

# THE PULPIT.

A BRILLIANT SUNDAY SERMON BY THE REV. SPENCER S. ROCHE.

Theme: Andrew, the Middle Man.

Brooklyn, N. Y.—The Rev. Spencer S. Roche, rector of St. Mark's Church, Adelphi street, had for his subject Sunday morning, "Andrew, the Middle Man." His text was from John 1:41, "He findeth first his own brother Simon, and saith unto him, We have found the Messiah." Mr. Roche said:

Here is mention of three men. It is as though you were looking at a picture in which Jesus of Nazareth stands on the extreme right, His figure glowing with celestial light. Toward the center, where the brightness fades, stands a man clasping the right hand of the Christ. To the left all is dim, but you make out the form of a third man who cannot see Christ, can only darkly behold the middle man. This mysterious person is Simon.

The man in the middle is Andrew, whom the text represents as a great discoverer. First he discovers Christ; then he finds the man in the dark. I shall regard this mediating character as personating all later generations of believers. Study Andrew, in his experience and privilege and responsibility. His left hand is in Christ, but his right hand is outstretched. It is of that mighty right arm that I am to speak. Surely no subject can be more timely for a Sunday in this beautiful season of Epiphany when we ought to think of the manifestation of Christ to all peoples of the earth.

How rich is this first chapter of John's gospel in its tribute to the only begotten Son of God. It is like those gold mines of which we read that are full of nuggets; like those pearl fisheries where every shell contains a fortune; like those Persian rose gardens, whence the perfume exhalles everywhere. "Behold the Lamb of God that taketh away the sin of the world." In all the Bible there is no sentence which is so full of meaning and which in relation to the gospel is so absolutely accurate as this description.

The Lamb of God taketh away the sins of the world. St. John has nothing to say about the origin of sin, nothing to say about why God leaves the loathsome fact with us. Christ's purpose, His atoning, His abiding, His ultimate purpose is to take sin away. According to Jesus, man has no use for sin. Sin is hindrance, disturbance, clog, poison. It was not God that sent sin; God's relation to sin is a sender of One to take it away.

Think what you please of the doctrine of the Atonement, but look at the cross. It is well that in me, an offender, sin works suffering; in the cross I see that to the spotless Son of God evil brings suffering too. Let us accept the cross as a revelation of Love, of Love Eternal and Infinite making sacrifice, dying like the lamb on the Jewish altar to free the souls that had enslaved themselves to pride and shame. He who suffers, in that He has marked out the way of the perfect life, in that He touches our poor, enervated, wretched, unregenerate power, purges away my stains and leads me into the freedom of a child of God. But the grand thing taught by Jesus is that in each heart sin must be abolished, must be taken away.

But let us come to Andrew. Who was he? He was son to Jonas, and appears in the narrative as the companion of John, who was the son of Zebedee. These men were fishermen, with some possessions in the form of nets and boats. They were associated as partners and had servants and dwelt on the north shore of the Lake of Galilee. Andrew would not appear to have been a very brilliant man, not much of a talker. There was one glorious thing about him—he had found Christ. But the man in thought is this disciple's typical character.

What I desire to say above all other things is, my Christian brother, that Andrew is myself. Two spiritual facts ought to stand out in your consciousness. The one is that you have found the Christ. God is more to you than the blind force that rules the universe. God in Christ has come into our worldly conditions and has sympathized with us and has been not only Father but Brother. So you can say, "I know Him whom I have believed." And the next fact is, that if the finding has been real, it has filled you with gladness. You may not care to speak of that blessed train of circumstances that made you a child of God, even as this Andrew has told the world nothing of that rapturous conference with John he spent the night with Jesus and talked of the matters that lay deepest in their souls—there are supreme religious experiences about which the reverent heart may not joy to speak. But one thing is certain: if Christ has brought the good tidings into your heart, you will desire to tell it abroad. A real conversion opens a new world. It rolls from the conscience a load of guilt; it calms the ravings of remorse; it excites the purest affections; it cleanses the life; it washes out all stains; it overcomes all difficulties; it annihilates selfishness; it crushes passion. It develops new faculties; it clothes the soul with new powers; it awakens new forces, even a force which achieves impossibilities, because it feels with St. Paul that in Christ we can do all things. It gives new theories of life and new powers for success; it works such a transformation in heart and in life, in inward thought and in outward action, that we truly speak of the same individual as a new creature. All this comes about because you know Christ.

But we are forgetting Simon. Who is he? Simon is just any one who is not in Christ. He is the man in the dark, the man at a distance. Simon is a mystery. The very word suggests the pathos of his life. Simon means the listening one. Think of the Christless soul off in the night, conscious of his perplexities and doubts, and listening for any voice that can give consolation. There is this terrible thing about every Simon—he is far from Christ. But there is also this encouraging thing—some brother man stands near. Each of us knows at least one soul listening with

the ear of an impassioned spirit, for some voice to speak peace.

Simon may be your brother, or your husband, or your partner, or your fellow clerk, or your most intimate friend, or your classmate. If you have any great joy you must tell Simon. Simon is so near you, so dear to you, such a large part of your life. If you read a good book, you lend it to him; if you see a good play, you tell him about it; if you get new light on any subject, you talk it over with him. Joseph finds happiness and honor in Egypt, but the moment he has an opportunity he says: "Ye shall haste and go up and tell my father, of all my glory in Egypt." So the woman of Samaria had to go straight into the village and tell the people all the things Christ had told her.

The next thought shall be one of boundless encouragement. One thing that Andrew did outweighed a thousand times all the other good accomplished by his whole life—his name caught Simon, and brought about that change of name at which all the angels in heaven are still rejoicing. "Jesus looked upon him and said: 'Thou art Simon, the listener, the wanderer, the useless. What shalt thou be called? Caphas, Peter, the rock, and upon this rock I will build My church, and the gates of hell shall not prevail against it.'" Jesus read the character of Peter by divine wisdom, perceiving all his strength and his weakness, and to Peter there must have been, in the simple words, something like lightning and the thunderbolt, for he recognized one who had put the finger on the weak spot of his nature, and had pointed him to the method of securing the one quality he needed—firmness like the rock, granite consistency.

Of the Twelve, Peter stands foremost. However different bodies of Christians may be opposed in their ideas of Peter's dignity, nothing less can be said of him than that on the foundation of his faith and courage the fabric of Christendom rests, while every believer on earth to-day is in a sense his child. But the great fact is that Christ did not directly draw water, but that Andrew found him and brought him to Jesus. What a joy had Andrew all his life, and what a joy has he to-day, and what a joy will he have to all eternity! Christ could have secured Peter in a thousand other ways, but Andrew allowed the honor, in part, no doubt, to encourage all the weak and the poorly qualified to labor with an abundant hope.

Often Andrew is a woman. You remember Monica's prayers and tears at last drew her mighty son, whom the church of all later ages reveres as St. Augustine, to the Christ she had herself already found. And there was another woman, keeping a country tavern in England, believing that she possessed the power to be useful for Christ, and cramping herself to send him to a classical school and then to Pembroke College, Oxford, and at last giving the world the renowned evangelist, George Whitefield.

Andrew had only to touch one who sat next him at the family board. Your hand may have to stretch very far to find the man who is waiting for you. At a great missionary meeting I met those whom love for Christ had sent to the heart of Africa, to the great cities of China, to India's coral strand. Sometimes the arm gathers strength as it stretches and makes wider and wider sweeps. There was Dr. Grenfell, the medical student in London, who became convinced that his richest life lay in the jungles. As he reached out he found sorrow-raged, lawless boys in the slums. Then he brought to the Master. The arm reached farther and embraced the deep sea fishermen around the English coast. Then the arm stretched all the way across the Atlantic and took in the seamen and their families in Newfoundland and Labrador.

Let me add two general counsels. In leading others to Christ, begin with those nearest to yourself. When Jesus commanded His disciples to go to all nations, He added, "beginning at Jerusalem." "Return to thine own house and show how great things God hath done unto thee."

There is one argument you can always use with immense power. Say to the careless, to the men and the women who reject the Gospel without really knowing anything about it, say to them, "Give Christ a fair trial." To Andrew and John following Him, Jesus said, "What seek ye?" And when they replied, "Rabbi, we were dwelling Thou?" He answered, "Come and see." In that same spirit of confidence, He meets an inquiring world to-day.

He welcomes all who will come. The honest inquirer who would know His claims and on what rests the salvation He bestows, is cordially invited. The Nazarene does not now travel along dusty roads, yet still is He tender and sympathetic toward the darkened and inquiring spirits as when He walked on the beach at Galilee. His cry still is, "if any man thirst, let him come unto Me." The Gospel has nothing to conceal; it courts investigation; it asks for the most rigid scrutiny. "Come and see." So the believer to-day says, "One thing I know, that whereas I was blind, now I see;" one thing I know, "her ways are ways of pleasantness," Jesus Christ has given attraction to life, elevation to my aims, sweetness to my experience, peace to my soul. Come see if He will not be as rich for you. Give the Gospel, man of experiments, fair trial, and see what it will accomplish.

**One Thing Needed.**  
The first necessity of a Christian church is not that it should have a building to worship in, or a minister to preach to it, or an organ to lead its singing. These things may all be dispensed with. The one thing needed is that it should have such a vision of the glory of God as will make peace and joy impossible unless it is doing its best to declare to others the things which it has seen and heard.—Rev. H. Arnold Thomas.

**The Consolatory Side.**  
When my reason is afloat, my faith cannot long remain in suspense, and I believe in God as firmly as in any other truth whatever; in short, a thousand motives draw me to the consolatory side, and add the weight of hope to the equilibrium of reason.—Rousseau.

## SCIENTIFIC DEVELOPMENTS

Pictures taken by carrier pigeons in flight to serve for reconnoitering the position of the enemy, and its topography, are the subject of experiments being conducted by the German government.

A curious tree without a leaf grows in one of the islands of the Pacific. It grows to nearly 30 feet, with branches spreading like a huge umbrella, yet it is completely leafless. Its sap is useful as a medicine, but as fuel the wood is worse than useless, being as hard as iron and quite as difficult to burn.

In order to dispense with the cost of electric lighting in mill operation it is proposed by some of the jute mill owners of Calcutta to operate the establishments from daylight to dusk during the season of short days. Some concessions are made to the operatives which makes the proposition attractive to them.

A Dresden physician says "electric ophthalmia" is the result of constant working under electric lights and brings on a condition which results in cataract. According to this gentleman, the damage is done by the ultra-violet rays, and can be overcome by the use of spectacles of a yellowish or greenish tint, which he predicts will become universal as soon as the extent of the damage done by electric light shall be appreciated.

The authorized capital of Japanese electric undertakings in 1903, \$14,193,000, rose to \$68,724,000 in 1907. The electrical works undertaken chiefly represented lighting and railways. The number of lights supplied in 1903, 365,000, increased in 1907 to 859,143. Tokio and Osaka require each 100,000 lights. Electric railways show equal development. In 1903 the mileage was 38, which rose to 119 in 1907, and will be largely added to by construction during the present year.

Recently electrically welded chain has been made commercially by automatically cutting the blanks from a bar so as to form a socket in one end and a corresponding taper on the other end of the link blank. This is then bent and joined on one side of the joints welded. This obviates the usual amount of upset in such cases. The laps, or area of contact are much larger than in the squarely cut ends, and a nice-appearing and good weld is made.

### THE KING OF BEASTS.

With Advancing Years He Finds More of Food and Comfort. "As he grows old a lion get lazy and spiritless," says Maurice B. Kirby, in an article on "The Gentle Art of Training Wild Beasts," in Everybody's. "The haughty beast who stares at the crowd outside his cage usually is as fierce of spirit as a fat night watchman who blinks out upon the dark world through the circle of light cast by the lamp at his feet. With plenty to eat, nothing to annoy him, and a keeper to look after his cage, the king of beasts becomes as peaceful, portly, and self-satisfied as some of our latter day human monarchs, whose ministers of army, navy, state, and other things take proper care of the regal cage and see to it that the usual three square meals per day await the royal gullet at the proper hours. The story book impression that lions are always on the hunt in their native jungle is quite at variance with the truth. Indeed, the older lions will frequently go hungry or seek the leavings of another beast's kill, rather than summon the energy to hunt prey for themselves.

"In a group of ten or twelve trained lions, two or three young, nervous animals usually supply the act with all its dash and spirit. The others are somnambulists.

"Tigers, too, frequently grow lethargic with advancing years; but never to such a degree as the aging lion. There is always a pinch of ginger in the big striped cat. For that reason he makes a more spectacular performer than the lion, and usually a tougher proposition for the trainer."

**High Brow a Good Sign.**  
Stand before a mirror and look at your forehead. Does it slope back? If so, it denotes a fondness for art, and a talent for music or painting—or both.

If your forehead is high, it is a good sign, particularly if it is well developed about the eyebrows. Should these have a perceptible bulge, you are a calm, cool, deliberate thinker. You will probably be successful in business if, with bulging eyebrows, you have a short, narrow forehead. Breadth of forehead indicates broad-mindedness. Of course, a broad forehead may be part of a weak face, and a weak face with a broad forehead is not so favorable as a strong face and a narrow forehead.

If your eyebrows bulge, and your forehead slopes gradually back, you are highly sensitive, and—you are a poet.—Answers.

**Two Deterrents.**  
First Trap—You won't get nothing decent there; them people is vegetarians.  
Second Trap—Is that right? First Trap—Yes; and they've got a dog wot ain't.—Philadelphia Inquirer.

## PENNSYLVANIA

### Interesting Items from All Sections of the Keystone State.

**SUPREME COURT AFFIRMS CORRUPT PRACTICES ACT**  
Decision on Fayette County Appeal is That the Law is Constitutional.

Philadelphia.—The State Supreme Court here sustained the constitutionality of the Roberts' corrupt practices act, passed by the special session of the legislature. The supreme court did not hand down a written opinion, but simply affirmed the validity of the act on a decision rendered by the superior court, from which an appeal had been taken. The decision was rendered in the Licens-Van Swearingen and Likens-Byrne appeals, both originating in Fayette county.

Byrne was chairman of the Republican county committee of Fayette county and Likens presented a petition to the Fayette county court for the appointment of an auditor to audit Byrne's accounts for expenditures during an election campaign. Van Swearingen was a candidate for judge at that election and a similar petition in his case was presented by Likens. The Fayette county court refused to grant the petition on the ground that the corrupt practices act was unconstitutional, because passed at a special session of the legislature, called by a proclamation of the governor, and the subject of the act was not set out in the proclamation. Appeals were taken to the superior court. The superior court in its decision, which has been affirmed, ordered that the cases be sent back to the Fayette county court for action under Likens' petition.

**BIG TRACTION SCHEME**  
Company Obtains Franchise and Will Build Many Miles of Track.

Greenville.—The Mercer Construction Company, which is promoting the Greenville trolley line, has purchased the charter of the New Castle-New Wilmington line, including the franchise in New Castle and 11 miles of right of way between the two towns. Under this charter the company proposes to extend a line directly to Greenville and from Greenville to Conneaut Lake, with a Sharon-Mercer line intersecting at Big Bend. The main line will be 44 miles long and the intersecting line 16 miles. The company has organized with these officers: President, F. P. Piler, Mercer; vice president, S. D. Downs, Greenville; secretary and treasurer, L. W. O. Mercer. The directors include these officers, with State Senator J. M. Campbell, Mercer; George Dresch, Sharon; president, R. M. Russell and the Rev. J. H. Veazey of Westminster college.

**OIL EXCITEMENT HIGH**  
Good Strikes Near Delmont Cause Battle for Nearby Leases.

Greensburg.—The palmy days of the Murraysville and Grapeville gas fields are recalled in the excitement created by drillers in Salem township about Delmont. Twenty-one rigs have been constructed on the McWilliams farm, the last well brought in showing the highest gauge pressure of any yet drilled in the district.

Four gas companies, the Philadelphia, American, Carnegie and Peoples are having a merry war in getting leases of the adjoining farms, and farmers are reaping a harvest. The roads about the village are in a frightful condition because of heavy hauling.

**SHOT PUNCTURED HEART**  
Tragedy Caused by Jealousy Follows Drinking Bout.

Greensburg.—After killing Daniel Monick at Salemville, Mike Daniels told his friends, and departed. The tragedy was in Daniels' home, and the cause is alleged to have been Monick's friendliness towards Daniels' wife, one of the prettiest women of the Italian colony at Salemville. There were a dozen witnesses, and all say Daniels seized a shotgun and fired at Monick before the latter could defend himself. The charge punctured Monick's heart. Italians held a drinking bout at Monick's home, the whole party going to Daniels' just before the shooting.

**Ice Famine Threatened.**  
Franklin.—An ice famine is threatened in Western Pennsylvania. None has been cut at either Conneaut Lake or Sandy Lake. The late ice harvest always has been between February 4 and 14.

**Loan Associations Protest.**  
Altoona.—The officers and stockholders of 40 building and loan associations here have prepared formal protest against the adoption of the bill now pending before the legislature fixing the kind of securities in which the associations may deal and otherwise curtailing their earning capacity.

Peter Morehardt of Hanover, N. H., having last June had a swarm of bees in a cracker box, took from it a short time ago 35 pounds of clear

**HOSPITAL ATTENDANT KILLED**  
Escape of Three Insane Criminals is Followed by Death of Attendant at Asylum.

Norristown.—The escape and search for three criminal inmates of the State Hospital for the Insane here resulted in the death of William Lattimer, a hospital attendant, who was found badly hurt some distance from the institution. John Weiss, aged 60; Frank Mango, 30 years old, and George Balgner, aged 36, brought here from the Eastern Penitentiary several weeks ago and confined in one cell, twisted an iron bar from their cell, and climbing through the window, escaped. Their absence was soon discovered and attendants, assisted by Norristown people, started in pursuit. Weiss was captured at midnight while boarding a trolley car bound for Philadelphia.

All the attendants returned to the hospital except Lattimer, who was found lying along a trolley track at Hermonville, near here. A motorman of a car saw the body too late to stop his car and an arm was severed. Lattimer was removed to a hospital here, where he died. There are a number of wounds on his head, his body, and it is believed that Lattimer found the insane men and was beaten into unconsciousness and left on the track by them.

**AGED MAN HANGS HIMSELF**  
Many Deaths Prove Too Much for Washingtonian.

Washington.—Grieving over the deaths of his wife, four daughters and several grandchildren, all within the last three years, Abel Sharpneck, 70 years old, a wealthy farmer of Carmichaels, Greene county, committed suicide in a slaughterhouse on his farm by hanging himself. A son found his body.

Apparently to keep the rope from cutting the skin, the aged man first wrapped it around his neck. With the other end of the rope tied to a rafter he dropped six feet breaking his neck. Five sons and two daughters survive.

**BIG WALTON MINE RESUMES**  
River Coal Company Starts Mammoth Workings After Long Idleness.

What is known as the Walton mine No. 2, located near West Elizabeth, and several gradations, all within the last three years, Abel Sharpneck, 70 years old, a wealthy farmer of Carmichaels, Greene county, committed suicide in a slaughterhouse on his farm by hanging himself. A son found his body.

**NEW CRACK IN OLD LIBERTY**  
Bell May Split in Half on Its Way to Pacific Coast.

Philadelphia.—The discovery that the crack in the Liberty Bell was extended 17 inches beyond its original length started another movement to prevent the proposed trip of the old relic to the Pacific Coast.

The second crack, which is scarcely perceptible, now extends almost to the top of the bell, and any sudden jolt may cause the bell to split in half. According to those who have charge of the bell every trip taken by the relic has caused a slight increase in the original crack.

**Anti-License Crusade in Butler.**  
Butler.—A hard fight to reduce the number of licensed houses in Butler county will be made at license court, to be held by Judge James M. Galbreath next week. Remonstrances against granting wholesale licenses have been signed by nearly 3,000 persons, and specific remonstrances, largely signed, have been filed against nine hotels.

**Go to China to Teach Nurses.**  
Miss Mary Soles of McKeesport has been selected by the University of Pennsylvania as one of a number of nurses who will be sent to Canton, China, to instruct Chinese women how to care for the sick. She will leave for China in March. Miss Soles is a graduate of the Pennsylvania Hospital in Philadelphia and a school teacher. She had charge of a hospital at Newark, N. J.

**Uphold Vaccination and Vivisection.**  
Washington.—The Washington County Medical society today adopted a resolution to be presented to the state legislature asking that proper consideration be given to measures presented bearing on medicine and science. The resolution tacitly upholds the present vaccination laws and protests against the abolition of vivisection.

**Veteran Dies in His Office.**  
Wilkes-Barre.—George H. Troutman, aged 68, a veteran of the Civil War and a prominent member of the Grand Army of the Republic, died suddenly from heart disease in his law office here.

**New Castle Lad Wins Cadetship.**  
Washington.—Frederick Wick McKee, of New Castle, by making the highest grade in a competitive examination here, will be recommended by Congressman Ernest L. Acheson for appointment to fill a vacancy from this district in the United States Naval Academy at Annapolis. The examination, which was open to eligible young men of the Twenty-fourth congressional district, was held at Washington and Jefferson college, with four contestants. Guernsey H. L. Cole, of Washington, made the second best grade.

## A LIFE SAVED.

A Case of Kidney Trouble Pretty Far Advanced.

Mrs. Henry Rapine, 69 E. Lafayette St., Norristown, Pa., says: "Doan's Kidney Pills saved my life. Head-ache, dizzy spells and blurring eyesight came on me four years ago, and began to be so bad I would fall to the floor. Piercing pains caught me in the back. I lost weight steadily. My hair actually turned gray from my suffering. After practically giving up hope, I used Doan's Kidney Pills and began to mend very soon. I put on weight, gained strength, and after using three boxes was entirely cured."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

## The Cat in the House.

The presence of a cat to those who care for him, is tranquillizing and a mental restorative. A cat asleep in the most comfortable chair in the room or drowsing on the window seat suggests reposefulness as almost nothing else can do. A cat's purr spells profound contentment, and is the synonym of perfect peace. No other domestic animal has such a soft fur to stroke. If it is a weakness in a human to care for a cat, the love errs in the excellent company of the good and great of all the ages.—Philadelphia Ledger.

## \$33.00 Personally Conducted Excursions.

Colonists' one-way tickets, Chicago to the Pacific coast, via the Chicago, Union Pacific and Northwestern Lines, are on sale daily during March and April at the rate of \$33.00. Correspondingly low rates from all points. Double berth in tourist sleeping car only \$7.00, through without change to San Francisco, Los Angeles and Portland. No extra charge on our personally conducted tours. Write for itinerary and full particulars to S. A. Hutchison, Manager Tourist Department, 212 Clark street, Chicago, Ill.

## The March St. Nicholas.

In the March St. Nicholas Mrs. E. H. Baynes gives entertaining facts of the life and antics of a pet baby bear who wandered untethered about the farm. Animals in wood and caricature men and notables all made in toys by the brilliant French caricaturist, Monsieur Caran D'Ache, are described by Frances M. Shaefer. "Simple Tricks in Magic," written by Henry Hatton and Adrian Piatte, explains simply popular tricks of magicians. The magic of music is traced from remote times by Jessie Katherine MacDonald. Rupert Sargent Holland portrays a most captivating young Marquise of Lafayette, the eighth in his series of "Historic Boyhoods." In short stories the March number has two that ought to captivate young girls. Marian Warner Wildman writes of "The Sled That Ran Away." Of course it didn't, really run away, but Laggie "hitched behind," tied her sled at that, and couldn't untie it. That's the start and it's a good story. "The Coal Necklace," by Grace E. Craig, is of a young girl who goes to Venice and almost loses a coral necklace. She did get one, but how it was obtained is too well told in the story to hint at here. Ralph Henry Barbour's serial, "Captain Club," continues. "The Lass of the Silver Sword," Mary Constance Dubler's continued story of a group of school girls, presents a delightful view of an Adirondack hill camp, while Bradley Gilman's Egyptian adventure story, "A Son of the Desert," presents stirring scenes of a camp of Egyptian bandits who hold "Ted," the hero, in captivity. Charming verse, a great number of illustrations and the regular departments complete the issue.

Tom—That friend you introduced at the club last night seems to be a melancholy sort of fellow. What's the matter with him?  
Jack—Disappointed in love, I believe.

Tom—Too bad; got the mitten, I suppose?  
Jack—Oh, no; he got the girl.—Chicago News.

## PRIZE FOOD

**Palatable, Economical, Nourishing.**  
A Nabr. woman has outlined the prize food in a few words, and that from personal experience. She writes: "After our long experience with Grape-Nuts, I cannot say enough in its favor. We have used this food almost continually for seven years. We sometimes tried other advertised breakfast foods, but we invariably returned to Grape-Nuts as the most palatable, economical and nourishing of all. When I quit tea and coffee and began to use Postum and Grape-Nuts, I was a nervous wreck. I was so irritable I could not sleep nights, had no interest in life. After using Grape-Nuts a short time I began to improve and all these ailments have disappeared, and now I am a well woman. My two children have been almost raised on Grape-Nuts, which they eat three times a day. They are pictures of health and have never had the least symptom of stomach trouble, even through the most severe siege of whooping cough they could retain Grape-Nuts when all else failed. Grape-Nuts food has saved doctor bills, and has been, therefore, a most economical food for us." Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.