

THE BIG WORK IN THE WAR

The War Lord Salutes the Field Marshall.

Such is the striking title to a well-timed cartoon in an agricultural paper, showing the War Lord in salute to the farmer. The meaning of it is that without the assistance that the farmer renders in the matter of providing food for the army the fighting ability of that body would be proportionally decreased. While the army is fighting, the farmer is busy. The promptness with which he springs into the breach was a patriotism equal to that of the man who enlisted and the farmer's record in this particular was worthy of the high record that has become his. All over the United States the appeal is being met by more production. Fields are enlarged, intensive agriculture has taken the place of sloped methods, more cattle are being fattened, more hogs grown, veal and lamb have become scarce commodities. This is all in keeping with the food-controller's demands, and with the heartiness that is now prevalent. It would seem as if the requirements of the boys at the front and the allies in Europe would be fully met.

Not only are the tilled acres of the United States being brought into requisition, but the wild pasture lands are doing tribute with their cattle and sheep. Working in conjunction with the United States, Western Canada is also doing its share and a pretty large share it is, too. By an arrangement with the United States Government it will now be possible through its employment bureau to secure for the Western Canada fields such help as can be spared. It is thought in this way Canada will have its help to seed its millions of acres of wheat land fairly well met. The large number of young men of the farms who have enlisted and gone to the front has left many of the Western Canada farms weak in the matter of man power. This means that Canada can take all that the United States can spare. The wages will be good and the housing comfortable.

In addition to this the free homestead lands of Western Canada offer the greatest inducement to the man with hauled means who is willing to undergo some of the hardships naturally accompanying this enterprise. There is also the large area of uncultivated lands that are waiting the man with sufficient means to purchase and equip. And this is not expensive. The cheap lands are cheap and the terms very reasonable. Equipped with tractor or horse power the cultivation cost is slight when the return is considered. Yields of wheat varying from 20 to 40 bushels per acre may be relied upon, and with a set price of over \$2.00 per bushel, it is an easy matter to arrive at the cost. Production, including interest on land, has been estimated at figures not exceeding ten dollars an acre. With a twenty bushel yield, at a two dollar price—forty dollars. Ten from forty and you have the profits many farmers made in Western Canada the past year.

The Dominion and Provincial Governments are working conjointly in an increased production propaganda. Among the important steps that have been taken to bring this about is the recent order by which it is made possible to take into Canada tractors that cost fourteen hundred dollars and less in the country of production. This will give those residing in the United States, owning lands in Canada, the opportunity to place them under cultivation at much less cost than in the past. Another inducement is the privilege of taking sheep and cattle in free of duty. Automobiles form a necessary part of the outfit of a good many farmers that would like to move to Canada. These are now accorded free duty. Provision is also made that those requiring seed and unable to obtain it in any other way, may get it from the Government. So from this it will be seen that it is not only the fertile lands of Western Canada that invite the settler, but the ease and cheapness with which a farmer may establish himself.—Advertisement.

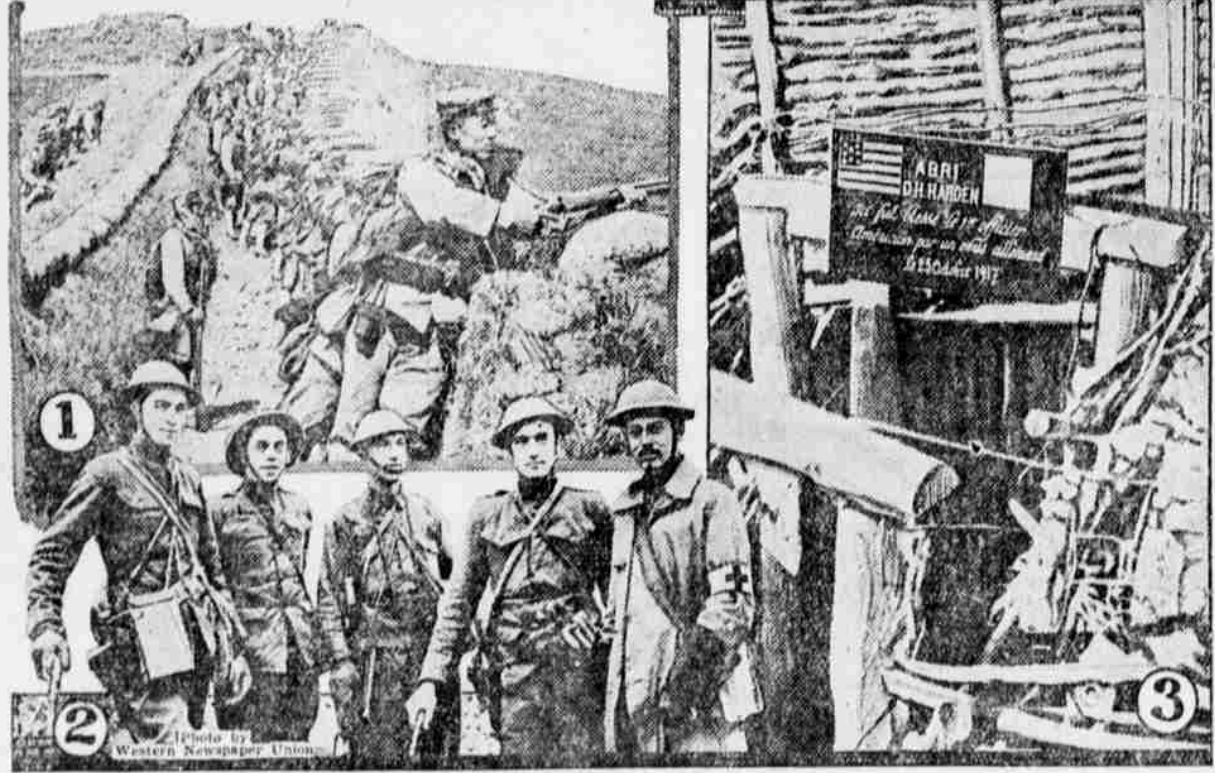
Minnesota in 1917 produced 50,000 bushels of wheat.

Pennsylvania hunters kill 3,000,000 rabbits yearly.



THE SPRING DRIVE

Our boys are going "Over the top" and into "No man's land" this spring. No one has any doubt of their ability to get there. There will also be a spring drive on this side of the ocean, because March is the year's "blue Monday." It is the most fatal month of the year. March and April is a time when resistance usually is at its lowest ebb. It is a trying season for the "run-down" man. But medical science steps in, and says, "it need not be!" We should cultivate a love of health, a sense of responsibility for the care of our bodies. Do not allow the machinery of the body to clog. Put the stomach and liver in proper condition. Take Dr. Pierce's Golden Medical Discovery, to be had at most drug stores in tablet or liquid form, tablets sixty-cents a vial, composed of native herbs. This puts the stomach and liver in proper condition. You may be plodding along, no spring, no elasticity, no vim, but as soon as you have put the body into its normal physical condition—oiled the machinery, as it were—you will find new vim, vigor and vitality within you. A little "pep," and we laugh and live. Try it now, send Dr. Pierce, Buffalo, N. Y., 106, for trial package. A little energy will save the day. The prime necessity of life is health. With spirit and energy you have the power to force yourself into action. The Golden Medical Discovery is the spring tonic which you need.



1—The Siberian situation as the ongrowth of the Russian debacle is now holding the attention of those following the world war. This picture shows some of the Japanese troops who may soon be sent to Siberia. 2—Officers in command of an American trench in the Lorraine sector on the western front. 3—Dugout where the first American officer, Lieutenant Harden of the Signal corps, was wounded by a German shell; the dugout is decorated with American and French colors.

NEWS REVIEW OF THE PAST WEEK

Russia Makes Humiliating Peace But Kaiser's Soldiers Continue Invasion.

AMERICANS REPEL RAIDERS

Pershing's Troops, Now Occupying Eight-Mile Front, Hurl Back Strong Forces of Germans—Fight Like Veterans.

Extreme chaos has continued to mark the Russian situation, the only thing that has seemed really clear being that Germany is determined to take advantage of the utter collapse of Russia to seize such territory and supplies as she desires. The bolshevik envoys presented the humiliating spectacle of signing a peace treaty without discussion, fearing as they announced, that negotiations would result in the imposition of more onerous terms. But even after the Russian peace delegates had thus debased themselves the Germans continued their invasion of Russian territory.

Whether the masses of the Russian people will accept the humiliating peace terms agreed to by the bolshevik delegates is a question that only time can settle.

The bolshevik government abandoned Petrograd as the German troops advanced upon that city and moved the administrative offices to Moscow, which city, it was announced, would be made the Russian capital. Leon Trotsky, the bolshevik foreign minister, indicated that he and his associates are concerned with the future of Russia as a national entity. He announced that the bolshevik leaders are prepared to withdraw even as far as to the Ural mountains rather than submit to the defeat of the revolution.

The haste of the Russian envoys in signing a treaty of peace with Germany was explained on the ground that the terms proposed by the Teutonic envoys were growing more onerous hourly. At the last minute the Germans demanded three great Transcaucasian provinces—Karabakh, Kars and Batoum—presumably for their Turkish ally, and they got them, of course. The Russian envoys shut their eyes and signed the document as it was pushed across the table by the Hun envoys.

With Russia in thorough subjection, so far as the bolshevik government was concerned, the central powers turned their attention to Roumania, and, as was to be expected, they forced that country to sign a preliminary peace treaty which is little less humiliating than that forced upon the Russians. Under the terms of this treaty Roumania cedes the province of Dobruja, as far as the Danube, to the central powers, agrees to evacuate all occupied Austro-Hungarian territory, promises to demobilize its army and agrees to "support with all its strength the transport of troops of the central powers through Moldavia and Bessarabia to Odessa." The submission by Roumania to any terms imposed by the central powers was expected, as that country, abandoned by Russia, and entirely cut off from all possible aid from the allied powers, was absolutely at the mercy of the Teutonic powers. A peace treaty between Russia and Finland has also been signed.

While Germany was working its will in Russia and Roumania, the diplomatic situation growing out of the proposal of Japan to intervene in Siberia for the purpose of protecting the vast stores of supplies piled up with money furnished by the allies, occupied the attention of the United States and the entente governments. It was indicated that there was some divergence of opinion between President Wilson and

LOOK TO PRESIDENT WILSON

Earl Reading, at Public Meeting, Tells How Allies Take Cheer From His Utterances.

A high tribute to President Wilson was paid by Earl Reading, Great Britain's special ambassador to the United States, in an address at New York in the presence of 1,200 members of the Merchants' association. Asserting that he doubted whether it was realized in Europe how signal

the leaders in England, France and Italy, as to the wisdom of giving Japan a free hand in this connection.

American troops in the front line trenches in France have had their real baptism of fire. They have taken part in several engagements with the enemy, one of which approached the dignity of a real battle. The Americans have repulsed several raids made by the Germans and inflicted heavy losses upon the enemy. The most pretentious engagement was that which resulted from a strong German attack upon the American lines in the Toul sector. A large force of German "shock" troops, trained especially for this operation, attacked the American line after heavy artillery fire had practically leveled the American trenches. The American troops, undismayed by the terrific bombardment, stood their ground and engaged in a hand-to-hand struggle with the German raiders in the trenches. The Germans were driven back into No Man's Land, leaving three prisoners and many dead in the American trenches. The Americans pursued the fleeing Germans and inflicted further losses as the enemy retreated to their own lines. The Americans suffered severe casualties, the dead including three officers and seventeen men, but the American lines were maintained at all points and the raid was declared a complete failure. Many cases of individual heroism on the part of the Americans were reported and several officers and men were decorated by the French premier for bravery.

Other raids upon the American lines in the Chemin des Dames sector and in Lorraine were also repulsed with severe losses to the enemy. In all these engagements the American troops have shown that, despite their inexperience in the new type of warfare, they are now perfectly at home in the trenches and are able to hold their own against the enemy.

The increasingly large part which Pershing's troops are taking in the fighting on the west front is indicated by the announcement that the Americans are now holding something over eight miles of trenches on the battle front. This front is liable to extension at any time to the regular trench allotment for an army corps. The present American sector is understood to be a divisional frontage, which means that at least three divisions of American troops are there to give the necessary support for the front lines. The growing activity of the American troops is further shown by the daily casualty lists which are now coming from General Pershing.

Announcement has been made that the third American Liberty loan will be offered soon. The campaign for subscriptions will open on April 6, the first anniversary of the entry of the United States into the war, and will continue for three or four weeks. The amount of the loan, the interest rate and other features have not been made public but the fact that further legislation will be sought from Congress in anticipation of the loan indicates that the amount of the issue will be more than \$3,000,000,000, the remainder of authorized but unissued bonds. The campaign work for the new loan has already been started throughout the country and every district will have been thoroughly organized before the drive begins.

Several steps have been taken by the United States government to further co-ordinate and centralize the work of war preparation. The two outstanding developments along this line were the appointment of Bernard M. Baruch of New York as chairman of the war industries board with greatly enlarged powers, and the assumption by Maj. Gen. Peyton C. March of his duties as acting chief of staff.

Mr. Baruch, according to the president's own announcement, made in his letter of appointment, will have greater powers even than it was proposed by certain members of congress to confer upon a minister of munitions. He will be, in fact, a practical dictator over industrial problems relating to the war and will have, among other things, the last word in determining priority of supplies for the government whenever there is competitive or other conflict of interest among departments. The power placed in the hands

of Mr. Baruch as chairman of the board is indicated by the direction of the president that the ultimate decision of all questions, except the determination of prices, shall rest always with the chairman, the other members of the board acting in an advisory and co-operative capacity. Under this plan, the president seems to have provided for the centralization of power to an even greater degree than has been proposed by those demanding some action of this kind.

The death of John Redmond, the Irish national leader, removes the leading champion of home rule for Ireland and one of the most striking figures that English politics has produced in the past quarter of a century. For more than twenty-five years Redmond had fought for home rule in Ireland and during the greater part of that time, he was the recognized leader of Ireland's "struggle for liberty." His determined fight in parliament for home rule earned for him the sobriquet of "stormy petrel of the house." In paying tribute to the memory of Redmond in the house of commons, Sir Edward Carson, Ulster leader and long-time opponent of Redmond, made this significant statement: "Indeed, we were not very far apart in our attempts at a settlement of the Irish question." Redmond was well-known in the United States, having visited this country in 1908 and again in 1910.

In the case of General March, the new acting chief of staff, the idea of centralization of power is also to be carried out. It is announced that General March will have full power to reorganize the general staff with a view of giving it the highest efficiency in its work of directing the strictly military end of the war. He has been given the power to select his own assistants. One of General March's first acts was to establish the "open door" policy. He arranged to see newspaper correspondents every day and indicated that he will endeavor to relax the censorship to such an extent that Americans may learn more about what their soldiers are doing in France. The appointment of General March to this position has won wide approval as, in his work as chief of all the American artillery forces in France, he has been in close touch with General Pershing and is intimately familiar with all conditions abroad.

Speculation as to Germany's well-advised offensive on the western front has continued, with opinion divided as to whether such an offensive really will be launched. In some quarters it is believed that Germany is so fully occupied with developments in Russia and is so intent upon accomplishing her designs in the east that she will not undertake an offensive in the west but will be content to maintain a defensive attitude. Those taking this view believe that Germany's idea is that a deadlock on the west front will force the allies to agree to a peace by negotiation and that under such circumstances she will be able to attain all her imperialistic designs in the east.

On the other hand, further concentration of troops on the western front is taken by some authorities as indicating that Germany really intends to launch a determined offensive in France. General Maurice, chief director of military operations at the British war office, declares that the enemy is now ready to strike on the western front at any moment suitable to his purpose. He declares that the allies remain superior in guns, rifles and aircraft, but that the margin of advantage in these particulars is steadily diminishing and an equalization of strength is being approached.

More frequent and more pretentious raids undertaken by both sides along the entire western front are regarded as forerunners of an offensive. The raids are made to feel out the enemy, to find, if possible, the weak spots in his lines. The many German raids are believed to have been made necessary by the air superiority of the allies along the greater part of the western front. Unable to gain the information they need through their airmen, the Germans have been forced to resort to raids in order to learn the strength of the opposing forces at various points on the front.

There is duty of future retribution, what is the duty of the hour? Give proper thought to the sowing for retribution and escape the fearful reaping in the future. Remember that sin is malignant; that it brings death here and hereafter. As to the sins that cry out for retribution hereafter, lift up the eyes to the one who has born in his own body all the penalty. However that may reach into the other world and if the sin by the simple act of faith may be laid upon him, the retribution of the future, as far as hell is concerned, will not be visited.

War-Time Missions. There is much in common between the present great world-wide war and world-wide missions. They both call for prayer, study and sacrifice. They both call for a well-organized home base and for trained men and equipment.

If we are to keep up missionary work in war time we must look well to our organization at home, and keep in close touch with our representatives on our mission fields.

A man has as much of a place in the kingdom of God as he allows the kingdom of God to have a place in him.

Retribution

By REV. J. H. RALSTON, D. D., Secretary of Correspondence Department, Moody Bible Institute, Chicago.

TEXT—He that soweth shall reap.—Gal. 6:7.

These words are but a fragment of a text that Dwight L. Moody in his lifetime used frequently with terrific effect and caused thousands of people to believe as they had not believed in the certainty of retribution.

The times in which we find ourselves, men and women are thinking more seriously than they have for several decades. The most of Christendom has been in- gauging itself with the notion that the law of retribution has been held in abeyance, when suddenly the war clouds burst and now three-fourths of the population of the world are directly involved in war. The sowing of all the past, particularly of the last half century, began to show above the surface, and all efforts to stop the growing into the ripeness of retribution were fruitless. But in these days, not only are 40,000,000 men under arms, directly obeying the commands of those who are over them, even to going to certain death, but the manufacturing and commercial interests of half the world must not only cease to relinquish the profits of business, but must pay billions besides. Moreover, the peoples of the nations concerned are compelled to eat less, to eat what they do not like, and in a hundred other ways contribute to the great war budgets that are offered. All, whether they will or not, have reached the stage of retribution. The nations of the world have sown; they are now reaping.

In somewhat recent times a kind of camouflage of excessive mirth, hilarity and reckless living has been thrown over some of the serious things of life, and they have been forgotten or ignored; retribution is one of them. Possibly some of the more thoughtful people will hunt up "Butler's Analogy of Religion to the Constitution and Course of Nature" and read his words which have a present pertinence and should have a present application. He says: "It has been observed that such and such miseries naturally follow such and such actions of impudence and wilfulness, as well as actions more commonly and more distinctly considered as vicious; that these consequences, when they have been foreseen, are properly the natural punishment annexed to such actions." These consequences are quite uniform even to the poor vision of man. If you do not eat a tree, it will die; if you do not don warm clothing when there is a low temperature, you will take cold; if you swallow poison, you will die; if you decline to eat proper food you will starve. Possibly the practice of forgetting that we are all under law is the reason why so many are indifferent to retribution; and this forgetfulness is possibly due, as Prof. Austin Phelps of Andover once said to the fact that even the children in the home are not taught the consequences of broken law.

But this great truth of retribution not obliterated withdrawn or modified by the Spirit of God still prevails everywhere in the physical world, in ethics and in religion. Never in the history of the world was there greater need than now for the plainest, but most loving preaching of the whole truth, not only the Gospel that Jesus Christ died for the sins of the world, but the self-evident law that "the soul that sinneth, it shall die."

Retribution after death is not denied by intelligent universalists nowadays. Indeed, it is clearly and forcibly proclaimed by them, sometimes with more seriousness than by some evangelized preachers. As men look into the future, not one in scores is troubled about retribution. The life of the departed may have been thoroughly bad, vicious and cruel, and he died as he lived. With many retribution only lies in the fact that life is extinct; the man is dead, he has met his desert. Is that true?

The men who have been guilty of the present condition in Armenia, Belgium, and elsewhere, cannot receive proper retribution by simply being put to death. With men that would seem to be a ripe retribution, but there is a settlement in the future, and we may leave such cries to an infinitely merciful, as well as an infinitely holy God.

In view of future retribution, what is the duty of the hour? Give proper thought to the sowing for retribution and escape the fearful reaping in the future. Remember that sin is malignant; that it brings death here and hereafter. As to the sins that cry out for retribution hereafter, lift up the eyes to the one who has born in his own body all the penalty. However that may reach into the other world and if the sin by the simple act of faith may be laid upon him, the retribution of the future, as far as hell is concerned, will not be visited.

Beginning on Time. If you start your day's work 15 minutes late, you are put at a disadvantage all the way through. Every moment has its own task, and it is over- loaded if forced to shoulder the obligations that belong to another. Beginning on time is one of the best assurances of a satisfactory ending.—Girl's Companion.

Lucky and Wise. If you can speak two languages, you are lucky; if you speak one honestly, you are wise.

PENNSYLVANIA STATE ITEMS

Manca Bank.—The commissioners of Carbon county have offered a reward of \$100 for the arrest and conviction of the fugitive who blew up the residence of Joseph Panchetti, at Lansford.

Harrisburg.—If the labor problem can be worked out, thousands of young trees will be planted on lands adjacent to state forest reserves and on properties of coal companies this year.

Altoona.—H. A. Yeager has been appointed Alderman of the Eleventh ward, Altoona.

Lebanon.—At the state camp-meeting of the P. O. S. of A. on August 29, a great patriotic parade will be held. Blomark.—Mrs. Anna Hyxenheller is in a critical condition at the Lebanon hospital, a victim of a poison drug.

Kulpmont.—Suffering gangrene from a burn, Alex. Kovak, of Kulpmont, has lost both feet at the Shamokin hospital.

Shamokin.—With but little effort a committee of bankers and professional men raised Shamokin's 1909 quota for the Sylvan Army war fund.

Hazleton.—Miss Clara Kite, Hazleton's first "teletalk" "messenger girl," has now qualified as that city's first "teletalk girl" in an office building.

Philadelphia.—This city has paid the largest tax of any municipality in the state on its loans, sending a check for \$355,000 to the state treasury.

Hazleton.—Henry Inach, a Lehigh Valley brakeman, has died here from injuries sustained when squeezed between cars at the Leptimer colliery.

Hazleton.—The Pennsylvania railroad has paid \$35,000 for the Clearville property here and will utilize the land for the extension of its freight yards.

Altoona.—The Pennsylvania railroad has made Altoona, instead of Tyrone, the terminal for short freight runs on the Tyrone division, to relieve freight congestion.

Harrisburg.—Preliminary reports to the state department of agriculture are to the effect that in many townships peach trees have suffered severely from extremely cold weather.

Harrisburg.—Receipts of the state dairy and food division broke all records for the first two months of this year—\$416,547.79, against \$373,150.48 for the similar period of 1917.

Reading.—The body of James Sowa, drowned when the naval tug Cherokee foundered off Cape May, arrived here; 3000 persons viewed the remains and a public funeral was held with military honors.

Greensburg.—The Westmoreland Gas company has sold to the Irwin Gas Coal company seven seams of coal in Franklin township for \$237,601.80. Operations on the tract will be started in a short time.

Mahoning.—From 1600 to 1800 cars of coal and freight have been moved by the Lehigh Valley railroad out of the Packerton and Mahoning yards daily the past few days.

Connellsville.—Private Charles W. Linn, Battery B, 32nd regiment, field artillery, who, it is alleged, deserted from Camp Sherman, Chillicothe, O., is under arrest here.

Waynesburg.—The Greene county authorities arrested an alleged German reservist at the plant of the Mather Coal works at Jefferson, near here. He admitted to the authorities that he was an enemy alien.

Meadewell.—Nearly 1600 employees of the Erie railroad shops here will benefit by the increase in wages ranging from three to five cents an hour. The Erie shops will go on a twelve-hour basis.

Bradford.—J. A. Vansickle, aged thirty-five, a woodcutter, near Port Allegheny, was killed when he was crushed under a falling tree. A year ago a brother of Vansickle was killed in a similar accident near where the one occurred.

Harrisburg.—Due to the wet autumn farm work delays and late planting, the condition of the winter wheat and rye in some localities is "anything but favorable," according to reports coming to the state department of agriculture.

Carlisle.—Arrangements have been made to have the Cumberland county war savings committee take over the work of the third Liberty loan campaign.

Bellefonte.—J. Linn Harris has resigned as Centre county Republican chairman, and David Chambers has been elected to succeed him for the unexpired term.

Hazleton.—Reports from the thrift banks in Hazleton's schools show that 62 per cent of the children are depositors, 12 per cent more than the average throughout the county.

Allentown.—Wholesale arrests of persons caught by detectives in the employ of the Lehigh Valley Coal company cutting down valuable timber on its coal lands, have been made for several days.

Connellsville.—On account of the war Connellsville business men have called off their annual exposition this year.

Carlisle.—Three valuable Alder dogs were sent by H. A. Surface, Mechanicburg, former state zoologist, to Camp Dix for training for war service.

Bethlehem.—City council has ordered Tax Collector Q. A. Snyder to produce his records, and City Solicitor D. H. Wilson to institute an investigation, following a report to council that a foreigner had been compelled to pay taxes twice.

Neglected Colds bring Pneumonia. CASCARA QUININE. The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

Rheumacide. Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and drive the poison from the system. Rheumacide is the only medicine that gives satisfaction on the outside. At All Drug Stores. Jas. Baily & Son, Wholesale Distributors, Baltimore, Md.

The Home Remedy. For coughs, colds, hoarseness, pleases to take and sure to help when needed.

Hale's Honey. Of Horehound and Tar. A tonic, expectorant and laxative. Contains no opium nor anything injurious. Sold by all druggists. Try Hale's Toothache Drops.

Children Who Are Sickly. When your child cries at night, tosses restlessly in his sleep, is constipated, fretful or has symptoms of worms, you feel worried. Mothers who value their own comfort and the welfare of their children, should never be without a box of Mother Gray's Sweet Powders for Children. Use throughout the season. They tend to break up colds, relieve feverishness, Constipation, Teething Disorders, move and regulate the bowels, and destroy Worms. These powders are pleasant to take and easy for parents to give. They cleanse the stomach, act on the Liver and give beautiful sleep. Don't accept by regulating the child's any substitute system. Used by mothers for 35 years. Sold by all druggists, 25 cts. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y. Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.

LONG WALK TO JOIN HUSBAND. Soldier's Wife, Unable to Purchase Railroad Ticket, Tramped on Feet for Many Weary Miles.

Soldiers at Camp Hancock, near Augusta, Ga., have ceased to complain about a 20-mile hike since the arrival there of Mrs. Anna Messinger of Chillicothe, O., who walked from the place to Augusta, in order to be with her soldier husband, who is with the motor mechanics' regiment, the Washington Evening Star's Georgia correspondent writes.

"I was anxious to be with my husband until his departure for France and I couldn't afford the price of a railway ticket, so I struck out on foot, accompanied by my brother-in-law and his wife," said Mrs. Messinger upon her arrival here. The party tramped their way through the states of Ohio, Kentucky, Virginia, Tennessee and northern Georgia, arriving in Augusta 20 days after starting from Chillicothe. Mrs. Messinger says they spent the nights at farmhouses, where they had the most courteous treatment. They walked through ice and snow along the entire distance, there being only two fine days during the jaunt. She says she wore out one pair of slippers, three pairs of shoes, and three pairs of rubbers.

Room for Improvement. Artist—"That is the best picture I have painted." Friend—"Well, don't let that discourage you."

The leader of the mob must be a lovely sprinter to avoid being overtaken.

Grape-Nuts. A Food. A Food made of whole wheat, bran and yeast. Contains no sugar, no salt, no fat, no oil. It is a food of the future. Sold by all druggists, 25 cts. Sample mailed FREE. Address, Mother Gray Co., Le Roy, N. Y. Be sure you ask for and obtain Mother Gray's Sweet Powders for Children.

A Conserving Food. The recognized value of Grape-Nuts.

as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save. "There's a Reason"