Recommendations of O'd and New Governors Read Before Two Houses in Joint Convention.

In the presence of members of both branches of the legislature and a an exhibit at the San Francisco expocrowd which packed the house gallery sition. and lobby, Governor John H. Moreof the state for the next two years the board of control. were sworn into office on the 9th. As has been customary in the state the ceremony was simple and informal. Retiring Governor Aldrich and the new executive read their recommendations to the legislature, the oath was administered to the incoming officers and the joint session adjourned as the crowd dispersed

The inauguration took place in representative hall. Shortly after 2 o'clock members of the senate arrived and took seats reserved for them. The joint session was called to order farm for Mrs. Roy Blunt during her with Speaker Kelley and Lieutenant | life. Governor McKelvie presiding. Committees were appointed to notify the retiring and incoming governors that the legislature was ready to receive them. Each was given generous applause as he appeared with his committee escort.

The messages of both governors were longer than usual, covering a wide range of proposed legislation and going into considerable detail as to some of it.

The oath was administered to the new set of state officers by by Chief Justice Manoah B. Reese. Following are the men inducted into office.

John H. Morehead, governor. S. R. McBride, lieutenant governor, Addison Wait, secretary of state. William B. Howard, state auditor.

Walter A. George, treasurer. James E. Delzell, state superintend-

H. G. Taylor, railway commissioner. Governor Morehead, in his inaugural address, differs materially in his stand on a number of matters of great interest to the state from that of Governor Chester Aldrich. Among these are the board of control, development of water power and university re-

moval. Governor Aldrich comes out strongly against public ownership of water power development, urges caution in the enactment of laws so that they will not be so drastic as to frighten away capital, and thinks it might come under the same system of regulation as the railroads.

Governor Morehead recommends an appropriation for the investigation of the water power resources, before any legislation is enacted, and asserts that the rights to the same should be reserved to the people, and relinquished only under proper leases from the state, whereby the rates and uses of the same are fully controlled.

Governor Aldrich goes so far in his board of control recommendations as to advicate that any member or officer of the board or institution under its control, who either directly or indirectly tries to influence another member or appointee, or attempts to get him to adopt his political views, or to favor any particular candidate for office, should be removed from office.

Governor Morehead says he will endeaver to name honest, intelligent men to this board, and hopes that by buying supplies for the state through the purchasing agent, and adopting better business methods, they can bring a much more efficient and economical appointed a committee to rush the administration.

Spencer Will Contest.

The secretary of state has received official notification that Charles F. Spencer of Lexington, a democrat, will dispute the seat of W. W. Stebbens, a republican, for a chance to represent the Sixty-seventh representative the speaker. Mr. Stebbins was electdistrict in the coming session of the

Legislative Notes

J. J. McAllister of Dakota City presented Speaker Ke'ley with a gavel, recodifying committee and report on the work of revising the statutes.

Secretary of the Senate Barnard will stamp and mail all letters placed on his desk by the senators. They presented at the present session of the own stamps.

Douglas county in the house, several democrats from Omaha will get jobs under the tribal forms and will recin the lower branch.

The senate decided not to pay its employees until they started to work. The enactment of the law will remedy In the house pay starts as soon as the appointment is made, though some em- isted in the past and will provide ployees do not work for two weeks.

A Legislative Issue

State ownership of telephones and power sites and development companies will be one of the issues brought before the present legislature. Unless a marked change in sentiment ity of the members of both houses beflock of corporation lobbyists.

Legislation for Boys and Girls. Measures, governing street labor by children and advancing the age limit of boys employed as night messengers are being drafted by Judge Howard Kennedy of the juvenile court of Omaha, to be submitted to the legislature this session. A more stringent law governing the sale of opium probably will also be drafted by the juvenile judge. The child street labor law would be separate from the child labor law now on the Nebraska statutes. while the night messenger-boy measure would be offered as an amendment.

BRIEFS FROM THE GOVERNOR.

Some of the Things in His Message to Legislature.

Opposes the removal of the state university from the present campus. Opposes the building of a new capi-

to! at this time Favors the construction of a build-THE OUTGOING AND INCOMING ing to house the state library, the supreme court and the State Historical society, if the historical society will deed its land to the state.

Supreme court should be divided into sections.

Favors a liberal financial policy toward educational institutions. Favors a blue sky law such as is in force in Kansas. Opposed to any appropriation for

State normal schools should be head and the minor executive officers placed under the board of regents or

> Independent voting should be encouraged and the party circle abol-

Governor should be limited to single

Declares against "log-rolling." Appropriation bills should be made a special order early in the session. Board of control members must give

Unnecessary employees at state intitutions should be dropped. Would purchase a Sarpy county

whole time to state.

Recommends a state reformatory for short-term prisoners.

Opposes contract prison labor. Would make illicit traffic in drugs at penal institutions a felony.

Water power rights should be reerved to the people and let out on lease.

Recommends an agricultural course at the Kearney Industrial school. Favors intensive farming and recmmends county agricultural experts.

Suggestions of Gov. Aldrich. Establishment of an intermediate re-

formatory. Strictter marriage 'aws, prohibiting the union of those mentally and phy-

sically incompetent. Abolishment of the rural life com nission

Declaring smuggling of opiates into he state prison a felony. Payment of part of wages of con-

victs to their dependents. Improvement at present state prison Appropriation of \$50,000 a year for

state publicity department. Strengthening the Sackett law. Placing of water power companies inder the state railway commission. Law to do away with the assump-

Better system of road laws, with state highway commission.

Wage earners' insurance act to care for injured workingmen and those dependent on them. Great care in framing method of

heir duties. Revision of the present taxation

Passage of a blue sky law regulating character of securities offered for sale

Prevention of "log-rolling" in the

Enactment of law prohibiting liquor nterests from contributing to campaign funds.

An eight-hour day for all workers especially those in state and municipal

Legislative League Banquet. The executive committee of the Ne braska Legislative league met to pre pare for the second annual banquet which will be held February 13, and

members. A House Contest.

One contest has been properly lodged in the house, the contest papers in the case of C. F. Spencer of Dawson, democrat, against W. M. Stebbins, republican, having been delivered by the secretary of state to ed by three votes, and Mr. Spencer alleges irregular count in every precinct of the district, the intention being to secure a recount of the ballots by the legislature. Two years ago the legislature refused to go back of the returns in the Scheele-Wertman case.

Indians Have a Bill. Northeast Nebraska Indians are going to take a hand in the bill to be will not be allowed to handle their legislature, which is designed to clear up the marital relations of many of Though no democrats landed from them. The measure will legalize all divorces which have taken place ognize the present wives of all the "men folks" as their legal helpmeets. a great deal of trouble which has exeasier ways for settling estates.

Would Reduce Road Width.

Fifty-four feet will be established as the standard width for Nebraska roads, if the bill which Representative G. W. Fuller of Seward will introduce passes the law-making body. All roads having the regulation width of appears, the question of state owner- sixty-six feet, and roads having the ship will not get very far. The major- irregular width of more than fifty-four feet, will be cut down to the latter lieve the time is not ripe for the state dimension under the proposed enactto embark in such business enter- ment. This will leave at each side of prises, and in the second place the the sixty-six-foot highway a strip six pressing of the question will bring a feet "id". The bill will cede this to adjoining property owners.

Demand for Fish Met

For the first time in the history of the game warden's department, according to a report by Chief Game Warden Miller, he has been able to meet all demands in the last biennium for fish for public and private waters. During the biennium 20,-771.120 fish have been distributed over the state in waters where application had been made for a supply. Of this number the greater proportion were wall-eyed pike, of which 18,625,000 were put out. Brook trout came oext to the number of 812,750

Three Fascinating Frocks Designed for the Really Smart Dresser



1. The new tunic in blue Liberty satin with panels of brocade, skirt edge with black fox. 2. A harmony in black velvet and white tulie, edg-d here and there with white fox. 3. A graceful frock in biscuit cloth with collar, sleeve revers and sash in ermine. A small red tie supplies the inevitable bright touch.

Double Convenience for the Woman Who is Required to Do Considerable Traveling.

One of the most convenient little accessories to the toilet for the woman who travels about a great deal is a small fewel case and pincushion combined

It is made of a piece of fancy ribbon or plain satin twelve inches long and six inches wide. The material is the bath when the water is run in. sewed together lengthwise, then divided into three parts, four inches bran will be cooked and thus rendered in each, either by stitching it on the useless, but if warm water is poured machine or with very close crosstion of risk defense in personal injury stitch or featherstitching.

Do this stitching four inches from one side first, then fill the center with elaborate there are sold at chemists wool to form the cushion in which to and stores little sacks of bran mixed stick the pins, then stitch it across four inches from the other end.

There you have a solid center with hollow end, and these ends are turned putting initiative and referendum into in to form a hem one inch wide. In these a small casing is run, with nar-Comprehensive laws governing the row ribbon placed through that so as beauty in Paris is understood to use state board of control and defining to pull it up like a little bag on each milk for her bath always, and the skin

> This makes a flat cushion in the center, having baglike ends in which the jewelry is kept, brooches, bracelets, rings, chains and the watch, when it is not in use. The cushion can be decorated with some pretty design done in cross-stitch or an embroidered initial or a small spray of flowers.

> Such a case can be made of any material you may choose. Brocaded satin is always pretty; plain satin covered with lace or coarse linen that can be laundered will be found a satisfactory substitute for other more ex-

pensive fabrics. One side of the cushion may be used for jewels and the other for sewing materials-cotton, scissors, needles, etc.-or for a soft ball of darning cotton, that is always handy to have when traveling.

This combination cushion and case will make a splendid gift for the young girl who is attending boarding school or for one away from home.

FEATHER-TRIMMED CHAPEAU.



vet, the brim being deeper over the back of the neck, and is trimmed with a plume of ostrich feathers orthodox. drooping over the left side.

Silk Lace Scarfs.

crepe de chine with insets of embroidered voile in the border design. used.

Tray Tables.

fits on supports a third way up the legs of the stand) and the folding stand. When not in use this fourlegged stand may be folded and stowed away in a small space. The trays are made of bamboo, and are strong yet light in weight, and can be easily washed. This table would be very ornamental for a tea or refreshment table in a bachelor maid's

JEWEL CASE AND PINCUSHION BEST SCENTS FOR THE BATH

Much Choice Is Possible, and a Woman May Use Any Particular Perfume Which She May Prefer.

The commonest form of the bath as a beautifier is the bran bath. This particular bath has the advantage of being inexpensive and efficient at the same time. The bran should be sewn into a neat little square sack of cheesecloth covering, and dropped into The water must not be too hot, or the on it a creamy mass is formed which will render the skin delightfully soft. For those who wish to be a little more with various perfumed herbs, according to taste, such as violets orris root

and sunflower seed The milk bath is not unusual and is is claimed that it has no rival in beautifying the skin. One well known of her throat and shoulders is as creamy a white as the liquid she is supposed to bathe them with. Of course one would not actually get right into a milk bath as one does with water. The milk is applied on wads of antiseptic cotton. Then, to prevent any stickiness, it is rubbed

gently with eau de cologne. French women are also very partial to the use of alcohol in the bath. It is perfumed in some way with such scents as lavender or violet, and those who indulge in these baths or the bran ones use soap only once or twice

Sea bathing is probably the most bracing and the best form for the robust but in a climate such as ours it cannot be recommended except in the hot months, unless the bather is very strong. Those who are unfortunate enough to possess very irritable skins will do well to eschew sea

baths altogether. For ordinary bathing purposes most people use ammonia or borax, which not only softens the water, but is invaluable for cleaning the skin. It is nec- flight at his first sight of the conessary, however, to exercise caution in the use of these two articles, for an overdose in the bath, instead of making the skin soft and supple, will harden it and make it much too dry.

Dark Furs Becoming. It seems odd that so few should realize that dark furs are much more becoming than light, that is, to the average woman. Sable, mink, black on hand." fox, make her complexion look at its miniver and squirrel have exactly the contrary effect.

The newest way of wearing the stole is to put the middle of it on in front, pass the ends over the shoulders, crossing them at the back and bringing them forward under the arms. Even fur capes with their rounded or pointed back are worn in this fashion, certainly very warm and comfortable, though slightly un-

Art in Making Bows.

A woman who can tie a bow well possesses an inborn talent not to be Silk Spanish lace scarfs, dyed to easily acquired. Bow makers in some match the gown, are in favor for eve- dress centers have a calling of their ning use. Some of the handsomest own. We want bows for sashes, milscarfs at present are made of a fine linery, and so many purposes. The new Japanese sash bow has four short loops and two ends of uneven length. One very lovely one shown by a Chest- For lingerie there is the shower nut street importer is of a beautiful rosette of narrow ribbon with knotted rose color, handsomely embroidered, ends, and the pin wheel with six with exquisite roses also embroidered short loops all the same length and on the large voile insets. In all the two ends knotted into a circle. The decoration the finest graduations of pin wheel rosett's figure in children's rose color melting into white were millinery, especially in gauze ribbon. Very pretty for ball or evening headdress is a twisted band of gold and silver ribbon with roses and buds The Tripoli tray table is a thing of made of satin ribbon. Ribbon flowers parts-three in number. There is a are greatly worn, so are all kinds of large top tray, a small tray (which daisies made of white ribbon with yellow centers, and large roses are casily constructed of soft satin

Tomatoes and Mushrooms.

Cut some large tomatoes into halves. scoop out some of the pulp, mix it with 10 or 12 chopped button mushrooms, two ounces of bread crumbs pepper and salt to taste and an ounce of butter. Fill the tomatoes with this mixture, bake in a moderate oven.

Scheme to Separate Lovers Defeated by a Wild Flight in an Airship.

MILDRED CAROLINE GOOD-

RIDGE. A voung man, well dressed and clever faced, coming rapidly down the turning pale as the biplane shot skyprincipal street of Fairview, suddenly wards like an arrow. paused and stared ahead in a startled some one he did not wish to meet, and then, the buffers, and the non-concushe turned down a side lane at a brisk, excited walk.

"It's the constable, sure enough," pretty sure he must be looking for leather head pieces were forced upon The speaker glanced appre- him till he was well nigh suffocated hensively back the way he had come, and looked like a diver. and then broke into a run.

It was a singular position, that in Briefly stated, he was bent upon running away to get married. Others, Grabbe, and his old maid daughter, Portia, and their hired emissary, the town constable, were set on nipping nearly fainted. the golden progress of love's young dream in the bud.

Cecil was heir to a liberal fortune. He lived with the Grabbe family. The lawyer was intent on keeping a hold to enmesh the young man in the of the classic Portia.

Now, Cecil had loved and won think of wedding bells, and had set

his foot down-hard. The result was a plot on the part of the lovers. The Wyndhams were going to take Claire to Europe the following week. In the meantime she had gained permission to visit a schoolgirl chum at Brookville. There Cecil had been the day previous. the county line." There, too, all the arrangements had



Sent His Machine Through Some Hair-

Raising Gyrations. evening. Just now, Cecil had gone to a garage to secure the automobile he

had engaged for the trip. The auto man was his friend. He told Cecil that the constable had been there looking for him. The lawver

had got wind of Cecil's plan to leave town, and was bound to circumvent it. "I'm your friend, Cecil," said the garage keeper, "so I warn you. They have the west turnpike guarded. The constable is looking for you with a

warrant." "But I have committed no crime!

exploded the indignant young man "No, but the lawyer has secured the warrant on some flimsy charge. The judge is his friend. They will lock you up without bail for a week, and by that time-'

"Claire will be on her way to Europe-never!" declared Cecil to himself, and left the garage-to take stable, who was now in actual pursuit of him.

Cecil was a crack sprinter. His one thought was to get out of town. He would trust to luck for guidance, once clear of his pursuer. Turning into an open stretch he discovered half a mile

away a high board fence. "The very thing!" he cried exulting ly, "if my friend Bob Archer, is only

shot a rapid glance behind him. Less than a quarter of a mile away the

constable was hot on his trail. until he came to a narrow open door- important than Salonica even, but it way. It was a private entrance to the grounds. The guard sat on a stool ant Christian, and the punishment of to lose time in an endeavor to per- er night after night through all the man, tipped him flat off the stool, and sped on, followed by the execra-

and its owner near by. All out of ald. breath, Cecil ran up to his friend "Bob." he planted, "I'm in trouble!

tions of his astounded victim.

Got to get away from Fairview." 'You don't say so!" exclaimed Archer. "Where to, may I ask?" "Brookville, and quick. The con-

stable is after me. Bob, it's aboutrun, boys," he directed to his assist-

Chug-chug!-the aerial beauty scarcity." sped over the grass for thirty feet. Bob shot on the power. "Hold on, there! Stop that machine! In the name of the law-"

"The mischief!" gasped Cecil. They were leaving the ground, but Hartford Times.

not alone. Through his official authority to enter the grounds the constable LOYAL FRIEND BOB had fairly overtaken his prey. He had jumped at the machine and skimmed one of the wings. To prevent damage and save him from a fall, Bob was forced to grab the bulky official and drag him into the vacant

> "Stop this machine!" flared the constable. "I've got a warrant-

"Can't stop-got to finish this curve first. Here, Cecil, strap him in if he dosn't want a tip." "Ugh! ah!" spluttered the official

"Slip on that helmet." continued way. He had apparently observed Bob, with a wink at Cecil. "Now

sion head piece." "See here-I don't-I won't!" puffed out the constable, as, securely he said under his breath, "and I feel strapped in his seat, the steel and

"Murder! let me out!" suddenly yelled the involuntary passenger, but which Cecil Morse found himself. he squirmed in vain. He had forgotten all official dignity by this time. Half frightened to death, as the misincluding his legal guardian, Lawyer chievous Bob sent the Flyer on circling sweep that fairly took the breath away, his uncomfortable victim

> "Oh, let me out-let me out!" pleaded the shivering official.

Bob did not exactly engage in any "shoot-the-chutes" maneuvers, but he did send his machine through some on his ward and his fortune as long decidedly hair-raising gyrations. as he could. Incidentally he plotted Meantime, Cecil enjoyed it all. He trusted to Bob, and this loyal friend snares of the somewhat faded beauty and expert aviator certainly took him through.

Once, in the spectacular flight, he Claire Wyndham, who lived over in leaned towards Cecil and received the next county. Her father was a detailed instructions. There he voltyrannical old fellow who had heard planed, made a circuit, and the Flyer of the mutual attachment, thundered landed in an open field near Brookout that the lovers were too young to ville, easy and graceful as a bird sinking to its nest.

Cecil quickly removed his safety belt and sprang to the ground.

"Hold on, there!" shouted the constable, "I've got a warrant for that young man. "No good in this district, officer."

smiled Bob. "We've landed just over Cecil Morse disappeared. He was been made for an elopement the next to reappear at the Wyndham home two days later. The happy wedded Papa Wyndham, pathetically telling they were. The reply telegram had conveyed to them the time-honored sentiment: "Come home, and all will

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AS TO TRAIN FLIRTATIONS Drummer Gave Fatherly Advice to a

Was Rewarded. "Fifteen years on the road and not a flirtation yet, is my record," said the needle and thread drummer. "The only time a beauty ever spoke to me on the train was down in West Virginia on the way to Wheeling.

Talkative Young Woman, and

"'Do you know what time we get there?" she inquired.

"'Six-thirty,' I told her. "'You know,' she continued, 'I was never on a train before. It seems so

strange to me!" "To make a long story short she was the kind you read about in books. but seldom meet in real life-the real innocent flower. When we got to Wheeling I put her on the car for Pittsburgh, her destination, and gave her some fatherly advice about speak-

ing to strangers. "About three months later I was unpacking the sample trunk after the long trip when the stock boy said there was some one down stairs to see me. There stood the girl and her

father, who was a judge down in his own state. "'I wish to thank you, sir, for your

kindness to my daughter while traveling,' he said warmly. "I assured him it was nothing un-

usual, but he thought otherwise and

insisted on my taking dinner with him that evening." "And since then you have wondered who she was?" put in the button man. "No," said the needle and thread

drummer. "She's my wife now."

have once existed there.

Traitor's Tower. In Beroea we saw a huge tower in recent ruin. Great blocks of stone lie around in confusion, and piles of broken brick, mortar and masonary declaring what a mighty structure must

The intelligent and wealthy Greek There had been an aeroplane meet gentleman who kindly served as our very best, whereas ermine, white fox, at Fairview for several days. Inside guide told us that this tower which the inclosure was Archer, who was an had been sealed up by the Turks since airship enthusiast. He and Cecil had the twelfth century, had lately been become great friends. The runner destroyed by the "Young Turks," and that for a curious reason. It seems that in the eleventr and twelfth cen turies Beroea was in the height of its Cecil followed the rounding fence power. It was a city larger and more was betraved to the Turks by a recre midway in the aperture, his back the traitor, occording to tradition, was towards him. Cecil could not afford that he must wander around the towsuade this sentinel to allow him in centuries until the Christians came gress. He simply ran up against the again and he should give the keys of the city back to their former owners This tradition, with the hope of future Christian domination, so pervaded the "There is the Flyer." cheered Cecil, city that the Young Turks, it is said, promptly making for a hangar beyond destroyed the Traitor's tower, which which a three-passenger biplane was bontained a great library, in order getting ready for a flight. He recog. that the force of the superstition nized the machine belonging to Bob. might be broken.-The Christian Her-

Cause for Turkey Shortage.

Every one of the boarders was tus sling with the question: "Why are tur keys scarce and high this season?" At length the star boarder came for ward with this solution: "You see, the what I hinted to you-the girl I turkeys are very fond of apple orchlove. They are trying to separate us." ards. This was a good year for ap-"Jump in-the left seat back of the ples. While the fowl(s) were out pilot post," directed the young air scratching in the apple orchard, the man. "Strap yourself in. Give her a numerous apples falling from the trees hit the turkeys on the heads. killing them. Hence the present

> A long silence followed this information. Then the cheerful idiot remarked mildly: "I had attributed the turkey shortage to fatalities from ever exercise in the turkey trot."-

A HIDDEN DANGER

It is a duty of the kidneys to rid the blood of uric acid, an irritating poison that is constantly forming in-

When the kidneys fail, uric acid causes rheumatic attacks, headaches, dizziness, gravel, urinary troubles, weak eyes, dropsy

or heart disease. Doan's Kidney Pills help the kidneys fight off uric acid-bringing new strength to weak kidneys and re lief from backache and urinary ills.

A Montana Case

Mrs. R. S. Andrews, 1621 Righth Avenue, Great Falls, Mont., says: "My limbs, hands and feet became so swollen I couldn't stand. I was in agony with the pain. I was so reduced in weight my garments just hung on me, and I had given up in despair. Doan's Kidney Pills cured me completely, and over a year has elapsed without the slightest return of the trouble."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY FOSTER-MILBURN CO., Buffalo, New York

SPIRIT IN TUBERCULOSIS WAR

Nineteen Million Dollars Expended Last Year in Fight Against the Dread White Plague.

Nearly \$19,000,000 was spent in the anti-tuberculosis campaign in the United States during the year 1912, according to the fourth annual statistical statement of expenditures in this movement issued by the National Association for the Study and Prevention of Tuberculosis. The expenditures during the year for sanatorium and hospital construction and treatment make the largest single item in the total, amounting to nearly \$16,800,000. This is an increase of nearly \$5,000,-000 over the same group of expenditures for the year 1911. The antituberculosis associations and committees spent over \$765,000, while dispensaries and tuberculosis clinics spent over \$500,000. Over \$415,000 was spent for the maintenance and establishment of open-air school and fresh air classes, which is more than double the amount spent for this purpose in 1911. Official, state and mupair had sent a honeymoon wire to nicipal expenditures outside of the maintenance of institutions, which him how sorry, but still how happy are included in the other totals, amounted to \$280,000. In addition to these figures, about \$500,000 was spent by hospitals for insane and penal institutions in caring for their tuberculosis inmates.

Army Officer Musn't Umpire. It is found in the army that it will not do to let officers act as umpires in ball games and orders have been issued to forbid it. It seems that the players take advantage of the great American baseball player's right to abuse the umpire, and it is found that it destroys the army discipline, when the umpire is an officer, to have privates call him such names as "mutt,"

"bone-head," etc. Short of Breath.

that? Patience-A knickerbocker poodle? Patrice-A knickerbocker poodle.

Patrice-Yes; don't you notice his

short pants? Following Orders.

very ill)-Has he had any lucid inter-Mrs. J.-'E's 'ad nothink except what you ordered, doctor.-Lippin-

Doctor (to Mr. J., whose husband is

The Infant Terrible. "Mr. Lilsbeau, is it true that you hain't got sense enough to come in

"Yes, Miss Kitty; you must always

believe what papa tells you.' A bird in the hand fails to catch the

out of the rain?"

early worm. And a baby would rather go to

sleep than listen to a lullaby. DREADED TO EAT.

A Quaker Couple's Experience. How many persons dread to eat their meals, although actually hungry

nearly all the time! Nature never intended this should be so, for we are given a thing called appetite that should guide us as to what the system needs at any time and can digest.

But we get in a hurry, swallow our food very much as we shovel coal into the furnace, and our sense of appetite becomes unnatural and perverted. Then we eat the wrong kind of food or eat too much, and there you areindigestion and its accompanying mis-A Phila, lady said:

"My husband and I have been sick

and nervous for 15 or 20 years from

drinking coffee-feverish, indigestion, totally unfit, a good part of the time, for work or pleasure. We actually dreaded to eat our meals. (Tea is

"We tried doctors and patent medicines that counted up into hundreds of dollars, with little if any benefit. "Accidentally, a small package of Postum came into my hands. I made some according to directions, with

just as injurious, because it contains

caffeine, the same drug found in cof-

surprising results. We both liked it and have not used any coffee since. "The dull feeling after meals has left us and we feel better every way. We are so well satisfied with Postum that we recommend it to our friends who have been made sick and nervous and miserable by coffee." Name giv-

"The Road to Wellville," in pkgs. Postum now comes in concentrated. powder form, called Instant Postum. It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown. Instant Postum is convenient:

en upon request. Read the little book,

there's no waste; and the flavor is always uniform. Sold by grocers-50-cup tin 30 cts., 100-cup tin 50 cts. A 5-cup trial tin mailed for grocer's name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Creek.

Mich. Adv.