General News

Kansas City is boosting up the ice prices.

Mrs. Roosevelt and children are touring in the south.

St. Francis Xavier Roman Catholic church at Philadelphia was burned. Loss, \$150,000.

The conferees of the senate and house have agreed on the bill to reorganize the consular service. Justice Harlan denied that he is

about to retire from the United States supreme bench, as reported in some quarters. Senator Lodge has offered an amend-

ment to the railroad bill making it apply to pine lines for the transportation of oil.

Announcement is made that the Friends' International Christian Endeavor union will be held in Wilmington, O., July 23 to August 1. Georgia Wells, an actress who had

been playing the leading femine role of "The Clansman," died at New York after a surgical operation for appendiciti: A box containing \$80 in cash and

\$3,000 in gold notes was wrested from Mrs. C. Schmidt in her bakery in Lockland, O., at daybreak. The thief escaped. A cable dispatch from Tokio, says that Jacob H. Schiff, the banker, was

decorated with the order of the Rising Sun while in audience with the Emperor of Japan. A fishing boat struck a floating mine March 26, off the coast of the province of Echisen, Japan, and was

blown up. Seven of her crew of ten men are missing. A birdseye view of cities shows no buildings being constructed in Chicago. Less development in this line there than in any other city. It is

referred to as a "completed city." Riley Colton and Park Wright, the two self-confessed dynamiters of the bulk-head of the Grand reservoir, at Wapakereka, O., were sentenced to

sixteen months each in the penitentiary. C. H. Horne, former teller of the wrecked state bank of Canton, O., charged with making false entries in the bank's books, was discharged from custody, because the indictment was

found faulty. General Luke E. Wright, the newly appointed ambassador to Japan, will 'sail from Seattle for his new post on April 29. He will be accompanied by Mrs. Wright, and is due at Yoko-

hma on May 15. At a meeting of the western trunk line committee it was decided that the Great Western grain tariff of 23 cents from Missouri river to the Atlantic seaboard should remain in ef-

fect until April 15. The Iowa house, by a vote of 38 to 54, killed the bill to provide a state board of control for Iowa colleges. The measure was the most bitterly fought of any this session, the col-

leges lobbying desperately against it. According to a statement recently issued by the Mexican government, 255 miles of railroad was built in that country in 1905, making a total mileage of 10,488 miles. The plans for new roads projected aggregate more than 1,000 miles.

The United States government has accepted the offer of the Washington Irrigation Company to sell the Sunnyside Canal and Lateral works, the largest private irrigation system in the Northwest, located in Yakana and Benton counties, for \$250,000.

In submitting to congress the re port of the International waterway commission regarding the preservation of Niagara Falls, President Roosevelt sent a recommendation that a law be enacted along the lines of the recommendation of the report.

That the senate and house will reach a compromise agreement on the statehood bill which will permit Arizona and New Mexico each to decide for themselves the question of their admission as one state seems a correct conclusion from present indications.

Secretary of War Taft, Representartive D. A. De Armond (Mo.) and Miss Mabel T. Boardman of Washington, addressed a Red Cross meeting at the Belasco theater, Washington, D. C., for the purpose of acquainting the public more fully with the purposes and work of the reorganized American National Red Cross.

The house committee on public buildings and grounds reported favorably a bill carrying appropriations of \$20,000,000. The details of the bill are not fully completed and the committee voted to refrain from disclosing the projects to be included in the measure until the report is finally completed, which will be in about ten days.

The house committee on Indian affairs authorized a favorable report on the Burke bill directing the court of claims to adjudicate for payment the annuities which would have been due the Sisseton and Wahpeton Indians. but for their participation in the Sioux outbreak of 1862.

The Foster bill, to permit Chinese students, merchants and travelers to enter this country, was the subject of a hearing by the house committee on foreign affairs. Witnesses told of the ing among the sufferers.

Members of the house committee on patents are of the opinion that the proposed copyright code, which has been considered at length by a special conference in which many interests were represented. It will not be in shape for congressional action at the present session of congress.

Major J. W. Hersey, director of the weather bureau at Milwaukee and in spector of western stations, received a telegram from Washington instruct ing him to report at soon as possible at Washington to prepare to accom pany the Wellman expedition in search of the north pole.





DISTANCE APART TO SET APPLE TREES.

the above subject Mr. Edison Gay- send up a strong, thrifty plant. lord, of Floyd county, who is well of Iowa says:

ties and all locations. The most ap- season fairly opens. proved plans for setting apple trees in the northwest, and one quite generally adopted here by our best informed horticulturists, is about this: With the large growing varieties place the rows thirty feet apart and rows twenty feet apart, the trees berows should run north and south, or, any means neglect the oats crop. what is better still, in the line of the sun in February. This plan has been thoroughly tested here and this arrangement of the trees has proved to be a very important factor in protecting the trees from sun killing, which has proved so detrimental to orchards in the northwest. Here we have too | tunity and get early "grass." much hot sun and dry air. In the eastern part of the country they have too much cloudy, damp weather and not enough sun. In setting apple trees one needs to know his varieties and what each one requires. He must also understand his location and climate. By following this plan one can have the rows the same distance apart east and west, but can set the trees or smaller growth closer together in the ground. the rows north and south. This gives each variety its proper space and aids

Tools are more easily found and more likely to be kept in place if they are hung up than when all are thrown together in chest or drawer. Have a large board with a hole in the top to hang it up by. Hold up each tool against it and drive in stout nails in the place most convenient to hang it | the grocery. by. With hatchet or hammer this would mean two nails under the head, with the handle allowed to drop be-

very much in making an orchard self-

protecting.

ORCHARD NOTES.

If orchards are to be made profitable they must receive as good care as other crops.

Cultivators are the best crop to raise in an orchard. Watch a sod orchard. It will be gin to fail before you know it.

Probably nine-tenths of the apple orchards are in sod and many of them are meadows. Of course they are failing.

The remedy for these apple failures is to cut down many of the orchards. For the remainder the treatment is cultivation, fertilization, sprayingthe trinity of orthodox apple growing. Even hoed or cultivated crops may rob the trees of moisture and fertility if they are allowed to stand above

the tree roots. Phosphoric acid is the second important fertilizer to be applied artificially to orchards. Of the plain superphosphates, from 300 to 500 pounds may be applied to the acre. Barn manures are generally more farm crops than when applied to or- thinned out so as to stand six to ten

Bleeding of the grapevine, when pruned in spring can be stopped by passing a red-hot iron slowly across the cut surface. But it is much bet- fire-fly's wing. Success comes from ter to prune early and then there will following to steady blaze of the star be no danger of bleeding.

venating the old orchard.

CATTLE VS. SHEEP.

It is sometimes asserted that cattle be well founded. In some experi- of good crops, and there are seasons ments at the lowa station the cattle of poor ones; seasons of good prices sheep. Both sheep and cattle were to fight such battles. Take Abraham on full feed. The sheep made a daily | Lincoln's advice: "Keep pegging gain of 3.73 pounds per thousand away." pounds of live weight, and the cattle 2.14. It was found that while the sheep atc. 48 per cent more than the who does not keep accounts. The

cent more. In considering the above figures, it should be remembered that sheep will consume much waste material that must be done intelligently; no hap of fruit for the family a few trees eattle will not touch.

IMPORTANCE OF GOOD SEED.

One of the most important things This is one of the subjects that the in growing a good crop, whether in average fruit grower and amateur the garden or in the field, is good horticulturist differ as much on as any seed. The safest plan in nearly all one we know of. Our observation cases is to secure the needed supply leads us to believe that 90 per cent in good season, purchasing from reof the orchards planted in Iowa are liable dealers who advertise, and then so crowded that the life of the or- carefully test the seed before risking chard is shortened and its fruit pro- the crop with them. Seed should not ducing qualities lowered for the rea- only have sufficient vitality to germison that sunlight and air are two of nate under reasonably fair conditions, the requisites in fruit growing. On but should be sufficiently vigorous to

Both in gardening and truck farmknown by the fruit growing fraternity ing, much time and labor may be saved by planning ahead in good sea-Again this same old subject has son; determine what crops are to be lows: come up for a rehearing. If we are grown, the acreage, and the place; to judge by the divergence of opinion | by knowing these things in advance held by writers in our various farm more or less work and preparation papers, it must appear to novices a can be done, and at a less cost and complicated question. I, for one, wish saving of time. In nearly all cases I had no more difficult matter to deal after the season opens in the spring with in horticulture. People know the work is pressing, much, seemingthat their children have to have ly, is to be done at once, and it is clothes according to their size. Dif- quite important, if the best success ferent varieties of trees differ very is to be realized, that all be done in much as to the size of their growth. good season and in a thorough man-Location and climate also play impor- ner. With the work all planned and tant parts. A Talman Sweet in some as much of the preparatory work of our middle and eastern states done as possible the task of getting would need at least forty feet each done what is necessary in the growway. The same variety grown in the ing season is much easier. While northwest would not need thirty feet | every day's work cannot be laid out each way. If one were setting out for any considerable time in advance. Tetofskys twenty feet each way would yet a general plan to be followed be an abundance of room. One rule through the season may be detercannot be made to apply to all varie- mined much better now than after the

The time for sowing oats is near upon us, and this important crop mast not be neglected. While there may be other crops which will produce more there is no other grain so good for set the trees about twenty feet apart horses. We want good feed for in the rows. I refer to such varieties horses. The horse which is worked as Talman Sweet, Plum's Cider, and hard every day needs the best, and Northwest Greening. Varieties like if it can be had, it should be given. I Tetofsky and Whitney can be set in have been feeding sheaf oats to my horses all winter, and intend to have ing fifteen feet apart in the rows. The them to feed every winter. Do not by

IN THE BERRY AND TRUCK GARDEN.

If the asparagus has been tucked away in its bed under a blanket of manure, work this in at the oppor-

Don't have the garden near the road. There is too much temptation to lean on the fence and chat with passersby when you should be digging weeds. I know, I have tried it. Do not become discouraged because the pepper seed is slow in coming up. It is the "nature of the critter." If given a chance it will make up for lost time after it once gets through

Supposing the pie plant to be covered now with a mulch of manure, as it should be, work it in as soon as the frost is out, and cover the soil around the plants with three inches of coal ashes. Now watch the proceedings.

The ordinary farm garden is at a very conservative estimate worth a hundred dollars every year. Then how nice it is to have everything fresh from the ground, without having to buy dried up and tasteless stuff from

Many farmers object to large potato vines. We have learned that the small vines are the very ones the bugs like the best. Potatoes cannot grow without vines. If other conditions are favorable, big vines and big

potatoes go together. If some folks would spend the time they waste poring over the almanac to see if "the sign is right" in getting their crops well into the ground and caring for them they would not have so much reason to complain later in the season about the "moon not being in the right quarter" when they plant-

The mangel wurtzel beet is a "dandy" for stock feed. Try a small patch for your milch cows, and you'll keep it up. The seed should be planted as as the limbs of the trees extend. soon as the soil can be gotten into good condition. Plant in drills 20 to 30 inches apart, dropping from 12 to 20 seeds to the foot. This will require from 10 to 15 pounds of seed to the acre. As soon as the young plants have started sufficiently to make the rows visible, they should be cultivated, and should receive constant attention so as to keep the surface soil loose and destroy the starting weeds. When the beets are about two or economically used when applied to three inches high they should be chards, yet they can be used with inches apart in the row, and cultivagood results, particularly when reju- tion should be discontinued as soon as the roots have commenced to form.

Only one man really wins on the farm, and he is the man who sets out to win. Luck is the flickering of the of honest endeavor.

STICK TO THE FARM.

The men who make a success in life

No business man expects to succeed cattle, they also gained nearly 75 per | farmer should not expect to fare better than the business man.

Fruit growing is profitable, but it hazard careless work will do.

REASONS FOR PRUNING TREES

If one were asked for specific directions as to how to prune a fruit tree it would be unsafe for him to make sys: an answer without first having seen the tree. No dogmatic rules can be given, though a generalization might be ventured, says the Mirror and Farmer. Each tree required different treatment. Each tree presents a new set of problems to be solved by the pruner. Different reasons exists as to why a certain tree should receive peculiar treatment or pruning different from that given another of the same age, variety and growth. The chief reasons for pruning are as fol-

First-To modify the vigor of the

Second-To produce a larger and better fruit.

Third-To keep the tree within manageable shape and limits. Fourth-To change the habit of the

vice versa. Fifth-To remove surplus or in

tree from fruit to wood production, or

Sixth-To facilitate harvesting and spraving. Seventh-To facilitate tillage. Eighth-To train plants to some de-

sired form. The trained horticulturist no more thinks of neglecting pruning than omitting spraying. He places a high estimate on these operations, for he knows what they mean to him in Fuller.

dollars and cents and in the longevity

of his orchard's usefulness.

"A friend of ours, the owner of only ten acres of good land, lives as comfortably and happily on the products of this little farm as any man on a much larger place. He keeps a pair of brood mares, which raise him two good colts each year, barring accidents. He keeps two good cows. three or four pigs, about seventy-five hens and a few stands of bees. He keeps about two acres in small fruit. strawberries, raspberries, currants, gooseberries, grows three or four acres of potatoes each year, an acre of broom corn, which he works into brooms in the winter, an acre of onions and the rest of his land in corn. He raises very large crops, for he plows deep and fertilizes his land heavily and takes good care of all tops while growing. He has in addition a plum orchard and a big asparagus bed, which both bring in quite a little money each year. He told us that he lived well and saved a little money each year, and yet there are lots of men who really believe that they cannot live on less than 160

HORTICULTURAL NOTES.

Nearly every kind of tree, shrub and vine requires a different method of pruning.

Do not be in too great a hurry to remove the mulch from strawberry plants. Many a crop is ruined by the early frosts catching the plants that have started early on account of the mulch having been removed too early. Give early and good cultivation be-

tween the rows of strawberry plants, then place the mulch between the rows at the proper time. The mulch will keep down the weeds and conserve moisture.

Young plants of raspberries should be dug before the buds start in the

A mistake is too often made in not planting potatoes early enough. Where we have wanted early potatoes we have often planted seed on frozen soil below the surface. We beat our neighbors with early potatoes by nearly three weeks. Try it. Potatoes, onions and peas should be

the first vegetables to be planted in the spring. If you have any wood ashes apply them as a top dressing for grapes or

scatter them in the orchard as far out Many a young orchard is starved to death. Trees that are growing require food just as much as animals.

In raising onions for seed the soil can hardly be made too rich provided only thoroughly rotted and fired manure is used, and care taken to mix well with the soil. A good top dressing of wood ashes is often beneficial. Have the soil in fine tilth, sow the seed at the first favorable opportunity; cover the seed lightly, and if the soil is sufficiently dry to admit of firming without packing, firm after sowing the seed. Be careful to give clean, thorough cultivation.

PRUNING THE FORSYTHIA.

Already, in many localities, these spring favorites are out of bloom and ready for pruning whenever the grower can spare time for the work. The irooping sort is more graceful if not pruned too severely, but it will send out shoots many feet long before autumn if pruned now. There are many and sheep require the same amount of are those who follow a business in complaints about this shrub, mainly decay of American business since the feed per thousand pounds of live which they are deeply interested, and due to ill pruning. A few days ago boycott, the Standard Oil company be weight. This statement seems not to then stick to it. There are seasons a lady applied to her neighbor for an armful of bloom, saying that her own bushes had been ruined because consumed 19.6 pounds of dry matter and seasons of poor ones. The dark pruned too severely by her gardener, per thousand pounds of live weight, side is what scares the faint-hearted. a man of supposed experience. But against an average of 29.07 by the The man with grit and pluck is ready the probability is that they had been pruned too late, rather than too hard. This shrub should be more grown.

> Co-operation among farmers bids fair to be a means whereby to solve many of the vexed questions that are uppermost in the mind of the agricul-

To be sure of a continuous supply should be planted each fall or spring. | the person is one of the weak ones | and food expert.

A CURE FOR DEBILITY

Dr. Williams' Pink Pills A Reliable Remedy for the Weak, Alling When the body is weak and the blood

thin it is sometimes difficult to find the cause unless a wasting illness has preceded, or the sufferer happens to be a girl on the verge of womanhood.

Obscure influences, something un ealthful in one's surroundings or work. may lead to a slow impoverishment of the blood and an enfeeblement of the whole body. When a serious stage has been reached there seems to be nothing that will account for it.

Mr. C. E. Legg, of Tipton, W. Va., ple?
has found a successful method of treating weakness and bloodlessness. He

"I used Dr. Williams' Pink Pills for weakness caused by a lingering malarial fever that began in the spring of 1896. The worst effects of this were indigestion and a bad state of my blood. I was anæmic, as the doctors say. People generally would say that I didn't have lood enough, or that I didn't have the right kind of blood ; mine was too thin. My kidneys and liver were out of order. was badly annoyed by sour risings from my stomach. There was a good deal of pain, too, in my back and under my right shoulder blade."

"How long did these troubles last?" "For over two years. For four months of that time I was under the care of a physician, but his medicine did me no good. Meanwhile I learned of because she couldn't heathe cures that had been wrought by Dr. in the moving pictures. Williams' Pink Pills."

they are helping others to whom I have recommended them. They have real merit and I knew of nothing that would time was all and everything; if astake their place." sured that death would forget us, and For further information and valuable we would spend an eternity on earth, booklet address the Dr. Williams Medicine Co., Schenectady, N. Y.

WITH THE SAGES.

There is always a soft berth for the fellow who can rout some one else out

He lives long that lives well: and time mis-spent is not liver, but lost .-

Suspicion always haunts the guilty mind: the thief doth fear each bush an officer.—Shakespeare. Love, instead of being weakened, is

strengthened and deepened by being windened .- Dr. Philip Schaff. That only which we have within can we see without. If we meet no gods,

it is because we harbor none.-Emer-Everything is prospective, and man is to live hereafter. That the world is his troubles to himself. for his education is the only sane solution of the enigma.-Emerson.

Genuine morality is preserved only in the school of adversity, and a state the pawnshops would be full. of continuous prosperity may easily The pessimist never hopes for the

It is a great wisdom not to believe some people were if they didn't tell everything which thou hearest, nor us. immediately to relate again to others | Contentment files out of the winwhat thou hast heard or dost believe. dow when ambition stalks in at the -Thomas a Kempis.

Evil thoughts, if cherished, blight the stablest foundation of character. as a Ferriss wheel when you have to They are very much like rot in tim- pay it back. ber, like rust in iron. They eat into the man.—Addison.

Oldest University.

at Pekin. It is called the "School for ing physicians of Europe says that he the Sons of the Empire." Its an- has been unable to satisfy himself that tiquity is very great, and a grand reg- any asserted instance of weeping at an ister, consisting of stone columns, 320 earlier age is genuine. Moans, in number, contains the names of screams, etc., go for nothing. The ques-60,000 graduates.

SUNFLOWER PHILOSOPHY.

One touch of nature is worth two of the pocketbook. Don't cross your bridge till you come to it-and maybe it won't be

Remember while you think you are aggressive others probably think you are a knocker

When a man says he has "an equity" in a piece of property it means he hasn't much interest

What has become of the old fashloned farmer who imagined he earned a living for three or four town peo-

The dressmakers can tell far ahead if the season is to be gay, but it takes the milkman to tell what particular

When some women pass along the streets they have this look on their faces: "Now I'll bet that man wants to flirt with me!"

After a woman has been married for a few years to a man who moves often, she hates even an orator who has moving powers. There is no waste time that wor-

ries a man half so much as the few seconds he spends waiting for Central to answer the telephone. You know how people kick; at the

park last night a woman complained because she couldn't hear the bands If we had so much time we could

"You owe your cure to these pills?" stay in bed, and know that supper "I certainly do, and I also know that would be breakfast when we got up. if all the clocks were stopped, and sured that death would forget us, and we do not believe we would have time to read predictions, letters or advice. -Atchison (Kan.) Globe.

Worth Knowing

-that Allcock's are the original and only genuine porous plasters; all other so-called porous plasters are imitations.

THE GENTLE CYNIC.

No man can be selfish with his hap-

The wages of sin often come without working. It takes a lot of luck to push a man up hill.

When some people tell the truth they have to label it. Some people seem tireless in making other people tired.

It isn't the stingy man who keeps When women grow jealous the devil

proceeds to get busy. If we could only hock our troubles he cries down with the rich.

The dollar that looked so small virtue, destroy purity, and undermine when you borrowed it seems as big

First Shedding of Tears. It will be news to many that as a rule we do not weep until after the The oldest university in the world is fourth month of life. One of the lead-

The Coffee Debate.

tion has to do with shedding tears.

ber of coffee importers and roasters indicate a "waspy" feeling towards us for daring to say that coffee is harm-

ful to a percentage of the people. A frank public discussion of the subject is quite agreeable to us and can certainly do no harm; on the contrary when all the facts on both sides of any question are spread before the people they can thereupon decide and act in-

telligently. Give the people plain facts and they

will take care of themselves. We demand facts in this coffee dis cussion and propose to see that the facts are brought clearly before the

A number of coffee importers and roasters have joined a movement to boom coffee and stop the use of Postum Food Coffee and in their newspaper statements undertake to deceive by false assertions.

Their first is that coffee is not harm-

We assert that one in every three coffee users has some form of incipient or chronic disease; realize for one moment what a terrible menace to a nation of civilized people, when one kind of beverage cripples the energies and health of one-third the people who

We make the assertion advisedly coffee users.

seek to place the cause of disorder on food, inherited tendencies or something else. Go deeper in your search for facts.

If your friend admits occasional neuralgia, rheumatism, heart weakness, stomach or bowel trouble, kidney complaint, weak eyes or approaching nervcoffee for 10 days and using Postum | every human being. Food Coffee, and observe the result.

The published statements of a num- | and says "I can't quit" you will have | discovered one of the slaves of the coffee importer. Treat such kindly, for they seem absolutely powerless to stop the gradual but sure destruction of body and health.

> part of the people to make room for the stronger. It is the old law of "the survival of the fittest" at work, and the victims are many.

vestigator and searcher for facts. importers and roasters is their statement that Postum Food Coffee is made of roasted peas, beans or corn, and mixed with a low grade of coffee and

\$100,000.00 with them that their statements are absolutely false.

and they will not. old-fashioned coffee who will accept

that wager.

Free inspection of our factories and methods is made by thousands of people each month and the coffee importers themselves are cordially invited. Both Postum and Grape-Nuts are abso-

The formula of Postum and the analysis made by one of the foremost chemists of Boston has been printed on every package for many years and

Now as to the food value of Postum. and suggest that the reader secure his | It contains the parts of the wheat berown proof by personal inquiry among ry which carry the elemental salts, such as lime, iron, potash, silica, etc., Ask your coffee drinking friends if etc., used by the life forces to rebuild they keep free from any sort of aches | the cellular tissue, and this is particuand alls. You will be startled at the larly true of the phosphate of potash, percentage and will very naturally also found in Graps-Nuts, which combines in the human body with albu- of a hurt nervous system travel from something aside from coffee, whether men and this combination, together heel to head, and it may be well worth with water, rebuilds the worn-out gray | your while to make the experiment of matter in the delicate nerve centers all leaving off coffee entirely for ten days

Ordinary coffee stimulates in an unnatural way, but with many people it slowly and surely destroys and does sickness lose it. Besides there's all ous prostration induce him or her to not rebuild this gray substance so make the experiment of leaving off vitally important to the well being of ternal frolic to be perfectly well

These are eternal facts, proven, well

The only high grade Baking Powder sold at a moderate price. Complies with the pure food laws of all states.

Baking

Powder

Trust Baking Powders sell for 45 or 50 cents per pound and may be identified by this exorbitant price. They are a menace to public health, as food prepared from them contains large quantities of Rochelle salts, a dangerous cathartic drug.

When a girl is nice to you it's hard to tell whether she really likes you or wants a favor.

Lewis' Single Binder costs more than other 5c cigars. Smokers know why. Your tealer or Lewis' Factory, Peoria, Ill.

THE ATTIC PHILOSOPHER.

Never look a gift auto in the oil Love finds the way in and sense the If you can't be good you can at

least be careful. Sometimes a thing will meet you half way if you start first. It's generally the small minds that find the petty things in life.

It's hard work making people think you are having a good time. When a man gets too lazy to work

The good things you covet never seem so good after you get them. We would never suspect how nice cess was tugging at his coat tails. It will help you to succeed if you count every cent and make every cent

> People who wouldn't borrow a nickel will borrow a hundred dollars' worth of trouble without provocation. If everybody led ideal lives the world would get monotonous, and newspapers have to go out of busi-

> Sometimes it's a question of who gets the most in a matrimonial venture—the preacher or the contracting parties.-Will F. Griffin in Milwaukee

A volunteer in a Colorado regiment at Manila has been cured of stuttering by being shot through the throat by a

Mauser bullet.

Nature has a way of destroying a

We repeat the assertion that coffee does harm many people, not all, but

an army large enough to appal the in-The next prevarication of the coffee that it contains no nourishment.

We have previously offered to wager

They have not accepted our wager We will gladly make a present of \$25,000.00 to any roaster or importer of

lutely pure and made exactly as stated.

is absolutely accurate.

over the body and throughout the and using Postum in its place. brain and solar plexus.

It will startle you and give your friend authenticated and known to every something to think of. Of course, if properly educated physician, chemist Please remember we never say or

dinary coffee hurts everyone Some people use it regularly and seem strong enough to withstand its attacks, but there is misery and disease in store for the man or woman who persists in its use when nature protests, by heart weakness, stomach and bowel troubles, kidney disease, weak eyes or general nervous prostration. The remedy is obvious. The drug caffeine, contained in all ordinary

coffee, must be discontinued absolutely or the disease will continue in spite of any medicine and will grow worse. It is easy to leave off the old-fashioned coffee by adopting Postum Food Coffee, for in it one finds a pleasing hot breakfast or dinner beverage that has the deep seal brown color, changing to a rich golden brown when good cream is added. When boiled long enough (15 minutes) the flavor is not that of rank Rio coffee but very like the milder, smooth and high-grade Java, but entirely lacking the drug

effect of ordinary coffee. Anyone suffering from disorders set up by coffee drinking (and there is an extensive variety) can absolutely depend upon some measure of relief by quitting coffee and using Postum Food

Coffee. If the disease has not become too strongly rooted, one can with good reason expect it to disappear entirely in a reasonable time after the active cause of the trouble is removed and the cellular tissue has time to naturally rebuild with the elements furnished by Postum and good food.

It's only just plain old common

Now, with the exact facts before the reader, he or she can decide the wise course, looking to health and the power to do things. If you have any doubt as to the

cause of any ache or ail you may have. remember the far-reaching telegrams You will probably gather some good solid facts, worth more than a gold

mine, for health can make gold and

the fun, for it's like a continuous in-

There's a reason for