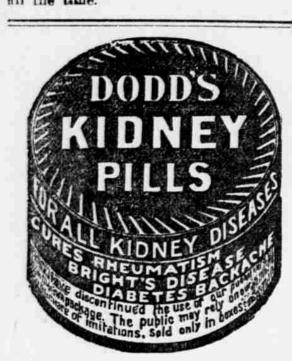
Needed Help.

A 10-year-old street urchin, a prodact of the tenement, was recently accused of stealing jam from a woman living in an adjoining house. When brought to the children's court the child confessed, broke down and wept. The judge looked at him pityingly.

"My boy," he said, kindly, "how many times have you done this?"

"Onct," was the reply. "Will ou promise not to steal any

more jam?" "Yep," he muttered between his sobs, "if she'll keep her pantry door locked all the time."



As He Prononneed It. Teacher-Dickey, how many silent letters are there in "through?"

Dickey-Four, ma'am. Teacher-Four? What one, pray, be sides the last three? Dickey-De "h," ma'am.

AWFUL EFFECT OF ECZEMA.

Covere! with Yellow Sores-Grew Worse-Parents Discouraged-In a Week Cuticura Drove Sores Away.

"Our little girl, one year and a ha!f old, was taken with eczema or that was what the doctor called it. We called in the family doctor, and he gave some tablets and said she would be all right in a few days. The eczema grew worse and we called in doctor No. 2. He said she was teething, as soon as you haven't got much more money." the teeth were through she would be all right. But she still grew worse. Doctor No. 3 said it was eczema. By this time she was nothing but a yellow, greenish sore. Well, he said he could help her, so we let him try it about a little yellow pimple on one of her No. 3. He came over and looked ner over, and said that he could not do anything more for her, that we had better take her to some eye specialist, since it was an ulcer. So we went to Oswego to doctor No. 4, and he said the eyesight was gone, but that he could help it. We thought we would try doctor No. 5. Well, that proved the same, only he charged \$10 more than doctor No. 4. We were nearly discouraged. I saw one of the Cuticura advertisements in the paper and thought we would try the Cuticura Treatment, so I went and purchased a set of Cuticura Remedies, which cost me \$1, and in three days our daughter, who had been sick about eight months. showed great improvement, and in one week all sores had disappeared. Of course it could not restore the eyesight, but if we had used Cuticura in sime I am confident that it would have saved the eye. We think there is no remedy so good for any skin trouble or impurity of the blood as Cuticura. Mr. and Mrs. Frank Abbott, R. F. D. No. 9.

Prepared.

Fulton, Oswego Co., N.Y., Aug. 17, '06."

"Does your husband let you attend bargain-sale jams?"

"Of course he does. He comes with me."

"Comes with me?"

"As far as the door. Then he sits on the curb with a 'first aid to the injured' box on his knees and waits for me to come out."-Cleveland Plain Dealer.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years dectors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarra to be a constitutional disease and therefore requires constitutional treat-Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohlo, is the only constitutional cure on the market. tl is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it falls to cure. Send for circulars and tes-Address F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c. Take Hall's Family Pills for constipation,

French Wealth.

The population of France is about 40.000,000; the wealth of France is nearly \$45,000,000. Robert F. Skinner, in some recent statistics, shows how evenly this wealth is distributed. The number of estates administered in 1904 was 394,787, and of these one-half were for values ranging from less than \$10,000 to a little under \$100,000. Only three were \$10,000,000.

Political Chat. "I expect the successful candidates will be fearfully tired after the election is over."

"Yes, but they can stand it. They wen't be half so tired as the unsuccessful candidates will be."-Detroit Free Press.

TO CURE A COLD IN ONE DAY. Take LAXATIVE BROMO Quintne Tablets. Drugglets refund money if it falls to core. E. W. GROVE'S signature is en each box. 25c.

There is something uncanny in traveling at great speed in a balloon. No matter how violent the gale, the aeronaut himself is in a dead calm.

rire. Winshow's Scorenne Praye tor Children whise; solvers the france, detrops inflammation, al-to pain, ourse wind colic. If sures a bettle.

Between Iwo fires &

By ANTHONY HOPE

"A wise man will make more opportunities than he finds." -Francis Bacon.

CHAPTER XIX.

In spite of many anxieties, after this eventful day I enjoyed the first decent night's rest I had had for a week. The Colonel refused, with an unnecessary ostentation of scorn, my patriotic offer to keep watch and ward over the city, and I turned in, tired out at eleven e'clock, after a light dinner. I felt I had some reasons for self-congratulations; for coneiderable as my present difficulties were, yet I undoubtedly stood in a more hopeful position than I had before the revolution. I was now resolved to get my money safe out of the country, and I had hopes of being too much for McGregor in the other matter which shared my thoughts.

tudinous enlarged copies of the President's offensive notice. How or by whom these seditious measures had been effected we were at a loss to tell, for the officers vigilance. In the very center of the Piwas posted an enormous bill, "Remember

1871! Death to Traitors!" "Ho would they do that unless the sol-

more money." "That's about it," said I; "but then

"What I've got I mean to stick te." said the Colonel. "If this thing is going to burst up, I'm not going to be kicked out to starve. I tell you what it is, Martin, you must let me have some of that cash back again."

The effrontery of this request amazed a week. One morning we discovered me. The man's want of ordinary morality was too revolting. Didn't he know eyes. Of course we 'phoned for doctor very well that the money wasn't mine? Didn't he himself obtain my help on the express terms that I should have this money to repay the bank with?

> "Not a farthing, Colonel; not a farthing! By our agreement that cash was to be mine; but for that I wouldn't have touched your revolution with a pair of

> He looked very savage, and muttered something under his breath. "You're carrying things with a high

hand," he said. "I'm not going to steal to please you," said I.

"You weren't always se scrupulous,"

I took no notice of this insult, but repeated my determination.

"Look here, Martin," he said, "I'll give you twenty-four hours to think it over; her.' and let me advise you to change your mind then. I don't want to quarrel, but I'm going to have some of that money." Clearly he had learned statecraft in his

predecessor's school. "Twenty-four hours is something," thought I, and determined to try the cunning of the serpent.

"All right, Colonel," I said, "I'll think it over. I don't pretend to like it; but, after all, I'm in with you and we must pull together. We'll see how things look

to-morrow morning." "There's another matter I wanted to speak to you about," he went on. I invited him into the breakfast room,

gave him a cup of coffee (which, to my credit, I didn't poison), and began on my own eggs and toast.

"Fire away," said I briefly. "I suppose you know I'm going to be

married?" he remarked. "No. I hadn't heard," I replied, feigning to be entirely occupied with a very nimble egg. "Rather a busy time for

marrying, isn't it? Who is she?" "You needn't pretend to be so very innocent; I expect you could give a pretty good guess."

"Madame Devarges?" I asked blandly. "Suitable match; about your age-"I wish you wouldn't try to be funny!" he exclaimed. "You know as well as I do it's the Signorina."

"Really?" I replied. "Well, well, I fancied you were a little touched in that quarter. And she has consented to make you happy?"

I was curious to see what he would say. I knew he was a bad liar, and, as a fact, I believe he told the truth on this occasion, for he answered:

"Says she never cared a stray for anyone else." "Not even Whittingham?" I asked ma-

liciously. "Hates the old ruffian!" said the Colonel. "I once thought she had a liking for you. Martin, but she laughed at the idea. I'm glad of it, for we should have

I smiled in a somewhat sickly way, and

"And when is it to be?"

"Next Saturday. Fact is, between you I kissed her hand for answer. and me. Martin, she's ready ecough."

This was too disgusting. But whether the Colonel was deceiving me, or the Signorina had deceived him, I didn't knowa little bit of both, probably. I saw, however, what the Colonel's game was plainly enough; he was, in his clumsy way, warning me off his preserves, for, of course, he knew my pretensions, and I don't think I imposed on him very much. But I was anxious to avoid a rupture and gain time.

"I must call and congratulate the lady." I said. The Colonel couldn't very well object

to that, but he didn't like it. "Well, Christina told me she was very busy, but I daresay she'll see you for a few minutes."

"I daresay she will," I said dryly. "I must be off new. I shall have to be ebout all day texting to catch these fellows who destroyed the bills"

"You won't be doing any business today, then?"

"What, about settling the government?" he asked, grinning. "Not just yet. Wait till I've got the Signora and the money, and then we'll see about that. You think

about the money, my boy!" Much to my relief he then departed, and as he went out I vowed that neither Signorina nor money should he have. In the course of the next twenty-four hours

I must find a way to prevent him. "Rather early for a call," said I, "but

I must see the Signorina."

On my way up I met several people and heard some interesting facts. In the first place, no trace had appeared of Don An-The return of the day, however, brought | tonio and his daughter; rumor declared new troubles. I was roused at an early that they had embarked on The Songhour by a visit from the Colonel himself. stress with the President and his faithful He brought very disquieting tidings. In doctor. Secondly, Johnny Carr was still the course of the night every one of our in bed at the Golden House (this from proclamations had been torn down or de- Madame Devarges, who had been to see faced with ribald scribblings; posted over | him); but his men had disappeared, after or alongside them there now hung multi- | solemnly taking the oath to the new government. Item three. The Colonel had been received with silence and black looks by the troops, and two officers had vanished into space, both Americans, and the and troops were loud in declaring their only men of any good in a fight. Things were looking rather blue, and I began to azza, at the base of the President's statue, | think I also should like to disappear, provided I could carry off my money and my love with me. My scruples about loyalty had been removed by the Colonel's diers were in it?" asked the Colonel everbearing conduct, and I was ready for gloomily. "I have sent those two com- any step that promised me the fulfillment panies back to the barracks and had an- of my own designs. It was pretty evident other lot out. But how do I know they'll that there would be no living with Mcbe any better? I met DeChair just now Gregor in his present frame of mind, and and asked him what the temper of the I was convinced that my best course troops was. The little brate grinned, and | would be to cut the whole thing, or, if said: 'Ah, mon President, it would be that proved impossible, to see what barbetter if the good soldiers had a leetle gain I could make with the President. Of course all would go smoothly with him if I gave up the dollars and the lady; a like sacrifice would conciliate McGregor. But then I didn't mean to make it.

"One or other I will have," said I, as knocked at the door of "Mon Rapes," and both if possible."

The Signorina was looking worried; indeed, I thought she had been crying. "Did you meet my aunt on your way up?" she asked, the moment I was an-

"No," said I. "I've sent her away," she continued. "All this fuss frightens her, so I got the Colonel's leave (for you know we mustn't

triumphed) for her to seek change of air." "Where's she going to?" I said. "Home," said the Signorina. I didn't know where "home" was, but

move without permission now liberty has

I never ask what I am not meant to know. "You see, Jack, I had to care for my "Oh, so you've given it to Mrs. Car-

rington?" "Yes, all but five thousand dollars."

"Does the Colonel know that?" "Dear me, of course not, or he'd never

have let her go." "You're very wise," said I. "I only wish I could have sent my money with

"I'm afraid that would have made dear aunt rather bulky," said the Signorina, tittering.

"Yes, such a lot of mine's in cash." I said regretfully. Without more ado, I disclosed my ewn

perilous condition and the Colonel's boasts about herself. "What a villain that man is!" she exclaimed. "Of course I was civil to him,

but I didn't say half that. You didn't believe that I did, Jack?" There's never any use in being unpleas-

ant, so I said I had rejected the idea with scorn. "But what's to be done? If I'm here to-morrow, he'll take the money, and, as

likely as not, cut my throat if I try to stop him." "Yes, and he'll marry me," chimed in the Signorina. "Jack, we must have a

counter-revolution." "I don't see what good that'll do," I answered dolefully. "The President will take the money just the same, and I expect he'll marry you just the same."

"Of the two, I would rather have him. Now, don't rage, Jack! I only said, 'of the two.' But you're quite right; it couldn't help us much to bring General Whittingham back."

"To say nothing of the strong probability of my perishing in the attempt." "Let me think," said the Signorina, knitting her brows.

CHAPTER XX.

thoughtful and troubled, but it seemed to me as if she were rather undergoing a conflict of feeling than thinking out a course of action. Once she glanced at me, then turned away with a restless movement and a sigh.

I strolled up to the window to look out, I had stood there a little while, when I heard her call softly:

"Jack !" down by her side and taking her hands. She gazed rather intently into my face took refuge in my cup. When I emerged, with unusual gravity. Then she said: "If you have to choose between me and

> the money, which will it be?" "If the money is lost, won't it all come out? And then won't they call you dishonest?"

"I suppose so," said I. "You don't mind that?" "Yes, I do. Nobody likes to be called

thief-especially when there's a kind of truth about it. But I should mind losing you more." "Are you really very fond of me, Jack?

No, you needn't say so. I think you are. Now I'll tell you a secret. If you hadn't come here, I should have married General Whittingham long ago. I stayed here intending to do it, and he asked me very soon after you first arrived. I gave him my money, you know then."

I was listening intently. It mented as If some things were going to be cleared

happened. You fell in love with me. tried to make you, and from I suppose I fooding to warmer to be dirty.

I teld the President I wouldn't massy him fust then. Some time after, I wanted some money, and I asked him to give me back mine. He atterly refused ; you know his quiet way. He said he would keep ft for "Mrs. Whittingham." Oh, I could have killed him! But I didn't dase to break with him openly; besides, he's very hard to fight against. We had constant disputes; he would never give back the money, and I declared I wouldn't marry him unless I had it first, and not then unom I chose. He was very augry and vowed I should marry him without s penny of it; and so it went on. But he never suspected you, Jack, not till quite the end. Then we found out about the debt, you know; and about the same time I saw he at last suspected something between you and me. And the very day before w ecamet of he bank be dreve me to desperation. He stood beside me in this reem, and said: 'Christina, I am growing old. I shall wait no longer. I believe you're in love with that young Martin.' Then he apologized for his plain speaking, for he's always gentle in manner. And I defied him. And then, Jack, what do you think he did?" "What?" I cried.

"He laughed!" said the Signerina, with tragic intensity. "I couldn't stand that, so I joined the Colonel in upsetting him. Ah, he shouldn't have laughed at me." And indeed she looked at this moment a

dangerous subject for such treatment. "I knew what no one else knew, and I could influence him as no one else could. and I had my revenge. But now," she said, "it all ends in nothing."

And she broke down, sobbing. Then, recovering herself, and motioning me to be still, she went on: "You must be quiet and cautious. But

must go to-night-to-night, Jack, either with you or to the President.' "My darling, you shall come with me," said I.

"Where?"

"Oh, out of this somewhere." I was full of rage against McGregor, but I couldn't afford the luxury of indulging it, so I gave my whole mind to finding a way out for us. At last I seemed to hit upon a plan. The Signorina saw the inspiration in my eye. '

"Have you got it, Jack?" she said. "I think so-if you will trust yourself to me, and don't mind an uncomfortable night."

"You know my little steam launch? It will be dark to-night. If we can get on board with a couple of hours' start we can show anybody a clean pair of heels. She travels a good pace, and it's only fifty miles to safety and foreign soil. I shall

land there a beggar!" "I don't mind that, Jack," she said. "I have my five thousand, and aunt will join us with the rest. But how are we to get on board? Besides, ch, Jack! the President watches the coast every night with The Songstress-and you know she's got steam-Mr. Carr just had

auxiliary steam put in." "No." I said, "I didn't know about that. Look here, Christina, excuse the question, but can you communicate with the President?"

"Yes," she said, after a second's hesita-

"And will he believe what you tell "I don't know. He might and he might not. He'll probably act as if he didn't." "Well, we must chance it," I said. "At any rate, better be caught by him than stay here. We were, perhaps, a little

hasty with that revolution of ours." (To be continued.)

START OF A FLORIDA FEUD.

Man's Farm Built on Coral Floated Away and a Neighbor Took It. "Speaking about feuds," said John L. Humphries of Tampa, Fla., "I think that the strangest, in its inception, is one between two families in Marion County, in our State. It came about this way. You know in our State sometimes land disappears during the night and a man wakes up to find his garden a great sinkhole. This is, of course, due to the fact that Florida is built on coral and not very substantially built at that, especially in some of the interior counties. Harry Redding had a nice patch of Irish potatoes, and Oliver Vance, his neighbor, had what he called a farm and near the house was a sink-

"One night Redding's potate patch disappeared and the next morning he had a nice large sinkhole filled with water where his garden was. The same night Vance, who had a sinkhole when he went to bed, woke up to find that the hole was filled with dirt, in which there seemed to be a lot of pebbles about the size of a man's fist. Naturally he was surprised. He examined the pebbles to find them potatoes, and after calling the family up they got to The Signorina sat there, looking very work and gathered in six bushels of

potatoes ready for market. "That's where the trouble began. Redding claimed that under the law where a man's stock wanders on to the premises of another, without his fault, he can go after it. He argued that the same doctrine applied to potatoes which had wandering habits. For he was very sure that the potatoes on the Vance I turned and came to her, kneeling | farm belonged to him. Vance and his friends invoked another principle of law that a man owns his land from heaven to hades and he refused to dig up the potatoes for the benefit of his neighbor.

"All that happened ten years ago, continued Mr. Humphries, "and the Reddings and the Vances are still armed against each other. Two or three skirmishes have taken place between the parties and one of the Vance boys 18 years old, was wounded by fire from the enemy.

"They are never spoken to each other since that eventful night ten years age. Lawyers and politicians have gone out to help them settle their difficulties, but they were obdurate, and if the feed grows for twenty years as it has al voted to educational and museum purready Florida and Marion County will have a feud equal to the best that Kentucky has ever produced."-Denver Bepublican.

The needle of Thibet rarely wash



1569-First English lottery took place. 1610 Gelileo discovered Jupiter's satel-

1644 Archbishop Laud beheaded.

1806 -Cape of Good Hope surrendered by the Dutch to the British Vienna evacuated by the French. 813-William Jones of Pennsylvania be-

came Secretary of the Navy.

1815-Gen. Andrew Jackson defeated British at Battle of New Orleans. 1840-Penny Post introduced in England by Rowland Hill Chartist rising at Sheffield, England.

diver, accidentally hanged himself on Waterloo bridge, London, while giving exhibition.

1841-Samuel Scott, daring American

1842-Francois Coppee, French poet,

1844 Sir Hudson Lowe, governor of St. Helena during Napoleon's captivity, died. 1854-Astor library, New York, opened. 1861-Steamer Star of the West fired

upon at Charleston . . . Jacob Thompson of Mississippi resigned as Secretary of the Interior Philip F. Thomas of Maryland resigned as Secretary of the Treasury.

1863-Metropolitan Underground Rail way, in London, ceremoniously open-1866-Steamer London, from England to

Australia, foundered in Bay of Biscay; 220 lost. 1868-Chinese government appointed

Burlingame its special envoy to all the treaty powers. 1871-Paris bombarded Prince Frederick Charles gained victory over

Chanzy at Le Mans. 889-Upper suspension bridge at Niagara Falls destroyed by wind storm Thirty-three persons killed and scores injured in whirlwind at Reading, Pa.

893-Princess Marie of Edinburgh mar-

ried to Crown Prince of Roumania.

1895-Royalist outbreak at Honolulu suppressed by Dole government Great street railway strike in Brook-1897-Count Muravieff appointed Rus sian minister of foreign affairs-Anglo-American arbitration treaty

monetary conference met at Indian-1899-Railroad wreck at West Dunellen,

signed at Washington National

N. J.; seventeen lives lost. 1900-Chicago drainage canal opened. 1901-Twenty-six lives lost in orphan

asylum fire at Rochester, N. Y. 202-Seventeen lives lost in Park avenue tunnel wreck in New York CityLewis Nixon chosen nominal leader of Tammany Hall.

904 Chinese Emperor ratified commercial treaty with the United States. 905-Five killed in railroad collision near Ripon, N. M.



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The upper house of the Austrian, or Cisleithan, reichsrath has accepted without amendment the bill establishing universal suffrage, which previously had been passed by the House of Representatives.

London papers reported that James Bryce had refused a peerage and would go to the United States as ambassador without changing his name, and thus be the first plain citizen to represent his country at Washington.

Just as it came from the French Chamber of Deputies, the new church and state separation act was finally passed by the Senate, 190 to 100. This was directed ing seemed to help. I suffered from against those churchmen who had refused to accept the original separation law of 1905, and all clergy who refused under orders from the Pope to give over possession of their residences and church properties to the state do so on penalty of losing pensions. While the priests have disregarded the law providing for religious associations, the laity have made | The doctor kept me on Grape-Nuts the necessary declarations to protect the and the only medicine was a little churches and other places of worship. glycerine to heal the alimentary canal. It is presumed that the other ecclesiastical buildings will be rented to the hishops and priests at a nominal figure. just as the clergy who have said most without making a legal declaration to hold a public meeting have had only nominal fines imposed upon them.

The French minister of finance has ordered the mints to substitute on all coin the words "liberty, equality and fra- | dld this, too. I found I had been made ternity" for the old device "God protect Ill because I was not fed right, that is France." Minister of Education Briand I did not properly digest white breat announced that the church buildings taken possession of by the state would be deposes, the seminary of St. Sulpice at Paris becoming part of the Luxenbourg museum. The expelled sisters of the Assumptionists order left Paris for Bel- given by Postum Co., Battle Creek gium, in the midst of a throng of sym- Mich. Get the little book, "The Road pathizers, who shouted: "Down with the | to Wellville," in page. Free Masons."

A Little Linguist. Bessie Doyle, the 4-year-old child et In iron manufacturer in Basic City, Va., has a good working knowledge of six languages beside English. Her father is a French scholar and taught her the language, her mother, who is of German descent, instructed the child in the tongue of the fatherland, and the Swedish nurse carries on communication with her tiny charge in a Scandinavian dialect. In addition to this, another servant has drilled Yiddish inte Bessie's brain, and a Cuban lad at the iron factory is now teaching her Spanfsh. A Russian domestic servant has also taught her a good deal of the exar's native tongue.-Philadelphia Telegraph.

TERRIBLE TO RECALL.

Five Weeks in Bed With Intensely Painful Kidney Trouble. Mrs. Mary Wagner, of 1367 Kos-

suth Ave., Bridgeport, Conn., says: "I was so weakened and gener erally run down with kidney disthat for a ease long time I could not do my work and was bed. in weeks conwas tinual bearing

down pain, terri-

ble backaches,

headaches and at times dizzy spells when everything was a blur before me. The passages of the kidney secretions were irregular and painful, and there was considerable sediment and odor. I don't know what I would have done but for Doan's Kldney Pills. I could see an improvement from the first box. and five boxes brought a final cure." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

The range in weight of the jewels in watches is from one one-hundred-and-fiftythousandths to one two-hundred-and-fiftysix-thousandths of a pound.

Thoroughly Reliable.

If ever there was a reliable and safe remedy it is that old and famous porous plaster-Allcock's. It has been in use for sixty years, and is as popular to-day as ever, and we doubt if there is a civilized community on the face of the globe where this wonderful pain reliever cannot be found. In the selection of the ingredients and in their manufacture the greatest eare is taken to keep each plaster up to the highest standard of excellence, and so pure and simple are the ingredients that even a child can use them.

Allcock's are the original and genuine porous plasters and are sold by druggists n every part of the civilized world.

Had Grown Cautious. Lorenzo Dow on one occasion took the liberty, while preaching, to de-

nounce a rich man in the community,

recently deceased. The result was an arrest, a trial for slander, and an imprisonment in the county jail. After Dow got out of limbo he announced that he should preach, at a given time, a sermon about "another rich man." The populace was greatly

excited, and a crowded house greeted his appearance. With great solemnity he opened the Bible and read, "And there was a rich man who died and went to ---." Then, stopping short, and seeming to be suddenly impressed, he continued: "Brethren, I shall not mention the place this rich man went to, for fear he has some relatives in this congregation who will

sue me for defamation of character." The effect was irresistible and he made the impression permanent by taking another text.-Boston Herald.

Genuine Coffee Will Float. Coffee was formerly adulterated extensively with chicory, but is very much less so at present date. Take a tumblerful of cold water and add the coffee grains or the ground coffee. Genuine coffee will float and not impart a distinct color to the water for several minutes. Chicory, cereals and other adulterants will sink and settle to the bottom, leaving brown trails of color as they sink.

More work is put upon naval guns in target practice each quarter than they were required to stand during the Spanish war.

WHITE BREAD

Makes Trouble for People with Weak Intestinal Digestion.

A lady in a Wis. town employed a physician who instructed her not to eat white bread for two years. She tells the details of her sickness and she certainly was a sick woman.

"In the year 1887 I gave out from over work, and until 1901 I remained an invalid in bed a great part of the time. Had different doctors, but nothcerebro-spinal congestion, female trouble and serious stomach and bowel trouble. My husband called a new doctor and after having gone without any food for 10 days the doctor ordered Grape-Nuts for me. I could eat the new food from the very first mouthful.

"When I was up again doctor told me to eat Grape-Nuts twice a day and no white bread for two years. I got well in good time and have gained in strength so I can do my own work again.

"My brain has been helped so much, and I know that the Grape-Nuts food and some other food I tried to live on,

"I have never been without Grape-Nuts food since and eat it every day. You may publish this letter if you like so it will help some one else." Name