Richard M. Pearce, a prominent buslness man of 231 So. Orange St., Newark, N. J., says: "Working nights during bad weather



brought on a heavy cold, aching of the limbs and pain in the back and kidneys. Severe congestion of the kidneys followed. Besides the terrific aching there were whirling headaches, and I became exceedingly

weak. My doctor could not help me, and I turned to Doan's Kidney Pills, with the result that the kidney congestion disappeared, and, with it, all the other symptoms. What is more, the cure has lasted for 8 years."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

"MEAN THING" MADE APOLOGY. And Still It is Doubtful if Telephone

Girl Is Satisfied. She has bright eyes, rosy cheeks, and an awful estimate of the proper confines of propriety. It is an invariable rule of hers to observe that subtle barrier of modesty which all well ordered young women should observe. and, better still, she prides herself on making the sterner sex observe this barrier in all its invisible but nice dis-

tinctions. Then how this incident must have shocked her.

Being a telephone girl, it is her obnoxious duty to hold converse with the "mean things" of the world-otherwise known as men. The other aft ernoon a subscriber called for a certain number in Germantown.

"What number did you say?" she

"Germantown 83333-z, quick." "I can't understand; please repeat

"Blank, blankety, blank, x y z!!" "Well, if you don't say what number you want I can't give it to you I'm not going to fool here all day." "Now, keep your shirt on, little girl;

keer your shirt on-" fat the subscriber got To further; she slammed up ho cam, rushed to the overseer with flaming cheeks, and reported the subscriber. The company ..ghtly said that subscribers had no right to comment on how its employes should treat their wearing apparel and demanded that the subscriber apologize or lose his 'phone. The subscriber was willing. He called up the girl with the bright eyes and said:

"Are you the young lady whom I just told to keep her shirt on?" "Yes," was the curt rejoinder.

"Well, possibly I was a little hasty. It may be warm in your office, so now you may take it off."-Philadelphia

Her Scheme.

Nell-May Sharpe won't marry that old Roxley.

Belle-Has she broken off the en gagement?

Nell-No, but she's trying to make him mad so that he'll break it. In that way she'll have a chance of getting his money anyway by suing for breach of promise.

The Rock of Refuge. In Hawaii, one of the Sandwich Is lands, there is a spot called the Rock of Refuge. If a criminal reaches this rock uncaptured he is safe as long as he remains there. Usually his family supply him with food until he is able to make his escape, but he is never allowed to return to his own tribe.

FITS permanently cured. No fits or nervous-ness after first day's use of Dr. Kline's Great Nerve Restorer, \$2 trialbottleandtreatisefree Dr. R. H. KLINE, Ltd., 981 Arch St., Phila, Pa.

As trade now stands, there is not enough gold out of the earth.

Mrs. Winslow's Soothing Syrup for Children teething, softens thegums, reduces inflam mation, allays pain, cures wind colic, 25c. a bottle

The Vienna police are about to experiment with a phonograph.

Catarrh Cannot Be Cured With local applications, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucoussurface acts directly on the blood and mucous surface. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood restriction. blood purifiers, acting directly on the mu-coussurfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing catarrh. . Send

for testimonials, free. F. J. CHENEY & Co., Props., Toledo, O. Sold by druggists, price, 75c.

Take Hall's Family Pills for constipation

False teeth will not be in demand in

## NO REST NIGHT OR DAY.

With Irritating Skin Humor-Hair Began to Fall Out-Wonderful Result From Cuticurs Remedies.

"About the latter part of July my whole body began to itch. I did not take much notice of it at first, but it began to get worse all the time, and then I began to get uneasy and tried all kinds of baths and other remedies that were recommended for skin humors, but I became worse all the time. My hair began to fall out and my scalp itched all the time. Especially at night, just as soon as I would get in bed and get warm, my whole body would begin to itch, and my finger nails would keep it irritated, and it was not long before I could not rest night or day. A friend asked me to try the Cutieura Remedies, and I did, and the first application helped me wonderfully. For about four weeks I would take a hot bath every night and then apply the Cuticura Ointment to my whole body, and I kept getting better, and by the time I used four boxes of Cu ticura I was entirely cured and my hair stopped falling cut. D. E. Blankenship, 319 N. Del. St., Indianapolis, Ind. Oct.

Friends of John Mack declare the Philadelphia & Western is built for steam road proposition.

#### COMMERCIAL

R. G. Dun's "Weekly Review of Trade" says: Total distribution of Spring merchandise received a check because of the heavy snowfall and severe storms in many sections of the country, but some offset is noted in renewed inquiry for Winter goods, and there is no interruption to the activity of shipping departments. Confidence in the future is remarkably bright, and the outlook would be far better than ever before at this season if the fuel uncertainty were removed. Manufacturing plants operate close to maximum capacity in the leading industries, and it is an evidence of no little significance that many mills cannot undertake deliveries before 1907. While those are extreme cases, it is a common thing to find production engaged for several months in advance. One of the best features of the iron

and steel industry is the steady demand for steel rails. No decrease is noted in the activity of textile mills, producers exhibiting

persistent confidence in the future. Bradstreet's says: Wheat, including flour, exports from the United States for the week are 2,293,012 bushels, against 2,010,237 last year, 1,044,595 this week last year, 1,801,845 in 1904, and 2,401,987

Corn exports for the week are 3,173,826 bushels, against 2,335,282 last week, 2,-976,836 a year ago, 1,527,676 in 1904, and 3,618,210 in 1903.

#### WHOLESALE MARKETS.

Baltimore,-FLOUR-Firm and unchanged. Receipts, 3,783 barrels; ex-

ports, 22,729 barrels. WHEAT-Firmer. Spot, contract, 83¼@83½; March, 83¼@83½; April, 83½@83¾; May, 84¼@84½; steamer No. 2 red, 811/4@811/2; Southern on

grade, 761/4@831/4. CORN-Firmer. Spot, 481/4@481/8; March 481/4@487/8; April, 491/8@491/4; May, 50@501/8; July, 51 asked; steamer mixed, 471/4@471/2. Receipts, 14,976 bushels; exports, 366,895. Southern white corn, 471/4@491/4; Southern yel-

low corn, 46½@48½. OATS-Firmer. No. 2 white, 37@ 371/2; No. 3 white, 36@361/2; No. 2 mixed, 35@351/2. Receipts, 10,340 bush-

els; exports, 40 bushels. RYE-Firm. No. 2 Western, 65@ 651/2 export; 68@70 domestic. Receipts,

BUTTER-Steady and unchanged. Fancy imitation, 20@21; fancy creamery, 28@29; fancy ladle, 17@18; store pack-

d, 14@15. EGGS—Steady and unchanged, at 15. CHEESE—Firm and unchanged. Large, September, 141/4; November, 14; medium, September, 141/4; November, 14; small, 14@1434. SUGAR-Steady and unchanged.

Coarse granulated, 5; fine, 5. New York,—WHEAT—Receipts, 73,-000 bushels; exports, 148,211 bushels; sales, 4,800,000 bushels futures; spot firm; No. 2 red, 86 nominal elevator; No. 2 red, 89 nominal f. o. b. afloat; No. 1 Northern Duluth, 89 f. o. b. afloat. CORN-Receipts, 37,625 bushels; ex-

ports, 167,003 bushels; spot firm. No. 2 54 elevator, and 511/4 f. o. b. afloat; No. 2 yellow, 521/4; No. 2 white, 521/4. OATS-Receipts, 33,000 bushels; exports, 7,955 bushels; spot firm; mixed oats, 26@32 pounds, 351/2; natural white,

30@33 pounds, 36@37; clipped white, 38 pounds, 371/2@391/4. FLOUR-Receipts, 13,818 barrels; exports, 23,792 barrels. Dull but firm. POULTRY-Alive, firm; Western chickens, 111/2; fowls, 141/2; turkeys, 16 @18. Dressed, irregular; Western chickens, 10@13; turkeys, 14@19; fowls, 11

EGGS-Barely steady. Receipts, 11,-571. Western firsts, 151/2@151/4. LARD-Firm. Western steamed, 8.40

@8.50 nominal; refined, firm. COTTONSEED OIL-Firm. Prime crude, f. o. b. mills, 261/2; do. yellow, SUGAR-Raw, steady; fair refining.

3 1-16; centrifugal, 96 test, 3 9-16; molasses sugar, 234; refined quiet.

New York,-BEEVES-Receipts, 3,-479. Good, medium and light steers, steady; others slow, and 10@15c off; 4 cars unsold. Bulls, firm. Medium and

common cows, steady; fat cows, strong. Steers, 4.95@5.671/2; oxen, 4.50; bulls, 3.25@4.60; cows, 2.10@4.20. CALVES-Market steady, and prime heavy, firm. Common to prime veals, 4.00@9.00; few choice, 9.50. Dressed calves, strong; city dressed veals, 9@ 131/2c per pound; country dressed, 8

SHEEP AND LAMBS .- Sheep, nominal; very little inquiry for lambs; 8 cars held over. Medium to good lambs, 7.00 @7.40; choice natives would sell at 7.50 upward, but none here,

HOGS-Market steady; good State hogs sold at 7.00. Chicago,—CATTLE—Market steady; common to prime steers, 3.85@6.40; cows, 3.65@4.60; heifers, 2.75@5.35; bulls, 2.60@4.25; calves, 3.00@7.00; stockers and feeders, 2.75@4.75. HOGS-Market 5c higher. Choice to

prime heavy, 6.50@6.521/2; medium to good heavy, 6.45@6.50; butcher weights, 6.45@6.521/2; good to choice heavy mixed, 6.45@6.471/2; packing, 6.10@6.45. SHEEP - Market, sheep steady; lambs, best, 10c higher; others steady. Sheep, 4.50@6.25; yearlings, 5.75@6.40;

#### lambs, 4.75@6.85. MUCH IN LITTLE

The adverse vote of Bath, England, on Carnegie's offer of \$65,000 for a public library was taken by means of postal cards sent out by the city council.

Queen Wihelmna of Holland is bear-

ing the cost of concerts given by wellknown singers in the slum quarters of The Hague. Only the poorest people are allowed to attend.

Vice Consul General Westacott, of London, reports that, with its extensive tramway lines as feeders, the Underground Electric Railway Company of ondon, when its present schemes are perfected, offer new accomodation for 600,000,000 passengers annually over more than 100 miles of trackage.

A woman who appeared in a London police court the other day was described as a "pawning agent." She makes her living by pawning things for her neighbors, who pay her a commission because they believe she can secure larger loans than they could.



Only a few years ago William Waldorf Astor landed in England an obscure multi-millionaire, muses the Kansas City Star. Now His Gracious Majesty, Edward VII., has condescended to appoint Mr. Astor's son a second lieutenant. There is nowhere in the wide world where sturdy American pluck cannot succeed.

Lecturing before a London audience on the importance of house cleaning, an English scientist asserted that as much dust as can be placed on a pin point yields no fewer than 3,000 colonies of living germs. The majority of these germs are representative of disease.

Notwithstanding the anxious inquiry as to what is to become of the educated woman, the women of America seem to be steadily pursuing the paths that leads to the higher education. The degree of doctor of jurisprudence has just been conferred on a woman for the first time by the University of Chicago, Miss T. Breckenridge, of Kentucky, being the successful candidate.

The Chinese boycott upon the trade of this country is not so serious as it has been represented. According to the Monthly Summary of Commerce and Finance the exports of the United States to China in the seven months ending with January, 1906, amounted in value to \$28,862.680, against \$23,432, 948 in the corresponding period of the preceding year. There is little cause to complain of that kind of a boy-

The Czar will concede his Russians a parliament; but it will only be his play-thing. It will be called together and dispersed at his pleasure. He will appoint one-half of the members of the upper house. Its authority will be limited on every hand by prerogative, and its members will be sworn to fealty to the Emperor of Holy Russia. It is most evident that the great autocrat puts no trust in the good will of his subjects. He cannot expect that they will trust

The Pottawatomie Indians are about all in, announces the Holton. (Kan.) Recorder. Their lands are being sold rapidly, their annuities from the Government are decreasing, and when they draw their head-right money the young bucks hurry off to the joint towns and squander it in drinking and gambling. Already the Indian traders, who formerly gave the red men unlimited credit, are tightening the reins and establishing more of a cash basis in their dealings.

Lecturing upon the "Hygiene of the Home," at the Hygienic Institute, London, Mr. Somerville Hastings advocated the abolition of carpets, hangings, and everything that could harbor dirt and dust. The quantity of dust that would lie on the point of a pin was sufficient in which to rear 3,000 colonies of germs, most of them nocuous to human beings. Our hardy forefathers of the reigns of Mary, Elizabeth and James I. never washed face, hands, or clothing, and a bath was unknown. King James confined his personal ablutions to wiping the tips of his fingers with a damp napkin. Only students of history knew the horrors of life in the Middle Ages. It was almost inconceivably

Macninery is the cornerstone of modern society, the very foundation on which law, science, ethics, the arts, even the State itself rests, declargs the Reader. It is so new that we do not yet know its poetry. We do not yet understand. Only two generations have lived beside the highway of steam, only one has seen the Bessemer converter transform the blacksmith into the master builder of ships and towers. The sewing machine, the far speaker, the typewriter, are common things of today, accepted as a matter of daily convenience, and yet are they teachers of the people. Machines that come close to our lives and homes insensibly teach truth, precision, the adjustment of universal laws to human needs, respect for that wise American idea that labor saved is labor released for higher and nobler toil. The machine is the head master in the high school of the race.

A world's famine in iron within the next century is the prediction of United States Consul General Mason of Paris, in a report in which he discusses the subject exhaustively. Mr. Mason says it is well known that the high-class ores of the lake district of America will, at the present rate of consumption, become exhausted within less than fifty years. The Mesaba deposits, with the present annual output of 12,000,000 tons, or thereabouts, will not outlast twenty-five years. It requires only a simple calculation to demonstrate that a continued yearly consumption of 35,000,000 tons of ore by the iron and steel industries of the United States, will, within the lifetime of persons now living, eat away entirely the 1,100,000,000 tons which, according to the report of Swedish experts, constitute this country's entire workable supply as at present known. Mr. Mason holds that there is but one remedy, and that is for American iron masters to secure by all practical means the largest possible supply of ore from other Cood, big "mealy" potatoes w.L. Douglas \$4.00 Gilt Edge Line cannot be produced without a liberal amount of Potash in the fertilizer—not less than ten per cent. It must be in the form of Sulphate of POTASH of highest quality.

"Plant Food" and "Truck Farming" are two practical books which tell of the successful growing of potatoes and the other garden truck—sent free to those who write us for them.

Address, GERMAN KALI WORKS, 93 Nassau St., New York



CABBAGE Plants! CELERY Plants! and all kinds of garden plants. Can now furnish all kinds of cubbage plants, grown in the open air and will stand great coid. a rown from seeds of the most reliable seedsmen. We use the same plants on our thousand acre truck farm. Plants carefully counted and properly packed. Celery ready last of Dec. Lottoce, onion and Beet plants, among times or carlier. Reduced express rates promised, which, when effective, will give us 60 per cent. less than merchandise rates. Prices: Smail lots \$1.50 per thousand, large int \$1.00 to \$1.25 per thousand. F. O. B. Meg. getts, S. C. Arlington white Spine Cacumber Seed 60 ceuts ser pounds. F. O. B. Meg. getts, S. C. The United States Agricultural Department has established an Experimental Station on our farms, to test all kidds y Cabbages. The results of these experiments we will be pleased.

of vegetables especially Cabbagos. The results of these experiments we will be pleased to give you at any time.—Yours respectfully,—N. H. BLITCH COMPANY, MEGGETTS, S. C. with weak Thompson's Eye Water ADVERTISE IN THIS PAPER. IT WILL PAY

Must Have Been a Sight. A magazine editor was sadly praising William Sharp, recently deceased in Sicily, who achieved no little fame as a poet under the pen name of Fiona McLeod.

"Sharp," he said, "wrote melancholy, dreamy things, but he was personally a cheery, vigorous soul. He was one day praising the real literary talent that humble, uneducated people often show in conversation.

"He said that in Londonderry one afternoon he was seated in a barber shop when a farmer entered to get his hair cut. The farmer's locks had an odd, ragged look and the barber, after regarding them scornfully, said:

"'Who cut your hair last, old man? "'My wife,' the farmer answered

with an awkward smile. "The barber snorted. 'What did she do it with?' he asked. 'A knife and

### Matter of Relative Risk.

"I see that Maxim Gorky is in Berlin superintending the production of his play, 'The Children of the Sun,' " said a newspaper correspondent. "Later on he will come to America and I will be glad to shake his thin, cold hand again.

"I met Gorky in St. Petersburg. He sian soldier only gets about \$2, or 3 rubles, a year-say 5 copecks a day. "During the war, said Gorky, a pri-

vate soldier stole a shirt worth half a ruble and was condemned to be shot. "As he was being led away to death his colonel met him. "'Ivan, Ivan, said the colonel re-

proachfully, 'what a fool you were to risk your life for the sake of 50 copecks.' " 'Colonel,' Ivan answered, 'I risk it

every day for 5 copecks."

Melba, the prima donna, who was born in Melbourne, Australia, in 1866, though her home is in England. The only city in the country in

Few Australians in America.

distributed throughout the United

States, and their number is so small

that in most of the official bulletins

they come under the head of "un-

There are in New York city less

than 500 Australians and the major-

ity of these are such "in name only,"

having been born in Australia during

the temporary residence of their par-

ents. One such case is that of Mme.

There are only a few Australians

which there is any considerable number of Australians is San Francisco, in which there are about a thousand. Chicago has some 300, and Oakland, a suburb of San Francisco, 250. Once every year the Australians in New York city assemble for fraternal meeting, and it is found usually that the larger number of those present are traveling Australians.

Advice Discounted. Senator Burrows was asked for advice recently by a newspaper correspondent. He gave the advice, but

afterward, smiling and shaking his head, he said. "Advice is a thing I am always | deed, in that country the shore of the is delightful. He told me that a Rus- chary about extending. It is, you

> know, so cheap, so easy "A boy, the other day, was pushing a heavy pushcart up a hill. The hill was steep, the boy thin. He bent forward at the work till he was almost horizontal.

"'Hi, boy,' called an old man, 'push the cart up the hill zigzag, from side to side, and you'll find it will go eas-

The boy snarled back: "'Not so much o' yer darn advice. Give us a shove."



W. L. DOUGLAS MAKES & SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. MANUFACTURER IN THE WORLES.

\$10,000 REWARD to anyone who can disprove this statement.

If I could take you into my three large factories at Brockton, Mass., and show you the indinite care with which every pair of shoes is made, you would realize why W. L. Douglas \$3.50 shoes cost mere to make, why they hold their shape, it better, wear longer, and are of greater intrinsic value than any other \$3.50 shoes.

W. L. Douglas Strong Made Shoes for Mon, \$2.50, \$2.50. Boys' School & Dross Shoes, \$2.50, \$2.\$1.75, \$1.50 CAUTION, Inset upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom.

W. L. DOUGLAS, Brockton, Mass.

Stinging Retort Deserved.

Corporal James Tanner, commander in chief of the G. A. R., was condemning those who appear to regard the national uniform as a disgracethose who object to seeing non-commissioned soldiers or sailors in the parquet of a theater or the restaurant of a fashionable hotel.

"Such people," said the veteran, 'make me think of a recruiting sergeant whom I used to know in Richmondville-a true patriot.

"This sergeant at the beginning of the civil war urged a rich man's son

"'Come on, Hank,' he said earnestly. 'Come on and join the -- New

"The rich man's son specred. "'Join the New Yorks!' he cried. 'Not I! I'd rather enter a lunatic asylum than the --- New Yorks." "'Well,' said the sergeant, "no doubt you'd feel more at home there."

Uncomfortable Mode of Travel. Thomas Nelson Page is spending

the winter at Nice. Nice is the largest city on the Riviera and next to Monte Carlo it is. the gayest and the most beautiful Mountains rise behind the town. In-

sea is altogether mountainous and the railroad traversing it has innumerable tunnels. Mr. Page on a February aftermoon was taking tea out of door; on the warm and sunlit pier that is o rled the

Palais de la Jetee. He compilined of

a railroad journey from Genea that be

had made and a young Englishman

said: "Well, you came through a lovely country at least." "Perhaps I did," said Mr. Page, "but

it was uncommonly like traveling through a flute."

# The Coffee Debate.

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 victims are many. question are spread before the people telligently.

will take care of themselves.

roasters have joined a movement to ments are absolutely false. boom coffee and stop the use of Postum Food Coffee and in their news- and they will not. paper 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 stated. of beverage cripples the energies and

We make the assertion advisedly and absolutely accurate. suggest that the reader secure his own

to place the cause of disorder on some-

Go deeper in your search for facts. ralgia, rheumatism, heart weakness. body, and throughout the brain and so-stomach or bowel trouble, kidney com-lar plexus. body and throughout the brain and so-mine, for health can make gold and plaint, weak eyes. or approaching ner-Food Coffee, and observe the result. It tally important to the well-being of will startle you and give your friend every human being.

something to think of. Of course, if the person is one of the weak ones and authenticated and known to every prop-

The published statements of a num-says "I can't quit" you will have dis-crit educated physician, chemist and ber of coffee importers and roasters in-covered one of the slaves of the coffee food expert. for daring to say that coffee is harmful gradual but sure destruction of body | Some people use it regularly and and health.

vival of the fittest" at work, and the tests, by heart weakness, stomach and

Give the people plain facts and they tigator and searcher for facts. The next prevarication of the coffee | medicine and will grow worse, importers and roasters is their state-We demand facts in this coffee dis- ment that Postum Food Coffee is made cussion and propose to see that the of roasted peas, beaus or corn, and Coffee, for in it one finds a pleasing

We have previously offered to wager A number of coffee importers and \$100,000.00 with them that their state-They have not accepted our wager

> We will gladly make a present of \$25,000.00 to any roaster or importer of old fashloned coffee who will accept

that wager. Free inspection of our factories and quitting coffee and using Postum Food methods is made by thousands of peo- Coffee. ple each month and the coffee impor ters themselves are cordially invited. Both Postum and Grape-Nuts are absolutely pure and made exactly as

The formula of Postum and the anhealth of one-third the people who alysis made by one of the foremost chemists of Boston has been printed on tum and good food. every package for many years and is

Now as to the food value of Postum. proof by personal inquiry among coffee It contains the parts of the wheat berry which carry the elemental salts such er to do things. Ask your coffee drinking friends if as lime, fron, potash, silica, etc., etc., they keep free from any sort of aches used by the life forces to rebuild the and alls. You will be startled at the cellular tissue, and this is particularly percentage and will very naturally seek true of the phosphate of potash, also of a burt nervous system travel from found in Grape-Nuts, which combines heel to head, and it may be well worth thing aside from coffee, whether food, in the human body with albumen and your while to make the experiment of inherited tendencies or something else. this combination, together with water, rebuilds the worn out gray matter in and using Postum in its place. If your friend admits occasional neu- the delicate nerve centres all over the

Ordinary coffee stimulates in an unvous prostration induce him or her to natural way, but with many people it the fun, for it's like a continuous intermake the experiment of leaving off slowly and surely destroys and does nal frolic to be perfectly well. coffee for 10 days and using Postum not rebuild this gray substance so vi-

dicate a "waspy" feeling towards us. importer. Treat such kindly, for they diese remember we never say ordi-

Nature has a way of destroying a attacks, but there is misery and disease part of the people to make room for the in store for the man or woman who stronger. It is the old law of "the sur- persists in its use when nature probowel troubles, kidney disease, weak We repeat the assertion that coffee eyes, or general nerveus prostration. The remedy is obvious. The drug cafthey can thereupon decide and act in- does harm many people, not all, but an feine, contained in all ordinary coffee, army large enough to appall the inves- must be discontinued absolutely or the disease will continue in spite of any

It is easy to leave off the old fashioned coffee by adopting Postum Food facts are brought clearly before the mixed with a low grade of coffee and hot breakfast or dinner beverage that that it contains no nourishment. ing 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 ef-

fect of ordinary coffee. Anyone suffering from disorders set up by coffee drinking and there is au extensive variety) can absolutely depend upon some measure of relief by

If the disease has not become to 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 rellular tissue has time to naturally rebuild with the elements furnished by Pos-

It's only just plain old common sense Now, with the exact facts before the reader, he or she can decide the wise course, looking to health and the pow-

If you have any doubt as to the cause of any ache or all you may have, remember the far reaching telegrams leaving off coffee entirely for 10 days

You will probably gather some g mine, for health can make gold and sickness lose it. Besides there's all There's a reason for