

#### PARDONS FAVORED.

### MINER TOO INDUSTRIOUS.

Harrisburg (Special) .- The Board of Pardons recommended pardons for

rney Paul, of Elk, second degree marder; E. J. Hamm, of Beaver, selling liquor without license; W. B. Drumm, of Lancaster, larceny and miner, employed in the Pittsburg receiving stolen goods; Peter Vara- Coal Company's mines at Beading. vada, of Lawrence, second degree murder, and Mrs. Dora Newman Pike, second degree murder.

The board commuted the sentence of Alfred F. Jones, of Fayette, to life imprisonment, and heid under advisement the application for a comadvisement the application for a commutation of the death sentence of Dominic Ramunno, of Jefferson.

prlications for a commutation of the death sentences of Jung Jow and Mock Kung, Philadelphia; William Hendy, Northampton; William Smith, Allegheny; Michael Holko, Venapgo; Morfis B. Holmes, Allegheny; Max Soifer, Philadelphia, and Luigi Ferrichi, Philadelphia, were refused.

Pardons were refused Robert Simpson, Westmoreland, larceny; Joseph Belserawitz, Luzerne, assault and batter; Claude Baker, Warren, robbery; Robert Curtis, Luzerne, for-Earnest Santarro, Allegheny, gery: larceny; Andrew Morrow, Beaver, the office of District Attorney in burglary and larceny, and Morris Baum, Allegheny, felonious rape.

Hearings were refused in the cases of John H. Daily, Philadelphia, second degree murder, and James Montgomery, Chester, assault and battery.

## NEGRO MURDERER HUNG.

Easton (Special) .- William Hanhanged here for a murder of Policeman Shuman, of South Bethlehem, last summer. Handy declared to the last that he did not remember having shot the officer.

After the shooting, the negro, who was drunk, went to sleep in a lumber yard near the scene of the crime and was found there a few hours later. Handy is known to have shot a detective in New York some years ago.

different to his fate to the last. He would not accept the consolation of his cell.

## STOOD ELECTRIC SHOCK.

Lancaster (Special). - Clayton Henry, an employee of the Hershey he couldn't let go, soon became un- | go to work. conscious.

assistance, was also badly shocked. Henry was only released after the current was shut off. The flesh of his hand was burned to the bone, and he is in a serious condition from shock.

Pittsburg (Special) .--- That a man can be too industrious and even be arrested for being over-zealous in his employment is demonstrated in the arrest of Steven Spair, an Italian Spair thought to eke out the money he had been earning digging coal by

being an early bird and by going into the mines soon after daybreak, mine job

Spair was evidently unaware that he was violating the mining laws and endangering the lives of his fellow miners by going into the mines before the fire boss had made his inspection and he was arrested when he was found making dust fly in an inner chamber when the fire boss arrived. Inspector Morris charged the man with misdemeanor and he was held for court.

#### LIVELY CONTEST FOR OFFICE.

West Chester (Special) .-- Indications point to a lively canvass for Chester County, for Robert S. Gawthrop and Harris L. Sproat have each announced their candidacy for the position.

Mr. Sproat is the present Assistant District Attorney, while Mr. Gawthrop has been working under the wing of District Attorney Mac-Elree for some time. He came dy, a South Carolina negro, was prominently into the public eye here in conducting the Lewis murder case, a fight which he won single-handed against two members of the bar of long standing.

Both are young men of ability, so that there is every promise of a sharp contest for public indorsement at the primaries

## MAD SCRAMBLE FOR LIFE.

Mahanoy City (Special) .-- Crowd-There were no unusual incident ed with passengers, mostly miners at the execution. Handy being in- on their way to work, a Schuylkill traction car stuck in the snow on a spiritual adviser, preferring to the Reading crossing here just as the spend his time playing solitaire in early Philadelphia express swept into view

There was a mad scramble among the passengers, doors and windows being torn loose, from which the men jumped or were pushed with irresistable force. With but few Foundry, Manheim, still lives, and half empty, the motorman heroically will recover, after being subjected stuck to his post, succeeding in to a shock of 1100 volts of electric- starting the car out of danger as the ity. He accidentally grasped a live train rushed by. Several of the men wire while trimming a light, and as were so scared that they refused to

Cinton Ulrich, who went to his SIXTY YEARS MAN AND WIFE.

# THE PULPIT.

BRILLIANT SUNDAY SERMON BY THE REV. J. H. JOWETT M. A.

Theme: Every Man's Perfection in Christ.

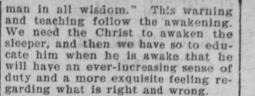
London, England .- The following brilliant discourse was delivered by the Rev. J. H. Jowett, M. A. Its title is "Every Man's Perfection in Christ." His text was: "Christ \* \* \* whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus."-Col. 1:28.

This is an amazing and inspiring

ideal, and all the more wenderful that it springs from the lips of an old man. If it had come from a company of young crusaders it would have been perfectly natural as the war-cry of young fellows just buckling on their armor and setting out to their earliest conquest. The veteran toiler is often a disillusioned man, for the early vision has proved a dissolving view, labor, striving according to his work less tense, the gay apocalypse which tinged the horizon at dawn has faded out of the sky, and the earnestness which aimed at achievements far ahead has cooled down to more immediate and accessible ends. But here is an old man of quite another order. He has spent the strength of his days in cutting fine roads through rugged Jezus." It is laboring to the point has encountered persecution, resentment, and has often been treated as the offscouring of the earth. His little churches are infested with puerilities. and even men for whom he has travailed are turning out to be enemies of the Cross of Christ. Yet here at taking their blood to the morally and the end of the day, in the imperious grip of Rome, is the old man, with the same undaunted purpose, yearning to present every man perfect in Christ. Here is an old age worth coveting, an eventide that is light! "Every man " " " every man " " every man." It is a threefold blow in the face of a very popular heresy. The very reiteration of the inclusive term reveals to us one of the foes the than a free library is Mr. Carnegie. apostle had to face. There was the colossian heresy, which sought to not Christ. It is chivairous work, but make spiritual privileges the preroga- it is no substitute for Him. I would tive of a highly-favored aristocracy. not class such services among things There was also the Jewish heresy, fenced about by the same limitations. Here again the privileges of grace were the perquisites of a class, and not the blood-bought rights of a race. Side by side with that heresy place the words of our text: "Christ, whom Lord-the King has yet to come. we preach, warning every man, and teaching every man in all wisdom; that we may present every man per-fect in Christ Jesus." There is the breadth of the apostle's glorious ideal in the redemption of men. Mark man's moral and spiritual progress. also the height of it-"perfect."

Surely in the first place the term suggests the removal of every man's defects and faults. But perfection is Christ. more. That is a negative ministry this mission will falter and fail unand merely preparatory to a positive less he be sustained. "Be thou faithministry.

moval of excrescences. When your convert is washed he has still to be perfected. The perfection of every look after thy fidelity and I will look after thy vitality." It is not man means the evolution of all the when the warfare is over that I shell



According to my interpretation of the teaching of Jesus Christ, the progress of Christian living is always in the direction of a keener discernment of the trifle. We grow bigger men in Christ when things that have never been heeded by us come into view, When our religion comes down to our trifles, when all the little things are just like illumined lamps along the way-when not only the great crises but the tiny commonplaces are beautified-then we become big. It is in the direction of the discernment of the simple, the inclusion of the trifle, that Christian growth proceeds. So

when a man is awake we have got to educate his conscience and his moral and spiritual perceptions until he can hear the faintest call of duty even along a commonplace road. The third human means whereby

men will be perfected is the ministry of sacrificial toil. "Whereunto ] ing, which worketh in me mightily, There is no English word which brings out the meaning of "labor" as used here. In John 4, where Jesus meets the woman of Samaria, He "being wearied with His journey, sat on the well." This is the word translated here, as if the apostle said. "I of fatigue, to the loss of blood. Men will be perfected through some laboring till they are spent. It is taking your thought and giving it to the thoughtless, taking your strength and giving it to the strengthless. It is the morally and spiritually healthy spiritually anaemic. It includes the provision of decent houses, the apportionment of a fair day's labor, the removal of every fence and bar-

rier along legitimate roads, the smashing of every padlock which holds the soul in unholy bondage. But to give a man a better house and render him like service in other things is no more giving him Christ It may be Christian work, but it is secular. I would keep them within the palace, but would not allow them to have the throne. When you have given a man a better home and have

placed a garden round his house, you have only prepared the way of the You have got to preach Jesus to awake the dead, to educate the man's conscience when he is awake, to devote your energies in sacrificial toil to the removal of all hindrances to a Let us not forget to see to ourselves. Even the reformer needs the Saviour; and the crusader needs the Even the best worker in Perfection is more than the re-oval of excressences. When your the a crown of life." The promise applies The promise applies now. It is as if the Lord said to us:



SEWING BUTTONS FIRMLY. In sewing buttons on the everyday clothes of children it will save the mothers trouble to stay each button in the first place with a small piece of the material or with a stout piece of muslin if the garment is not an outer one. Cut little squares just about the size of the button, put it on the inside of the spot where the button is to go; take the stitches through it and then hem down the edges all around so they will not fray.

It is always better to make a stem in sewing on a button, as if it is sewed tightly it will more easily tear out the material. Take loose stitches and then wind them on the right side with the thread four or five times. -Indianapolis News.

## TO CLEAN LACES.

Cream colored laces clean better in gasoline than any other way, though one must always remember to use this inflammable liquid in a fireless room.

Put the soiled lace into an earthenware bowl, cover deep with gasoline and wash as in suds. If you can get a pair of rubber gloves, draw them on your hands and fasten at the wrist before falling to work.

Gasoline acts unhappily upon tender skins. Souse the lace up and down in the liquid, paying especial attention to the soiled places. Then set the bowl in a pan of boiling water, throw a thick cloth over both, and leave the lace in the gasoline until the water in the outer vessel is cold. Lift the lace, lay in a clean cloth and squeeze out the gasoline.

Shake and hang up in the open air. When it is dry, dampen on the ironing table and pull, inch by inch, into shape. Cover with a moist, thin cloth and iron.-Pittsburg Press.

WHY TEA MUST NOT BOIL. There is a reason for all the things many housewives do blindly. A good housekeeper will never boil her tea, though she could not tell you why. Here is the reason: The desirable elements in tea are the stimulating principle, theine and the essential oil, which gives fragrance. An undesirable element in tea is tannin, a bitter astringent substance. Tannin in the stomach interfores with digestion by hardening the proteid substances in the food, it also toughens and hardens the lining of the stomach. The problem is to make tea so as to secure the desirable qualities and avoid the tannin. This is really a very simple thing to do. The essential oil and theine are readily and quickly dissolved from the tea leaves upon the application of boiling water. Simmering water makes weak, insinid in-

fusion tea. After the water has stood

RECIPES.

Cream of Celery Soup .-- Two cups

#### Not Fatal.

Shot through the heart was the youth, But there were no tears of sorrow; He lived to tell the tale because The wound was made by Cupid's arrow.

-Chicago News.

#### What Causes Headache,

From October to May, Colds are the most frequent cause of Headsche, Lazative Bromo Quinine removes cause, E. W. Grove on box. 25c

#### Locked Out of Jail.

In a certain county jail of Georgia there was once an old chap named Mose Selby, supervisor of the institution who housed and fed the convicts so well that they were greatly attached to him. He could actually allow them to go about at will. He was accustomed to hire them out to the farmers in the neighborhood during the harvest season, and in that way turn an honest penny for the taxpayers.

Early one morning one of these prisoners appeared at the office of a lawyer in the place. "Young man," asked he, "are you an

attorney?'

"I am," was the reply.

"I want you to get me out of jail on a writ of habeas corpus, and I want it right away."

"Hold on, my friend," said the law-yer. "We must have some reason to show the court before we can ask for a writ.'

"I have reason enough," said the man. "The cruelty of the keeper makes life there unbearable,"

"Nonsense!" exclaimed the lawyer. "There was never a kinder keeper in the

world than Mose Selby." "Judge for yourself," the prisoner in-sisted. "Yesterday I was working out at Mr. Walker's and we had a big lot of hay to get in, for the sky was full of rainclouds. So when the jail horn blew for bedtime I stayed and helped get the hay under cover

'It was after dark when I got back, and would you believe it, sir, that hardhearted keeper had locked me out. I had to sleep out of doors, and caught rheumatism in my bones. It settled things in my mind. I'll not stay another night under the roof of a man who'll treat me like that. So, Mr. Lawyer, I want you to get me out before sundown, if you please."-Cleveland Plain Dealer.

#### Boston High Art.

Two Western delegates to the Convention of Collegiate Alumnae visited the Public Lib ary. They tried faithfully to understand ( havanne's mural work, they read all about the story of Sir Galahad as cortrayed by Abbey, and they tired their necks gazing up at Sargent's interpretation of the world's religions. Then they visited the chilrden's room. But even there art material greeted them. i lasks were placed along the floor, weighted with pieces of marble, plaster and stone

"See," said one enthusia tically, "isn't t at a concrete example of Boston culture? Those must be specimens of rare marble and granite put where the children may become familar with them.

With conscious pride because of her in. sight, she walked up to the attendant. Pardon me, but are these specimens

of Italian marble for the benefit of the children?" she said.

The a tendant looked embarrassed as she answered; "No, not exactly The rubber matting has been pasted to the floor, and they are used to weight the boards a ong the scams "-Boston Herald.

#### HORSN CALLED HELP.

Williamsport (Special) .-- While logs near Rutland, William Avery was thrown by a rolling log, which broke his leg and pinned him fast. After he had laid for hours in the by the latter's horse, which had started for home.

The physician who set Avery's leg found he had contracted pneumonia by his long contact with the snow and his life is dispaired of.

#### SAVED BY HIS DAUGHTER.

Pittsburg, Pa. (Special) .- Thomas Heathcote, aged 69, was acquitted of ed by having him elected as a nationthe murder of his 65-year-old wife al delegate. on December 18. The acquittal was due largely to the testimony of the prisoner's pretty 15-year-old daughter, Annie.

The girl testified her mother had his hand, tried to ward off the blow. and in doing this he struck his wife the blow which caused her death.

#### Freight Shipments Increased.

indication of the general resumption horns also lacerated his thigh and of business freight shipments to and abdomen. from this place have been gradually increasing during the past month with every promise that the normal volume will soon be reached. While February is always a slack month here, the business has been steadily climbing and is now past the mark made during some of the Fall months, which are usually busy ones.

#### Girl Missing From Home.

Ambler (Special) .--- Fourteen-yearold Hester Signs, daughter of Mr. and Mrs. John Signs, has been missing from home since Sunday. Her about the whereabouts of their She was last seen at Sunday School. a light gray coat with collar and cuffs of green, and a white hat.

#### Miners Quit The Union.

Pottsville (Special) .--- The anthracite coal operators having announced that they will refuse to recognize the United Mine Workers in the negotiations for another wage scale beare members of the union at the and great-great-grandchildren. present time. District President John Fahy, Miles Dougherty and Terrance Ginley arranged for a series of meetings in the Schuylkill region to get the miners to return to the union.

Stroudsburg (Special) .-- Isaac Q. Strunk, aged 85, and his wife, aged 87, celebrated the sixtleth anniversary of their wedding. Both are en-

joying the best of health and still attend personally to their farm work. A large number of old people past 70 years paid their respects to Mr. he was alone in the woods skidding and Mrs. Strunk, whose entire life has been a happy one.

## Chandler For National Delegate.

Media (Special) .- The announcesnow and cold he was found by John ment that Fred T. Chandler, presi-Benson, who was directed to Avery dent of the Philadelphia Stock Exchange, and a resident of Lansdowne, had been selected as one of the delegates to the Republican National Convention, has aroused great interest in political circles and will likely start a warm contest in Delaware County, as the friends of J. Herbert Ogden, a manufacturer. who also resides at Lansdowne, are auxious to see his services to the party reward-

## Fatally Gored By A Bull.

Hazleton (Special) .- Andrew Neuman, farm hand, of Black Creek first struck her father and that the Township, was terribly gored by a latter, who had a bottle of beer in bull, and is laid up with injuries that it is feared will prove fatal. | altation of every man's Christ. Neuman works on the farm of his uncle, John Neuman, and went to the stable to feed the cattle, when the bull attacked him. He had his right | sun. West Chester (Special). - As an arm and leg broken and the bull's reach the sleeper and open his eyes

## Died Rather Than Testify.

Pittston (Special). - Despondent because of a domestic scandal and out Christ, and what is there left for because she had been summoned to appear as chief witness in a case against her husband and his sisterin-law, Mrs. Joseph Van Luven, aged 40, of West Pittston, committed suicide today, by drinking carbolic acid.

Found His House Had Disappeared. Mullica Hill (Special)-When Bernard Haughy looked over his farm parents have been worried to death he discovered that his tenant house, occupied by Aaron Cooper and famdaughter, and they fear foul play. Ily, had disappeared during the night. Going to the spot, he found nothing She was dressed in a white dress and but a cellar filled with ashes, the house having burned down in the night while the family were away

#### STATE ITEMS.

John B. Sensenig, a farmer, of Earl Township, Lancaster County, who has just died, aged 83 years, was married three times, had sixteen children and leaves ninety cause not 10 per cent. of the miners grandchildren and a number of great Mrs. Harry J. Shoemaker, wife of

ex-Congressman Shoemaker, died at Doylestown after a lengthy illness. Peter Barlett, aged 61 years, a veteran in the Civil War, died suddenly in Pottsville from apoplexy.

mon in the life of the race. It means crown me now, the awakening of a man's primary fundamental senses: the great mysti-cal senses of sight and hearing, con- "Every man perfect"-make that cerning which there are many exhortations in the Word of God. "I heard that purpose in your mind, and see a voice from Heaven;" "In the year in everybody the possibility of perthat King Uzziah died, I saw the fection in Christ. Live for this; grow Lord;" "O taste and see that the Lord is good"—what wonderful senses are exercised there!

Perfection means not only the folving of the common endowment And put your armor cn: Strong in the strength which God supplies Through His eternal Son. evolving of the common endowment of men, but the manifestation of every man's own peculiar significance and individual color, which is the lamp of the great Creator's hand. 'Every man perfect"-the fascinating wonder of it!

How is this to be attained? B what means are men to be perfected? I cannot tell you how happy I am that my function is to proclaim a Gospel and not to fashion one. My function is that of a herald, to raise as he sat at work in his study. The the trumpet to my lips and blow no uncertain sound. My task is made clear by the apostle who is so dethrough it was clear that the younger tailed in the exposition of this truth.

He tells me the threefold ministry by means of which this result, perfecting of men, is to be gained: (1)by preaching Christ, (2) by educating the conscience, (3) by the energies again to his book. Presently he heard the little fellow over in the corner of the room praving the money of the room praving the room praving the money of the room praving the ro awaken the sleeper?

By preaching Christ. Every man's perfection is attained through the ex-If we set about getting the perfection of mea without Christ, we might as well try to make a garden without the There is no other who can to see a new world.

The ways of service and the ways of modern life are littered with the tear-stained confessions of men who have tried to secure the perfection of their fellows without Christ. Leave us? Culture and noble ideals will not do. Sonorous words and Emersonian maxims will not wake the dead. You may as well string your lighted fairy-lamps across your garden, and expect the seeds in the earth to germinate, as expect to awake dead souls by reiterating Emersonian max- great disturber of human hapiness. ims and high ideals.

We cannot do without the Nazarene. It is not enough to do Christian work merely, but in the doing of it and God is in its way. we have to present Christ and allow Him to work. "I, if I be lifted up, will draw all men unto Me." That is or unkind to their wives, and wives where the magnetism centres-not in to regard their husbands only as the my work which resembles the Lord's, chief of their own conveniences. but in the Lord Himself. By our labor we can warm the surface, but we cannot warm through or kindle the whole of the family arrangement the flame that shall transfigure the shall be managed with reference to heart .- It is beautiful to be used in their personal pleasure. the service of our fellows; but we are It breeds social jealousies and playing with a mighty problem if we neighborhood quarrels; it breaks up think this is sufficient.

Men are in church choirs, scrambles for the chief need of high ideals, but they are in seats in the synagogues, and greater need of the Saviour. Apart church members to praying, "Lord, from Him, everything else acts like grant that we may sit on Thy right an opiate, and benumbs the sleeper hand into deeper slumber. If the sleeper dom. hand and on Thy left in Thy King-

is to be aroused, we have got to It leads Diotrephes to love the prepreach Christ eminence.

The second human ministry to be It is to the credit of the religion of used in the perfecting of men is the Christ that selfishness cannot live in education of the conscience, "warn- peace with it .- Rev. D. W. Huntinging every man and teaching every ton, D. D.

powers in a man's life that are com- want my crown; the Lord waits to

on the leaves five minutes, the pres-Then preach Jesus, educate and reence of the astringent tannin is apparent, and if the water with the. leaves be boiled rather than steeped, your aim. Confront everybody with tannin is extracted in quantity. Tea, made by pouring water over the "spent" tea leaves that have been left old for this; die for this. standing in a teapot from a previous Soldiers of Christ, arise. meal, is a slow but sure "oison .--

Caught.

boy was entirely in the fault.

that fact. After giving the boy a

again to his book. Presently he

father's ear was this one: "O Good

It's the old story of the "child being father to the man." There is

a supposition current that there are

some praying folks in the world who

really don't work much at the busi-

ness except when they get about

where the preacher's boy was. His

case had this merit in it, that he

frankly confessed his unpleasant posi-

"caught." -The full-grown man who

pleads for help on the same ground

usually shuns a confession of his mo-

tive as long as possible .-- Pittsburg

A Life That Defeats Itself.

Self-centred life is everywhere the

It defeats itself and keeps its vic-

It collides with others' interests,

It destroys the peace of the home.

It underlies suits for divorce. It leads children to demand that

acknowledged that he was

the petitions which reached

Man, do help me, for I'm caught."

to pray.

tion:

Christian Advocate.

tims forever upon the rack.

A member of the Pittsburg Conof boiling water, two cups of chicken ference tells an interesting little story on one of his own boys. The stock, three cups of celery cut up small, one slice of onion, one tableincident happened when the lad was spoon of butter, one quart of rich quite young, but after he had learned milk, three tablespoons of flour, salt He had some trouble one and pepper to taste. Serve with day with his older brother. They came to their father with the matter cubes of toast.

the

sots

Clam Chowder .-- Two slices of pork merits of the case were examined cut in small pieces, fried, two medinto by the father, and when he was ium sized onions, fried, 1 pint of sliced potatoes, 1 pint of cracker crumbs, 1 The youngster also keenly realized pint of shelled clams. Cover with water and let boil until the potatoes kindly admonition, the father turned are cooked, then add 1 quart of milk or more if desired; season to taste with salt and pepper. corner of the room praying. Among

Pittsburg Press.

Prune Jelly .- Soak 1 pound of prunes in 1 quart of water for three hours, drain them and strain the water in which they have been soaked, to which add 1 pound of sugar; put on stove and let this come to boil; now add prunes which have been stewed and cut in small pieces and boil about 15 minutes; stir into this 1/2 bottle of gelatine which has been soaked in a little cold water, add the juice of 1 lemon and pour in a mould. Serve with whipped cream.

Salmon Chowder .- Cut in small pieces 1/2 pound of salt pork and fry until a light brown; add six onions, six potatoes and one-half can salmon. Cover with water and cook until vegetables are done. When ready to serve add one pint milk, salt and pepper to taste.

Oyster le Tartare .-- Pick over and drain the oysters; put them in a saucepan, put on the stove for a few minutes until they are plump, cool and cut into quarters; heap them on lettuce leaves laid on oyster shells and garnish with sauce tartare. This is the regular mayonnaise dressing made quite green and acid with chopped green pickles, olives, parsley and capers. Serve as a salad.

Black Cap Cake .- One cup of butter creamed, 11/2 cups sugar, 2 tablespoons molasses, 2 eggs, 1/2 cup sour milk, 21/2 cups flour, 1 teaspoon of soda, 1/2 teaspoon each cinnamon and cloves, 1 cup each raisins and walnuts.

The rice flour cracker of China is by far the whitest biscult product in the world. In comparison with it the whitest American biscuit looks dingy

#### Grateful Hen.

Chicken fanciers and agriculturists here-about are puzzled over a remarkable egg-laying hen living under the guardianship of Jacob Geier. The hen strayed from her roost and wandered into Geier's back yard several weeks ago. When Geier opened his kitchen door the hen dapped her wisgs, flew on the porch and in at the open door past Geier.

"That chick must be durn hunry; I'll feel her up good and strong, b'gum,' said Geitt to wife

He made good his word by preparing a ration of milk and bread, which the hen devoured ravenously. Cackling her thanks, she departed to the back yard. about an hour later the hen was discovered sitting comfortably on a set-tee on the porch When the fire whistle tooted the noon hour the hen exuded a oyous series of cackles. When Geier arrived on the scene he beheld a freshlaid egg and the hen strutting proudly around the yard.

tince then the hen has laid an egg every day, with three exceptions. Geler rays she has a scose of gratitude, which she displays in payment for the meal tendered in the time of her tribulations.

#### BRAIN POWER

## Increased by Proper Feeding.

A lady writer who not only has done good literary work, but reared a family, found in Grape-Nuts the ideal food for brain work and to develop healthy children. She writes :---

"I am an enthusiastic proclaimer of Grape-Nuts as a regular diet. I formerly had no appetite in the morning and for 8 years while nursing my four children, had insufficient nourishment for them.

"Uuable to eat breakfast I felt faint later, and would go to the pantry and eat cold chops, sausage, cookies, doughnuts or anything I happened to find. Being a writer, at times my head felt heavy and my brain asleep.

"When I read of Grape-Nuts I began eating it every morning, also gave it to the children, including my 10 months' old baby, who soon grew as fat as a little pig, good natured and contented.

"Within a week I had plenty of breast milk, and felt stronger within two weeks. I wrote evenings and feeling the need of sustained brain power, began cating a small saucer of Grape-Nuts with milk instead of my usual indigestible hot pudding. pie, or cake for dessert at night.

"Grape-Nuts did wonders for me and I learned to like it. I did not mind my housework or mother's cares, for I felt strong and full of 'go.' I grew plump, nerves strong, and when I wrote my brain was active and clear; indeed, the dull head pain never returned." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.