The Loup City Northwestern J. W. BURLEIGH, Publisher LOUP CITY. . . NEBRASKA

CORDIAL MANNERS IN SPAIN

Enobbery, So Prevalent in Most Countries, Is Unknown in the Land of the Don.

The Spanish "fonda" has an atmosphere all its own. The waiters are universally courteous and universally quick and attentive. Their courtesy is much more genuine than that of the French waiter, much more agreeable than the fawning of the Japanese and a delightful novelty to the American who is used to the indifferent service for which the waiter in his "home" hotels expects a tip out of all proportion to his deserts. The agreeable relations existing between the Spanish waiter and those he serves is probably due in no small measure to the unique attinde of the classes toward one another in Spain. There is no equivalent in the Spanish language for the English word "snob."

Coexistent with a peculiar pride of race and position there exists in the beart of the Spanish "hidalgo" a perfectly friendly and cordial feeling toward persons in what are called for convenience the lower walks of life. Upon the other hand, the laborer, the artisan and the waiter maintain an atattitude of the classes toward one anclasse" unaffected by the bitterness that is often felt in countries where snobbishness causes the "lower lasses" to be constantly conscious of the sontiment of the wealthy and socially prominent that men are not equal. The Spanish waiter is therefore polite, but not servile. He accepts a gratuity gratefully, but does not, by word or manner, hint that it should be English Youths Do Not Know How to targer if it seems to him to be inadepuste.-Springfield Unica.

Using Time.

It is always easier to wish that we had more time, than to use the time that we have, cays a writer in the ished manner of continental and Sunday School Times. So, by wasting time in wishing, we still further reduce the precious asset of the actual and only time that is really ours. The person who is not capitalizing all the time he has at the rate of 60 seconds to the minute would not be much better off with 48 hours in his day. Those who turn out what is, to the rest of us, a discouragingly large amount of work, have simply learned the art of using all their time-particularly the nooks and corners, the odds and ends, of their time. They utilize a five or ten-minute scrap d time as eagerly as they do a half-day. And so things get done, and their year's output seems stupendous. With the average man, unless he can see neveral hours clear for a piece of work, he will attempt little out of the ordinary; and that is why he remains an average man.

In Crowded Quarters.

the capitol, recently told a story about and friends.



WASHINGTON.-For the first time in many years the state, war and navy building is being painted. The enormous structure, said to be the llargest government office building in the world, has become very dingy and there is rejoicing over the renovation. The job would take one painter more than a life-time, but large numbers of them will get it done in a few months

BOYS NOT POLISHED SINGING TO

King George's Comparison Stirs TWIN SISTERS FINALLY MEET Effect of Human Voic: Is Sooth-Educators and Parents.

Bow, Shake Hands, Converse, Stand or Sit in Presence of Their Superiors.

London .- How is it that some English public school boys lack the pol-American boys?

No less a person than the king himself has observed this unfortunate fact, as the Bishop of Worcester pointed out at a speech day celebration in Worcestershire.

The bishop gave an account of a conversation he had with the king when Duke of York. "Why," inquired the king, "do you

not ask that at public schools manners should be taught?" "The foreigners know when to bow.

how to shake hands, to converse, to stand up or sit down in the presence of their superiors, while the Englishman is wanting in these manners. When vacancies have to be filled those are the points which very often tell. and that is where the Englishman does not shine "

Train loans of school boys were pouring into London the other day from various parts of England, and an observer made special note of their

ing. Says Ranchman. Two Sixteen-Year-Old Girls Are Re-

united in Indianapolis After Being Separated for Years. Indianapolis, Ind .- After being sep-

arated practically all their life Marguerite Veail, of Wichita, and Marie Freeman, of Indianapolis, twin sisters, 16, have been reunited here.

seen the other and neitner knew until recently that the other existed. Both were adopted when babies from and owner of a cattle ranch seventeen a home here, and their real names miles west of Amarillo, Tex., to a are not given. Miss Veail lived with group of friends on his return recenta family at Wichita and did not learn | ly from the Lone Star state. until a year ago that she had a sister.

She came here to visit her supposed about twice a year. The cattle do not mother's family. The other day she visited a department store here and met a girl her pretty wild," continued Mr. Gray. exact counterpart in appearance. Both were amazed at their resem- gradually begin to drive the cattle in. blance to each other. Miss Veail re-

She visited the store again and met branding begins. her twin. Then she started inquiries, which disclosed that Miss Freeman was her

ture, but they do not intend to be sep- likely. arated.

-Appeared Much Refreshed.

ON'T confound simplicity UCCESS in housekeeping adds

effects may very costly, but don't think that costcredit to the woman of intelad a luster to a woman's ac liness is essential to good taste-when we say cheap we usually mean crude.

THE USEFUL TRAY.

ICHIEN

RICE DISHES.

carbohydrates.

the creole cuisine.

The revival of the tray, and its Rice being a starchy food, takes the many uses as a labor saver, would place of potatoes, and is much easier make a long story. The tray of digested, as there is less of the cel- greatest importance is the invalid's lulose in the rice. It is an ideal food tray, and now one sees such beautifuland in combination with meats, eggs | ly matched sets of china for the invaor milk, forms a balanced ration, a lid's tray that being served in bed perfect combination of proteid, fat and need be only a pleasure. The tray

may be as rich and expensive as one's In many of the eastern countries purse permits. Those of some rare rice is the main article of food, and old embroidery or dainty design in if the endurance of the Japanese is chintz, framed in mahogany, are very due largely to their food, it proves choice and delightful to possess, as to be a valuable one. One of the char- they may express one's individuality; acteristic dishes of our own country such a tray need not be expensive, and in the south is the Creole Jambalaya. will be a joy forever. The little use-It is prepared with all kinds of meats, ful bedroom tray is common to all, fish and fowl; the only invariable in- holding the matches, candle stick, gredient is the rice, the other things pitcher and water glass. This may be vary according to the supply on hand. of china, with the articles to match. The following is a recipe right from | Those of glass may be kept bright and shining on a tray of nickel or silver.

The breakfast tray is a great fa-Cut a pound of fresh pork into dice and chop two onions fine. Put a large vorite abroad, and is becoming more tablespoonful of sweet lard into a deep | and more popular here. The maid in a small family finds it saucepan, and when hot add the pork and onions, and let them cook brown; especially helpful, as she may carry

then add a pound of chopped ham and the tray with the breakfast steaming a quarter of a pound of Vienna sau- hot, and go back to her work without sage. Next add a bay leaf, a sprig of a dining table to set and clear away. parsley, two cloves and salt and two On days of extra work an hour in the quarts of soup stock or water. When morning thus saved is a great help boiling hot add a cup of well-washed towards the day's labor. For a Sunday night supper or for a rice. Boil until the rice is tender,

stirring frequently. Serve very hot, midnight lunch there is nothing so seasoned with cayenne and chili useful as a tray. The arrangement sauce.

Another favorite combination famous in the south is red beans with of a cup of tea or cocoa finishes the rice, prepared as follows: Soak over service, which may be carried to the night a pound of red beans, then sim- living room or library and there mer for four hours in two quarts of

water; add a tablespoonful of butter, a small onion, minced, half a red breakable dishes which may be thrown pepper (the hot variety), and continue on the floor without injury. These are the simmering process for two hours longer. Serve with boiled rice. This Then the soup set with tray is another is a balanced ration.

Escalloped rice with onions makes a most appetizing dish. Put a layer of tray. For the little folks this is very cocked rice into a buttered dish, add a popular. layer of parboiled onions or chopped uncooked onion, bits of butter, a few dashes of salt and pepper, then more platter, surround with sausages and serve.

Rice with cabbage, rice with tomato, rice with curry or parsley are a few quiet was discovered in a unique way of the many combinations which may be used.

fort from the minimum labor, and we hail any device or advice which will

money.

be small.

served.

which is well liked.

Prof. Munyon Says Ignorance of Laws of Health Explains Early End of Life.

YEARS IS SUICIDE

DEATH BEFORE 100

NOTED SCIENTIST HAS ENCOURAGING WORD FOR DESPONDENT MEN AND WOMEN

"Death before f00 years of age has been reached is nothing more or less than slow suicide. A man (or woman) who dies at an earlier age is church in the who dies at an earlier age is simply igno-

than slow solicide. A man (or woman) who dies at an earlier age is simply igno-rant of the laws of health." Such was the original and rather startling statement made by Professor. James M. Munyon, the famous Philadel-phia health authority, who is establish-ing health headquarters in all the large cities of the world for the purpose of get-ting in direct touch with his thousands of converts. Professor Munyon is a living embodi-ment of the cheerful creed he preaches. Virile, well poised, active and energetic, he looks as though he would easily at-tain the century age high which he de-clares is the norma, one. He said: "I want the people of the world to know my opinions on the subject of health, which are the fruit of a life-time devoted to healing the sick, people of

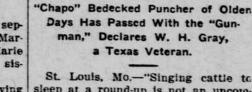
health, which are the fruit of a life-time devoted to healing the sick, people of America. There isn't a building in this city big enough to house the people in this State alone who have found health through my methods. Before I get through there won't be a building big enough to house my cured patients in this city alone. "I want, most of all, to talk to the sick people-the invalids, the discouraged ones, the victims of nerve-wearing, body-racking diseases and ailments-for these are the ones to whom the message of hope which I bear will bring the great-est blessing.

est blessing. "I want to talk to the rheumatics, the

Bobe which Bear will bring the greatest est best me.
"I want to talk to the rheumatics, the sufficient with that noxious disease, catarth. I want to tell my story to the ones afflicted with that noxious disease, catarthe is a starth of the secone chronic invalids as a result of nervous troubles. I want to talk to the men who are 'all run down' whose health has been broken by overwork, improper diet, late hours and clutch of serious, chronic illness.
To these people I bring a story of her things. I want to astonish them by showing the record of cures performed through my new system of treatment.
That are taken the best of the ideas form all schools and embodied them in a nodern science. The success which I have had with these treatments in dividually and end over America proves its efficiency. Old methods must give away to for modern science. The success which I have had with these treatments in this dividual science moves. I know what my remedies are doing for humanity everywhere. I know what field science moves, thore may and her enormous corresters. Philadelphia, Pa, keeps Dr. Munyon and his enormous corresters. Philadelphia, Pa, want to all advice; not a provide and sciences process fifty-third and Jefferson streets, Philadelphia, Pa.

His Part in the Proceedings.

Clarence is a darky who is as proud of piloting Mr. Hillside's costly automobile as Mr. Hillside is of owning it. "Well, Clarence," said a neighbor, "I saw you in the Taft parade, but you didn't have the president in your car, I noticed." "No, sir," the chauffeur answered. "I didn't have the president, but I had a reporter, and I reckon Mr. Taft might have talked up there on the hill all night long and nobody in town would have knowed about it next day if it hadn't been for me and that reporter."-Exchange.



man," Declares W. H. Gray,

St. Louis, Mo .- "Singing cattle to Neither could remember having sleep at a round-up is not an uncounmon occurrence," said W. H. Gray, Civil war veteran, real estate dealer

"We have a round-up on my ranch see a human being for perhaps months at a time, and as a result are "The cowboys form a large circle and When the different herds are driven turned to her home much perturbed. into one large circle the work of

"A round-up, however, sometimes lasts for two weeks or more, and the task of keeping the cattle together is sister. The girls could not express not an easy one. At night they be the onions are tender. Turn out on a clearing and laying a table. One or their joy at finding each other. They come restless and if they are allowed have not made their plans for the fu- to move too much a stampede is

"The method of keeping the cattle ENJOYS SWIM IN THE RIVER several years ago. During one of the round-ups the cattle were more than

still riding around the circle singing.

Efficit Woods, superintendent of demeanor when they met relatives Horse Breaks Away From Store Wag. ordinarily restless. A large force of 15.03 cle despite the fact that they had all helped with the branding during the life come strong "That evening one of the cowboys rom every point; yet each will speed thy along out of the water. The horse had who had been with us only a few course If thou with steady hand when tempests

a new southern member of the house whose frugality he is commending to his congressional friends. The new member arrived in town

and hunted Superintendent Woods up barrassed when they met loving aunts immediately.

"I reckon I'd like to look at my quarters," said he to the superintendept.

He was taken to the house office building and shown to one of the substantially furnished office rooms.

"This is fine," said the new mem ber, "but where are my other rooms?" "Oh, you can't have another room

for several years, not until you have become chairman of a committee," retilled Woods.

"My God!" exclaimed the southern er, "how do you exect me to sleep, cook, eat and work in one room?"-New York World.

Circumventing Hoodoo.

A woman who sets particular store by the thirteen superstition surprised her friends by accepting an invitation to a luncheon where there were to be thirteen guests.

"I will be safe," she said, "for shall make it a point to be the thir teenth person to enter the room. That is a funny thing about thirteen. Many accidents have happened to companies thirteen in number, but investi siderate gation has shown that while the other twelve persons suffered more or less the thirteenth person who joined the company always escaped unharmed."

Less Monotonous.

The caller had laid his troubles before the lawyer.

"What I want, as you readily un derstand," he said, "is a divorce. I realize that there will be attorney fees, necessary expenses and some he said. What will be the total cost?" delay.

gave him his estimate.

"Well," said the caller, rising, "I think I shall go to Reno. The cost get more scenery. Good day."

\$1,500,000,000 Bond Sales Annually. In round numbers \$1,500,000,000 of American bonds are marketed every year and almost all of them pass through the hands of American bond

Of this \$1,500,000,000 bonds one third is absorbed by insurance companies, savings banks, trust companies and other banks (in approximately equal amounts) and the remaining two thirds by corporations (for reserve, etc.) and by private investors a this country and abroad .-- Moody's Magazine.

No Use.

Mrs. Finefeather-Are you taking your husband abroad this year?

Mrs. Bouton-No, I decided year when he insisted upon speaking of the Venetian gondolas as canal ts that the real charm of Europe is lost upor nim.

A Country Town.

"Any chance for a nerve specialist

"I don't think so, doc. More chance for a green apple specialist around thin.

At Victoria station (Brighton line) the platforms were crowded from time to time with homecoming schoolboys, who appeared to be very em-

and other relatives. Some instances were as follows: One boy, aged about fifteen, was in-

troduced to his friend's people. Blushed deeply and fumbled with his hat. Appeared to be in doubt as to which hand he should use to shake hands. Had no conversation whatever. Went away abruptly, without raising hat. Boy about fourteen, met an aunt. Said "Hullo" without raising hat. Made no offers to do anything with his luggage. Whistled and studied bookstall while aunt arranged to get

luggage in a cah In the station restaurant two boys were having lunch with a lady friend. ninth street, where it was taken Both were intensely self-conscious ashore. The horse was none the and fumbled with everything. They rarely passed anything to the lady and only talked in monosyllables. nessed to the truck. On the other hand, French and

American boys appear to be perfectly self-possessed and know the right thing to do-so a station official at Victoria said.

"The politeness of the French youth is sometimes embarrassing," he said. "He is invariably courteous and con-

"American boys, even if their manners might be improved, are very precocious travelers, and never at any moment do they lose their heads." A defense of the British schoolboy

was obtained from the secretary of the B. P. Boy Scouts association. "English youths may have obtained

Frenchman Experienced, Caly

One Tadpole Is Alive.

Paris .- Scientific circles have been

roused here by the announcement in

the newspapers that Batillon, a

French scientists, had at last solved the

great problem of science and suc-

ceeded in creating life. But the orig-

Batillon says "Loeb in America and

oducing life artificially from the egg

Delage in France have succeeded in

of the sea urchin, which is the low

est form of animal life. My own ex-

periments have been along similar

higher forms of life. I have succeed-

"It was done with an egg, which

The process was long and uncer

followed in making the sea ur-

ed in 'creating' a frog.

het

was produced in a manner si

es, except that I have worked on

inal statements are now modified.

their reputation for indifferent man ners and awkwardness simply because they are naturally shy and retiring."

maketh man.' his roughness passes off and he becomes a sociable human be scouts."

New York .- Hundreds of persons day. The next day the work was not along the North River front in the done half so well because of the loss vicinity of 45th street watched a of sleep from which the men suffered. struggle to get a large truck horse

plunged from the dock at the foot of months and who had come from the that street and enjoyed itself in the east rode out and began to circle the water for nearly an hour blocks above. cattle. The other men were eating The horse was attached to a stone supper, and, being lonesome, the eastwagon and broke away and jumped erner began singing a melodious tune After a few minutes a cow drorpe into the water. The animal swam around for a few down on her side to sleep, followed by

minutes and then Joseph O'Neill, of her calf. One by one the others pre-No. 615 West Forty-ninth street, who pared to rest for the night, and within was out in a rowboat, pulled along. a half hour there was no possibility side of the horse and cut the harness | of a stampede and no need of a heavy from him. O'Neill placed a halter guard. The other cowboys tia:shed about the animal's neck and after an hour got it to the foot of West Forty-

worse for the swim and appeared much refreshed when again har-NEW WHEAT IS PERFECTED

Federal Expert, After Four Years of Experimenting, Makes Important

throwing a heavy guard around the cattle one of the men simply ride: Chico, Cal.-After four years experiaround for about Lalf an hour and menting at the national introduction sings and the cattle go to sleep. gardens near this city a variety of

to the United States from Turkestan. ed a ranch often have asked m about H. E. Blanchard, western cereal ex- the mode of the cowboys' dress. The pert of the department of agriculture. has succeeded in separating a pure

completed the new wheat has aver-"As soon as a boy begins to think to the acre than the white Australian The lawyer figured it all up and for himself and realizes that 'manners variety, which is accepted as standard by the farmers of the west. Mr.

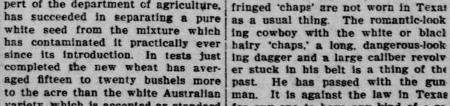
will be just about the same, and I'll shy, awkward boy than to join the forward steps in wheat culture in many years.

SCIENTIST PRODUCES A FROG

Out of 100,000 Eggs With Which tain. Out of 100,000 eggs with which

Discovery in Chule.

wheat known as chule, introduced in-



for any one to have any kind of 1 revolver or concealed weapon on his Blanchard considers the segregation person, in his belt or in a holster ating. There is no finer training for the of the new grain one of the greatest | tached to his saddle. It is also contrary to Texas laws to carry a knife

I have experimented not more than

400 have produced life. Out of all my

experiments I can show at the

present time only one tadpole now

alive. The others I have created have

quickly died, although I have succeed-

Grasshoppers' Foe.

Minneapolis, Minn .- A cricket in the

developed into frogs."

more than six inches long.

Canst keep thy course aright and never nce let go. -Theodore C. Williams.

WAYS OF USING THE ANCHOVY.

This dainty little Mediterranean herring is most delicate eating and adds a zest to any dish to which it is added. They are immediately pickled or salted as they are taken from the water, and come to us in many diftheir supper and, mounting their ferent preparations: The anchovy horses, went out to begin the tedious paste, which is useful in many ways, task of watching the cattle. When as a flavor to macaroni or salad, esthey arrived they saw that most of sence of anchovy also used as a flavor, the cattle were lying down, so they anchovy butter, anchovies pickled and withdrew a few yards to watch the in oil, and simply salted; they are animals and their partner, who was every one most appetizing. When serving cod or white fish with a "When told later on of the feat he white sauce, a little anchovy essence had accomplished the cowboy was an adds greatly to the flavor of the dish. gry, believing that he was being Added to a plain batter sauce it makes

'joshed.' but soon he was convinced a decidedly different dish. there was no joke, and now instead o' Olives stuffed with anchovies are most dainty and zestful as an accompaniment to a salad.

Anchovies a la Millionaire .- This recipe, which the name indicates, is "Friends living in . eastern state: not for every day use, but is certainly and in England who have never visit one worth having for a state occasion. This may be served as a canape. Prepare scme neat squares or rounds

of toast, butter them and spread thickly with the following paste: Stir in a double boiler the yolk of an egg.

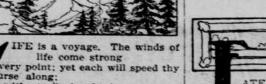
two tablespoonfuls of butter and two teaspoonfuls of anchovy paste, a teaspconful of mushroom catsup, six olives finely chopped, and half a cup of cream. Cook together until smooth. Be careful not to let it boil, then spread over the toast. Over this heap a half cup of whipped cream and garnish with halves of anchovies boned

and soaked in milk. Lay the strips so that the ends meet at the top. Either serve at once or chill and serve cold. Canapes of Anchovies.-Have some round pieces of bread cut with a biscuit cutter and fried in deep fat. Chop fine some hard-cooked eggs, season

with chervil and chives. (Chervil looks much like parsley when growing, but has a characteristic flavor.) Place the chopped eggs and herbs in a dish and mix with a little mayonnaise, chopped olives, pepper and salt. Spread this mixture on the bread and lay strips of anchovies lattice work fashion over them. Garnish with parsley and serve.

Unending Procession of Idiots.

One would think people would get tired of being killed in automobiles crossing railroad tracks. It seems such months afterward, when cleaning his be true that the same person is never desk, the moyor found the will, but killed twice that way, but that is no meanwhile Strohm had moved away. help. The experience of the dead The will was returned to the surro ought to teach the living. Apparently esota and the Red river valley. The gate here. The missing witness at it doesn't. Every motorist must ricket is declared by Mr. Somers to last was found in Quincy, Ill. The know from repeated and re-repeated have an insatiable appetite for grass-hopper eggs and is eating them by the millions. estate is not large.



ATE cannot harm me, I have dined today.

and placing of all the food and dishes

can be quickly done and a chafing dish

There is the nursery tray with un-

decorated with Mother Goose designs.

The bread and milk set has its own

Napkins to use with a tray should

A large tray, not too large to be

cumbersome, is a great step-saver in

two trips from the kitchen and pantry

Economy should be used in saving

We want to get the maximum com-

time and strength as well as in saving

will carry much that is used.

us to meet that er

Since Eve ate apples much depends on dinner.

SOME RICE DISHES.

Rice is not costly; it is very wholesome and nutritious and may take the place of potatoes most satisfactorily. Rice With Tomato .- Prepare rice by washing and adding a cupful to two quarts of boiling water. Cook until tender, then add a cupful of tomato stewed and seasoned with a little sugar; add salt, pepper and thicken with a teaspoonful of flour cooked with one of butter. Mix with the rice lightly, not to break it or make it mushy, and bake in the oven for

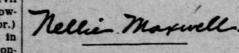
twenty minutes. Rice With Cheese .- To one cup of boiled rice add one-half cup of grated cheese, a little butter, one-half cup of sweet cream. Season with salt and pepper and bake in the oven until firm. Rice served with chocolate sauce is well liked by many as a dessert. An-

other sauce is nice rich grape juice. Rice Custard .- Add a cup of boiled rice to a rich custard made with a pint of milk, one-half cup of sugar and the yolks of two eggs. Cook in a double boiler, flavor when cool, mix lightly with the rice and mold. Serve cold.

Another rice custard is made by putting the boiled rice into the eggs and milk before cooking, and bake the custard.

Rice and Stuffed Onions .- Cook until tender four good-sized onions and one and a half cups of rice. Remove the centers from the onions and fill with buttered crumbs. Bake until brown. Pile the rice on a dish, place

onions on top, and serve hot. Rice With Curry .- Boil three-fourths of a cup of rice in salted water until tender, then pour into a bowl that has been rinsed with cold water. Let stand a minute then invert on a plate. Sprinkle with curry, dot with bits of butter and serve.



Wouldn't Mind. Nurse-You have been badly hurt

and I must give you an alcohol rub. Patient-Are you sure I am not hurt internally ?- Smart Set.

the motor car invariably gets the worst of it. And yet, week after week and month after month, the argument goes on and contestants on the motor car side proceed to the bospital or the cemetery.-Life.

Olive Tree 400 Years Old.

There are in Syria some olive trees which are known to be more than 400 years old. Not only are they still in a flourishing condition, but they are likely to bear fruit for a a crossing as to which shall pass first | century or two longer.

Twice Convicted.

Another lawyer's story arrives. We are told that a man was charged with picking a pocket the other day and that when arraigned he pleaded "guilty." The case went to the jury, however, and the verdict was "not guilty." And the court spoke as follows:

"You don't leave this court without a stain on your character. By your own confession you are a thief. By the verdict of the jury, you are a liar."-Cleveland Plain Dealer.

Up-to-Date.

Uncle Mose, a plantation negro, was being asked about his religious affiliations.

"I'se a preacher, sah," he said.

"Do you mean," asked the aston . ished questioner, "that you preach the Gospel?'

Mose felt himself getting into deer water.

"No, sah," he said. "Ah touches that subject very light."-Success Magazine.

The more virtuous a man is, the more virtue does he see in others .---Scott.

A feeling of superiority is about all the satisfaction some people get out of being good.

Time is the oldest and most infallible of all critics .- Rousse.

A LADY LECTURER Feeds Nerves and Brains Scientifically,

A lady lecturer writes from Philadelphia concerning the use of right food and how she is enabled to withstand the strain and wear and tear of her arduous occupation. She says:

"Through improper food, imperfect ly digested, my health was completely wrecked, and I attribute my recovery entirely to the regular use of Grape-Nuts food. It has, I assure you, proven an inestimable boon to me.

"Almost immediately after beginning the use of Grape-Nuts I found a gratifying change in my condition. The terrible weakness that formerly prostrated me after a few hours of work, was perceptibly lessened and is now only a memory-it never returns.

"Ten days after beginning on Grape Nuts I experienced a wonderful in. crease in mental vigor and physical energy, and continued use has entirely freed me from the miserable insomnia and nervousness from which I used to suffer so much.

"I find Grape-Nuts very palatable and would not be without the crisp, delicious food for even a day on any consideration. Indeed, I always carry it with me on my lecture tours."

Read the little book, "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

Paper, Lost for Months in Western Mayor's Desk, 's Finally Admitted to Probate at Newark.

WILL TRAVELS 10,000 MILES

Newark, N. J.-The will of J. A. Frink, which had been lost for months and has traveled 10,000 miles since his death, almost a year and a hall ago, was admitted to probate here.

ed in keeping them alive until they When the will first was offered the widow, sole beneficiary and executrix, was requested to verify the document by the witnesses One, Robert Shee-

an, had died. The other, Edward C field is worth two on the hearth. His Strohm, was in Bakersfield, Cal. The once doleful fiddling now is music to will was sent to the mayor of that the ear of the farmer of the northcity, but when he was looking for west. So doubtless muses M. P. Som. Strohm the paper was lost. Several an avoidable manner of death. It may rs, grasshopper expert for the state department of entomology, after a ummer-long investigation in - the rasshopper infested districts of Min-