GETTING EVEN WITH MAMMA

In This Case Child's Punishment Certainly Failed to Have Salutary Effect.

A little girl had bene so very naughty that her mother found is necessary to shut her up in a dark closet-in that family, the direct punishment for the worst offense. For 15 minutes the door had been locked without a sound coming from behind it. Not a whimper, not a snif fle.

At last the stern but anxious parent unlocked the closet door and peered into the darkness. She could see nothing

"What are you doing in there?" she cried. And then a little voice piped from

the blackness:

"I thpit on your new dress and] thpit on your new hat, and I'm wait ing for more thpit to come to thpit on your new parasol!"

HIS HANDS CRACKED OPEN

"I am a man seventy years old. My hands were very sore and cracked open on the insides for over a year with large sores. They would crack open and bleed, itch, burn and ache so that I could not sleep and could do but little work. They were so had that I could not dress myself in the morning. They would bleed and the blood dropped on the floor. I called on two doctors, but they did me no good. I could get nothing to do any good till I got the Cutleura Soap and Cutleura Ointment. About a year ago my daughter got a cake of Cuticura Soap and one box of Cuticura Ointment and in one week from the time I began to use them my hands were all healed up and they have not been a mite sore since. I would not be without the Cuticura Remedies.

"They also cured a bad sore on the hand of one of my neighbor's children, and they think very highly of the Cuticura Remedies. John W. Hasty, So. Effingham, N. H., Mar. 5, and Apr. 11, '09."



'Thank You's."

The man who is not thankkful for the lessons he learned in adversity didn't learn any.

There must be plenty of thankfulness in the world if those who have loved and lost could know just what they have lost.

Why are you giving thanks? They took \$10,000 from you in Wall street a little while ago, didn't they?

Yes; but I got out with \$20 they didn't know I had."-Judge.

Just Guessed.



Text .- We are saved by hope .- Romans

To every man life is either an infliction or an inspiration. It all depends on how you take it, as a dose or as a spur. It is easy to become so conscious of calamities possible, troubles impending, and difficulties present as to be oppressed with a sense of the universe as warring against you, or you can see it all as a forious struggle in which it is a joy have a part.

Life is not all a joyous way of pleasure. No person of sensibilities can ignore altogether its pain and

need, or ever be free from the sense of personal incompleteness, and of uncalized adjustment to the universe. But this incompleteness, restleasness, and dissatisfaction, may be the cause of our profoundest joy and largest hopes.

A man is greater than an angel though he may not be better, and may be worse. In an important sense im perfection is better and greater than perfection. That which is perfect has iound its limits, has reached its full Man sees no limit about him ness. and goes on forever without the sense of completeness. That is the mark of living, that the more you live the larger life stretches before you.

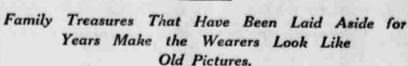
But for our imperfections there yould be no growth; the future would lie like a blank without the hope of larger things. This it is that makes the new days welcome, no matter what freight of woe they may bring to us-that they stretch before, they promise onward steps, new vistas, the chance to be more, feel more, know more. Perfection might mean peace but it would be the peace of death.

If ever we are inclined to complain of the shocks of fortune, the buffets and smarts of living, we ought to turn and look on them all with gratitude They shake us out of dull content; they testify to our incompleteness and call on us to learn life's lessons, to gain new strength to withstand their oncoming attacks. The fact that we are vulnerable makes us ultimately victorious.

Now, it matters not how religious a man may profess to be, how freely he may handle plous phraseology, if he spends his breath in complaining about the sorrows of this existence and in sighing about another world where he will be free from the pres ent penalties and pains and will enter into the life of perfection, the life that has attained and knows no further desire, his religion is a menace to this world and to him as a dweller here.

Our present business is with the life that is fun of prophecy of larger being, that reminds us by our present failures and friction of the greatness of our shortcomings; our business is to take this life of pain and need and use all its provocations, its troubles, difficulties, problems as the curriculum of larger life. We ought to be grateful, as they who take life wisely certainly will be, for all that moves us on though it may seem to lay us low at the time of the blow.

True religion is that which places the light of aspiration before a man's eyes and sets in his heart the vision of a life which knows no limit. Reli-



When left free of the underskirt they

close to the underskirt they bob and

Skirts cut shorter back and front,

The short

leaving the side breadths to hang a

couple of inches longer, are coquett-

dance oddly with every movement.

Revival of Lace

HE Moyen age effect, not ; sels and gold and silver fringes are ed on new costumes, is used in the most amusing manner to achieved in several In- finish the three-cornered or pointed stances by a long, bits of drapery that are called trains. straight fitted corset of brocaded silk, to which fall with picturesque grace; when held is attached a slightly gathered, plain silk or velvet skirt. A twisted triple cord ceinture loosely winds the waist. The

top of the corsage is cut in a severe ishly pretty, wholly exposing the well shod feet; but this fashion, like many round or small square and filled with others, is one well left to the young, a guimpe of unlined white mousseline slender and graceful woman, and she sole, while short chemise sleeves should be prepared to discard so exfall over long, plain undersleeves that treme a mode the moment it becomes match the guimpe. The fine old house that launched this fascinating costume vulgarized, as this is sure to be. Still more extreme was a short, scant skirt showed tailored costumes built on the same Moyen age model. To the edge of dark blue satin, overhung with sevof the straight, long body part the eral narrow panels that fell two inches short skirt was attached, laid at each longer than the underskirt. This skirt side in a few flat pleats, closely held was topped with a tight fitting jacket of dark blue velvet, with a wide sailor to preserve their form. The coat was collar and deep flaring cuffs with a tiny affair, reaching to the edge of the skirt yoke and close fitted, butblack caracul fur. toning straight from bust to hem. The open side seams were held close towear are built on lines of extreme simplicity. The materials, though in gether by double lines of small gunmetal bullet buttons; the seam at the reality, they are semi-transparent and back of the cost sleeves was finished light in weight, are coarse and heavy in appearance, and except for collar in the same manner, and buttons with

revers and cuffs of velvet, they are cord loops trimmed the flat collar and quite without trimming. revers. There is no end to the variety of skirts, fitted closely over the hips are buttons used in the greatest quantilaid in single box pleats in the middle ties as trimming on costumes of evof the back and front, and these pleats ery description. On a tailored cosare stitched to the depth of the knees. The coats, half long, hang in smart, tume of dark blue serge tiny gold ball buttons were counted by hundreds. In straight mes and close with one line lines and clusters they followed the of buttons. The hats worn with these curve of the collar and revers; they gowns are smart in shape but simple trimmed the sleeves, and they pep in trimming; a bunch of feather pompered narrow bands used in the decorapons, a deftly tied knot of wide ribbon tion of the skirt. On a tailored cosis all good taste permits. Lace is decidedly "in" again, and the tume of rough wool in mixed shades of gray this lavish array of buttons woman wise on the subject of gown-

was in gunmetal; on deep cream serge they were in shaded pearl, but always large or small, the bullet shape is the one preferred. Soutache braiding also holds an important place in the decoration of street costumes. About a hand of fur

it edges the skirt, it clusters in corners of the coat, it trims the coat sleeves, covers the plastron that fills the open front of the coat, and shapes a half belt at a high waist line at the back. These masses of rich raised work are especially effective, whether carried out in self colors, as they generally are, or in pale, delicate contrasts.

Large cable cords, and cords covered with heavy silk and with velvet. are twisted into every form of ornamentation for both tailored and after-

tions are also individual; for, applied on the costume after shaping. the taste of the worker determines the design. A most elaborate trimming of this sort was noted on an evening gown of gold striped gauze. Two big cords, covered, one with gold tissue, one with silver, were twisted togeth er to frame a band of yellow fur, dyed the shade desired. A band of cream lace laid over gold trimmed the corinto a long sash end, weighted with a

striped gauze were hemmed with a low. Fine white net with plaitings two-inch band of fur-a pretty fancy, of Val lace make the prettiest fichus,

REVIEW Sunday School Lesson for Oct. 23, 1910 Specially Arranged for This Paper

Golden Text-"And it came to pass, when the days were well nigh come that he should be received up, he steadfastly he should be received up, he steadfastl set his face to go to Jerusalem, and sen messengers before his face."-Luke 9:51. and sent

The first element of a good review is to make it a real review, a general view of the whole period which has been studied. In this case our review covers 13 lessons, from Lesson III. of the third guarter to Lesson III. of this guarter

The second element is that the review be made attractive and interesting. And it can be so conducted both in the class and for the whole school as to become one of the most attractive and helpful sessions of the year.

The period covered by this review extends from the summer of A. D 29 to April 4, A. D. 30; about nine months.

The place in the life of Christ is the last part of the great Galilean ministry; the whole of the Perean ministry in the country east of the Jordan; and the last four days of Christ's public ministry, in Jerusalem and vicinity.

Costumes designed for early autumn The Map .- Trace on the map the movements of Jesus-Capernaum, Caesarea, Philippi, Galliee, Capernaum, Jerusalem, Galilee, Perea, Jeri cho, Bethany, Mount of Olives, Jerusalem.

> Picture Review. - Reproductions from photographs of great paintings, and of Biblical and historical places and events, (both in color and in black and white), are now so reasonable in price as to make them available for regular use in the class or Sunday school. It is a great help to the memory, if each class or each scholar makes a picture book of this part of the life of Christ. The best book for this purpose is one made for this object, of 140 pages, with a peculiar but simple back, which enables one to fill the book with pictures without at all distorting the covers, which are of heavy board covered with tasty The text of Matthew's Gospaper. pel can be pasted in from some cheap edition of the Gospels, or, better, writ ten in the words of the scholar.

Great interest can be added to the making of these volumes in various ways. They are ornamented with pen drawings. "For instance, the fact of Jesus working as a carpenter during his young manhood is happily illustrated by sketching a hammer, a jackknife, saw, or other carpenter's tools." Maps and charts and small pictures can be cut out of disused Quarterlies; illustrations can be preserved from magazines and newspapers; small cards can be obtained with beautifully arranged pressed flowers in various natural colors, from different parts of Palestine which Jesus has made sacred, two cents each, in packages of 25.

Another Form of Picture Review .-Mrs. Estelle M. Hurll, author of a capital volume on "The Life of Our Lord in Art," advocating the greater use of pictures in the Sunday school, "A successful teacher of a says: large Bible class in one of our churches, wishing to provide something usually instructive for Review Sunday, chose this plan: she procured a large number of photographs descriptive of the life of our Lord, placed them upon the walls and upon easels in the class room til she had the whole story told in pictures. During the session no word from her was necessary, except a few simple explanations, while the pupils passed in silence from one picture to another, taking in its beauty and its lesson at the same time. "It was the most impressive service I ever at tended." said one who was there, and the whole class echoed the same sen timent as they slowly left the church. Traveling by Stereoscopic Pictures. -These are growing more popular, be ing used in day schools as well as in Sunday schools, because the pictures are incomparably better than those of a few years ago. They are such life-like representations of the places where our Lord lived and walked and taught, the figures and the scenes are brought out so clearly that it is almost the same as if we were actually traveling in the Holy Land. People are more and more waking up to the likeness of the experiences that may be gained in the stereoscope to those gained by viewing them on the .pot. There are 100 pictures of Palestine, in a leather case, with a book enclosing a map and a description of the tour through the Holy Land. Of course a selection can be made of the pictures. This can be made most useful for an evening meeting with the class. It would be well for each Sunday school to own a set of these pictures with several stereoscopes.



SHATTER SOME OLD THEORIES

Investigations Carried on In England Tend to Show Environment Counts Most.

Attention is directed by the Medical Record to the interesting and decided ly surprising results of an investiga tion recently made in England with the purpose of determining the phys ical and mental effects on children of alcoholism in parents. It has hithertc been held as indisputably true and "of common knowledge" that these ef fects are many and serious-that the drunkard's child has nothing like a fair start in life, and is, if not sure at least very likely, to be a weakling in both mind and body. An examina tion by careful scientists of 2,000 chil dren in Manchester and Edinburghwhere, if anywhere, the consequence

of alcoholism could be found-discredits this old assumption The parents of half these children were sober people, and of half either the father or mother or both habitu ally drank to excess. The conclu sions reached were: That the death rate among the children of alcoholic parents was slightly greater than among the others, the difference being most notable when the mother was in temperate: that the children of the sober were a little heavier; that the health of the two classes was about the same; that parental alcoholism is not the cause of mental defect in off spring, and affects intelligence very slightly, if at all, and that, for some inexplicable reason, the eyesight of the alcoholics was somewhat the bet

ter. Nothing was decided as to the existence of a predisposition toward drunkenness in the children of drunkards. but it was shown, the investigators think, that what little superiority was found in the children of the sober was due not to the abstinence of the parents from intoxicants, but to the bet ter care and training which their chil dren naturally received. In other words, in this case, as in so many, if not all others, it is early environment rather than heredity that counts, and there is no more of a prenatal doom

for the drunkard's child than for that of the consumptive.

The temperance advocates will not welcome these conclusions, and they can say, fairly enough, that the inves tigation was not broad enough to be decisive. They may even question the wisdom of publishing such statements even if true. The truth, however, is never dangerous, while falsehood and inaccuracy always are. Experience has shown that the restraints of the old belief are ineffectual, and any lightening of the dark cloud of hope less heredity, exploited by Zola and Ibsen, is certainly to be desired as tending to strengthen the sense of

personal responsibility and to inspire ambition and effort. SPLENDID WORK FOR MEN

Virile Christianity the Great Need of the Age-The Brotherhood

Movement.

F. P. Semmel, Sr., 236 N. 6th St. Lehighton, Pa., says: "For over 15 years I suffered from kidney trouble, My kidneys were weak; the secre tions contained sediment and passed with

a smarting sensation. Sharp pains shot through my body and bent me almost double. I became so bad I could not drive to my work. After doctoring without benefit, I began taking Doan's Kidney Pills and soon received reliet. Continued use cured me. I believe

SUFFERED FIFTEEN YEARS

How Chronic Kidney Trouble Was

Permanently Cured.

Doan's Kidney Pills saved my life." Remember the name-Doan's. For sale by all dealers. 50 cents a

box. Foster-Milburn Co., Buffalo, N. Y.



"Every other young actress is calling herself Thals," said Henry E. Dixey at a dinner at Mauquin's. "Thais

McGinnis, Thais Endicott, Thais Schmidt-the thing is universal. "Universal and ridiculous; for they who have read Anatole France's story of 'Thais' know that she was a very naughty little girl, indeed. I am quite sure that no real reader of 'Thais' would ever, under any circumstances,

consent to be called such a name. "It makes me think of a man who, taking his infant daughter to be baptised, told the clergyman to call her Venus.

"'But I refuse to call her Venus,' said the clergyman, indignantly. 'Venus is the name of a pagan goddess." "'Well, how about your own girl, Diana?' said the man."

The Place of Honor.

Farmer Hodge was of the good, oldashioned school, and he always gave feast to his hands at harvest time. It was harvest time and the feast was about to commence.

Giles was the oldest hand and the hostess, with beaming cordaality, motioned him to the seat by her right hand. But Giles remained silently unresponsive.

"Come," said the hostess, "don't ha bashful, Mr. Giles"-he was just Giles on ordinary occasions-"you've a right to the place of honor, you know" Giles deliberated a moment, then spoke.

"Thank you kindly, Mrs. Hodge," he said, "but if it's all the same to you, I'd rather sit opposite this pudden!"

No call has been more insistently May Sell 100,000,000 Red Cross Seals. Twenty-five million Red Стовя Christmas Seals have been and are being distributed by the American Red Cross, and arrangements have been made to print 100,000,000 if necessary. It is expected that this number will be needed. While the sticker is perforated like those used last year, it is intended for use only as a seal on the back of letters. The seal is one inch square with the con ventional Red Cross in the center and the words, "Merry Christmas. Happy New Year. American Red Cross" in a circle about it. The col ors are red and green. The design is by Mrs. Guion Thompson of Water

ing is bringing out her old lace collars, berthas and fichus. The hosters at a recent evening reception looked indescribably elegant and graceful in a soft, close hanging gown of black, meteor crepe, cut slightly low at the throat, and with no trimming save the ermine fur which edged the short. transparent sleeves, and a wide flat collar of lovely Venetian lace, a collar not worn for years previously. An-

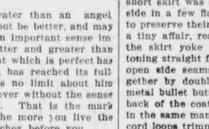
Fichu to Be Popular.

other costume, all, soft, trailing breadths of cream white silk voile., was completed by an old fichu of ivory white net, wide frilled, with white point d'esprit, while wide frius of the same lace edged the close elbow sleeves. The charming black haired woman who wore the latter gown

looked like an eighteenth century portrait just stepped from its frame. noon gowns. Effective, such docora

From the looks of things at the neckwear counters now we shall all be wearing fichus with our house frocks this winter. It is easy to make a picture of one's self with a charming white fichu draped over the bust and shoulders, and the simplest waist may be dressed up amazingly in this pretty fashion. The fichu is sage and fell at one side of the back fastened at the breast with a rose or with a bow of black velvet ribbon,

long fur tail. The short sleeves of and the ends fall to the waist or be-



G

Mrs. Wadsworth, I am very glad. indeed, to meet you. But, haven't l had the honor of being introduced to you before? What was your name formerly, if I may ask?"

"My malden name?" "No; your name before you were

divorced "How did you know I had been di-

vorced?' "Why, hasn't everybody?"

For HEADACHE-Hicks' CAPUDINE It's Hau Try it 100, 250, and 50 cents at drug

Heart's Trouble.

"Faint heart never won fair lady." "Faint heart has no business to try to win anything; faint heart ought to see a doctor."

Mrs. Winslow's Soothing Symp for Children seething, softens the gums, reduces influmma "on, allays pain, sures wind colle, 25e a bottle

A critic is a man who by the light of his own experience explains to others why they, too, have failed.



IT CURES PILES. works gently but powerfully. Many relieved cases on record. Here is a desperate one quickly cured.

Mr. J. Cottle, Chinquapin, N.C., writes

Mr. J. Cottle, Chinquapin, N.C., writes :--"Mexican Mustang Lisiment completely cured me of piles in its worst form. I had been a sufferer for thirteen years. It is by for the best remedy I have ever tried, it acts like magic. All that is necessary is to anoint the affected parts night and morning with a cure is effected. I am free to say that it ought to be called "A Sure Pile Remedy." for such it certainly is. I am so gratehil for the great good it has done me said I earnestly recom-mend it to others."

25c. 50c. \$1 a hottle at Drug & Gen'l Stores



gion interprets the universe in terms of a reasonable plan of life, with a hope in life which does not mock us. Religion is the spirit that enables one to trust the ultimate wisdom of the

plan of our present Imperfection. The present struggle is the finest thing that we have. Not that we need to add to its intensity or increase its complications. But we ought not to try to dodge its demands nor ought we to be blind to its splendid promise. For imperfection is ever the prophecy of development, and he who bravely, hopefully struggles on, bears, endures aspires, not only finds the way through the clouds to the stars, but in the struggle finds the high and divine in

himself. Here faith plays her part, aiding us to cling to our visions of the larger life and greater universe, giving us confidence even in darkest nights that we do not walk in a maze, to come out where we went in, hearing the mocking laughter of idiot gods. We believe better things of our world, and that means taking our world in a nobler way and trusting that love rules through it all. That means finding our way out through imperfections and needs to a wholeness and perfection which we call God, the desire of every

soul.

The Christian's Privilege.

The great master hand sends the thoughts of sorrow, of joy, of strength. into our life in varying forms as mighty means under the Spirit's power, to mold and bring us into the Divine image, for "to stand by the side of Jesus Christ and look upon life and its possibilities is to behold a vision of marvellous beauty." It is this ever-deepening vision of life that is the Christian's privilege as he walks by the side of his Master and touches the hand which is molding his life into the highest beauty. Though earth is dark, in His presence it is always day.

Church Wrok.

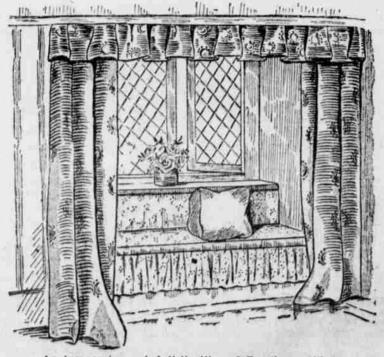
Present-day church work is to minister to all needs of men every day in the week the year round .-- Rev. W. A. Bartlett, Congregationalist, Chicago.

No virtue without vigor.

Huckel, Congregationalist, Baltimora grow toward God,-Rev. Olives tore our minds the divine Master as a perpetual ideal. Looking up to him daily lives. But, above all, it is su premely important for us to keep be it is a great thing to have also some heroes in history as definable ideals even of saidt bibrosids a al 31 .08 Hero workhip cannot be cradicated it is from humanity. It is well that it is Heroes.

which is seen as often on sober after and there are others of soft white noon gowns as on those for evening mull with plaited frills at the edge Often this is the only bit of which are lovely over little house wear. fur on the entire garment. Long tas- gowns or gray or lavender silk mull.

Window Seat



An Inexpensive and Artistic Way of Treating a Window.



Flat-leweled collars are worn at the collars not seen. Some of the new fall hats are to be

brimless, it is said, and peaked like a witch's crown. A twist of rose pink tulle wound through the colffure finds favor with many of the younger women.

Black velvet hat facing is, so report has it, to be seen more popular on autumn hats than it has been in symmer millinery.

Nearly all the French women wear. in the evening, silk flowered, big roses, colored or silk braid in some form or other in the hair.

Black chantilly applied to a satin slip and veiled in chiffon or other gauzy material is a motif favored by the fashionable dressmakers. Rainproof automobile veils. 11 said, will protect the most delicate hat ever concected by a milliner from a storm of huge proportions.

China Silk Negligees. The negligees in China silk ready for fall wear are so simple in design this season that any woman who knows how to sew could make her own. Scalloping is very much in evibase of the neck now, the high dog dence this year on everything, and this hand work is the only decoration seen on some of the prettiest and most practical of the new negligees For instance, a pale yellow in a substantial quality of China silk was cut in long flowing lines like a full-length box coat, and closed a little to the left side. The neck and the entire right edge were finished with a but-

ton-hole scallop worked in yellow silk, while the kimono sleeves showed the same decoration on their edges.

"How does he manage to cajole his wife so successfully?" "By flattery."

"But she's so homely, he surely oesn't tell her she is beautiful?" "Oh, no; he tells her she is the most

The Topical Review .- Let the scholars go through the lessons during the previous week, some taking one class of subjects, and others another, if they are unable to examine all thoroughly I. Find all the statements that were

applied to the life of the apostles, such as building the church on the rock, the vision of Jesus transfigured, forgive ness, talents, etc.

II. Find those two which contain references to children. III. Find those which refer to mar

lage feasts IV. Find those which are based on

vineyards. V. Tell the story of each of the par ables.

VI. Tell the story of the triumphal entry

VII. What do we learn about watch ing?

VIII. Note the references to Christ's suffering and death.

Let us learn to make moral differ entiations. Let us remember that it there were no bribe givers there could be no bribe takers. Let us not be so sure that the bribe giver does not invite the bribe taker.-Rev. J. L Levy, Hebrew, Pittsburg.

You cannot increase short weight with heavy words

made in these latter days than that for a manly Christianity. Not that the "eternal womanly" should be ignored or neglected in any way, but that we should realize that the saving of the world is a man's work. It is right that the manhood of today should be alive to this fact, especially American manhood, for it is not the part of the chivalric American to turn over to the women the hard tasks that need to be performed. And this Christianizing a world is a hard task, says the Epworth Herald.

It is out of this that was born the modern Brotherhood. It -came as a result of the awakening of the men to a sense of personal responsibility in connection with the church. All other activities were well in hand. The wo men, both in their home and foreign missionary work, as well as in that which is distinctively local; the young people in their efforts for spiritual and social uplift; the children in their traning in the bible and in other mat ters-all were cared for Only the

men were left to themselves; and as a result they also left the church by itself, all too often.

Has it not many times happened that the difficult problems have been passed over, or passed on, by simply saying, "Well, let the women take care of that?" And then, by all kinds of schemes and devices, and "calamities" without number, the women have wrestled with the situation and tried to bring order out of chaos. All hall to the faithful women and their devo tion! And yet these things ought not to be. It is not manly, to say nothing

of Christian, and the men of the church have at last realized it. In the Brotherhood movement they have arisen to the situation.

"Men's work for men," is the slogan of the hour. It finds a splendid manifestation in the great missionary movement among the laymen, and it finds an organized expression in the great brotherhoods of the church.

Traveling Anti-Alcoholic Exhibition.

One of the most successful institutions in Europe for spreading the new knowledge about alcohol is the traveling anti-alcohol exhibition which goes about the towns and cities of Switzerland. This is equipped with the wealth of scientific information which investigators of the continent have sent out of their laboratories in the past ten years, all arranged in striking and effective ways on charts In statistical tables physiological dem onstrations, etc. The finest minds in Europe have sought to popularize anti alcohol science for the public schools

and the abovementioned method brings before the adult mind the true facts so vividly portrayed that the people are being roused to the peril of alcoholic drinking as never before

Still a Woman.

prize for her sketch.

bury, Conn., who received \$100 as D

Hewitt-She is a man in her enjoynent of baseball.

Jewett-But she showed that she in still a woman by refusing to si through the thirteenth inning.

The future and the past are near relations to the present.

COFFEE WAS IT. People Slowly Learn the Facts.

"All my life I have been such a slave to coffee that the very aroma of it was enough to set my nerves quivering. I kept gradually losing my health but I used to say 'Nonsense, it don't hurt me."

"Slowly I was forced to admit the truth and the final result was that my whole nervous force was shattered.

"My heart became weak and uncer tain in its action and that frightened me. Finally my physician told me, about a year ago, that I must stop drinking coffee or I could never er-

pect to be well again. "I was in despair, for the very thought of the medicines I had tried so many times nauseated me. thought of Postum but could hardly bring myself to give up the coffee

"Finally 1 concluded that I owed it to myself to give Postum a trial. So I

got a package and carefully followed the directions, and what a delicious, nourishing, rich drink it was! Do you know I found it very easy to shift from coffee to Postum and not mind the change at all?

"Almost immediately after I made the change I found myself better, and as the days went by I kept on improv ing. My nerves grew sound and steady, I slept well and felt strong and well-balanced all the time.

"Now I am completely cured, with the old nervousness and sickness all one. In every way I am well once nore."

It pays to give up the drink that acts on some like a polson, for health is the greatest fortune one can have. Read the little book, "The Road to Wellville," in pkgs. "There's a Res-son."

Always a Way.