

## CAMERON COUNTY PRESS.

H. H. MULLIN, Editor.

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TERMS OF SUBSCRIPTION.

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ADVERTISING RATES.

Advertisements are published at the rate of one dollar per square for one insertion and fifty cents per square for each subsequent insertion. Rates by the year, or for six or three months, are low and uniform, and will be furnished on application.

Legal and Official Advertising per square, three times or less, 25 cents; subsequent insertion 10 cents per square.

Local notices 10 cents per line for one insertion; 5 cents per line for each subsequent consecutive insertion.

Obituary notices over five lines, 10 cents per line. Simple announcements of births, marriages and deaths will be inserted free.

Business cards, five lines or less, 50 cents per year, at the regular rates of advertising.

No local inserted for less than 75 cents per line.

JOB PRINTING.

The Job department of the Press is complete and affords facilities for doing the best class of work. PARTICULAR ATTENTION PAID TO LAW PRINTING.

No paper will be discontinued until arrears are paid, except at the option of the publisher.

Papers sent out of the county must be paid for in advance.

Sailors Were All English.

The late Gen. H. V. Boynton, the Washington correspondent, used to tell of the Fourth of July a good story about a British captain. This captain, after being defeated in a sea fight in the war of 1812, inspected the ship to which he had surrendered. "But, hang it all, half your sailors are English," he grumbled at the end of his inspection. "And had you not all English?" said the American captain, calmly.—Cleveland Leader.

Kept Him Dead.

Rider Haggard heard that a ballet based on "She" was to be produced in Hungary. He wrote for programs and photographs. The reply of the manager was that the illustrious "Herr Author" was dead. Mr. Haggard asked for a denial, but the manager replied that the editors refused to insert it, as they believed it to be an unscrupulous attempt to obtain free advertising for the ballet.

Berlin Exposition.

From June 21 to 26, 1906, a large agricultural exposition is to be held at Berlin, which will also comprise a special division for preserved food articles, such as products of the dairy, dough, potatoes, fruits, wines and extracts, meats, beer, etc. Money prizes, diplomas and medals will be awarded. In order to test the preserving capacity of these exhibits they will be sent to the tropic.

The Bard Retorts.

"Want to give me those poems for a year's subscription to my paper?" snapped the editor of the rural weekly "Why they are worthless."  
 "I know that," retorted the long-haired bard. "You don't think I'd want to trade them for your paper if they weren't worthless, do you?"—Chicago Daily News.

Fooled Soldiers.

While some regiments of London volunteers were engaged in a sham fight in the suburbs the other day a man on a coach, passing along a neighborhood road, sounded "Cease firing" on his bugle. The call was passed along the lines and the battle was suspended till the joke was discovered.

Jap Hotels in Frisco.

There are 85 Japanese hotels in San Francisco, 60 restaurants, 16 intelligence offices, nine shooting galleries, 11 billiard rooms and 75 house-cleaning offices. These are all licensed, and there is a large number of unlicensed cobbler, butchers, janitors, porters and domestic servants.

Vanity Punished.

They tell of a Coolidge girl who got in front of a mirror and practiced and practiced until she had acquired a sweet, pathetic look in her eyes. Then one day her mother saw the look and took her to a doctor who gave her calomel.—Atchison (Kan.) Globe.

Chewed Their Health.

A newly married Swiss couple climbed to the summit of Mount Nora for the wedding breakfast. The champagne was then found to be frozen solid. So the health of the bridal couple was chewed instead of drunk.

Brazen Client.

While defending a case in court at Carlow, Ireland, the other day, an attorney was surprised and grieved to see on the feet of his client a pair of boots that had been stolen from him some time before.

One on Justice Fuller.

Chief Justice Fuller of the United States supreme court was mistaken for an itinerant German musician at the Savoy hotel, London, recently, and got a poor room on this account. The mistake was rectified.

Spouting of Whales.

The whale's nose is on top of the head—at least, that is where the nostrils are situated, through which it sends the columns of water when "spouting." Whales only spout while feeding.

Many Sick Soldiers.

Out of a total of 242,152 officers and men in the British army, 183,558 or 75.8 per cent were admitted to hospitals in 1905, says the annual report of the army medical department.

French Birth Rate.

The national alliance for increasing the population of France declares that France is on the way to become a third-class power, owing to the diminishing birth rate.

## MORE THAN MAGNANIMOUS

Uncle Sam, Prosperous Beyond Compare, Gives Everyone Work and Good Wages.

Under the operation of the Dingley law Uncle Sam has sold abroad \$1,000,000,000 worth of goods more than he has bought.

"That's a drain we cannot stand," says the foreigner.

"We must not repose in fancied security that we can forever sell everything and buy little or nothing," says the revisionist, half quoting McKinley.

Well, let us look into it, suggests the American Economist. What has become of the \$1,000,000,000 balance in our favor? What are we doing with the \$400,000,000 balance in our favor last year? Draining our customers and holding it in our strong box? Not a dollar of it. We have spent it or given it out right among them. We have not a cent of it in our treasury. Some \$200,000,000 of it we pay in freight charges. Fully \$100,000,000 we spend in having a good time abroad, bringing home in exchange only pleasant memories. Millions more are sent to the old countries by our prosperous immigrants to those left behind. These millions are gifts of gold, for which we get nothing in return. Other millions go to pay dividends and interest on foreign investments.

So every dollar of our balance stays right among our customers. It is well that both they and we should understand this. He is certainly a magnanimous merchant who, after selling goods in a town, spends all that is due him in buying other goods, in sightseeing, in food and drink and presents to old friends.

Uncle Sam is the most generous, the most magnanimous merchant in the world. He not only takes care of his own people, but after selling more goods than any other salesman he buys liberally and then scatters what is due him among his customers.

This is ideal reciprocity indeed. Much more than \$100,000,000 is being spent by American tourists in Europe every year in pleasures that are consumed on the spot and not brought home. Why, from \$5,000,000 to \$10,000,000 are given by liberal tourists in tips and gratuities alone. And besides all this liberality it is said that we give these foreign customers an occasional bargain when we can, selling them goods below cost or at an unusual discount, just as the department stores do at the end of the season.

A very prosperous merchant is Uncle Sam. And well he may be, for he is prosperous beyond compare, always busy, fully employed, well paid, used to the best of everything, lots of money in the bank, well insured and well protected in every way. And so he is able to welcome each year a million of those who want to enjoy his opportunities, and to these he gives labor and good wages, and soon they, too, help to scatter his wealth throughout the world.

What a pity it would be—what a crime it would be—to alter a tariff with such beneficent results to all mankind.

## BARKIS IS VERY WILLING.

Nothing Slow About Bryan When a Presidential Nomination Is in Sight.

Mr. Bryan's felicitous if not altogether novel remarks at the Jeffersonian banquet will be read with interest. Especially do those sentences command our admiration in which Mr. Bryan graciously conveys to an awaiting world the impression that he will not resort to extremes to escape another nomination, says the Chicago Post.

Many imaginations would be unequal to the feat of constructing a picture of Mr. Bryan being pursued madly around his farm by a committee charged with the duty of throwing a nomination about his neck. There are those, indeed, who have believed that he could be approached without danger and even that he would stand while the "honor" was being fastened upon him.

There should now no longer be any hesitation over the matter, and a committee may be made up to push Mr. Bryan's candidacy in the full assurance that lives will not be sacrificed.

Mr. Bryan announces that he expects to remain in politics for 25 years, which places beyond any doubt his willingness to run for the presidency on the democratic ticket, and, as is necessary in that case, to keep running for a generation or so.

It should be noted in this connection that Mr. Bryan is about to start on a trip abroad, where it may be assumed he will interview prospective citizens, who in the course of the said 25 years may be in a position to support this candidacy.

Mr. Bryan's peculiar brand of "democracy" has its strong hold among the late arrivals.

If the free-traders think there is a great demand for revision of the tariff why don't they wait until after the next congressional election and see how many congressmen are returned on a free-trade platform?—Salem (Ore.) Statesman.

Mr. Bryan has very few comments to offer on public affairs. To feel like complimenting the administration is pleasant, but it hampers originality.—Washington Star.

The denial of John R. McLean, usually of Washington and sometimes of Cincinnati, was going to Ohio for the purpose of conducting the democratic campaign was unnecessary. McLean conducted a campaign in Ohio when he believed he might be elected governor, and since that time the state appears to have lost all interest for him as a political possibility.—Pittsburg Dispatch (Ind.).

## NOT A PRESENT NECESSITY

Democratic Counsel Can Be Dispensed With by the Republicans.

The assumption that the party must now decide whether it will or will not revise the tariff, and when revision shall be undertaken, is purely an arbitrary act without authority. The party may not elect to do the bidding of the revisionists, says the Trenton (N. J.) Gazette.

The truth is, the matter was passed upon at the last national convention. The national platform does not leave any issue to be "compromised." The revisionists sought to have that done, but the convention declined.

The attempt to force the issue now is nothing more than a bit of personal politics upon the part of certain ambitious but disinterested republicans who hope to profit by promoting factionalism in the party.

When the necessity arises congress will revise the tariff. That necessity does not now exist. To force it is to invite commercial and industrial calamity. It is to be conceded the democratic leaders do not concur in this view, but the republican party has never taken democratic counsel with advantage.

It is difficult to understand why certain republican papers are so solicitous to camp on democratic ground. They must know such a course could only wreck the party and place its political opponents in power. What has the country or the republican party to gain by such a sequence?

Every argument for immediate revision has been thrashed over and proven untenable. The country has not forgotten the plea that a protective tariff is a "shelter for monopoly," nor the Communesque statement that "the consumer is more entitled to competition," nor the other ephemeral propositions, all borrowed from the democratic Pandora box.

None of them has been incorporated in the republican creed by the national conventions, and none will be. The country continues as prosperous as ever under the present policies, and there is no sane reason for the party to shift its attitude on these questions.

The duty of republicans is to maintain their organization intact, avoid schism, and stand by the national administration.

## FINANCIAL IMPROVEMENT.

Democratic Soothsayers All at Sea Regarding the Treasury Condition.

With a third of September ended, the government's income for the month has been \$1,200,000 in excess of its outgo. For the first ten days of September, 1904, the balance was on the other side to the extent of about \$20,000. Expenditures for September thus far have been slightly above those of the corresponding time last year, but the revenue has made a much larger increase. Customs and internal revenue have each made gains in this month, as compared with a year ago, but the receipts from miscellaneous sources have fallen off somewhat, says the St. Louis Globe-Democrat.

Some of the democratic papers a week ago were figuring on a treasury deficit of \$50,000,000 for the fiscal year which will end on June 30 next. They were saying that the treasury officials, from Secretary Shaw down, were getting uneasy over the outlook. The situation at that time did not justify any fears. Since then the situation has improved. It is safe to say that neither Secretary Shaw nor any other treasury official is feeling the slightest uneasiness over the financial prospect.

From the beginning of the fiscal year 1906, which started on July 1, 1905, the deficit has been \$17,000,000. For the same period a year ago the deficit was \$24,000,000. That \$24,000,000 of a shortage at the end of the first third of September, 1904, remained unchanged to the close of the fiscal year on June 30, 1905. The deficit for the year was \$24,000,000. On the same basis of calculation the deficit for the year which will close at the end of next June would be about its present figure, \$17,000,000. It may vary a few millions from this amount, but there is as good a chance that it will be below this mark as above it. In any case nobody is alarmed. In September, 1904, poor Parker and some of his associate dupes were proclaiming, on the basis of the deficit along to that time, that the shortage at the end of the year on June 30, 1905, would be \$150,000,000. It was \$24,000,000 instead. The soothsayers who have been foretelling a \$50,000,000 deficit for the current fiscal year are likely to be nearly as far astray in their forecasts.

The time to revise the tariff is when revision is really needed to promote the business, industrial and farming interests of the country. That condition does not exist now. And revision may safely come when protection is so universally recognized as the settled policy of the United States that the democrats, or free-traders, will not make it a party issue.—Burlington Hawkeye.

The statement that the democrats and prohibitionists have decided upon a fusion in Pennsylvania is a plain hint that the lid is to be kept in a constant state of agitation.—St. Louis Globe-Democrat.

If we were to adopt the principle that our tariff must be trimmed down to correspond with tariff concessions granted by other countries, how, then, would we deal with Great Britain, which imposes no tariff at all? Should we not, in all fairness and consistency, be compelled to remove our tariff altogether on imports from Great Britain?

## RAN TOGETHER ON A CURVE

A PAY TRAIN AND COMBINATION PASSENGER AND MILK TRAIN COLLIDED.

## FIVE RAILROADERS WERE KILLED

The Accident Occurred on the Reading Railway at Mount Holly Springs, Pa., and Was Probably Caused by a Misunderstanding of Orders.

Harrisburg, Pa., Sept. 22.—Five men were killed and eight others seriously injured in a collision between a pay train and a combination passenger and milk train on the Philadelphia, Harrisburg & Pittsburgh branch of the Philadelphia & Reading railroad at Roush's curve, at Mount Holly Springs, Thursday afternoon. None of the passengers was injured. The dead are:

Ephraim McClary, engineer of milk train, of Harrisburg.

C. J. Shearer, fireman of milk train, Harrisburg.

John Hill, fireman of pay train, Reading.

Edward Lauchs, paymaster's clerk, Reading.

Thomas Marion, conductor of pay train, Pittsville.

Hill died on the way to the Harrisburg hospital; the others were killed outright.

The seriously injured are:

John E. Amole, engineer of pay train, Reading, fractured skull and contusions of back.

D. B. Sellers, time keeper, Lebanon, fractured skull.

Alfred Hawn, pay clerk, Philadelphia, lacerations of shoulder and scalp.

Isaac McHose, paymaster, Reading, fractured skull and both arms severely crushed.

Robert Richwine, trainman, Mount Holly Springs, fatally injured.

George O. Davis, train master, Harrisburg, injured about arms, legs and face; may be necessary to amputate one foot.

The pay train, consisting of a locomotive and one coach, was going west to pay the men along the division. The combination train, composed of a locomotive, combination coach and two passenger coaches, was coming east. The two trains ran together on a curve, which is a sharp one, and is flanked by a heavy clump of trees.

Amole jumped from his engine and landed at the foot of a 25-foot embankment. McClary was found on his engine with the whistle cord in his hand, it having been pulled clear of the machine and all the brakes on the train set.

The pay car contained about \$50,000 in checks, which were scattered about the tracks. The checks were picked up by trainmen and turned over to John W. Wetzel, attorney for the company at Carlisle. Officials of the company say the accident was probably due to a misunderstanding of orders.

## PACKERS PAY BIG PENALTY.

Officials of a Chicago Firm Pleaded Guilty of Accepting Rebates From Railroads and Paid \$25,000 Fines.

Chicago, Sept. 22.—Four officials of the Schwarzschild & Sulzberger Packing Co., of Chicago, were fined an aggregate of \$25,000 by Judge Humphrey in the United States district court here Thursday. The fines followed a plea of guilty to indictments charging conspiracy to accept railroad rebates. The defendants were: Samuel Weil, of New York, vice president of the company; B. S. Cusey, traffic manager; Vance D. Skipworth and Charles E. Todd, assistant traffic manager.

Mr. Weil was fined \$10,000, the other three \$5,000 each.

With the entering of the plea, the declaration was made that unless at least one of the cases is immediately settled, the life of Samuel Weil, who is vice president of the company and was one of the defendants, is in jeopardy. He is said to be a nervous wreck and fears were entertained for his life if he had been allowed to continue under the strain of a trial. The plea was entered, it is declared, after a complete understanding had been reached between counsel for the defendants and Attorney General Moody.

The plea made Thursday does not in any way affect the charge of interference with government witnesses made in a previous indictment returned against Cusey and other Schwarzschild & Sulzberger men.

The fines carried with them a provision that the defendants be confined in jail until the fines were paid. The fines, however, were paid immediately, Max Sulzberger giving his check for the total amount, \$25,000. The check, after being duly certified, was accepted as payment of the fines and the defendants then left the court room.

From the books of the government it is shown that to collect evidence against the four defendants and bring about their indictment the government spent \$16,000.

The cases against Armour & Co. and others were continued until next Wednesday.

## Dan Patch Makes a New Record.

Allentown, Pa., Sept. 22.—Dan Patch, driven by two runners, with H. C. Hersey pacing, went a mile in 2:01 yesterday at the Allentown fair. An hour later Dan Patch, hitched to a road wagon, paced a mile in 2:05. The time of 2:01 made by Dan Patch beats the world's pacing record for a half-mile track.

## A Fatal Riot.

New York, Sept. 22.—One man was killed, a policeman seriously injured and two other persons shot in an East Side riot last night.

## ARE ACCUSED OF FRAUD.

Officers of the Western Life Indemnity Co. Are Charged with Misappropriation of the Funds of the Concern.

Chicago, Sept. 20.—Charges of fraud, misapplication of trust funds and attempts to transfer assets to another concern are made in a suit for a receiver and an accounting, filed yesterday against present and former officials of the Western Life Indemnity Co., an assessment insurance company. E. I. Rosenfeld and W. H. Gray, the latter being the organizer of the association, are prominently mentioned in the bill in connection with alleged fraudulent voting of funds to themselves.

The bill was filed in the United States circuit court by Attorney S. Levinson, representing numerous policy holders. Later Attorney Levinson went before Judge Bethea with a motion for the issuance of a restraining order stopping a meeting of officials of the company to be held Thursday. The motion met with resistance by the defendants.

Gray is alleged to have secured proxies from thousands of members and thus controlled the directors. By securing this control, it is alleged, Gray had passed a resolution voting him the right, by contract, to draw one dollar for each \$1,000 in insurance issued. This was done in secret, and although the complaining policy holders recently learned of it they were refused information by Rosenfeld, Moulton, Gray and others. Besides these many thousands of dollars alleged to have been improperly taken, it is declared, Gray and his associates by other fraudulent means took many other thousands of dollars from the concern without the knowledge of the policy holders.

The complainants are Allen W. Field, Jesse B. Strode and Addison S. Tibbetts and the defendants beside the insurance company, Rosenfeld and Gray are George M. Moulton, John A. Crawford, L. M. Martin, C. T. Drake, D. D. Bramble, A. B. Huston, E. D. Moore and A. N. Hislop. Each of the defendants are residents of Lincoln, Neb. The defendant company is the successor of the Knights Templar and Masonic Life Indemnity Co., organized in 1884, and has more than \$20,000,000 in policies outstanding.

## AN ALLEGED LAND GRAB.

Chicago Officials Claim that a Steel Company Has Appropriated Land Worth \$4,000,000.

Chicago, Sept. 20.—Action to reclaim \$4,000,000 worth of land which city officials assert has been appropriated by the Illinois Steel Co. at the mouth of the Calumet river, was started yesterday by Commissioner of Public Works Patterson. State's Attorney Healy and Corporation Counsel Lewis were asked by Commissioner Patterson to proceed in the courts to recover 200 acres of submerged land which it is alleged the steel corporation has added to its property in the past four years by encroaching upon Lake Michigan and the Calumet river. The claim is made that the title to the lands legally rests in the name of the people of the state of Illinois.

With the development of the plans for legal action upon the part of the state and the city came the suspension of Richard O'Sullivan Burke, who for five years has been the city's harbor engineer. Commissioner Patterson charges Burke with "neglect of duty and inefficiency." Burke is accused of having failed to inform the city officials regarding the encroachments of the steel corporation, and of having been unfamiliar with the situation, although it was clearly within his duties.

## Removed from Office.

Washington, Sept. 20.—The department of commerce and labor has issued an order removing Edward Boltz and Charles W. Stevenson, Chinese inspectors in the immigration service. They were charged with assisting in smuggling four Chinamen into the United States at Buffalo and with swearing falsely at the hearing of these Chinamen, whose cases are now before the United States commissioner at Buffalo. This is the first time since the government has been enforcing the Chinese exclusion act that an inspector has been found guilty of such an offense.

## Ellis Yarnall Dies.

Philadelphia, Sept. 20.—Ellis Yarnall, one of the founders of the Union League of Philadelphia, died here on Tuesday, aged 87 years. Only two of the founders of the years. Only two of the founders of the Union League are now living. Mr. Yarnall was a member of the delegation that went to New York in January, 1863, to organize the Union League in that city. He was a nephew of Lucretia Mott, the famous abolitionist. During the rebellion he went to England in the interest of the northern cause.

## Fireman Killed.

Toronto, Ont., Sept. 20.—One fireman was killed, another seriously injured and two others slightly hurt in a fire that destroyed the Brown flour mills yesterday. Within ten minutes after the firemen got to work on the building the main floor collapsed, burying four of them. Capt. Worrell was instantly killed and Capt. Sargent probably fatally injured. Firemen Robinson and Fox were cut and bruised.

## A National Bank Fails.

Washington, Sept. 20.—Announcement of the closing of the Minot national bank, of Minot, N. D., was made Tuesday by the controller of the currency. F. B. Chapman, national bank examiner, has been appointed receiver. It has deposits of about \$100,000.

## A Very Fatal Accident.

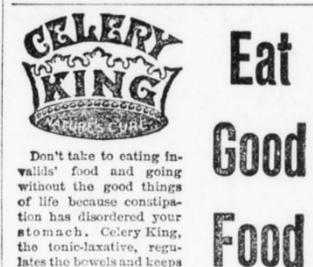
Montreal, Que., Sept. 20.—Three men were killed and two fatally injured yesterday by the collapse of a scaffold in the new parish church of St. Cenegeude, a suburb of this city.

## GOOD BLOOD FOR BAD

Rheumatism and Other Blood Diseases are Cured by Dr. Williams' Pink Pills.

"In the lead mines I was at work on my knees with my elbows pressed against rock walls, in dampness and extremes of cold," said Mr. J. G. Meukel, of 2975 Jackson avenue, Dubuque, Iowa, in describing his experience to a reporter, "and it is not surprising that I contracted rheumatism. For three years I had attacks affecting the joints of my ankles, knees and elbows. My ankles and knees became so swollen I could scarcely walk on uneven ground and a little pressure from a stone under my feet would cause me so much pain that I would nearly sink down. I was often obliged to lie in bed for several days at a time. My friends who were similarly troubled, were getting no relief from doctors and I did not feel encouraged to throw money away for nothing. By chance I read the story of Robert Yates, of the Klauer Manufacturing Co., of Dubuque, who had a very bad case of rheumatism. I decided to try Dr. Williams' Pink Pills for Pale People, the remedy he had used. In three or four weeks after beginning to use the pills, I was much better and in three months I was well. The swelling of the joints and the tenderness disappeared, I could work steadily and for eight years I have had no return of the trouble. My whole family believe in Dr. Williams' Pink Pills. Both my sons use them. We consider them a household remedy that we are sure about."

What Dr. Williams' Pink Pills did for Mr. Meukel they are doing for hundreds of others. Every dose sends galloping through the veins, pure, strong, rich, red blood that strikes straight at the cause of all ill health. The new blood restores regularity, and braces all the organs for their special tasks. Get the genuine Dr. Williams' Pink Pills for your druggists' or direct from the Dr. Williams Medicine Co., Schenectady, N. Y.



Don't take to eating invalids' food and going without the good things of life because constipation has disordered your stomach. Celery King, the tonic-laxative, regulates the bowels and keeps them right. It costs 25c.

## NOTED BY NATURALISTS.

Some insects are born, grow old, and die in the space of 24 hours.

Buzzards and vultures can scent their food at a distance of 40 miles.

Silk is produced by more than 200 insects, though very few of these are of any practical value to mankind.

All carnivorous animals lap up water with the tongue. Herbivorous animals, as the horse and ox, suck it up.

The elephant has so delicate a sense of smell that it can scent a human being when the latter is 1,000 yards off.

Horses in their wild state live to the age of 36 normally, being still fairly fresh and hearty at that age in the desert.

The largest insect known to entomologists is a Central American moth, called the Erebus strix, which expands its wings from 11 inches to 18 inches.

There are at least 112 species of California poppies (Eschscholzia), according to Dr. E. L. Greene, who has published a description of them in the June number of Pittonia.

The air bladder of fishes is the provision within their bodies which enables them to rise or fall in the water. According to the dilation or contraction of the bladder they may regulate the depth in the water at their pleasure.

A shark's egg is one of the oddest looking things imaginable. It is unprovided with shell, but the contents are protected by a thick, leathery covering almost as elastic as India rubber. The average size is two inches by two and three-fourths inches, and the color is almost pure black.

## GET POWER.

The Supply Comes from Food.

If we get power from food, why not strive to get all the power we can. That is only possible by use of skillfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire, and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner, until I literally became a living skeleton, and in time was compelled to keep to my bed."

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed. All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back and I am now able to do my household and enjoy it. The Grape-Nuts