

Why Be Fat

When There is a New Home Treatment That Quickly Reduces Weight to Normal Without Diet or Medicine and is Absolutely Safe?

A TRIAL PACKAGE FREE BY MAIL.

Don't be too fat; don't puff and b'ow; don't endanger your life with a lot of excess fat; and furthermore, don't ruin your stomach with a lot



of useless drugs and patent medicines. Send your name and address to Prof. F. J. Kellogg, 157 Kellogg Building, Battle Creek, Mich., and he will send you free a trial package of his remarkable treatment that will reduce your weight to normal. Do not be afraid of evil consequences, the treatment is perfectly safe, is natural and scientific and gives such a degree of comfort as to astonish those who have panted and perspired under the weight of excess fat. It takes off the big stomach, gives the heart freedom, enables the lungs to expand naturally and you will feel a hundred times better the first day you try this wonderful home treatment.

Send your name and address for a free trial package, sent securely sealed in a plain wrapper, with full directions how to use it, books and testimonials from hundreds who have been cured. Send for free trial package today. It will brighten the rest of your life.

man.

In a trained tenor voice he began:

"Joy to the world, the Lord is come.
Let earth receive her King,
Let every heart prepare him room,
And heaven and nature sing."

The clergyman and the women were the only ones who knew the words, but the tune was recalled by two or three of the men and they joined in as best they could. Just as the song ended a faint whistle was heard. The brakeman came stamping in a moment later and shouted:

"Snow plow's comin'!"

—W. M. M.

The national reciprocity convention was held at Detroit, Mich., beginning on December 11, and resolutions were adopted urging quick action in adopting reciprocity with both Canada and Cuba, also the prompt ratification of the reciprocal treaty with Newfoundland.

BOOKS RECEIVED

The Commoner is glad to commend to its children readers a book recently issued, entitled "In Happy Far-Away Land," by Ruth Kimball Gardiner, and published by Zimmerman's, 156 5th ave., New York. It contains a number of stories taken from Mother Goose characters, but elaborated by the author in her delightful style. The following are the subjects:

Princess BolPeep.
Little Ten-Pin Ball.
The Fairy Fay.
Daffy-Down Dilly.
The White Knight.
Fluff.
Lucky Locket.
Bessie Bell.
The Ways of the Fairy Grumps.
Little Tommy Tucker.
The Machine-Maker's Man.
The Fir Tree.

The book is beautifully illustrated and would make an acceptable Christmas present.

Henry W. Ruoff of "The Correspondence School," Springfield, Mass., is issuing a serial publication in six parts entitled "The Capitals of the World." Number one, which has just been issued from the press, excellently executes the author's designs. When the book is complete and published in book form it will be a splendid addition to any library and of special interest to teachers and students.

Thomas Jefferson, by James Schouler; published by Dodd, Mead & Co., New York.

Alexander Hamilton, by James Schouler; published by Small, Maynard & Co., Boston.

How to Build a Home, by Francis C. Moore; published by Doubleday & McClure, New York.

American Law of Assemblies, Parliamentary Lodge Law, by Ed. A. Stephens, Minneapolis, Minn.; published by the author, 605 Temple Court, Minneapolis.

Glimpse of the Twentieth Century, by Jacob Frazer; published by Chas. W. Palm & Co., Los Angeles.

Spencer, Trask Co., 27 Pine street, New York, have issued a little pamphlet containing tables showing the mileage, capitalization, earnings, dividends, fixed charges, etc., of the railroad companies of the United States, together with statistics in regard to street railways and other municipal and industrial corporations.

The Glamour of War and Conquest.

The annual reports of our secretaries of war and the navy are as much alike as two peas—or as Croker's famous dogs Guff and Stuff.

Secretary Moody asks for a thousand more officers, for more men, for more money. While announcing that since the Spanish war seventeen great ironclads have been begun or authorized, he recommends "a continuance without interruption of the increase of ships."

Secretary Root now chimes in with a modest request for four great national camps of military instruction and for a highly educated citizen army of 300,000 militia—a force, with the 60,000 regulars, as large as Great Britain's active army and reserve, though Britain is at the very verge of turbulent Europe, while we are—or were—entirely outside of every zone of international disturbance.

If we are to adhere to our traditional policy of avoiding "foreign entanglements" we do not need great armaments, but may well provide ourselves with small but highly trained and well-equipped professional fighting forces both upon sea and land. If



Save Your Health

Sweeten Your Temper

Prolong Your Life



YOU CAN EAT
MALTA-VITA WARM.

By eating the thoroughly cooked, malted and toasted whole wheat flakes—

Malta-Vita

—The Perfect Food.

Wheat contains all the elements necessary to sustain life and is recognized the world over as the chief food for mankind—the Proverbs say "The Staff of Life."

Malta-Vita

—Original Flaked Food.

Pure, Wholesome, Delicious.

A delightful winter breakfast—Served with warm milk or cream.

ALL GROCERS.

we are to join in the mad scramble for "aggrandizement" and to mix in the politics of Europe and the conquest of Asia, no forces which Messrs. Root and Moody would dare to ask will be too large for our purpose.—New York World.

A Candidate's Expense.

A successful candidate for a county office in Kansas has, according to the Kansas City Journal, filed a statement showing the following outlay:

To cards announcing to the eager public that I was a candidate for reelection, \$5.

To circulars printed to head off the nimble campaign lies turned loose by my enemies, \$12.50.

To the ubiquitous solicitors for charitable purposes who called on me just before election, and while suffering from intense agony, and therefore at a time when I was afraid to refuse, \$22.50.

To the colored editor of a newspaper at Topeka, which seemed to be exerting its entire influence to save me from the avalanche of democratic votes which apparently hung in the balance, \$3.

To stationery used by me in exposing the infamous fake circular gotten out by Rev. Smith and others, \$0.02.

I wish to further state that any inaccuracies or omissions which may be found in this statement (involving a total of about \$300) are due to the strenuous condition of things, and to

the breakneck rate of speed at which I was compelled to run to be able to look back at my opponent as I came under the wire.

A subscriber inquires about Romero's books on Mexico, referred to in a former issue of The Commoner. There are two of them, both issued by G. P. Putnam's Sons of New York in 1898. One is entitled "Geographical and Statistical Notes on Mexico," and the other "Mexico and the United States." The author, Senor Matias Romero, was for many years Mexico's ambassador at Washington, and was not only a distinguished representative of his own nation, but was also a friend of the United States. His books are of great value to those who desire to know something of Mexico past and present.

Mr. J. L. Randolph of Cutler, O., one of the staunchest democrats in the state, died recently. He was one of the democrats to whom democracy was a religion, giving political expression to the doctrine of the brotherhood of man.

Representative-elect Alkman Carnahan, of the Second Indiana district, died on December 8, having been ill ever since the election.

DROPSY SPEEDILY CURED
Write Dr. Allen, Dept. D., Chicago, Ill., for a \$2.50 free treatment, 1,000 wonderful cures, and book.