******* Nebraska Legislature:

Pledges Are Kept.

Save one, every pledge in the Republican state platform has been kept by the Republican legislature. That one is the pure food bill, which has been recommended for passage in the house as amended by the committee of the whole, and it has already passed the senate. It is likely a big fight will come when the bill gets back to the senate, for the senators are opposed to the amendments tacked on by the house. Unless the house recedes the senate may kill the bill. The governor got the primary election bill Saturday evening. He had aiready signed the anti-pass bill and the house has concurred in the senate amendments to the anti-lobby bill. In face, Saturday evening when the legislature adjourned it had everything well in hand, and were it not for the appropriation bills which the senate is now are still pending.

Interurban Bill Causes Debate.

The real fight Saturday in the house came over the bill by Thomas, S. F. 25, providing that street railway companies may own stock in interurban companies and that the latter may ownthe stock of street railway companies. While a majority of the Douglas and Lancaster delegations were for the bill, the members from out in the state were decidedly opposed to it because they argued it would give to the Omaha and Council Bluffs Street Railway company a monoply on the interurban business, and further, it did not require physical connection between competing lines which may want to get into the same town or city. As a result no action was taken on the measure, but when it again comes up commission bills. Many members are in the committee of the whole, amend- not satisfied and an effort will be made ments covering these points and re- in both house and senate to secure a quiring the company to get permission | reconsideration of some of the imporof the state railway commission to issue bonds will be offered by Cone of Saunders. . . .

Anti-Lobby Bill Passes Senate.

The senate substitute for the Jenison anti-lobby bill was passed by the senate after the emergency clause had been stricken out. The bill requires all paid lobbyists to register with the secretary of state and places rather stringent restrictions on the method by which they may work. The bill, H. R. 18, was recalled by the senate at the request of Gov. Sheldon after it had been indefinitely postponed, and was amended by the judiciary committee by the substitution of practically a new bill. When the first vote was taken on the measure there was a marked absence of senators from their seats. They were brought in under a call of the house, the senate waiting several minutes for the sergeant at arms to find Senator Thomas, who was the last one to show up.

Cutting Away Appropriations. The 'senate committee on finance, ways and means in reports to the senate Saturday slashed house appropriations amounting to \$120,000.

Veto for One Omaha Bill.

Gov. Sheldon vetoed H. R. 209, by Clarke of Douglas, because he believes it will validate acts of the Omaha city council giving away parts of streets in Omaha to railroads. The bill is ostensibly to permit the narrowing of streets and alleys, but it also validates actions of the city council taken heretofore without authority of law, it is claimed, by which it vacated the several holidays and seasons, and public highways. At present any person could have the illegal acts of the council set aside and the vacated dreets converted again to public use.

The Clarke child labor bill and Lee's Omaha-South Omaha consolidation bill were in a grist of twelve measures that were signed by the governor Saturday afternoon.

Routine Proceedings of Senate. The senate passed the following

bills Monday:

By Knowles-Requiring railroads to issue 1,000-mile mileage books for \$20, the books to be transferable. By Whitney-Appropriating \$3,000

for buildings and repairs at the South Bend fish hatcheries.

By Green-Appropriating \$7,000 for the investigation of animal diseases. By Alderson-Appropriating \$91,-000 for bu"dings at the Norfolk insane hospital.

By Hamer-Appropriating \$15,000 for a building at the Kearney industrial school for boys.

In committee of the whole the senate Monday considered the following By Jenison-Appropriating \$50,000

for the purpose of providing for normal training in high schools having four-year courses to pass. By Keifer-Appropriating \$27,000

for running expenses of the Ortho-

pedic hospital. To pass. By Doran, Henry, Hill, Metzger and Wilson-To provide funds for carrying the seven months' school in all counties of the state. Amount appropriated reduced from \$50,000 to \$25,000. To

By Armstrong-Appropriating \$25,-000 for a heating plant at the Peru

normal school. To pass. By Brown-Appropriating \$2,500 for an addition to the home for the

friendless building. To pass. By Walsh-Appropriating \$20,000 for a cattle barn on the state fair

grounds. Indefinitely postponed.

Majors May Sue the State. Redmond of Nemaha got through a resolution Monday morning in the house to clear the title to eight acres of land belonging to T. J. Majors, by allowing the colonel to sue the state. When the state bought sixty acres of land for the state normal schol at Peru it was in two tracts. By a mistake the eight-acre tract was not properly described and instead of getting what the state bought the deed reads eight acres belonging to Col. Majors. However, the state has been using what it bought for forty years and the resolution is only for the purpose of

cleared up.

Pure Food Bill Passed.

Both the senate and the house Wednesday afternoon adopted the report of the conference committee on the amendments to the pure food bill without serious opposition, the expected fight over the measure not mate-*********

> Christian Science Bill Killed. The senate Wednesday afternoon killed H. R. 288, known as the Christian Science bill and backed by the state board of health. The bill required all practitioners of Christian Science to report contagious diseases the same as physicians, and attached the same penalties to them as physicians if they failed to report these diseases. The majority in favor of indefinitely postponing the bill was large. Epperson of Clay made the principal argument against it on the grounds it would give Christian Science practitioners legal standing, which they do

not have now. Many Bills Are Slaughtered. Behind locked doors the senate late Wednesday afternoon voted to indefinitely postpone all bills not carrying working on there would be little to do appropriations except those which of state interest, though measures of have already been advanced to third local importance to many communities | reading. The action affects a number of bills of more or less imoprtance and against which some powerful lobby work has been done during the last few days. At 5:30 o'clock the senate went into executive session to consider the re-appointment of Warden Beemer and after the appointment had been confirmed and the executive session closed it took up the question of the indefinite postponement of the bills not yet acted upon.

> By the action taken by the house and senate in indefinitely postponing all bills not on third reading, many important bills were slaughtered, among them being the Harrison bill to reduce Pullman rates 20 per cent; the Quackenbush reciprocal demurrage bill; the maximum freight rate bill on oil; the stock yards and the live stock tant measures.

> > Leading Up to It.

"Beg pardon, sir," said the man in the suit of faded black, "but are you carrying all the life insurance you want?" "Yes, sir," answered the man at the

desk. "I am." "Could I interest you in a morocco bound edition of the works of William Makaneace Thackeray?"

"You could not." "Don't vou need a germ proof filter at

your house?" "I do not." "Would you invest in a good secondhand typewriter if you could get it

"I have no use for a typewriter." "Just so. Would an offer to supply you with first class imported Havana cigars at \$10 a hundred appeal to you?" "Not a cent's worth." "How would a proposition to sell you

cheap?"

a Century dictionary, slightly shelf worn, for only \$40, strike you?" "It wouldn't come within forty miles

of hitting me.'

"That being the case," said the caller, would you be willing to buy a 10-cent box of shoe polish, just to get rid of me?" "Great Scott, yes!"

"Thanks. Good day."-Chicago Trib-

Significant Table Linen. A woman who has the reputation of being a most successful hostess and dinner giver makes a hobby of her table linen. She has sets of linen with flowers, designs and emblems to suit even the flowers of several of the foreign countries. There are holly wreaths for Christmas, bells and ribbon streamers for New Year's, lilies for Easter and baskets of flowers for May. Roses, sweetpeas and ferns are for summer affairs, when the same blossoms are used in decorations. Autumn leaves and chrysanthemums are combined with the real leaves and flowers. The fluer de lis linen does honor to the French guest, and for an Irish patriot the shamrock pattern is brought forth, while the rose or thistle blooms for the English or Scotch guest. These little attentions are always pleasing, crease. and when one is buying linen one might as well pay attention to design as well as to quality. Though not every one can afford to have linen woven to or-

An Architectural Eruption.

der, as this woman did in several cases.

A worthy but rather illiterate man who had come suddenly into the possession of a large fortune was consulting with his architect relative to the building of a costly mansion. The general plan had been decided upon, but certain details had not been consid-

"You will want a portico, of course,"

said the architect. "Oh, yes."

"Any particular design?"

"Well, something Oriental." "That would be a good place for you

to have caryatids." "Why," said the other, somewhat puzzled, "I-er-had that when I was a boy. It broke out all over me, but I got well of it. What has that got to do with a portico?"

Too Sick to See the Doctor.

The country doctor had driven nine ong miles in the middle of the night over rough, dark roads to answer an emergency call. When he entered the house a voice called from above, "Is that you, doctor?"

"It is." "Well, this man is too sick to see you to-night. You'll have to come again." -Woman's Home Companion.

They Go Toward It. "There are some men," said the chronic kicker, "whom good fortune

seems to follow always." "I think you're wrong," replied the happy hustler; "you will find good forkilled. allowing Col. Majors to get his title tune meets them; it doesn't follow them."-Philadelphia Press.

GREAT EVENT IN CHRISTENDOM.

World's Sunday School Convention

to Be Held in Rome. Next month, in the "Eternal City" of Rome, Italy, there will be held one of the most important and far-reaching gatherings of the time-the Fifth World's Sunday school convention. Previous conventions were held in London in 1889 and 1898, in St. Louis in 1893, and in Jerusalem in 1904, but the coming assemblage is expected to surpass them all in interest and results. Extensive plans are already in operation to make it a gathering unique in the history of the Christian church.

The thousands of delegates and workers in attendance will represent 262,000 Sunday schools, with 26,000,000 members, from Iceland to Cape Colony, and from Alaska to Tibet. Men and women speaking more different tongues and representing more different sects and creeds will meet in harmonious conclave to promote God's kingdom than probably ever before in history. While the official language of the convention will be English, sectional conferences will be conducted in German, French and Italian. The convention will last four days, from May 20 to the 23d, and will be held in a large hall in Rome. But the most unique meeting of the gathering will be a vesper service, which it is planned to hold within the ruins of the Coliseum. It will truly be a memorable scene to witness men and women of all languages and tongues singing praises to God on the spot where the blood of martyrs of our faith was shed in the early centuries of the Christian era.

The "call" for the fifth convention has been issued by an international committee of business men and ministers representing the Sunday school interests of the world. The body is composed of eleven men for the United States, an equal number for Great Britain and others for Germany, Sweden, Italy, Switzerland, Mexico and

Dr. Bailey, the head of the world committee, is a business man of Philadelphia, who is one of the foremost Christian leaders of that city, and has long been actively identified with the Sunday school interests of America, having been for many years treasurer of the International Sunday School As-

The American delegation will go to Rome in a specially chartered steamer, the Romanic, just as the delegates in 1904 attended the Jerusalem convention in a special ship. This cruise will constitute one of the most valuable features of the convention, for meetings will be held on the steamer all the way going over and returning, and as stated by Dr. Bailey, several missionary conferences will be held. The Romanic is expected to leave Boston April 27 and en route to Rome the delegates will visit the quaint and beautiful island of Madeira, as well as Gibraltar, Algiers, Naples, Pompeli, Genoa and

POSTOFFICE IS SWAMPED.

New Rule Concerning Orders for Supplies Causes Trouble. One of the reforms inaugurated in the

division of supplies of the Postoffice Department by Assistant Postmaster General De Graw is the requirement that postmasters throughout the country shall order supplies for their offices in sufficient quantities to serve for one year.

Upward of 37,000 requisitions have peen received from postmasters. This arge influx of orders has caused the division to fall considerably in arrears in he matter of filing requisitions, 13,500 eing unfilled now. The receipts of requisitions, however, which a week or so ago ran up to more than 1,000 daily, are now only between 500 and 600 a day and the division is filling between 1,000 and 1,100 a day.

Arrangements are being made to increase the number filled each day, so that within two weeks it is expected all requisitions on hand will be filled. After that all orders will be filled promptly, as under the new arrangement the number of requisitions received will continue to de-

The department still has considerable difficulty in securing sufficient twine, which is needed in large quantities by postoffices and the railway mail service, but the twine contractors report that they are making every effort to forward adequate shipments during the coming week,



No doubt Mr. Rockefeller needs the

Still, we don't hear anybody making a noise like digging a canal.

Those British women suffragists are not only strong-minded but strong-fisted. President Baer of the Reading Railroad Company acts like his name sounds. The Rockefeller college is becoming almost as frequent as the Carnegie library. The Russian generals can fight each other much fiercer than they fought the

Ministers are divided as to whether Mr. Rockefeller's great gift should be called philanthropy or restitution. Marie Corelli says she cannot resist the

impulse to wrtie. It must be terrible to have a Corelli novel in your system. With some of the statesmen it is not so much what are we going to do about Cuba as how are we going to do Cuba.

The effort to raise the pay of government clerks is being heartily seconded by the Washington boarding house keeper. To restore public confidence the railroads might print testimonials from passengers who have ridden on their trains a number of times and never have been

BUSSE WINS IN CHICAGO.

Republican Candidate Chosen Mayor of Western Metropolis.

Fred A. Busse, Republican, was Tuesday elected Mayor of Chicago, for four years by a plurality of 13,121. He overcame a plurality of 24,518 by which Edward F. Dunne defeated John M. Harlan two years ago, making a total change in the figures between then and now of 37,639 votes.

The total vote on Mayor, according to the police returns, was 335,901, out of a registration of 391,588. The total for Busse was 164,839 and for Dunne 151,718. George Koop, the Socialist, candidate, polled 13,469 and W. A. Brubaker, on the Prohibition ticket, received 5,875. The Socialists stood a net loss of nearly 7,000 from the figures of two years ago, while the Prohibitionists almost doubled the vote for Oliver W. Stewart in 1905.

John E. Traeger was the one Democrat to be elected. He was chosen city treasurer by a plurality of 7.983 over Gen. Edw. C. Young. John R. McCabe, Republican, was elected city clerk.



Thomas F. Little, the Democratic nominee, running a shade behind Mayor Dunne and losing to Mr. McCabe by 15,414.

The battle was waged and won with the entire country and no small part of the world at large looking on with intense interest and waiting the result in suspense. The traction ordinances carried in the election by nearly 40,000. A new charter for the city of Chicago is assured.

Frederick A. Busse is the first executive of Chicago to be chosen for a term of four years and likewise the first to have the very profitable privilege of collecting \$18,000 every twelve months for his services. The issues between the Republicans and the Democrats were as distinctly drawn as widely differing platform declarations could make them. Chiefest of the contentions was traction. The Republicans declared for the adoption of the ordinances as passed by the City Council over the veto of Mayor Dunne while the Democrats urged their defeat.

In 1902 Mr. Busse was elected Treas urer of Illinois and in December, 1905, was commissioned as postmaster of Chicago by President Roosevelt. It is a rather remarkable thing in the history of mayoral campaigns in Chicago that the Republican candidate made no speech of acceptance to the convention which nominated him, nor uttered a spoken word to the electorate during the campaign. Battered up in a wreck on the Pennsylvania limited, which claimed the lives of a number of his fellow passengers, Candidate Busse was lying in bed severely injured when named as the standard bearer of his

Spirit Voice of Death.

The alleged spirit messages from the late Dr. Richard Hodgson to his living friend and former co-worker, Prof. Hyslop, through the mediumship of Mrs. Piper of Boston, are described by Dr. Isaac Funk, the New York publisher, in his book, "The Psychic Riddle." Dr. Funk says the subject is one that should not be scoffed at. The spirit of Hodgson is believed to have talked to Mrs. Piper while she was in the trance state and wrote what was said on sheets of paper in Hyslop's presence. One message says "it is delightful to go through the cool ethereal atmosphere and shake off the mortal body." The spirit said further onstration of a future life," if Hyslop is right about these messages being received. He. Funk, has no doubt now that "intelligences foreign to our five senses can and do communicate with some of those who are living in the flesh." But he is not certain that "they can and do identify themselves as those who once lived in the flesh."

All Around the Globe.

Gov. Sheldon of Nebraska has signed the railway commission bill, which becomes effective immediately.

Miss Nancy Miller, a Pittsburg waitress, was stabbed seven times with a butcher knife by Walter Howard, whom she had jilted, and died.

Hugh G. Shaugh, the organizer of the Brotherhood of Railway Postal Clerks, was dismissed from the railway mail service. Shaugh was employed in the Los Angeles division and was suspended two MAYORS OF CHICAGO.

-Alexander Lloyd, Dem......1840 5-Francis C. Sherman, Dem......1841 Benjamin W. Raymond, Dem....1842 -Augustus Garrett, Dem......1843 8-Alson S. Sherman, Dem......1844 -Augustus Garrett, Dem......1845 10-John P. Chapin, Whig1846 13-Jas. H. Woodworth, Dem.-Whig.. 1849 16-Walter S. Gurnee, Dem1852 17-Charles M. Gray, Dem......1853 18-Isaac L. Milliken, Dem........1854 19-Levi D. Boone, Knownothing.....1855 20—Thomas Dyer, Dem.......1856 21—John Wentworth, Rep.-Fusionist..1857 22-John C. Haines, Rep..........1858 23-John C. Haines, Rep...........1859 24-John Wentworth, Rep........1860 25—Julian S. Rumsey, Rep. 1861 26—Francis C. Sherman, Dem. 1862 27-Francis C. Sherman, Dem.....1863 36-Roswell B. Mason, Peoples 1869 31-Joseph Medill, Citizens1871 33 - Harvey D. Colvin, Peoples.....1873 33 - Monroe Heath, Rep.1875 36-Carter H. Harrison, Sr., Dem....1881 37-Carter H. Harrison, Sr., Dem....1883 38-Carter H. Harrison, Sr., Dem....1885 39-John A. Roche, Rep...........1887 40-De Witt C. Cregier, Dem 1889 41—Hempstead Washburne, Rep. . . 1891 42—Carter H. Harrison, Sr., Dem. . . 1893 43-John P. Hopkins, Dem........1893 44—George B. Swift, Rep.......1895 45—Carter H. Harrison, Jr., Dem....1897 46-Carter H. Harrison, Jr., Dem....1899 47-Carter H. Harrison, Jr., Dem....1901 48-Carter H. Harrison, Jr., Dem....1908 49-Edward F. Dunne, Dem......1905 50-Frederick A. Busse, Rep......1907

ROADS WOULD COST BILLIONS.

Government Could Assume Control,

but at Great Price. The growing interest in government control and ownership of railroads has led officials in Washington to make some which such ends might be reached. Here are some conclusions:

It will cost the government in the neighborhood of \$16,244,000,000 to buy the railroads. That is, this is the commercial value of the whole railway plant, including terminals, depots and all appurtenances, as estimated by the United States

The government has the constitutional power now to assume control and ownership of the roads. This was demonstrated in the case of the Panama road, where the government condemned the stock and paid a fair market value for it.

In order to buy the railway system of this country it is only necessary for the government to appraise the property and then to issue government securities in exchange for the private securities now standing against these properties.

There would be no real drain on the United States treasury. The government would simply start its printing presses and print the necessary \$16,244,000,000 worth of bonds; then these would be issued in exchange for the private securities, which would be destroyed. Any dispute as to valuation would be settled by condemnation proceedings.

Then Congress would probably have to create another cabinet officer, a Secretary of Railways. He would run the railroads of the country just as the Postmaster General runs the Postoffice Department.

When Switzerland decided to take over ts railroads a few years ago, the government concluded to pay for them on the basis of twenty-five times the average net earnings for a period of twenty years. This was easily determined in that country, owing to the fact that the accounts of the railways had been under strict governmental supervision for that period.



What was said to be one of the greatest ratepayers' demonstrations seen in London in many years occurred recently when several thousands marched through the streets to Trafalgar square, where a mass meeting was held to protest against further municipal ownership experiments on the part of the London county council. The procession, which was more than a mile in length, included many unique features intended to cast discredit upon the municipal industries, among these being fifty large gramophones which emitted bitter comments upon "wastrels." The meeting adopted a resolution stating that "This mass meeting of London ratepayers indignantly protests against the increasing burden of rates, caused by the progressive socialist party, and pledges itself to exert every effort to turn the wastrels out on March 2, and place in power the

party of municipal reform." Prime Minister Sir Henry Campbell-Bannerman contributes to the Nation, the liberal weekly, an article on The Hague conference, in which he refutes the objections to raising the question of limitation of armaments, contending that nothing has occurred since 1898 to render inopportune or mischievous the reduction of armaments which was then recognized as desirable. On the contrary, he says, that during his effort to communicate the passage of years has only served to to the living he felt as if in a stuffy at- strengthen the impression of 1898 that mosphere or as if going into a place of the endless multiplication of engines of foul smells. Dr. Funk believes that we war is futile and self-defeating, and that are in the presence of "a scientific dem- | what was then a suspicion, that no limit | could be set to the struggle for sea power save by the process of economic exhaustion, has now become something like a certainty. He asserts that Great Britain has already given an earnest of her sincerity by reducing her naval and military expenditures, and by undertaking to go further if a similar disposition is shown elsewhere.

Paris had the news Tuesday that a French column under Gen. Liautey had occupied the nerve center of Morocco, Oudja, a walled city near the frontier where caravans arrive from the desert. Foreign Minister Pichon, in explaining the move to the French chamber, said that the Moors had become more and more insolent, until something had to be done. Claims for damages had been long neglected, and the Sultan had to be taught a lesson It was a matter for France alone, and Germany appeared to be giving her a free hand. This was to be only the first of a series of punitive acts by France.

A Woman's Back

Has many aches and pains caused by weaknesses and falling, of other die ment, of the pelvic organs. Other symp toms of female weakness are frequent headache, dizziness, imaginary specks or dark spots floating before the eyes, gnawing sensation in stomach, dragging or bearing down in lower abdominal or pelvic region, disagreeable drains from pelvic

organs, faint spells with general weakness. If any considerable number of the above symptoms are present there is no remedy that will give quicker relief or a more permanent core than Dr. Pierce's Favorite Prescription It has a record of over forty years of cures. It is the most potent invigorating tonic and strengthening perinvigorating tonic and strengthening ner-

vine known to medical science. It is made of the glyceric extracts of native medicinal roots found in our forests and contains not a drop of alcohol or harmful, or habit-forming drugs. Its ingredients are all printed on the bottle-wrapper and attested under oath as correct.

Every ingredient entering into "Favorite Presc intion" has the written endorsement of the most eminent medical writers of all the several schools of practice-more valuable than any amount of non-professional testimonials-though the latter are not lacking, having been contributed voluntarily by grateful patients in numbers to exceed the endorsements given to any other medicine extant for the cure of woman's ills.

You cannot afford to accept any medicine of unknown composition as a substitute for this well proven remedy or known composition, even though the dealer may make a little more profit thereby. Your interest in regaining health is paramount to any selfish interest of his and it is an' insult to your intelligence for him to try to palm off upon you a substitute. You know what you want and it is his business to supply the article called for.

Dr. Pierce's Pleasant Pellets are the original "Little Liver Pills" first put up by old Dr. Pierce over forty years ago, much imitated but never equaled. Little estimates as to the cost and methods by sugar-coated granules easy to take as

> To convince any woman that Paxand do all we claim for it. We will send her absolutely free a large tria box of Paxtine with book of instruc tions and genuine testimonials. Send your name and address on a postal card. nine ills; sore eyes, sore throat and mouth, by direct local treatment. Its curative power over these troubles is extra-Thousands of women are using and rec-ommending it every day. 50 cents at druggists or by mail. Remember, however, IT COSTS YOU NOTHING TO TRY IT.
> THE R. PAXTON CO., Boston, Mass.

If afflicted with Thompson's Eye Water sore Eyes, use Thompson's Eye Water

Upward of 200,000,000 gallons per annum of aerated waters are drunk in the United Kingdom.

Sunflower a Fever Cure.

An eminent Spanish professor has made the discovery that the sunflower yields a splendid febrifuge that can be used as a substitute for quinine. More than ten years ago Moncorvo reported to the Therapeutical Society of Paris with reference to the same subject. Accordingly the sunflower should not only by its growing exert great fever-dispelling effect but also yield a product which is used advantageously in all fe-

The common sunflower is originally an American plant. Its original home is said by eminent botanists to be Peru and Mexico.

The Russian peasantry seem to be convinced that the plant possesses properties against fever and fever patients sleep upon a bed made of sunflower leaves and also cover themselves with them. This use has recently induced a Russian physician to experiment with a coloring matter prepared from sunflower leaves and it is reported that he had good results with the coloring matter and with alcoholic extracts from the flower and leaves. With 100 children from 1 month to 12 years old he has, in the majority of cases, effected as speedy a cure as otherwise with quinine.

To Memory Dear. The Governess-Did you visit the Louvre while you were in Paris,

ma'am? Mrs. Newcoyne-I forget; did we,

Mr. Newcoyne-Why, I don't see how you can possibly forget that place, Jane! That's where you had your pocket picked !- Puck.

FIND OUT

The Kind of Food that Will Keep You Well.

The true way is to find out what is best to eat and drink, and then cultivate a taste for those things instead of poisoning ourselves with improper, indigestible food, etc.

A conservative Mass. woman writes: "I have used Grape-Nuts 5 years for the young and for the aged; in sickne and in health; at first following directions carefully, later in a variety of ways as my taste and judgment suggested.

"But its most special, personal benefit has been a substitute for meat, and served dry with cream when rheumatic troubles made it important for me to give up the 'coffee habit.'

"Served in this way with the addition of a cup of hot water and a little fruit it has been used at my morning meal for six months, during which time my health has much improved, nerves have grown steadier, and a gradual decrease in my excessive weight adds greatly to my comfort." Name given by Postum Cereal Co., Ltd., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

BIDIT KARA