Tollgate the Golden Land Would Woman Suffrage. Be Unwise? Poor Richard

A Man of the People Whom the Beople

By Irwin Spean.

HE cause of the videogrand interest in the Frankin bloesthe spean of the Spean . Poor Richard

INCIPIENT CONSUMPTION:

How Yood Headed On the Installment Disease.

The happy wife of a good old-fashioned Mich. farmer says:

"In the spring of 1902, I was taken sick-a general breaking down, as it were. I was excessively nervous, could not sleep well at night, my food seemed to do me no good, and I was so weak I could scarcely walk across the room.

"The doctor said my condition was due to overwork and close coufinement and that he very much feared that consumption would set in. For several months I took one kind of medicine after another, but with no good effectin fact, I seemed to grow worse.

"Then I determined to quit all medicines, give up coffee and see what Grape-Nuts food would do for me. I began to eat Grape-Nuts with sugar and cream and bread and butter threatimes at day.

"The effect was surprising! I began to gain fiesh and strength forthwith, my nerves quieted down and grew hormally steady and sound, sweet sleep came back to me. In six weeks time I discharged the hired girl and commenced to do my own housework for a family of six. This was two years ago, and I am doing it still, and enjoy it." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book "The Road te Wellville," in pkgs.