

A Modern Parable.

'A dreamer and a man of action loved a woman. The dreamer said: "I shall write verses in her praise; they will touch her vanity, and she will love me for them." But the man of action said: "How old fashman of action said: "How old fash-foned! I shall corner the stock mar-ket, and that will bring her." So the dreamer wrote verses, and he in-duced a friend of his who ran a mag-azine to print them. And the man of action cornered something or oth-

er, and became a billionaire.

In the meantime the girl married a man who inherited his money, and they lived happy ever after. But the dreamer was so proud of his verses that he didn't care; and the man of action was so busy that he didn't care. The only one to suffer was the man she married.—Scottish American.

Seasonable Waists.

Waist forms all demand trimness the waist itself and fulness of trimming above the waist line, even where the material is not actually cull. The new models are conspicuous for showing the complete disap pearance of the puffed out corsage which has battled royally, in some instances, for an extension of life definition of the round waist

line is positive.

All the new waists have fitted girdles or belts, draped or plain; but a concession is made to those to whom the long front is really becoming by the introduction of long vests, of plastrons of lace, of bands of lace and silk, or of long jabots which descend from the collar to the waist line and ornament the front of the corsage without bulgy trimming.—From the special fashion number of Harper's

The Will of a Gentle Patriot.

Dying in New York, where she had been a teacher of French to three generations, Mlle. Louise Henriette Leclere has left the larger share of her fortune to institutions of her native land. Her object, she explains is "to raise France from her present low moral state, and thus prevent her

from doing so much harm to this country, in which she exerts so potent an influence."

The humor of this bequest is apparent. Long before this writing the comedian of statistics will have formed out the per capits moral powfigured out the per capita moral pow-er of \$40,000 left to a nation of 40,-000,000 people. The brave little mademoiselle and her last will and testament afforded last night beyond doubt many a good dinner table jest

But how many people saw the pathos of that modest bequest to a motherland? How many read between lines the story of a woman's loyalty, divided yet all one?

It is not likely that France is so wicked as this devisor has feared. It is not probable that the French example has been potently pernicious. These apprehensions, as expressed in the will, are not the important things. It is the devoted thought that is behind the deed that is vital.

Mile. Leclere has enrolled herself among the gentle patriots of two republics.—Editorial in the New York

Woman's Versatility.

In view of the versatility of womankind in general, it seems strange that her ingenuity should not have sought an outlet in the inventive field. It is a fact, proven by the statistics by the patent offices of all countries, that not only a'very small percentage of either applications or patents are made or issued in the name of women. seems strange when it is re

called that woman armed with a hair pin can perform mechanical marvels. Picking locks with a piece of jap-anned wire is a mere trifle to the average woman; to button shoes with nature; and when it comes to draw ing a tape through a skirtband half the size of the tape, not even an Edi-son or a Bell, or any other man, could accomplish what uninventive woman does. It is all the more re-markable, for woman is highly imaginative as is shown by her success in that portion of literature known as fiction. She can invent characters and plots and even excuses, but she seems utterly devoid of the mechanical sense so common in the sterner

Still, it will not do for men to crov too soon, for Mme. Currie, the discov erer of radium, has demonstrated that in scientific research woman is every bit as thorough and as reasoning as man. And when woman does to invent, she will invent things that will probably be of greater bene fit to humanity than the Gatling gun the submarine boat .- The American Inventor.

Nightcaps in Vogue Again

Fashionable women have revived the use of the nightcap, writes the London correspondent of the New It was discarded at least half a century ago, except by grand mothers and elderly spinsters, but according to the Drapers' Repensable part of woman's outfit and is included in all trousseaux.

The nightcap of 1907 is a dainty combination of cambric, lace and frills, beautified by colored ribbon ro- it appears as a pretty feature.

settes. The revival is partly ascribed to the doctors. Their incessant advocacy of well ventilated bedrooms has, in the absence of over door transoms in English houses, resulted in bedroom windows being opened at night, and women who are not robust found the wintry draughts too try-

ing. Another and more distressing cause is alleged by hairdressers. These say that elaborate coiffures are being desired. These are helped by stylish transformations, which are detached at night. To facilitate this arrange-ment it is said that many ladies have

ment it is said that many ladies have their hair cropped, rendering a night-cap necessary. Their grandmothers practiced the same folly.

Moreover, the new manner of dressing the hair, which introduces an exceptionally careful process of undulation and is submitted to by many, women three times a week many women three times a week, calls for the use of the protecting nightcap to preserve the freshness of the coiffure.

A Man's Mother.

An Illinois friend says that Abraham Lincoln was "all Hanks" a "inherited all that was useful characteristic from her." I am and I am of the opinion that much the same thing could be said of many young men to-day—whose fathers point to them with pride as "a chip of the old block." Mother shaped the chip and gave it the character which makes it superior to other chips. Lincoln knew what he owed to his mother. Two portraits in this little book "Nancy Hanks" show in a striking manner how much Lincoln resembled the Hanks family. It is said that the first letter that Lincoln ever wrote was, when a boy of ten, he asked Parson David Elkins to come and "preach a memorial service for my mother." In after years he said: "All that I am or hope to be I owe to my angel mother. Blessings on her memory!" I will venture to say that you never knew a man who amounted to anything who had what we call an inferior mother. By ferior" I mean lacking in strong, moral character. Unless the child can obtain his early ideals from his mother, or in the event of her death or absence, from some woman that he loves, such ideals will never be humanely true. It is not perhaps a high compliment to men to say that a pound of their precept or example is worth less for character building than an ounce of real mother love. We work for the home and are willing to fight for the country, and yet, after all, the future is really made by the hopeful women who, in home and in schoolroom, reach our chil-dren as we never can. I have stopped in my little notes on the West to try to bring these things out. I d wish to brag about what New land people have done, but in a way the northeastern part of this country is the mother of the great West, giving to it the best and noblest that the old world could furnish. We shall see, I think, how this spirit has influenced and is still influenc-ing the West. If Western men can show that they have improved both the spirit and the body we shall be glad of it.—Rural New Yorker.



The fashionable homespuns are gray in color.

There is to be no more fashionable color than tan.

For runabout wear the airship toques are very smart.

The jumper suits are finding their place, which is properly for morning

Even the nond lily buds and blossoms are imitated for millinery purposes. Long shoulders and large armholes

may be fashionable but they are not always becoming. The yoke and sleeves of a charm-

ing crepe de chine negligee are of Irish crochet lace. The China silks have enough body this season to make them as desir-

able as foulards. The dark brown shoes that are being shown with the tans are quiet

and refined looking.

Even the skirt of crepe de chine must fit the figure closely about the hips and lie very full about the feet.



Subject: The Man Jesus.

Brooklyn, N. Y.—Preaching at the Irving Square Presbyterian Church on the theme, "The Man Jesus," the pastor, the Rev. Ira Wemmell Henderson, took as his text John 12:21, "Sir, we would see Jesus." He said:

Let us go with these certain Greeks of whom John bears us record and see Jesus. Down the long perspective of the ages let us look at Christ, the man.

A study of the career of the Savior will indicate two score vior will indicate two central and crucial elements in His character as a man. Jesus was a man of parts; He was also a man of power. The Lord was not a negative being. He had definite ability and the energy to put His gifts into direct achieve-ments.

The Christ was a man of parts. As a philosopher He is peerless; as a teacher He can teach us all the way to teach; a preacher to mankind His messages convince. His ministry is a present and a constant joy to the weary and a sweet remembrance to heart and soul allike.

Jesus was a man of power. His spirituality is unsurpassed. His goodness is the godly kind that we admire. His sincerity makes the heart sure; His commanding positiveness is refreshing. His constancy was sublime.

Jesus was a man of parts. In His The Christ was a man of parts. As

Jesus was a man of parts. In His Jesus was a man of parts. In His clear and comprehensive statements of eternal truths He stamped Himself a philosopher without an equal. To Him God was the first great cause—the personal, spiritual giver and ruler of all life. For Him union with the will of God in a holy, godly life is the highest good for men and for society. In the mind of Christ sin is disobedience to the will of the Father and its wages is deliberate separation from Him—that is to say, death. The things that are spiritual are the only things that last unto eternity, and it was to the attainment of eternal graces as the end of human existence that Christ turned the attention of mankind. A glance into the depths and ranges and reaches of human thought and experience that Hismany messages touch will convince any man, however skeptleal he may be, of His predominant position among this world's philosophers.

Jesus is markedly a teacher as He unfolds and explains the mysteries of divine verities. With the simplest language and the most charming parables Jesus sent home changeless truths. Does He desire to show the uselessness of trust in riches He pictures to us the rich man with his barns and his bank and the wreek thereof. Under His touch the leaven in the loaf reveals to us the men and the women we should be. He lights a candle for us, and we strive to spread His truth throughout the globe. The supper of the mighty lord sends us out into the highways and the byways to bid men lay fast hold upon salvation, free, rich, sufficient. As a teacher Christ is master. clear and comprehensive statements of eternal truths He stamped Himself

hold upon salvation, free, rich, suffi-cient. As a teacher Christ is master cient. As a teacher Christ is masterful. He takes a mustard seed and we see the coming of the kingdom. A man hides a talent in a napkin and stands forever as a danger signal beside the king's highway. The foolish virgins are a lesson to us to be ready for the coming of the Master. These and the rest of the parables of Jesus are full of suggestion and of implication, weighty with concentrated principle.

tion, weighty with concentrated principle.

Jesus taught spiritual and moral principles. He was not foolish enough to endeavor to give to us a set of rules which should be for us a sort of guide book or directory. He gave no set of statutes. Realizing that we are men and not automatons our Lord suggests the principles and then leaves the individual to work out for himself under the guidance of the Spirit of God the application of the principle of his own life. Christ didn't worry about the geographical situation of Judea or over the question as to whether the world is flat or round. Those points at issue were quite beyond His province. His mission was to teach spiritual and moral truth, and He had neither time nor taste for anything else. Why should He worry over secondary and transient matters when the souls of men were in dire need of that primal truth which is necessary unto eternal life?

Jesus also taught with authority.

life?
Jesus also taught with authority.
He knew that the truth was in Him
and He let no man contradict Him

He spake, and to those men-be lieving and unbelieving—it came as the voice of God. The honest hearted believed unto salvation; those who didn't want to accept His truth who didn't want to accept His truth sent Him away in scorn and crucified Him at the last. The Jews sent Jesus to His death not because they did not realize the force of His words but very largely because He spake too much truth to suit them. Some one has said that there is no more hazardous task than that of carrying the torch of truth into those hidden recesses where the light has never shown. Jesus found this to be true. Christ's application of His theories to the needs of every day and His positive insistance upon the legitimacy of the demands of godliness and ultimate truth upon the lives of all men are the secrets of His marvelous power are a preacher. He not

hips and lie very full about the feet.

There are a good many "Tam" crowns seen on the new straw hats, and a few slik ones which are very soft and effective in the browns.

The poke shaped hat with brim narrowest at the front and rising high at the back where all the trimming is placed, is decidedly Frenchy.

The fashion for light colored suits is going to make a heavy demand on the pocketbook, for there must be lots of light gloves and hats to accompany.

A fan-like section of the dress material, with the V at the arm's-eye, connects the sleeve cap with the body of the waist. It is quite a novel idea. When the arm is at the side it is not noticeable, but when the arm is lifted it appears as a pretty feature,

ly, with God-given wisdom and divine real. How sick we all are of that popular preaching of the day, which is aimed nowhere and hits nothing—whose main and prevailing characteristic is that it is inconsequential and flabby, effeminate and devoid of the power men should show.

The winsomeness of the ministry of Jesus is a fact that merits our attention. The love that flowed from His heart, the tenderness of His voice, the sympathy that rushed without ceasing from His soul, the healing virtue of His hand, all these stamp Him as a minister who can teach us how to aid men best.

The Lord was a man of power. Power is to ability what electricity is to a dynamo. A man of parts must

Power is to ability what electricity is to a dynamo. A man of parts must become a man of action before he is of much use. The world is full of geniuses who are impotent. They cut no figure in the life of their day simply because they lack energy and force. Jesus was a man of many powers.

powers.

His spirituality is unsurpassed.
He had a right basis for His philosophy and His life. He had the right point of view, and thus of necessity saw things in their right relations.
His spiritual philosophy colored all His mission, messages and ministry, and gave individuality and peculiar meaning to His words and deeds. Christ began right. He put God at the centre of His system of life and of course all went well with Him. The insight of Christ and His spiritual sense are our need.

of course all went well with Him. The insight of Christ and His spiritual sense are our need.

Jesus was a good man, and goodness is greatness and power. Christ was no sickly sentimentalist, but a good man in the best sense of the word; that is to say, He was a godly man. He was a clean minded, pure hearted, noble acting man, and no matter what may be the mental or material abilities of any man, if he be not good he cannot hope to be most of use. Godliness must be a characteristic of any man who would mold a lasting and revered memory. Christ was not mawkish. You know how He dealt with the problems of the shew bread, the ears of corn, the man who waited to be healed. He was straightforward and more than conscientious. He was constructively, progressively, cumulatively righteous. He moved ahead. He was kind, true, pure, noble — that is to say, good. Meanness was beneath Him. The truth was His glory. Cleanness of life was the sign of His inward grace. He was a gentleman, a true nobleman. He was an aristocratic democrat, who showed His birth and His breeding in His manner.

Jesus was sincere. He was not a

Jesus was sincere. He was not a patch work, but a whole pattern. He leveled to any plumb. He met specifications to the letter. There were no weak spots, no faulty places in His life glazed over with pretended character. Tesus was a whole, whole

weak spots, no fainty places in his life glazed over with pretended character. Jesus was a whole, whole-some, well rounded man, without defect whatsoever. His sincerity inspired trust, for He lived the sort of life He asked other men to enter. Every one knew and knows just where Jesus stood—with the right always.

Jesus was positive. He didn't suppose or guess or just think. He knew and was sure. His knowledge was from personal experience and it was power. Because Christ is dead certain of what He speaks about we haif Him Lord. And do we wish to lead other men to Him we must also speak with conviction out of personal knowledge.

But constancy was not the least of

But constancy was not the least of But constancy was not the least of the Savior's powers. Jesus was no quitter. He was not a prey to discouragement. He had faith—and to last. He stood squarely with the issue and the cause He represented at all times and in all seasons, through thick and through thin, through good and evil report. Christianity needs more of such Christilke constancy. Constancy means pluck, endurance, courage against and in the face of odds. Inconstancy is the child of lack of faith and it breeds failure.

failure. Jesus was a man of parts and of Jesus was a man of parts and of power. His facility for various work needed a man of power. Jesus was a genius and a hard laborer. He had inherent ability and a fund of force-tulness. The world is full of geniuses without power. The list of unknown saviors is large. Jesus had talent and the real, vital spiritual power that could make talents productive. He had the right kind or energy and enough of it. He got Hid dynamic from God. That is where we should apply for ours.

Little Sins.

The little faults, the little sins, so The little faults, the little sins, so-called, which may seem so inconsequential, may, nevertheless, hide from us the vision of the Eternal. You need not break the glasses of a telescope, or coat them over with paint, in order to prevent you from seeing through them. Just breathe upon them, and the dew of your breath will shut out all the stars. So it does not require great crimes to hide the light of God's countenance. Little faults can do it just as well.

Take a shield and cast a spear divulging

Take a shield and cast a spear upon it, and it will leave on it one great dent. Prick it all over with a Prick it all over with a great dent. Prick it all over with a million little needle shafts and they will take the polish from it more than the piercing of the spear. So it is not so much the great sins which take the freshness from our conscience, as the numberless petty faults which we are all the time committing.

The Only True Religion

Men talk much about "practical religion," but differ greatly as to what it comprises. Many limit it to benevolent gifts and kindly ministries, or olent gifts and kindly ministries, or to public religious services. But it is more. It includes a personal faith in Christ, holy communion with God and a pure life. There can be no real and abiding practice of Christianity without a renovated nature and a sanctified heart.—Presbyterian.

True Peace.

To know that God is near, to feel that you are acting toward Him as a reverential and affectionate child, and that He is feeling toward you as a gracious and compassionate Father a gracious and compassionate Fa—this, this is peace.—Hamilton.

No Danger There.

"Put your whole soul into the Christian life. No one ever was guilty of backsliding who was pressing with all his might toward Jesus."

—Philadelphia Methodist.

KEYSTONE STATE CULLINGS! The Evolution of

LOBBYISTS SHUT OUT

Representative of .Anti-Vaccinatio League Makes Himself Too Officious on Floor of House

The House took summary action in driving lobbyists from the floor It adopted a resolution offered by Mr. Martin, of Mercer, declaring tha were attempting to trol legislation and directing that troi legislation and directing that they be notified to leave. The action was aimed directly at Porter F. Cope, of Philadelphia, Secretary of The Anti-vaccination league. The sergeant-at-arms started towards Mr. Cope, but the latter did not wait to be thrown out.

o Pfaff anti-vaccination bill was defeated on second reading. House defeated the McAdoc The House defeated the bill requiring persons coming into the State to be vaccinated within one month after their arrival, and the vaccination of all children before they reach the age of 4 years. A somewhat similar bill by Weddell of Westmoreland was also defeated. Governor Stuart vetoed the Hous regulating charges by cab driv in cities of the first, second and

third classes.

The bill repealing the Salus-Grady libel law passed the Senate unanimously

COL. BARNETT QUITS GUARD.

Officer of the Tenth Regiment For wards His Resignation to General Stewart.

James E. Barnett, of Washington, resigned his commission as Colonel of the Tenth Regiment, N. G. P. He forwarded his resignation to Adjutant General Stewart. Colonel Barnett has has 23 years' continuous service in the State militia. In the Morewood coke strike in 1888 he served as First Lieutenatt of Company. H. and in the tenant of Company H and in the Homestead strike in 1892 as Captain Homestead strike in 1892 as Captain in that company. Shortly after he was elected Major and in 1896 Lieutenant Colonel. In the latter capacity he served with the regiment in the Philippines campaign and succeeded Colonel A. L. Hawkins as commander of the regiment on the latter's death on the journey home. He was elected Colonel in 1900.

Depositors Get 50 Per Cent. David Jameson, Cashier of the Cit Izens National Bank; Samuel Foltz Cashier of the First National Bank and Attorney E. N. Baer, a director of the Lawrence Savings and Trust Company, have been appointed praisers of the closed New Castle Savings and Trust Company. Receiver Painter expects to make a 50 per cent distribution to depositors within a short time

Organizing Against Black Hand. To protect themselves and their families from the Black Hand society. prominent Italians of New Castle met at St. Vitus' Italian Catholic Church prominent italians of New Castle i at St. Vitus' Italian Catholic Chu and took preliminary steps tow forming an organization to fight society. This will be followed another meeting next Sunday af noon, when officers will and the campaign begun. will be elected

Ex-Judge Stevenson Badly Hurt.

Former Judge Maxwell Steven was held up, robbed and brutally be en by two colored men in front his home, 2314 Spruce street, Philadelphia. He was cut about the head and face and left lying on the pavement by the highwaymen, who rifled his pockets, taking a gold watch and a sum of money. His condition is said to be serious.

Good Roards Require \$20,000,000. A meeting of road supervisors of Western Pennsylvania was held at Warren. State Highway Commissioner Joseph W. Hunter made an address. He said it will require \$20,000,000 to build the roads asked for. A committee for the advancement of good roads was appointed.

William Wallace Brown, of Penn-William Wallace Brown, of Pennsylvania, recently appointed Assistant Attorney General, will be assigned to defend suits before the Spanish
Treaty Claims Commission, succeeding Assistant Attorney General Fuller who has resigned. Mr. Brown
formerly was Auditor for the Navy
Department, to which position Ralph
W. Tyler, a negro of Columbus, was
appointed.

Bank Examiner James M. Cover pany, was arrested upon a charge of divulging information of the state banking department, without author ity. Edward the Inion tate man, made the Inion fore Alderman Ranney. Edward F. Connelly, a real esman, made the information be

Tipped the Scales at 310 Pounds. Charles Edmonds, the heaviest man in Fayette county, died at Uniontown. He was a colored chef, 42 years old and when in good health weighed 365 was below the average in stature, and his height was thr inches less than the measureme around his waist.

Civil Service Examinations. Civil Service examinations for clerks and carriers will be held at Vandergrift, Punxsutawney and Johnstown on April 20 to fill vacancies in the postoffices at these places.

Two Run Down by Train. his 5-year-old son were struck by a train on the Eric Railroad at Mead-ville. One of the child's legs was cut off and the father painfully bruised.

The Superior Court refused the appeal of William S. Walker, of Pitts burg, convicted of enticing Margarek Kim, a 14-year-old girl, and who was sentenced a year to jail. Unless another appeal is taken to the Supreme Court and allowed by the latter Walker will have to serve his sentence.

Household Remedies.

The modern patent medicine business is the natural outgrowth of the old-time household remedies.

In the early history of this country, EVERY FAMILY HAD ITS HOME-MADE MEDICINES. Herb teas, bitters, laxitives and tonics, were to ters, laxatives and tonics, were to be ters, laxatives and tonics, were to be found in almost every house, compounded by the housewife, sometimes assisted by the apothecary or the family doctor. Such remedies as picra, which was aloes and quassia, dissolved in apple brandy. Sometimes a hop tonic, made of whiskey, hops and bitter barks. A score or more of popular, home-made remedies were thus compounded, the formulae for which compounded, the formulae for which were passed along from house to house, sometimes written, sometimes verbally communicated.

The patent medicine business is natural outgrowth from this whole-some, old-time custom. In the beginning some enterprising doctor, impressed by the usefulness of one of these home-made remedies, would take it up, improve it in many ways, manufacture it on a large scale, ad-vertise it mainly through almanacs for the home, and thus it would become used over a large area, LAT-TERLY THE HOUSEHOLD REMEDY BUSINESS TOOK A MORE EXACT AND SCIENTIFIC FORM.

Peruna was originally one of these old-time remedies. It was used by the Mennonites, of Pennsylvania, before it was offered to the public for sale. Dr. Hartman, THE ORIGINAL COMPOUNDER OF PERUNA, is of Mennonite origin. First, he pre-scribed it for his neighbors and his patients. The sale of it increased, and at last he established a manufactory and furnished it to the general drug trade.

Peruna is useful in a great many

climatic ailments, such as coughs, colds, sore throat, bronchitis and catarrhal diseases generally. THOUSANDS OF FAMILIES HAVE LEARNED THE USE OF PERUNA and its value in the treatment of these ailments. They have learned to trust and believe in Dr. Hartman's judg-ment, and to rely on his remedy, Pe-

George Compere has returned from China with a parasite that will speedily destroy the red scale that has been such a pest to the citrus groves of California.

FITS, St. Vitus' Dance: Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. 28 trial bottle and treatise free, Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa.

City Names on Stamps.

The idea of impressing the names of cities on the postage stamps, as will soon be done in this country, is will soon be done in this country, is not a new one, for it has been followed in Mexico and other countries, but it has never been done to the extent to which it is proposed by the United States government. It will involve considerable additional work in the printing and issuing of the stamps, but will be a safeguard which will result in an enormous saving and. stamps, out with be a sateglatic witch will result in an enormous saving and, in a great measure, prevent thieving. Six thousand cities of this country will be supplied with these special stamps. Twenty-six of these cities will be honored to the extent of have the control of the secretary against wayer ining their respective names woven into the design of thes tamp, while in the other instances the name will be printed across the face of the stamp in ink.

Frog With Habits.

Frog With Habits.

South America has a frog of peculiar habits. Dwelling in the virgin forest, at the tops of the highest trees, it chooses as the site of its nursery some hollow stump and then proceeds to line it with rosin procured from trees in the neighborhood, says the New York "Tribune." This lining serves to catch and hold the rain-water with which it quickly becomes filled. As soon as this takes place the eggs are laid therein, and here they undergo development into tadpoles. How the rosin is collected is a mystery, nor is it yet known how the separate pieces become welded to form the watertight basin necessary to insure watertight basin necessary to insure the safety of the treasures deposited therein.

APPENDICITIS Not at all Necessary to Operate in

Many Cases Automobiles and Appendicitis scare

some people before they are hit.

Appendicitis is often caused by too

much starch in the bowels. is hard to digest and clogs up the digestive machinery—also tends to form cakes in the cecum. (That's the blind pouch at entrance to the appendix)

A N. H. girl had appendicitis, but lived on mile for awhile-then Grape-Nuts and got well without an operation

She says: "Five years ago while at school, I suffered terribly with constipation and indigestion. much starch, white bread, potatoes, etc., which she did not digest.)
"Soon after I left school I had an

attack of appendicitis and for thirteen weeks lived on milk and water. When I recovered enough to eat solid food there was nothing that would agree with me, until a friend recommended Grape-Nuts.

"When I began to eat Grape-Nuts I weighed 98 lbs., but I soon grew to 115 lbs. The distress after eating left me entirely and now I am like a

new person."
(A little Grape-Nuts dissolved in hot water or milk would have been much better for this case than milk alone, for the starchy part of the wheat and barley is changed into a form of digestible sugar in making Grape-Nuts.) Name given by Postum form of digestible sugar in making Grape-Nuts.) Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."