TWO OPEN LETTERS

IMPORTANT TO MARRIED WOMEN

Mrs. Mary Dimmick of Washington tells How Lydia E. Pinkham's Vegetable Compound Made Her Well.

It is with great pleasure we publish the following letters, as they convincingly prove the claim we have so many times made in our columns that Mrs.

Pinkham, of Lynn, Mass., is fully qualified to give helpful advice to sick women. Read Mrs. Dimmick's letters.

Her first letter:

Dear Mrs. Pinkham:—

"I have been a sufferer for the past eight years with a trouble which first originated from painful periods—the pains were excruciating, with inflammation and ulceration of the female organs. The doctor says I must have an operation or I cannot live. I do not want to submit to an operation if I can possibly avoid it. Please help me."—Mrs. Mary Dimmick, Washington, D. C.

Her second letter:

Dear Mrs. Pinkham:—

"You will remember my condition when I last wrote you, and that the doctor said I must have an operation or I could not live. I received your kind letter and followed your advice very carefully and am now entirely well. As my case was so serious it seems a miracle that I am cured. I know that I owe not only my health but my life to Lydia E. Pinkham's Vegetable Compound and to your advice. I can walk miles without an ache or a pain, and I wish every suffering woman would read this letter and realize what you can do for them."—Mrs. Mary Dimmick, 50th and East Capitol Streets, Washington, D. C.

How easy it was for Mrs. Dimmick to write to Mrs. Pinkham at Lynn, Mass., and how little it cost her—a two-cent stamp. Yet how valuable was the reply! As Mrs. Dimmick says—it saved her life.

Mrs. Pinkham has on file thousands of just such letters as the above, and offers ailing women helpful advice.

W. L. DOUGLAS $3.50 & $3.00 SHOES FOR MEN

W. L. Douglas $4.00 Gilt Edge Line cannot be equalled at any price.

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

$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 infinite care with which every pair of shoes is made, you would realize why W. L. Douglas $3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other $3.50 shoe.

W. L. Douglas Strong Made Shoes for Men, $3.50, $3.00. Boys' School & Dress Shoes, $2.50, $2, $1.75, $1.50

CAUTION.—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. *Fast Color Eyelets used; they will not wear brassy.* Write for Illustrated Catalog.

W. L. DOUGLAS, Brockton, Mass.

is a short road if the gloom is caused by a disordered stomach, constipation or biliousness.

PARSONS' PILLS

through their quiet, but effective action, change gloom into joy. Try them. Price 25c., five bottles $1. All druggists.

I. S. JOHNSON & CO., Boston, Mass.

5c for the worth of leading 1906 novelties in Choice Best Garden Seeds. 10c worth of Universal Favorite Collection free with every order. LOUISIANA SEED CO., LOUISIANA, MO.

ADVERTISE IN THIS PAPER. IT WILL PAY.

PERMANENT MEADOWS should have an annual dressing of 500 pounds per acre of a fertilizer containing eleven per cent. POTASH and ten per cent. available phosphoric acid.

This will gradually force out sour grasses and mosses from the meadows, and bring good grasses and clovers; thus increasing the quality as well as the quantity of the hay.

Our practical book, "Farmer's Guide," gives valuable facts for every sort of crop-raising. It is one of a number of books on successful fertilization which we send on request, free of any cost or obligation, to any farmer who will write us for them.

Address, GERMAN KALI WORKS, 93 Nassau Street, New York

CABBAGE Plants! CELERY Plants!

and all kinds of garden plants. Can now furnish all kinds of cabbage plants, grown in the open air and will stand great cold, grown 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. Lettuce, Onion and Beet plants, same time or earlier. Reduced express rates promised, which, when effective, will give us 40 per cent. less than merchandise rates. Prices: Small lots $1.50 per thousand, large lot $1.00 to $1.25 per thousand. F. O. B. Meggetts, S. C. Arlington White Spine Cucumber Seed 50 cents per pound, F. O. B. Meggetts, S. C. The United States Agricultural Department has established an Experimental Station on our farms to test all kinds of vegetables, especially Cabbages. The results of these experiments we will be pleased to give you at any time.—Yours respectfully,—N. H. BLITCH COMPANY, MEGGETTS, S. C.

PRICE, 25 Cts

ANTI-GRIPINE

IS GUARANTEED TO CURE

GRIP, BAD COLD, HEADACHE AND NEURALGIA.

I won't sell Anti-Gripine to a dealer who won't Guarantee it. Call for your MONEY BACK IF IT DOESN'T CURE.

E. W. Bloomer, M.D., Manufacturer, Springfield, Mo.

In recent years the construction of railways proceeded in Germany at the rate of 621.5 miles a year. The entire mileage exceeds at present 34,183 miles. The electrification of railways is still confined to a few suburban lines, where the system works satisfactorily.

The Third Batallion, Rifle Brigade, landed at Devonport, England, recently, after having been on foreign service 19 years, stationed at Gibraltar, at Aden and in India.

Cures Rheumatism and Catarrh—Medicine Sent Free.

Send no money—simply write and try Botanic Blood Balm at our expense. Botanic Blood Balm (B. B. B.) kills or destroys the poison in the blood which causes the awful aches in back and shoulder blades, shifting pains, difficulty in moving fingers, toes or legs, bone pains, swollen muscles and joints of rheumatism, or the foul breath, hawking, spitting, droppings in throat, bad hearing, specks flying before the eyes, all played out feeling of catarrh. Botanic Blood Balm has cured hundreds of cases of 30 or 40 years' standing after doctors, hot springs and patent medicines had all failed. Most of these cured patients had taken Blood Balm as a last resort. It is especially advised for chronic, deep-seated cases. Impossible for any one to suffer the agonies or symptoms of rheumatism or catarrh while or after taking Blood Balm. It makes the blood pure and rich, thereby giving a healthy blood supply. Cures are permanent and not a patching up. Drug stores, $1 per large bottle. Sample of Blood Balm sent free and prepaid; also special medical advice by describing your trouble and writing Blood Balm Co., Atlanta, Ga.

It takes a born diplomat to dismiss the truth so it wouldn't be able to recognize itself in a mirror

TERRIBLE SCALY ECZEMA.

Eruptions Appeared on Chest, and Face and Neck Were All Broken Out—Cured by Cuticura.

"I had an eruption appear on my chest and body and extend upwards and downwards, so that my neck and face were all broken out; also my arms and the lower limbs as far as the knees. I at first thought it was prickly heat. But soon scales or crusts formed where the breaking out was. Instead of going to a physician I purchased a complete treatment of the Cuticura Remedies, in which I had great faith, and all was satisfactory. A year or two later the eruption appeared again, only a little lower, but before it had time to spread I procured another supply of the Cuticura Remedies, and continued their use until the cure was complete. It is now five years since the last attack, and have not seen any signs of a return. I have more faith in Cuticura Remedies for skin diseases than anything I know of. Emma E. Wilson, Liscomb, Iowa, Oct. 7, 1905."

A judge has decided that a dog is not property. "Man's friend" is no chattel.

$100 Reward. $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Size of a woman's hat has nothing to do with the price.

Taylor's Cherokee Remedy of Sweet Gum and Mullein is Nature's great remedy.—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c., and $1.00 per bottle.

An ungrateful man is the meanest thing that crawls.

PENSION FOR AGE. A new order will give pension for age. Write me at once for blanks and instructions. Free of charge. No Pension, No Pay. Address W. H. WILLS, Wills Building, 817 Indiana Ave., Washington, D. C. Patents and Trade-Marks solicited.

I PAY SPOT CASH

For Military Bounty Land Warrants issued to soldiers of any war. Write me at once. FRANK H. RIDDER, 811 17th St., DENVER, Colo.

If afflicted with weak eyes, use **Thompson's Eye Water**

SPOILED LAWYER'S FINE PLEA.

Col. Benton Overreached in Eagerness to Make Point.

During the first hearing of the famous Crocker will case in the supreme court, before Judge Lathrop and a jury, there were many interesting and amusing tilts between the eminent counsel engaged in the case—Robert M. Morse for the contestants of the will, and Col. Joseph H. Benton, Jr., for the executors.

Perhaps at no time during the hearing, however, was there any better exhibition of wit than in the summing up of counsel before the jury. At one point Col. Benton was trying to impress upon the jury that the expression "old fool," alleged to have been used by one of the interested parties, might reasonably be construed as a term of endearment.

"For example," explained Col. Benton, "King Lear called his fond daughter, 'my dear pretty fool.'"

Here he waited a moment to let the point sink into the minds of the jury. Judge Lathrop, however, who had been listening with intense interest, leaned forward in his chair and dryly remarked:

"But, Mr. Benton, King Lear was crazy, wasn't he?"

"Well, your honor, that's a mooted question," was all that the confused attorney could reply, and even this was almost smothered by the mirthful outburst in the court room, in which the opposing counsel, Mr Morse, joined most heartily.

Force of Habit.

George W. Wallace, president of the Rocky Mountain Bell Telephone company, and one of the best known residents of Salt Lake, tells this as his latest telephone story:

In a certain Western central office one hello girl was always late in arriving in the morning. Time and time again the manager pleaded with her to be more prompt. Her tardiness continued until he was moved to desperate methods.

"Now, Miss B——," he said one morning as he came to her exchange with a package in his hands, "I have a little scheme which I hope will enable you to arrive at the office on time. Here is a fine alarm clock for you. Promise me that you will use it."

The young woman promised and accordingly set the alarm clock for the proper hour when she retired that night. At 7 o'clock the next morning there was a tremendous whirring from the alarm clock. The sleepy hello girl rolled over in bed and said sweetly:

"'Line busy, call again.'"

Not a Fair Division.

"If a house contains six bureaus, eleven armoires, seven chiffoniers and fifty-three miscellaneous drawers, how many of 'em is the husband entitled to, and how many is the wife?" asked the young clubman.

The second clubman laughed harshly.

"You are young and have much to learn," he said. "You may as well understand first as last that if there were in your house a mile of bureaus, three acres of armoires and 17,000 drawers, all these would be stuffed full of veils, ruching, hatpins, ribbons, silk stockings, petticoats, powder puffs and safety pins, and the best course for you to pursue would be to wrap your own things—your shirts, underclothes, and so on—in a newspaper and keep them under the bed."

New England Interpretation.

Cardinal Gibbons was facetious when the Irish ladies' choir of Dublin called on him. Turning suddenly he asked:

"Which one of you is the oldest?"

None claimed the honor, and all blushed.

The talk drifted around to Gilmore and his band, and Cardinal Gibbons told of how Gilmore, at Coney Island, hearing that the cardinal was in the audience, played "Maryland, My Maryland," and how it pleased him.

"Gilmore," said the cardinal, "was famous for his playing of Mozart's 'Twelfth Mass.' Once he played it in a North Carolina town, and next day the local paper announced that he 'rendered with great effect "Mozart's Twelfth Massachusetts."'"—Pittsburg Dispatch.

Tell How to Raise Money.

A new wrinkle in promotion schemes is being unfolded by a business concern having headquarters in the Illinois metropolis. A specialty of this enterprise is to furnish "money raising plans for church workers." The firm announces:

"If you wish to raise cash easily and quickly for any church, Sunday school or society fund, send a postal to-day. Our recently published new method souvenirs of church and pastor have already realized in cash upwards of two hundred thousand dollars."

A typical form of indorsement reads in this fashion: "We will send you hundreds of letters in which real church workers tell how they use the plans we submit."

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. $2 trial bottle and treatise free Dr. R. H. KLINE, Ltd., 931 Arch St., Phila., Pa

Abraham Lincoln was nine years old when his mother died.

A Guaranteed Cure For Piles.

Itching, Blind, Bleeding, Protruding Piles. Druggists are authorized to refund money if PAZO Ointment fails to cure in 6 to 14 days. 50c

Bacon valued at $30,000,000 was imported by Great Britain in 1904.

Itch cured in 30 minutes by Woolford's Sanitary Lotion; never fails. Sold by Druggists. Mail orders promptly filled by Dr. Detchon, Crawfordsville, Ind. $1.

The poet Tennyson died with a volume of Shakespeare in his hand.

H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Dropsy Specialists in the world. See their liberal offer in advertisement in another column of this paper.

There are no newsboys in Spain. Women sell newspapers on the street.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature on each box. 25c.

Nearly 5000 miles of railroad were built here during 1905.

An Inference.

He—No, I didn't lose any money on the horses yesterday.

She—Oh! Then you didn't make any bets.

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COMMERCIAL

R. G. Dun & Co.'s Weekly Trade Review says:

"Mild weather has stimulated retail business in many lines, and some dealers are displaying their lines of spring goods. The wholesale millinery houses are holding their openings and the number of buyers on the market from out of town is constantly increasing.

"Jobbing trade in dry goods, notions and underwear is large and collections satisfactory. There is a temporary decline in lumber, though values continue high and collections good. Current sales of furniture are light, though fair orders are being booked for future delivery and prices are tending upward. Business in drugs and paints is somewhat dull, but collections are good and improvement is looked for as soon as the spring season is fully advanced.

"Fertilizer dealers are well employed. Southern business being of large proportions, though trade in Eastern markets has not yet opened; materials have advanced sharply and collections are good. There is a better demand for manufactured tobacco and collections are improving. Leaf tobacco continues high and scarce, owing to failure of crops in some sections, and dealers are holding back orders."

WHOLESALE MARKETS.

Baltimore.—FLOUR—Quiet and unchanged; receipts, 4,098 barrels; exports, 5,170 barrels.

WHEAT—Weak; spot, contract, 85¼@85⅞; February, 85¼@85⅞; March, 86⅛@86½; May, 88⅛ asked; steamer No. 2 red, 80¼@80½; receipts, 3,737 bushels; Southern on grade, 80¼@85¾.

CORN—Weak; spot, 45⅜@45¾; February, 45⅜@45¾; March, 46@46¼; April, 46⅝@46¾; May, 47⅜@47⅝; steamer mixed, 44⅛@44¼; receipts, 85,822 bushels; Southern white corn, 42¼@46¼; Southern yellow corn, 41½@45½.

OATS—Easier; No. 2 white, 35¼@35½; No. 3 white, 34¼@34¾; No. 2 mixed, 34@34½; receipts 28,516 bushels.

RYE—Steady; No. 2 western, 71@72 export; 74@75 domestic; receipts, 865 bushels.

BUTTER—Firm and unchanged; fancy imitation, 21@22; fancy creamery, 28@29; fancy ladle, 18@19; store-packed, 15@16.

EGGS—Easy; 15.

CHEESE—Strong and unchanged; large, September, 14¼; November, 14; medium, September, 14¼; November, 14; small, September, 14@14¾.

SUGAR—Quiet and unchanged; coarse granulated, 4.90; fine, 4.90.

New York.—WHEAT—Receipts, 8,000 bushels; exports, 1,765 bushels. Spot weak; No. 2 red, 87⅜ elevator; No. 2 red, 90⅞ f. o. b. afloat; No. 1 Northern Duluth, 92⅝ f. o. b. afloat.

CORN—Receipts, 58,038 bushels; exports, 138,311 bushels; sales, 130,000 bushels futures, 128,000 bushels spot. Spot weak; No. 2, 48 elevator and 47½ f. o. b afloat; No. 2 yellow, 47½; No. 2 white, 49. Option market was active and generally weaker, affected by lower cables, the wheat decline, and liquidation.

OATS—Receipts, 46,500. Spot weak; mixed oats, 26 to 32 pounds, 34½; natural white, 30 to 33 pounds, 34½@35½; clipped white, 38 to 40 pounds, 36@38.

New York.—FLOUR—Receipts, 10,005 barrels; exports, 9,468 barrels. Quiet and lower to sell.

BUTTER—Firm; receipts, 3,180; street price, extra creamery, 27½; official prices, creamery, common to extra, 16@27½; renovated, common to extra, 15@20; Western imitation creamery, extras, 20@21; firsts, 18.

POULTRY—Western dressed chickens, 10@13; turkeys, 13@21; fowls, 10@13½.

SUGAR—Raw nominal; fair refining, 2⅞; centrifugal, 96 test, 3 11-32@3⅜; molasses sugar, 2⅝; refined quiet.

Live Stock.

New York.—BEEVES—Steers slow and feeling weak; bulls steady; fat cows slow; others steady. Steers, 4.65 to 5.40; tail ends, 3.75; stags and oxen, 4.20@4.85; bulls, 3.40@4.40; cows, 1.90@4.05; few choice fat Ohio do, 4.40. Exports, 310 cattle. Tomorrow, 1,036 cattle and 5,115 quarters of beef.

CALVES—Prime veals would sell steady; others weak; barnyard calves unchanged. Veals, 4.50@9.50; choice, 9.75; little calves, 3.50@4.50; barnyard do, 3.50; no Westerns. Dressed calves steady. City dressed veals, 8½@14c per pound; country dressed, 8@11½c.

SHEEP AND LAMBS—Sheep nominal, but feeling steady; lambs easier. Medium to prime lambs, 6.75@7.60; choice slightly exceed quotations; yearlings, 6.00.

HOGS—Market nominally steady; no sales reported.

Chicago.—CATTLE—Market steady. Common to prime steers, 3.60@6.50; cows, 3.00@4.50; heifers, 2.50@5.00; bulls, 2.00@3.80; calves, 3.00@8.00; stockers and feeders, 2.50@4.65.

HOGS—Market strong; prices 5@10c lower. Choice to prime heavy, 6.10@6.15; medium to good heavy, 6.05@6.10; butcher weights, 6.10@6.15; good to choice heavy mixed, 6.05@6.10; packing, 5.80@6.10.

SHEEP—Market 10@15c lower. Sheep, 3.50@6.00; yearlings, 5.50@6.40; lambs, 6.40@7.25.

IN THE FIELD OF LABOR.

Buffalo (N. Y.) teamsters' unions have a membership of almost 1000.

Brockton (Mass.) shoe cutters have withdrawn their demand for the eight-hour work day.

There are 46,642 boot and shoe workers in Mexico, and the wages run from $2 to 50 cents a day.

Denver (Col.) police have a rule that a paid-up working card is proof that its possessor is not a vagrant.

Boston (Mass.) Journeymen Freestone Cutters' Union has joined the international of that craft.

In America today there are probably 1,000,000 children working in the mines, factories and stores.

Electrical workers at Vancouver, B. C., have asked for an increase from $3 to $3.25 for an eight-hour day.

On May 1, at Cincinnati, O., Amalgamated Association of Iron, Steel and Tin Workers will meet in convention.

The label committee of the San Francisco (Cala.) Labor Council is distributing 40,000 union labor calendars.

Nine-tenths of the printing offices in the metropolis are now working under the eight-hour day and closed-shop agreement.

The Typographical Union has established the union shop and the eight-hour day in over 400 cities in the United States.

Representatives of labor state that Montreal, Canada, has enjoyed an organization boom during the last three months, some five or six thousand new members having been enrolled.

DEER'S RACE WAS FATAL

East Boston admits it is a suburb, but denies that it is in the class with Lonesomehurst and Swampville, says the Boston Journal. Yet when a deer from the forest walks unmolested and bold down its main street, its claims as a component part of the town might be doubted.

It was about 6:30 yesterday morning that a little brown deer came out on Meridian street, having made his way across vacant lots from the Lynn woods, and gazed in wonder at the buildings and the works of man.

Suddenly there was a hoarse clang behind him, and a huge tunnel car tore over upon him. Terrified, the deer sprang forward, and it became a race between the animal and the car, which he thought was chasing him. The short breadth of Noddle Island was covered in a few moments and the victorious deer, his little heart jumping with terror, sped straight down to the sea, to where a South Ferry boat lay at the slip.

Right through the ferryboat sped the deer, and then, with a mighty bound, the frightened animal went over into the harbor. The passengers on the boat shouted, and their shouting attracted the attention of Capt. Baker, of the tug Francis C. Hersey, which was passing.

He put his tug about and pursued the deer, which was having a hard time in the water. The little animal had swam fresh water ponds, but the salt choked him and the waves smothered him. He swam fast, but the tug came faster, and ran alongside of the struggling animal.

This was a greater terror, this huge monster, which was swimming alongside to devour him. The deer tried to get away, but the sailors secured him with ropes and swung him on board the tug, where he lay panting. The men tried to restore the little creature, but between its terror and the salt water he had swallowed, he was too far gone, and died before they reached Commercial wharf.

The deer weighed but seventy-five pounds. The fish and game commissioners took charge of its carcass.

Candies With Walnuts.

Walnut candies—Put half a pound of good brown sugar into a pan, add half a gill of cold water and a pinch of cream of tartar; boil until they become clear. Then add half a gill of golden syrup and half an ounce of butter. Boil the mixture until, when some of it is dropped into cold water, it sets. Pour the mixture onto an oiled marble slab or a large dish will do. With an oiled knife keep folding the edges over into the middle and go on doing this till the nuts (two ounces) are mixed in. Oil your hands and a pair of scissors and as soon as it is possible to handle the candy cut it into thick strips. Pull and stretch these out till about an inch wide. You must be very quick in adding the walnuts, otherwise the candy will set.

Mice Made Home in Potato.

A Danbury, Conn., druggist had a prize potato which he kept in his back shop. The other day he discovered that the interior of the potato had been gnawed away and that a family of young mice was snugly settled within the shell.

NEW FOOD LAW

People now demand the right to know exactly what they eat.

To be told by maker or retailer that the food is "pure" is not satisfactory.

Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boracic acid as a necessary preservative, which may agree with one and be harmful to another.

Wheat flour may contain a portion of corn flour and really be improved. Olive oil may be made of cotton seed oil. Butter may contain beef suet and yet be nutritious.

The person who buys and eats must protect himself and family, and he has a right to, and now demands, a law under which he can make intelligent selection of food.

Many pure food bills have been introduced and some passed by State legislatures; many have been offered to Congress, but all thus far seem objectionable.

It has seemed difficult for politicians to formulate a satisfactory bill that would protect the common people and yet avoid harm to honest makers and prevent endless trouble to retailers. No government commission or officer has the right to fix "food standards" to define what the people shall and shall not eat, for what agrees with one may not agree with another and such act would deprive the common citizen of his personal liberty. The Postum Cereal Co., Ltd., perhaps the largest makers of prepared foods in the world, have naturally a close knowledge of the needs of the people and the details of the business of the purveyors, (the retail grocers) and, guided by this experience have prepared a bill for submission to Congress which is intended to accomplish the desired ends, and inasmuch as a citizen of the U. S. has a right to food protection even when he enters another State it is deemed proper that the gov't take control of this matter and provide a national law to govern all the States. A copy of the bill is herewith reproduced.

Sec. 1 governs the maker whether the food is put up in small packages sealed, or in barrels, boxed or otherwise.

Sec. 2 governs the retailer, who may open a barrel and sell the food in small quantities. When he puts the goods into a paper bag he must also enclose a printed copy of the statement of the maker which was affixed to the original pkg. and inasmuch as the retailer cannot undertake to guarantee the statement of ingredients he must publish the statement of the makers and add his own name and address as a guarantee of his selling the food as it is represented to him which relieves the retailer of responsibility of the truth of the statement and throws it upon the maker, where it properly belongs.

The remaining sections explain themselves.

The Postum Cereal Co., Ltd., for example, have from the beginning of its existence printed on the outside of each and every pkg. of Postum and Grape-Nuts food a truthful and exact statement of what the contents were made of in order that the consumer might know precisely what he or she was eating. A person desiring to buy, for instance, strictly pure fruit jelly and willing to pay the price has a right to expect not only an equivalent for the cost but a further right to certainty as to what he eats. Or he may be willing to buy at less cost a jelly made part of fruit juices, sugar and a portion of glucose. But he must be supplied with truthful information of the ingredients and be permitted to use his personal liberty to select his own food accurately.

The people have allowed the slow murder of infants and adults, by tricky makers of food, drink and drugs to go on about long enough. Duty to oneself, family and nation demands that every man and woman join in an organized movement to clear our people from this blight. You may not be able to go personally to Washington to impress your Congressman, but you can, in a most effective way tell him by letter how you desire him to represent you.

Remember the Congressman is in Congress to represent the people from his district and if a goodly number of citizens express their views to him, he secures a very sure guide to duty. Remember also that the safety of the people is assured by insisting that the will of the people be carried out, and not the machinations of the few for selfish interests.

This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. Therefore, if your Representative in Congress evades his patriotic duty hold him to strict accountability and if necessary demand equitable and honest service. This is a very different condition than when a faction demands class legislation of the Congressman. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class legislation really unworthy of a free people. Work people wanted beef suet butter because it was cheap and better than much unclean milk butter, but the dairy interests organized and forced the legislation. The law should have provided that pkgs. of oleomargarine bear the statement of ingredients and then let people who desire purchase it for just what it is, and not try to kill it by a heavy tax. Manufacturers sometimes try to force measures in their own interests but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of that trust but directly contrary to the interests of the people as a whole. Witness the anti-injunction bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is perhaps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interest of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privilege and duty you will at once—now—write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to make a business of following it through the committee considering it. Urge its being brought to a vote and requesting that they vote for it.

Some oppressively intelligent and carping critics may say this is simply an advertisement for Postum and Grape-Nuts. It is true that these articles are spoken of here in a public manner, but they are used as illustrations of a manufacturer seeking by example, printing on each pkg. a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people, and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods hence this effort to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about $20,000.00 to print this announcement in practically all of the great papers and magazines, in the conduct of what he chooses to term, "an educational campaign," esteemed to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things.

C. W. POST.

TEXT OF PURE FOOD BILL.

If it meets approval cut it out, sign name and address and send to your Representative in Congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

A BILL

TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2. That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3. That it shall be unlawful for any person or persons to purposely, wilfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4. That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employes, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price samples of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Section 5. That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6. That any person, firm, or corporation, who shall wilfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7. That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8. That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9. That all acts or parts of acts inconsistent with this Act are hereby repealed.

Sec. 10. That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his State to support this measure.

Signed..... City..... State.....