sessions has just held a reception more worthy of note than any ball, banquet or other high function toria. In fact, there was a series of of the season. It was held in his smaller lumps along his spine, much courtroom at night. In response to its summons came 117 men and wom en, some old, some young every ons The lumps were about the size of of whom was a victor over some form good Oregon apples, and as Rosen of temptation; an example of what human faith can do to help human weakness to redeem itself and be

Each of the company had been convicted of some first offense against the law, and each had been permitted to go out on parole of future good behavior. Each had kept the faith. The word was as g-od as a bond. Those who might have gone down in the struggle had found a way to rise and fight again. They were all able sample lump and showed that it con- to report good work done and bright

Time was when no one was trusted on his word save men of high degree. complain of the draught, as she does sociate with the middle class, confess ing to purchase an apple orchard in Fidelity to parole was deemed a princely virtue. Perhaps it is. There was nothing in Judge Crain's reception to disprove it.

What About Brain Food?

This Question Came Up in the Recent Trial for Libel.

A "Weekly" printed some criticisms of the claims made for our foods. It evidently did not fancy our reply printed in various news-papers, and brought suit for libel. At the trial some interesting facts came out.

Some of the chemical and medical experts differed widely. The following facts, however, were quite clearly established: Analysis of brain by an unquestionable au-

Phospheric Acid and Potash combined (Phosphate of Potash), 2.91 per cent of the total, 5.33 of all Mineral Salts. This is over one-half.

thority, Geoghegan, shows of Mineral Salts,

Beaunis, another authority, shows Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101 07 Considerable more than one-half of Phos-

phate of Potash. Analysis of Grape-Nuts shows: Potassium and Phosphorus, (which join and make Phosphate of Potash), is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own

law of affinity, all things needed to manufacture the elixir of life." Further on he says: "The beginning and end

of the matter is to supply the lacking princi-ple, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fag because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building. In the trial a sneer was uttered because Mr.

Post announced that he had made years of research in this country and some clinics of Europe, regarding the effect of the mind on digestion of food. But we must be patient with those who sneer at facts they know nothing about.

Mind does not work well on a brain that is broken down by lack of nourishment. A peaceful and evenly poised mind is neces sary to good digestion.

Worry, anxiety, fear, hate, &c., &c., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of

stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with

This trial has demonstrated:

men and water.

That Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albu-

That Grape-Nuts contains that element as

more than one-half of all its mineral salts. A healthy brain is important, if one would

"do things" in this world. A man who sneers at "Mind" sneers at the best and least understood part of himself.

That part which some folks believe links us to Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it

is used up from work of the previous day. Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason"

Postum Cereal Co., Ltd., Battle Creek, Mich.