Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse. purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and al most tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying. so limestone phosphate and hot water before breakfast, act on the stomach. liver, kidneys and bowels .- Adv.

A mail and express auto, traversing the wilds of Colorado has a banditproof cage in the rear for valuable.

important to Mothers Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Chartfulthir.
In Use for Over 30 Years.

Children Cry for Fletcher's Castoria On a War Footing. "Meyer," said the professor in the

Landsturm to his next neighbor in the line, after a successful charge against the English trenches, "as a student I have rather often had to give you a pretty low mark. But as a comrade I have to grade you I-A."

BABY'S ITCHING SKIN

Quickly Soothed and Healed by Cuticura. Trial Free.

Bathe with hot water and Cuticura Soap. If there is any irritation anoint gently with Cuticura Cintment on end of finger. Refreshing slumber for restless, fretful babies usually follows the use of these super-creamy emollients. They are a boon to tired mothers.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere .- Adv.

Taking a Short Cut. "I'm perfectly willing to help you." said the practical philanthropist, "but you ought to try to help yourself when

the occasion presents itself." "The last time I did that it got me into a whole lot of trouble," answered the shabby visitor. "In fact, I spent some years in durance vile." "What do you mean?"

"I helped myself to the contents of another man's cash register."

DRINK LOTS OF WATER TO FLUSH THE KIDNEYS

Eat Less Meat and Take Salts for Backache or Bladder Trouble-Neutralize Acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek rollef two or three times during the night. When the kidneys clog you must help them flush off the body's uringus waste or you'll be a real sick person shortly. At first from slang and "Sundayisms" and his you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water: also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to Bean clogged kidneys and stimulate them to normal activity. also to neutralize the acids in urine. so it no longer is a source of irrita-

tion, thus ending bladder weakness. Jad Salts is inexpensive, cannot injure: makes a delightful effervescent Hthia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kid ney trouble while it is only trouble .-

The stage is all right; it is the pub lic that needs elevating

SOME PREACHING SUNDAY SAYS

Many Sermons Are Given Only for Literary Effect.

HIT SAWDUST TRAIL

His Doctrine Spread Wide-All Classes Talking Of Notable Sermon. Governor in the Audience.

Baitimore .- Seizing the devil by the tail and swinging him about his head till the foul fiend's spine was cracked, Rev. Billy Sunday preached at the big tabernacle on the text, "Why could we not cast the devil out."

At the night services twenty thousand people were drawn to the taber- many more besides." nacle because it was to be the first the trail. His topic was "The Hour Has Come."

"Too much of the preaching of today is too nice, too pretty, too dainty; it does not kill," said Billy. "Too many sermons are given just for literary excellence of the production. They get a new adjective or noun, or pronoun- tinuation of the morning sermon, you cannot be saved by grammar.

"They're been crying peace, peace. afraid to hear the truth. They want | truth," II Timothy, xi., 15. deodorized, disinfected sermons.

"There are many fool, short-sighted only draw a large crowd. Some are shall be no difficulties to him that as crazy after sensation as the yellow-

than you do a prayer meeting.

find out why you fail. This world is be given to women. an eight-day clock which God has when you've got a headache? It mark that it was choking him. would do no more good than rubbing your corns.

"God Almighty is too busy to help and not to see me on dress parade." the boob that's trying to lift himself by his boot straps."

Some other Sundayisms were:-

runt."

with some of it. Running true to form he took a crack at his critics.

"The devil with his aides," he roared, are spreading lies right now about these meetings. They never opened their traps until they heard 1

was coming here." His Sensationalism Absent.

Baltimore.-All attendance records In the history of Baltimore and in the history of Rev. Billy Sunday campaigns were broken Sunday when, to hear the three sermons delivered by the evangelist, a total of 60,000 people were accommodated beneath the roof of the great tabernacle.

Tears Off His Collar.

Sunday established two precedents at the afternoon service. In the midst of a doctrinal portion of his sermon he stopped suddenly, tore his collar from his neck, with a word of apology to his congregation, and continued speaking. At the conclusion of his sermon he pronounced a formal benediction, the first one Baltimore had heard from his lips, and the most significant reminder that he is, with all his radicalism, an ordained minister of the Presbyterian Church.

At the conclusion of each of his closing prayer by asking all those who ers don't poke a gun under your nose wished him to pray for them to raise their hands. Many responded to each invitation.

on the text: "Heaven and earth shall your wife is going there. pass away, but My Word shall not pass away," Matthew, xxiv, 35, and its title was "Nuts for Skeptics to Crack." It was handled different from his earlier sermons, his diction was free

gestures less eccentric. At the outset Mr. Sunday seemed unusually nervous and spoke crisply to a number of women who had taken their own time to settle down and become quiet. Immediately afterward he anpounced that he would preach to men alone not only next Sunday afternoon,

but that night also. "If you prefer Darwin to God Almighty you are a blatant infidel," was one of the verbal spears Sunday hurled at the throng when he got warmed up. Then he took up seriatim some of the narrations of the Old and New titions from Baltimore to God and

Jonah and the Whale.

For example, he defended the story of the swallowing of Jonah by the whale, so often attacked on the ground that a whale's throat is too small to

admit the passage of a human being. "There are 52 species of whales known to science," he said, "and 52 of

them could swallow a human being." Then he told of a huge fish that had been captured off the Florida coast, so huge that it could easily have swallowed a normal-sized man.

Great Men Christians.

No man disbelieved the Bible, he aserted, unless he wanted to disbelieve in purity and righteousness; and he told of the great men in all lines of endeavor since the Christian era began, who had been followers of the Master's teachings. He mentioned soldiers, scholars, artists, writers and cientists—and declared that scientists were not disbelievers as a whole despite widely disseminated information to the contrary.

He delved into archaeology and history, into geology and chemistry to prove the divinity of Christ and the absolute, literal truth of the Bible as a striking example, stating that in the museum at Cairo where were kept all the mummies of the dead pharaohs the only one missing was that of the pharoah of the Exodus, "whose body, with those of his retinue, is at the bottom of the Red Sea."

Assails Spiritualism.

He assailed spiritualism as emanating from the devil, and said that modern theatrical magicians could do allthe tricks of the spiritualist, "and

"And if we've got the sins of old night here for trail-hitters, and 561 hit Babylon," he exclaimed at the climax of one of his arguments, "we'll have visited upon us the judgment of Babylon, oh, you people of Baltimore."

"Indolent Christians" was the theme of the afternoon sermon, the text being "The people had a mind to work," Nehemiah, iv., 6. It was rather a conwhich was preached from the text; "Study to show thyself unto God a There is no peace. Some people won't workman that needeth not to be come to hear me because they are ashamed, rightly dividing the word of

Devil In the Hospital.

in the afternoon sermon Sunday laid ministers who are satisfied if they can emphasis upon the quotation: "There wills," and said that if his hearers put est newspaper that ever came off the that into practice they would "put the devil into the hospital in six months." "Don't tell me that you are a Chris- Another thing that would help to put tian when you love a leg show more; the devil into hospitals, he said, would be for all the men to vote the Pro-"A preachers' meeting is no place to hibition ticket and for the bailot to

"I'm an old-fashioned preacher of wound up and thrown away the key. the old-time religion," he informed his There's a reason for everything. You congregation, then paused to take his don't rub a little dope on your head collar off, with the parenthetical re-

"I take it for granted," he added, 'that you came here to hear the Gospel

He took a fling at church people, said there were too many frauds among them, and urged them to get You can't run an automobile with to work, not to be content to sit idly by and see unsaved folks go to hell. Think of your first finger saying to | The Protestant churches of New York the thumb, "get off the earth you little now had 50,000 fewer members than they did a year ago, he declared, and for this fact and the circumstance that reling; if wouldn't be much of a fuss Northern and Western churches were adding few members, placed the blame largely upon the influx of immigrants.

Praise For the South. More than 50 per cent, of the men of the South, he said, were Christians; only 24 per cent, of those in the North, and only 6 per cent, of those on the

Pacific Coast. "Why is this?" he asked. "Because you'll find the pure Americans below the Mason and Dixon Line. That's why it took 30,000,000 men four years pure Americans-and my dad was on

the Northern side." In the morning sermon he said he was an up-to-date preaches, preaching the twentieth century Gospel, but following old-time methods. In that sermon also he deplored the large influx of foreigners into America, "multitudes of whom will not be assimilated." He flayed Christian Science, the Unitarian Church, followers of "Isms and scisms."

HOT SHOTS FROM SUNDAY'S SERMONS

About the only difference between some church social workers and footthree sermons, Sunday wound up his pads is the fact that the church workwhen they ask you to come across.

You have little chance to sing the songs of glory if you have no better Mr. Sunday's evening sermon was claim to Heaven than the fact that

A ship is all right when the ship is in the sea; a ship is all wrong when the sea is in the ship. A church is all right when the church is in the world; the church is all wrong when the world is in the church.

The trouble with the church is that she has sprung a leak. A man who doesn't pay the church is as big a swindler as a man who doesn't pay his grocery bill. He is

dead-beating his way to hell. God wants a church that is not r showshop, not a church that is puffed up with money and culture; not the place where men sit in white vests and patent-leather shoes and spats, puffed up like prisoned pups.

Some of us don't miss the Lord until we need Him. Testaments and adduced evidence to carrying blessings from God to Balti-

You can never overdraw on Heaven's bank account. The church is the means to the end. and if you think when you come into

the church that that is the end God have mercy on you and the church /ou are in. If you have not the spirit of God the church is merely four walls with a

roof over them. The church has more social, financial and political influence today than she has ever had before, but she has not the same spiritual power.

CONSCRIPTION IN CANADA

No War Tax on Land-Embargo on Shipment of Live Stock Removed.

During the prevalence of the footand-mouth disease in some portions of the United States, an embargo was placed upon inter-state shipments. This also had an effect upon shipments to Canada, and necessarily an embargo was placed upon them, making it almost impossible for upwards of a year to ship cattle into Canada, from the United States. This was especially hard on the settler. As a result, Western Canada lost a number of settlers, they being unable to take their live stock with them. Canada is practically free from horse and cattle diseases, and the wish of the authorities is to keep it so.

Recently, though, an order has been ssued by the Department of Agriculture, removing the embargo, and settlers are now free to take in the number of head of horses or cattle that are permitted by the Customs authorities and the freight regulations. This will be welcome news to those whose intention it is to move to Canada, taking with them stock that they have had in their possession for six months. and, which it is the intention to use on land that they will farm in the Provinces

of Manitoba, Saskatchewan or Alberta. There are thousands of splendid homesteads of 160 acres each in any of-these provinces, that may be had upon the payment of a ten-dollar entry fee and fulfilling the requisite living and cultivation duties. These tands are well adapted to the growing of all the small grains, and besides, having an abundance of grass, and sufticient shelter, they are well adapted to the raising of stock.

If one prepares to purchase land, there could be no better time than the present. Prices are low, and particuiars may be had from any of the land companies, of which there are several, or from the Canadian Pacific and Canadian Northern railways, whose holdings are in the older settled districts. and whose terms are exceedingly easy to the settler. What these lands will do in the matter of production cannot be more strongly emphasized than in reading the reports of the crops throughout all parts of the Canadian West in 1915. Yields of 50, 60, and as high as 70 bushels of wheat to the fancy, held, 184@18%c; specials, acre were numerous, while reports of yields of from 30 to 45 bushels per acre were common. Oats as high as 130 bushels per acre are reported, 50 and 60 bushels per acre being ordinary. The prices realized by farmers have placed most of them on "easy

street. Lately there have appeared articles in a number of United States newspapers to the effect that there was conscription in Canada, or that such a law was likely to be put into effect. We have it from the highest authority in the Dominion that there is no truth in the statement. Sir Robert Borden to whip 8,000,000; they had to fight at the opening of Canadian parliament on January 17th, said:

"in the first few months of the war I clearly stated that there would not be conscription in Canada. I repeat that statement today."

This statement should set at rest the conscription talk that has been so freely used to influence those who may be considering settling in Canada during the war.

It has also been said that there was a war tax on land. Hon. Dr. Roche. Minister of the Interior, over his own signature has denied this, and the pre- 21@22. miers of the different provinces join in saying "such a report is absolutely untrue, and has no foundation whatever in fact, nor is there likely ever to be any such tax upon land in

The general prosperity of Western Canada farmers and business institutions is such that Canada is well able to take care of the extra war expenses without any direct war taxation. This has been well illustrated by the magnificent response to the Dominton Government's recent bond issue, which was more than doubly subscribed for within the first eight hours of its being offered to the public.

(The above appears as an advertisement and is paid for by the Dominion Government which authorizes its pub-

Just Before the Battle. Her Husband-Do you know, dear, that I found my first gray hair this

His Wife-Oh, give it to me, John, and I'll keep it as a souvenir to remember you by. Her Husband-What's the matter with me keeping it to remember you

His Wife-Wretch! I've a good mind to go home to my mother-Her Husband-Huh! No such luck.

NEVER HAD A CHILL After Taking ELIXIR BABEK little daughter, 10 years old, sof "My little daughter, io years old, suffered nearly a year with chills and fever, most of the time under the doctor's care. I was discouraged and a friend advised me to try Edixir Habek. I gave it to her and she has never had a chill since. It completely cured her. Mrs. Cyrus Helms, 302 E St., N. E., Washington, D. C. Riixir Babek 50 cents, all draggists or by Parcels Post prepaid from Elocsewski & Co., Washington, D. C.

A patent has been granted for an agg substitute made chiefly from thoroughly cooked yams.

The older the man, the longer be looks at a paper before signing it.

THE MARKETS

NEW YORK.-Wheat-No. 2 hard, \$1.254; No. 1 Durum, \$1.304; No. 1 Northern Duluth, \$1.32%, and No. 1 Northern Manitoba, \$1.43 f o b New York.

Corn-Spot, steady; No. 2 yellow, \$82 1/2 @ 82 1/4 c c i f New York. Butter-Creamery, extra (92 score)

6@361/2c; creamery (higher scoring), 37@37%c; firsts, 34@35%c; seconds, 31@33 %c. Eggs-Fresh-gathered, extras, 281/2

@29c; extra firsts, 271/2 @28c; firsts, 27c; seconds, 26@261/2c; nearby hennery whites, fine to fancy, 33@34c; nearby hennery browns, 29@30c. Live Poultry-No prices settled, but sellers talking 16@17c for chickens, 17%@18c for fowls, and 20@25c for

PHILADELPHIA.-Wheat-Car lots, in export, No. 2 red, Western, \$1.191/2 @1.201/2; No. 2 red, spot and March, \$1.16@1.18; No. 2 Southern red, \$1.15 @1.16; steamer, No. 2 red, \$1.13@1.15; do do, No. 3 red, \$1.13@1.15; rejected A, \$1.16%@1.12%; do do, rejected B, \$1.09@1.11.

Corn-Car lots, for local trade, as to ocation, old, No. 2 yellow, 791/2@ 80 1/2 c; do do, old, steamer, yellow, 78 @79c; do do, No. 3 yellow, 74@75c; do do, No. 4 yellow, 72@73c; do do, sample, yellow, 65 1/2 @ 68 1/2 c.

Oats-No. 2 white, 52@521/2c; standard white, 50@50%c; No. 3 white, 48% @49%c; No. 4 white, 46%@47%c; sample, 441/2@451/2c; purified oats, graded, 49 1/2 @ 50 1/2 c.

Butter - Western, solid - packed creamery, fancy, specials, 29c; extras, 37c; extra firsts, 35@36c; firsts, 33@ 34c; seconds, 29@32c; thirds, 27@28c; nearby prints, fancy, 40c; average extra, 38@39c; do do, firsts, 34@36c; do do, seconds, 30@32c; jobbing sales of fancy prints, 43@46c. Eggs-Nearby extras, 30c per doz;

nearby firsts, \$8.25 per standard case; do do, nearby current receipts, \$8.10 per case; do do, Western, extra firsts, \$8.25 per case! do do, firsts, \$8.10 per case; Southern, per case, \$6.90@8.10; fancy, selected, candled, jobbing at 22 @34c per dozen. Live Poultry-Fowls, 17@18c; roosters, 12@13c; spring chickens, softmeated, 19@20c; do do, staggy, 14@

15c; ducks, as to size and quality, 18 @20c; geese, 17@19c; turkeys, 20@ 22c; pigeons, old, per pair, 28@30c; do do, young, per pair, 20@ 22c. Cheese - New York, full cream, higher; do, do, fair to good, held, 17%

@18%c; do do, part skims, 11@16c BALTIMORE.-Wheat-No. 2 red spot and March, 1164; No. 2 red Western spot and March, 119 %. Corn-Spot and March, 771/6; April,

Oats-Standard white, 49@49 1/c; No. 3 white, 47; No. 4 white, 44@441/2. Rye-No. 2 rye, Western, 97@98c; No. 3, do, 93@94; No. 4, do, \$92@93; bag lots nearby, as to quality, 90@95. Hay-No. 1 timothy, \$22; No. 2, de, \$21@21.50; No. 3, do, \$17@19; light clover mixed, \$20@20.50; No. 1, do. \$19.50; No. 2, do, \$16@18; choice clover, nominal, \$16.50@17; No. 1, do, \$15.50@16; No. 2, do, \$11@13; No. 3, do, \$9@10.50; sample hay, as to kind, quality and condition, \$10@13; no

grade hay, 36@10. Butter-Creamery, fancy, 36@361/2; do, choice, 35@26; do, good, 33@331/2; do, prints, 36@371/2; do, black, 35@ 361/2; ladles, 22@23; Maryland and Pennsylvania rolls, 21@22; Ohio rolls, 201/@21; West Virginia rolls, 201/@ 21; storepacked, 21; Maryland, Virginia and Pennsylvania dairy prints,

Eggs-Maryland, Pennsylvania and nearby firsts, 24c; Western firsts, 24; West Virginia firsts, 24; Southern firsts, 23; duck eggs, 30.

Live Poultry-Chickens-Old bens, 4 lbs and over, 17c; do, do, small to medium, 17; old roosters, 11; winter, 2 lbs and under, 22@24; young, large, smooth, fat, 20@21; do, poor, rough and staggy, 15@16. Ducks-Young Pekings, 3 lbs and over, 15@20c; do, puddle, do, do, 19@20; do, Muscovy, do, do, 17@18; do, smaller, 16@17. Geese-Nearby, 15@16c; Western and Southern, 13@14. Turkeys-Hens, 26 @27c; young, gobblers, 24@25; old toms, 20@21; poor and crooked breast, 15@16. Pigeons-Young, per pair, 25 @30c; old, do, 25@30. Guinea Fowl -Young, 11/2 lbs and over, each, 75c; do, smaller, 55@65; old, do, 40.

Dressed Hogs-Choice lightweights. 10c; do, medium weights, 9@9%; do, heavyweights, 81/2@9; boars and rough stock, 7.

Live Stock

CHICAGO. - Hogs - Bulk, \$8.85@ 9.05; light, \$8.60@9; mixed, \$8.75@ 9.10; heavy, \$8.60@9.10; rough, \$8.60 @8.75; pigs, \$7.25@8.30. Sheep-Wethers, \$7.90@8.60; ewes,

\$5.65@8.30; lambs, \$9.25@11.35. Cattle-Native beef steers, \$7.25@ 9.70; stockers and feeders, \$5.75@ 7.85; cows and heifers, \$3.45@8.45; calves, \$8.25@11.25.

ST, LOUIS, MO .- Hogs, pigs and lights, \$6.25@8.95; mixed and butchers', \$8.80@9; good, heavy, \$8.95@

Cattle-Native beef steers, \$7.50@ 9.50; yearling steers and heifers, \$8.50 @9.50; cows, \$5@7.25; stockers and feeders, \$5.50@7.75; Texas and Indian steers, \$5.25@8; cows and heifers, \$4 @6; mativo colves \$6@11.25.

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out-the headache, biliousness, indigestion, the sick, sour stomach and foul gazes-turn them ort to-night and keep them out with Cascarets.

Millions of men and women take a

Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stom-Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver

and carry out all the constipated waste matter and poison in the bowels. Then you will feel great. A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head. sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they

never gripe or sicken. Adv. The Other Groundhog. Knicker-What were you wonder

Bocker-Whether the pork barrel saw its shadow.

SWAMP-ROOT FOR KIDNEY DISEASES

There is only one medicine that really stands out pre-eminent as a remedy for diseases of the kidneys, fiver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of even the most distressing cases. Swamp-Root, a physician's prescription for special diseases, makes friends quickly because its mild and immediate ef-fect is soon realized in most cases. It is a gentle, healing vegetable compound.

Start treatment at once. Sold at all drug steres in bottles of two sizes-fifty cents and one dollar.

However, it you wish first to test this great preparation send ten coats to Dr. Kilmer & Co., Binghamton, N. Y., for a maple bottle. When writing be sure and mention this paper .- Adv.

Calm Slowbetter.

Slewbetter is a calm mam. not casily opeet. On one occasi motor car had come to a sadden stop he crawled underneath it to see what was the matter.

Somehow or other some petrol bynited A fierce burst of fame and smoke came forth, enveloping Slowbetter. In the midst of the excitement he walked to one side with his usual slow and regular step His face was black, his eyebrows and eyeiasnes were singed, and what was left of his hair and beard was a sight to behold. Someone brought a mirror, and he

had a look at himself. As usual, however, he took matters philosophically. "Well," he said, slowly and delinerately, "I was needing a shave and mybair ent, anyway."

One on Grandmother. Bobby (to grandmother) - Grandma. have you ever seen an engine wagging

Grandma-No, nonsense, Bobby, I never heard of an engine having any Bobby-Why, haven't you ever heard of engineers?

Defined. "Say, pa, what's a bungalow?" "Veil, a bungalow is a parody on a

Snores. I sleep like a log." "With the saw going through it?"-Boston Evening Transcript.

bouse."

he reaches the height of his ambition. STOPPED SHORT Taking Tonics, and Built up on Right Food.

When a young rooster gets a comb

The mistake is frequently made of trying to build up a worn-out nervous system on so-called tonios.

New material from which to rebuild used up tissue cells is what should be supplied, and this can be obtained only from proper food. "I found myself on the verge of a

nervous collapse, due to overwork and study, and to il'ness in the family," writes a Wisconsin women. "My friends became alarmed be

cause I grew pale and thin and could not sleep nights. I took various tonics, but their effects were off shortly after I stopped taking them. My food did not seem to nourish me. "Reading of Grape-Nuts, I determined to stop the tonics and see what a change of diet would do. I ate Grape Nuts four times a day with cream, and drank milk also, went to bed early after eating a dish of Grape-

Nuts. "In about two weeks I was sleeping soundly. In a short time gained weight and felt like a different woman. Grape-Nuts and fresh air were the only agents used to accomplish the happy results." "There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A sone appears from time to time. There were genuine, true, and full of hus interest.