MACHINERY WANTED.

It is perhaps an example of the irony of fate that Russia, our most for midable competitor in some branches of agriculture, should be obliged to depend, to a considerable degree, on American machinery for her success in the competition, says the Manchester Union. It is a fact no less interesting, though not unnatural, that American manufacturers of agricultural machintry are getting themselves in readiness to send to Russia all the machinery she is willing to pay for, provided she will make the trade an object to them by way of duty concessions. The Russian National Organization of Traders in Agricultural Machinery and implements has laid before its government resolutions advocating the continuance of agricultural machinery on the free list, and the removal of the present duty on locomobiles imported with threshing machines and steam plows. In these resolutions American manufacturers of agricultural machinery are naturally interested. They know that the Rus ent. He might have proposed to her sian government earnestly desires the in an automobile, or on the deck of a development of the southern part of yacht by moonlight, or even in the its country into a corn-growing area, the fertility of the soil making this especially desirable; and they are quite reasonable in hoping and expecting that this consideration will be a factor in the Russian acceptance of the proposition to admit free of duty all stensils and machinery required in rocky pasture he had the promise; the the cultivation of the product.

There are two sides to every question. Dean Bailey of the College of Stowell stood little chance. Miss Hul-Agriculture at Cornell, presented the se, daughter of Schuyler Hulse, of other side of a much-discussed matter Pittsfield, Mass., was one of the belles when he talked to the fruit growers of the state at Sodus on the subject tised in Pittsfield too, and one day he of abandoned farms. It is often declared that there is great loss of potential wealth in the abandoned farms. But Prof. Bailey says that much sentiment has been wasted on so-called abandoned farms; that farming has been suspended on some lands for good economic reasons, and that farming will not begin again upon them until conditions demand it. All this ly stifling a gasp. is true, of course. Buying an abandoned farm does not always open the all arranged. I'm going to Bellevue road to prosperity for the buyer. The | hospital there and I shall take the full new owner may find conditions such that he cannot get along any better than the old owner who left the place. There is gold in sea water, but no home while Miss Hulse went to New well, "just a minute, please. Rememmy attention to things on earth beprofitable way has been found to ex- York. Automobiling had always been ber what you asked me the other day? low would be appreciated by the other tract it. There is land lying unused his hobby, but folks had the balloon Here's your chance. We need a little passengers." in abandoned farms—though the state fever in Pittsfield just then and Dr. ballast. Want to come along?" agricultural department showed not Stowell got it, too. He joined the "In a minute!" laughed Miss Hulse. long ago that there are fewer farms Aero Club of Pittsfield-the premier

While we have French, Italian, Chinese and Spanish restaurants, and declared Dr. Stowell to his friends, and together too perilous. one or two chop houses which would be quite English were it not for their German waiters, it would be difficult to name a single kitchen in the town that excels in the preparation of our bomely American dishes in the very best fashion, says the New York Heraid. Sad as it is to tell it, not one of our famous bonifaces makes a serious effort to preserve the noble traditions of native cookery that are embodied in corned beef hash, pork and beans with a little molasses, fish cakes made from fresh cod, Indian pudding and chicken gumbo, not to mention such costly delicacies as terrapin and convashack

tiot

ere.

neg-

A suggestion has been made in New York, following the statement that the are waste of the country is \$500 a minute that a course of fire-fighting and prevention be established at one of the prominent colleges. The suggestion points to the fact that not one man or woman in a hundred thinks seriously of the ever-constant danger of fire until it is at hand, when the great majority promptly lose their heads at a time when every second counts. Training can develop that useful faculty called presence of mind, and there are many hints which would doubtless prove highly effective in both prevention and the salvation of life and property were they matters of common

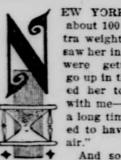
A woman in St. Louis, according to revelations in a divorce suit, was going to take the most unulque revenge on her husband on record. She intended to take a lot of brunette hair found in his value and bake it into a pie for his delectation. Only the imagination of a woman scorned could have conceived such a retributary scheme.

Maine reports that 12,299 hunters killed 5,551 deer in the state during the hunting season just closed. Next year there will probably be enough of them to surround the game and choke it to

Telephone girls with sweet voices and manners marry rapidly, and in Spokane they are required to obligate themselves to stay single six months. That is unconstitutional, but the poor eris have to stand it in Spokane.

The Burbanking of vegetables was all right, but it's rather disquieting to learn that a Harvard scientist is attempting the same thing among animals. A green carnation is amusing. but a green horse is outrageous.

Pittsburg philanthropists are plan ning to serve lunches at a cent each to pupils in the public schools of that city. Evidently there are people in Pittsburg who do not want school children to become obsolete.



EW YORK. - "I needed about 100 pounds or so tra weight, and so, when I saw her in the crowd as we were getting ready to go up in the balloon, I asked her to take the trip with me-I had known for a long time that she wanted to have a flight in the And so Dr. Sidney S.

Stowell took Miss Blanche Edith Hulse "up 'n a balloon, boys," proposed to her when they were 10,000 feet in the air while the other man in the basket was looking the other way; and now they are married!

Dr. Stowell tried something differhammock on the back porch; in other words, he might have proposed just as millions of other men have proposed. But on the spur of the moment he chose the air as the scene in which to bring his wooing to a climax-and won out.

When his good airship landed in a rest was easy, thanks to this new way of winning her. "The 100 pounds or so of ballast" is now Mrs. Stowell.

At the beginning it looked as if Dr. of the Berkshires. Dr. Stowell pracmet Miss Hulse.

Lure of the City Felt.

At length he gained the coveted in that every aeronaut dreads. vitation to call. The handsome young He glanced about. There was no physician took the very first oppor- more ballast-yes, there was Miss Hul- John Parker Manning. tunity. The visits continued until one se, who stood smiling by the side of day the young woman remarked in a the basket to watch Dr. Stowell make very off-hand manner, "I'm going to his upward shoot into the air. Per- Dr. Stowell an ample record. The New York to study nursing." "What!" answered Dr. Stowell, bare- last was in his mind too.

"Yes," rattled on Miss Hulse, "it's pair of merry eyes!

course. Won't it be fine?" ward and Dr. Stowell never got the cast off.

he went about it in a matter-of-fact formal way, with each flight, making the pretty girl let herself be helped of unsympathetic third parties. his records and studying the science into the wicker basket that hung unof aeronautics as if he intended to make it his life work.

He essayed the air for the first time, going up as a passenger with William Van Sleet. The wind was high and the pair were blown to Tyngsboro, Mass., but they landed in safety after a wild trip through the clouds. That started his qualification for air-pilot.

Under the rules of the Aero Club of Pittsfield a candidate must make six flights with at least one passenger, and one of the flights must be at night. All these Dr. Stowell made, but not without peril.

Peril in Night Flight.

balloon was in momentary peril of be- big blue bowl. ing struck by lightning. In another flight he was blown across the State of Massachusetts, dipped down till he hit the waters of the Hudson river, chose, or take a person.

York. She went to see the balloon flight and was in the crowd that gath. ances a most uneventful trip. ered about the tugging thing of silk and gas that half a hundred men could

barely hold down. They had chatted and laughed to shires. gether before things were ready, and Miss Hulse stood close to the basket to see the cast-off. Dr. Stowell was busy setting things to rights and get. p. m. ting everything ship-shape when he noted that his airship seemed even 25. too buoyant. It was plain to his ex-



perienced eye that she would shoot up in the air like a rocket-something

haps something else beside mere bal- miles made, the hours of flight, the Perhaps there was something in a

Invitation Accepted. Anyway, the budding man of the air

For answer to all these objections der the swaying bag of gas, and in a minute more the lines were loosed. Up, up, shot the airship into the blue, The crowd cheered for a moment, but held its breath when the baloon hit into a cross current and harely missed missed the tall chimney of a factory, just escaping disaster by a foot or two. Then began in earnest the flight into the turquoise of the sky

In a jiffy the balloon was only a dot among the clouds. The last of the crowd saw them, the new-fledged pilot and his two passengers were leaning over the side of the basket The night flight was punctuated by waving their hands at the people bea terrific thunderstorm in which the low-three midgets moving under a

Landing Safely Made.

That night a wire to the club brought the news that a landing had only to rise again and bang against been made safely 25 miles away, at the rock-bound sides of the Palisades. Shelburne Falls, but nothing was said Hulse was a first rate air sailor, and But, one by one, the flights were made of the really important feature of the There was but one left, and then he trip. Nor was Dr. Stowell's "ascenwould become a full-fledged captain of sion card," any more enlightening. In the air. He could fly alone now, if he view of subsequent events, however, this card, which he filed with the rec-He decided that his first passenger ords of the club as required by the should be John P. Manning of Pitts. rules, is of interest. If an airman field. It chanced that day that Miss of the future were to find this card Hulse was in Pittsfield too, on leave in looking up the records of balloonof absence from the hospital in New ing in the early twentieth century he would find that it was to all appear-

As the card runs: "Ascension, No. 7. "Balioon, Pittsfield, Heart of Berk-

"From, Pittsfield. "To, Shelburne Falls.

"Time up, 10:25 a. m. Down 1 "In air, 2 hours 35 minutes. Miles.

"Altitude, 10,000 feet

SYSTEM NEEDS MUCH WATER | externally one is astonished that it is | because ill health saps vitality. Each

Also as Aid to Beauty and Health, It Is One of the Finest Things Imaginable.

Two great aids to beauty and health in the world are the simplest and least often followed. A woman who will not fail to take obnoxious medicine recommended by her doctor, at the most inconvenient times, finds it too difficult to adopt these two remedies-fresh air and quantities of pure water.

Even those who have successfully educated themselves in the fresh air cult still neglect the equally important habit of drinking plenty of pure water. They daily bathe the body externally without a thought of the necessity of internal bathing.

Any doctor will tell you that a certain quantity of water should be taken daily; a pint and a half is the very least that one is supposed to drink. Yet there are many people who never drink water at all.

complexion and the health. When one thinks of the cleansing power of water upon the body applied

nal cleanser.

A woman whose complexion was the envy of all drank thirteen glasses of pure water a day between meals and slept with every window in her bedroom wide open. While she was fortunate enough to start life with a good complexion, she attributes all the these simple causes.

The morning bath has become a neessity to all who indulge in the niceties of life, and it would be well if the morning drink would also be adopted by women. Nothing is so good for one as to take a glass or two of water immediately after one's bath, or the first thing when one rises. If cold watter gives one a feeling of nausea, and it does to many, take hot water. This should be drunk as hot as one can bear it and in as great a quantity as one can stand. The juice of half a lemon in it works wonders for the

Every woman should take all reason able precautions to keep herself well, clothes.—Stray Stories.

carrying of passengers were now all down in black and white, but certain details quite important, were wholly omitted.

"Weather, fair. Temperature, 78.

"Pilot, Dr. Sidney S. Stowell."

"Passengers, Miss Blanche Hulse,

As far as ballooning went, that gave

"Wind, southwest.

"Course, northwest.

"I was too busy leaning over the made up his mind right then and there. side of the basket taking my photo-Miss Hulse left Pittsfield soon after. The helpers were ready to let go and graphs," said Mr. Manning, "to guess what was going on. But I could dichance he longed for. He stayed at "Oh, Miss Hulse," sang out Dr. Sto- vine without more than a look that

Of this Dr. Stowell says:

"Whatever John Manning may say Her mother was there, and several about it, if he admits he looked over of this kind than the average person place for the sport in the east, with of her friends. They protested. Why, the edge of the basket, that eliminates its big gas works and its host of aero- there were two in the basket of the him as the only wifness of whatever sharps. Soon he had the "bug," as balloon already, and a trip in the air proposition I submitted to the then was most dangerous, and the sky Miss Hulse. We were up about two "I'm going to qualify as an air-pilot," looked threatening and—oh, it was almiles, and so with his observation accounted for I think we can safely say we were beyond the attention

Just "Ballast."

'As for inviting Miss Hulse, that is simple enough. I needed about 100 pounds or so extra weight, and so when I saw her in the crowd as we were getting ready to go up I asked ending its trip then and there. It her to take the trip with me, for I had known for a long time that she wished the experience of a flight. It was an ideal day for it, and we sailed over some of the most beautiful spots in the Berkshires, including the estate of Senator Crane, in the town of Windsor.

"The most interesting part of the flight? Well, I dropped from the altitude of 10,000 feet by loosening the appendix cord instead of pulling the rip cord, and let the balloon come down in mushroom shape as a parachute. My passengers didn't mind, and we landed gently on the Nelson farm, only seven miles from the railroad station at Shelburne Falls. Miss as Mrs. Stowell she will accompany me on flights this summer."

The marriage was performed by Rev. C. Rexford Raymon, pastor of the South Congregational church in tuce with French dressing. Brooklyn. As for the honeymoon, the bride says:

"I shall be glad to go up again with the coming of warm weather. I enjoy flying. Afraid? Why, that never entered my head when Dr. Stowell was the pilot."-New York World.

Not as Bad as He Had Feared. "You are as false," she cried, "as false as-as-"

"As false as what?" he tauntingly

asked. "As false as hell!" she hissed. "Oh. I was afraid you were going to call me as false as the complexion

you are wearing."-Exchange.

not more universally used as an inter- time one is ill a tiny bit of youth and freshness is sacrified. One's reserve force is lowered, and every illness acts against the preservation of one's good

Begin at once to throw open all your windows and to drink water all during the day, and you will be astonished to see how much younger you will look freshness and youth of her looks to and how much prettier you will be. And youth-in face and figure-is now the aim and desire of every woman. She strives for its slim freshness as she used to strive for beauty.

Hardly in His Line.

Sad Looking Man-I see you have a sign out, "Maker of Women's Habits." Do you mean it? Ladies' Tailor-Certainly I do?

Sad Looking Man-Well, since my wife's been going to the club she's lost all the good ones she had, and I wish you'd make her a complete new set regardless of expense. And please include the habit of staying at home once in a while and mending my

TIBIE KITTCIBIEM

HE mind may feed on fancy.

ach imperiously demands something more

but the matter-of-fact stom

The Kitchen.

The ideal kitchen is not within the means of the everyday housekeeper; hard-cooked eggs. but it is possible to have one that is both convenient and attractive with ground floor, if possible. The north a well-liked dessert. and east exposure is considered the best, with plenty of air and light. If with thinly-sliced sage cheese bethe window light is not sufficient, tween is a delicious dainty. paint the walls and woodwork in light tints. The walls should be of hard finish, which can be cleaned.

Most housekeepers like a pine floor being easier for the feet than a hard meal. wood floor.

each fall and spring. After it is as they are so apt to warp and crack hopelessly worn off it may be painted if exposed to dry heat while wet. in a solid color with a border of some contrasting hue, if desired.

be injured. The sink and drain pipes should be purposes.

carefully flushed every day with boilpipes.

A cupful of hot copperas water is a good disinfectant, as is chloride of

All kitchen refuse should be burned when possible.

If the zinc table becomes stained, scour it with bath brick and kerosene. Rinse the tea towels in cold water Nor seeks for sa then in hot soap suds and again in cold water. Hang in the sun and air

To clean linoleum or oil cloth, wipe with a cloth wrung out of warm water, to which a little milk has been added

Much of the flavor, delicacy and wholesomeness of food depends upon the care of the utensils used. Good coffee cannot be made in a pot that is simply rinsed out and put back on the stove. A coffee pot must be washed, scalded and cared for just germicide.



angels,
With hammer and chisel and pen, We will work for ourselves and a wom an, for ever and ever Amen

-Rudyard Kipling.

National Salads. The following salads may be properly termed national, as they are the favorite salads of the people in the several countries the name of which

is given the salad. German Salad With Sausage.-Boil four frankfort sausages twenty minutes, cut in half-inch pieces. Boil half a pound of sauer kraut ten minutes drain and cool and mix with the sausage. Cut up two winter radishes and arrange around the salad. Sprinkle with minced onion or shallot, pickles and capers, chill and

serve with French salad dressing. Russian Tomato Salad.-Arrange a bed of torn lettuce leaves in a salad bowl. Peel four tomatoes of medium size, cut fine and mix with six sardines chopped, after skin and bones are removed. Place on lettuce and serve with either mayonnaise or French dressing.

Cuban Salad .- Break up four dry soda crackers, shred two sweet Spanish peppers, removing core and seeds. Slice very thin one Spanish onion skin, bone and mince six anchovies and mix all together. Serve on let-

Nontese Salad .- Bake four mild flavored onions until tender, remove the tops and put a lump of butter on each. Season with salt and when cold cut in quarters. Add four quartered eggs and six sardines, chopped. Add parsley and mix a teaspoonful of curry with mayonnaise or boiled dressing, and serve.

American Salad .- Mix equal parts of finely cut celery and apple, half the amount of broken nut meats and serve with a boiled or mayonnaise dressing.

BOUT the time a man goes into politics, his wife starts to keeping boarders.

Fish Salads for Lent. Any kind of fish can be acceptably served as a salad, that which is boiled being generally preferred. In boiling, add a small quantity of vinegar, it will make the flesh more firm and tender. Fish salads require the addition of acids, lemon juice being the most acceptable addition.

Cucumber salad is a good accom-

TOO MUCH EVAPORATION.

The old man came out of the lunch

had been shopping. "Samantha," he began enthusiastic

room and met his wife, Samantha, who

ally, "yeou may talk about yeour canned goods all yeou please, but these here evaporated dishes have them "reckon that evaporated, too." beaten to a frazzle."

"Evaporated dishes, Sile?" "Yes, I just had evaporated spinach an' evaporated asparagus." "Do tell!"

A combination unusual but pleasant

is salmon and cocoanut, with a little

chopped pickle. Herring Salad With Potatoes .-Wash four salt herring and soak in milk several hours, then drain; remove the fillets and sides and cut in pieces. Cut four small potatoes which have been boiled, half the quantity of apples, a beet and a pickled cucumber. Much has been said and written Mix all together, sprinkle with about the modern up-to-date kitchen. chopped chives and parsley; add salt, pepper and vinegar, decorate with

Household Hints.

Baked apples cored before baking small cost. Have the kitchen on the and filled with orange marmalade are For an afternoon tea, macaroons

> Every kitchen should be supplied with plenty of soft soap. It can be made in the home.

Steel forks and knives should be covered with linoleum, the soft wood | cleaned with scouring brick after each Never dry molding boards or chop-

To preserve linoleum, varnish it ping bowls by the fire after washing.

To remove the odor of onion from wooden or other dishes, fill with cold Kitchen tables are best covered water, adding a tablespoonful of washwith zinc, which saves the constant ing soda to a quart of water. Soak for scrubbing. When it is necessary to a while, then heat the water boiling set a hot dish down the table need not | hot and use it to flush the sink pipes. In this way the soda answers two

Cool bread and cake on racks made ing water. Washing soda should be for the purpose, or one may be imused frequently in the hot water to provised. Covering bread with a cura Ointment, but do not rub. Wash dissolve the grease gathered in the cloth allows it to sweat, and this often off the ointment in five minutes with spoils the flavor.



-Churchill. A Balanced Ration for the Family. recipes are usually welcomed by the Cuticura book on the care and treathousewife. In preparing a meal, if a ment of the skin and scalp. neavy soup, like cream soup is used, the main dish of meat should be less hearty, as the cream soup is very nutritiqus. When fish is served a miles, the Atlantic 30,000,000 and the heartier dessert is allowable, to give Indian, Arctic and Antarctic 42,000,000.

a well-balanced ration. individual, twelve to sixteen ounces tank one mile long, one mile wide and of meat is sufficient; the same amount one mile deep every day for 440 years. of flour and grains, eight to ten Put in figures, the Pacific holds in ounces of potatoes, six to eight ounces | weight 940,000,000,000,000,000,000 tons. of fresh vegetables and fruits, legumes and dry fruits each one ounce, not quite three miles. Its water weighs sugar two to three ounces, milk four | 325,000.000,000,000,000,000 tons, and a to sixteen ounces, butter one to two tank to contain it would have each of ounces and egg two ounces

Multiply this by thirty, and we have ILL we are built like the an allowance for a person a month. This is a ration worked out by Miss Barrows, of which she writes: "If the larger quantity of potatoes is used the smaller quantity of flour and grains would be ample; while if eggs were cheap and several were consumed, there would be a corresponding reduction in the amount of meat

People who try to live very economically and so buy the cheaper foods, are likely to have too little protein food, while those who have an abundance are apt to take too much and overload the system, causing various diseases.

It is not necessary or practical for a housekeeper to estimate the food for granted." principles in each dish she serves, but by balancing accounts once in a few weeks by the daily ration, she may know whether she is meeting the must consider that the growing boy needs food to supply heat and energy and at the same time build up bone and muscle. The growing boy needs as much food as the grown man. The reposed in him. man in the office does not need the amount of food that the farmer working in the open air finds necessary, so that our rations should conform to the age, occupation, climate and condition of health.

If we are to be a nation of people who do things, we must have clear brains and healthy bodies, and food is the most important factor.

Nellie Maxwell.

Ten years ago there were only two women bankers in Kansas, now there are more than 550, if one counts as bankers the presidents and so on, including the cashiers and directors. vice-presidents, 50 cashiers, 250 assistant cashiers and 250 directors. Miss Anna Speck, who is of the bank commissioner's office, says that if there were more women bankers there would be no need of bank supervision and no "bankers' colonies" in the state prisons. She has found them absolutely

honest in their accounts. She knows

all about the banks of her state.

Fame. "It is a great honor for a states man to have his portrait circulated before the gaze of posterity on our

treasury official. "Yes," replied Senator Sorghum. "and yet did you ever know anybody paniment to salmon, with a plain to hold on to a dollar bill long enough

national currency," remarked the

to know whose picture is on it?" "Then came evaporated kale as a

side dish an' evaporated pears as des-

With a far-away look in his eyes the old man fished through his pockets. "Where be yeour change, Sile?" demanded the thrifty wife. "Blamed if I know, Mandy," he drawled in a bewildered sort of way:

More Easily Recognized. Pleasure always knocks louder than Opportunity.

Sticky Sweating Palms

after taking salts or cathartic waters—did you ever notice that weary all gone feeling—the palms of your hands sweat—and rotten taste in your mouth - Cathartics only move by sweating your bowels

—Do a lot of hurt—Try a CASCARET and see how much easier the job is done - how much better you feel.

CASCARETS 10c a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

COMING EVENT



He-Do you think your father would offer me personal violence if I were to ask him for you? She-I think he will if you don't pretty soon!

SUCCESSFUL TREATMENT OF PIMPLES AND BLACKHEADS

A speedy and economical treatment for disfiguring pimples is the following: Gently smear the face with Cuti-Cuticura Soap and hot water and bathe freely for some minutes. Repeat morning and evening. At other times use hot water and Cuticura Soap for bathing the face as often as agreeable. Cuticura soap and ointment are equally successful for itching, burning, scaly and crusted huuce where appetite stands | mors of the skin and scalp, with loss of hair, from infancy to age, usually affording instant relief, when all else fails. Send to Potter Drug & Chem. A few ideas on menu making with Corp., Boston, Mass., for the latest

A Fairiy Wet World. The Pacific ocean covers 68,000,000 To stow away the contents of the Pa-For a day's ration for the ordinary cific it would be necessary to fill a

The Atlantic averages a depth of its sides 430 miles long. The figures of the other oceans are in the same startling proportions. It would take all the sea water in the world 2,000,000 rears to flow over Niagara.

A Dry Wash. Representative Livingston of Georgia, who, disgusted at the bath-tub debate in the house recently, proposed that a little money might be made by renting the bath tubs out, said recently, apropos of this subject:

"We are now a good deal like Bill Spriggins on a zero morning. "Bill's valet entered his bedroom one January morning and said with a

shiver: "'Will you take your bath hot or

cold. sir?' "'Thank you,' said Bill; 'I'll take it

Woman as Bank Cashier. Miss Ethel Boynton is cashier of the National Bank of Bayside, L. I., needs of her family. Of course, one the only woman in the state holding such a position. She says that to be trustworthy, a man or woman must first be kind, then he cannot find it in his heart to betray the trust that is

> Commercial Anxiety. "A clockmaker must be the most uneasy of manufacturers."

> "Why so?" "Because there is always the prospect of a strike in his works."

IT'S FOOD That Restores and Makes Health Possible.

There are stomach specialists as well as eye and ear and other special-

One of these told a young lady, of New Brunswick, N. J., to quit medicines and eat Grape-Nuts. She says: "For about 12 months I suffered severely with gastritis. I was unable There are four women presidents, 15 to retain much of anything on my stomach, and consequently was com-

pelled to give up my occupation. "I took quantities of medicine, and had an idea I was dieting, but I continued to suffer, and soon lost 15 pounds in weight. I was depressed in spirits and lost interest in everything generally. My mind was so affected that it was impossible to become interested in even the lightest

reading matter. "After suffering for months I decided to go to a stomach specialist. He put me on Grape-Nuts and my health began to improve immediately.

It was the keynote of a new life. "I found that I had been eating too much starchy food which I did not digest, and that the cereals which I had tried had been too heavy. I soon proved that it is not the quantity of food that one eats, but the quality.

"In a few weeks I was able to go back to my old business of doing clerical work. I have continued to eat Grape-Nuts for both the morning and evening meal. I wake in the morning with a clear mind and feel rested. I regained my lost weight in a short time. I am well and happy again and owe it to Grape-Nuts." 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.