brings into being the dreams of the works for himself, and for me, and

growth of a city, the might of a land, end on the fruit of the toil of his hand; road, or the wall, or the mill, or the

Call daily to him that he furnish his part; The pride of the great and the hope of the toll of the tide as it ebbs to and fro

they span
Tell what is the trust in the average man

The man who, perchance, thinks he labors

alone,
The man who stands out between hovel
and throne.
The man who gives freely his brain and
his brawn,
Is the man that the world has been builded

The clang of the hammer, the sweep of the The flash of the forge-they have strength-

They have rebuilt the realms that the wars

overran,
They have shown us the worth of the average man.

So here's to the average man—to the one
Who has labored unknown on the tasks
he has done,
Who has met as they came all the problems of life,
Who has helped us to win in the stress
and the strife,
He has bent to his toil thinking neither of
fame

Nor of tribute, nor honor, nor prize, nor In the forefront of progress, since progress Here's a health and a hail to the average

-Chicago Tribune.

-A NARROW SOUEAK. Fighting a Black Leopard Without Weapons.

NGE I was a member of a wild animal hunting expedition that worked through the southeastern

foothills of the Himalaya ountains in the endeavor to collect fine and rare specimens for a great zoological park in the United States. were not after tigers or elephants other well known game of that kind, but were looking particularly for such specimens as snow leopards, black leopards, wild dogs and the queer raca-bear and other similar beasts, of which there are very few specimens in captivity.

Owing to the fact that we were trying to take animals alive there was a ral order against carrying firearms, and only we leaders of the expedition were allowed to go into the jungle with weapons. The result was that even the white men soon got into the habit of entering the thickets without arms-not a wise thing to do, as it

One hot afternoon while Jim Charers and I were sitting in front of the tent we both saw the gaudy body of a fine boa constrictor gliding away the jungle, and we both jumped up and followed at once, Jim Charters stopping only to snatch a lasso, which was just the thing for him, as e had been a cowboy in the West

We had taken several fine snakes with the lasso, and did not expect any trouble with this one, so we pressed

however, for the snake at last when we gave up the chase we husband, a worthless drunkard, found ourselves in a little amphitheatre of rock and bamboo. We sat own on a fallen tree to admire the eautiful spot, when suddenly Jim Charters laid his hand gently on my arm and said in a whisper:

"Don't move, Captain, but just squint toward your left; we're in a box.'

I did as he directed and saw some ng that gave me a start, crouching ely to the ground and squirming stently and swiftly as a serpent, was a huge black leopard. Each eye was like a flat green disk, and his tail was quivand writhing in that wicked, snaky way that a big cat has when it our hunting had spoiled the hunting

This is nice, this is," whispered without moving head or eyelash "He's coming on steadily. Now he's stopped. Now he's coming on again.
Now he's stopped. At this rate he'll be within springing distance inside of ten

"Haven't you any weapon at all out you?" muttered I, trying to speak without even moving my mouth.

"Oh, yes I have," said Jim. "I've got a bearry of a wearon to fight a ack leopard with. It's a penknife that my little sister gave me when I visited the folks in New York. I guess that it will hurt that loopard a lot, cap-And I heard Jim tain, won't it?" chuckle even in the face of the imminent danger.

he comes crawling again," whispered Jim after a moment or two. "There's only one thing to do. Be ready when I give the word. We've got to be quick and not miss a single

"What are you going to do?" asked I. "Just this," said Jim. "It's a wild "Just this," said Jim. "It's a wild experiment and may only hurry things up for us, but if it works we may win

on him. I'm going to jump up in about another minute when the beast makes another crawl, and I'm going to chuck the noose around his neck. The minpull like mad, running as fast as the

"I'm afraid that the beast won't let us run more than about an inch, Jim,' said I, "before he'll be on us and get one of us sure. I don't think that you can noose leopards the way you can coyotes."

What I'm figuring on," said Jim, "is that the brute will do what would seem to be a natural thing. When we start to pull him toward us, he'll pull back instead of leaping at us. Now he's coming on. In a moment I'll-Whe-e-e-e."

Jim jumped up and cast his noose with a fierce whoop and I scrambled to my feet instantly and caught hold of the line with him. The leopard was holding back with his huge claws spread to their full dimensions every one of the talons digging deep nto the soft earth while he tried to draw his evil head back and free himself from the noose that was strang-

"Off we go and yell like sin for help," panted Jim, as we started to drag the snarling brute from his foothold. Once we had succeeded in doing this, we scrambled along, floundering and stumbling but never relieving the steady

strain on the line. I don't suppose that we were hauling ore than a quarter of an hour before our shouts brought our men to help. But it seemed to me to be a month. All the time I expected to feel the impact of the great furry body, because I felt almost certain that the leopard would get sense enough, sooner or later, to stop pulling back on the lasso and to leap on us. Jim afterward told me that he could feel his shoulder being laid open by the terrible claws and the warm blood running down his back during all that wild scramble through the jungle.

But luck was with us. The black Farmer. conard never once ceased to null back. ward against us, and when the men arrived he was so wild with rage and so nearly worn out from the choking strain that he could not put up any sort of an effective fight, but merely hit out blindly and snapped his jaws without any result

Two of the men had brought a great net of grass rope along. In a jiffy it was thrown over our enemy and he was rolled up in it before he knew what had happened.

Then a dozen natives danced around here and there, passing ropes all over the net and cleverly avoiding the claws that were stuck through the meshes, until they had the beast absolutely woven in a great mass of twine. huge, long bamboo was passed through the mesher, and the leopard was carried into camp, where he was soon safely encased in a strong bamboo

He turned out to be a beast of quite exceptional size and in magnifi We got him to the coast safely. coat. and landed him all right in the end in the Zoo that wanted him.

I have always thought it a rity that the thousands who admire him now cannot know the strange way he was caught. But though our way of hunting big cats had turned out to be such a success, neither Jim Charters nor have ever cared to try it again. We shall never forget that quarter of an hour in the jungle with the brute in tow.-New York News.

Condemned by a Pronoun.

There is now being rectified France, after nearly forty years, a mis carriage of justice which in its origin Into the jungle without a second is probably the strangest in the criminal annals of the whole world. It we were doomed to disappointment, may be said to have been caused by a had disap- pronoun. A young fellow named Gauthpeared entirely, and all our search ier and his mother were in 1867 con-proved unavailing. The pursuit led demned to penal servitude for life for pretty deeply into the jungle, and the murder of the woman's second was drowned one dark night by falling into some deep water as he made his way home late, badly intoxicated. The evidence which mainly convicted the two accused was that of a witness who swore to having heard the dead man shout: "A moi; on me moie." convict's mother is long since dead, and the condict son, now an old man, has managed to interest men willing to assist in his rehabilitation. In the presence of a past and of the present Minister of Justice and of criminal experts the whole scene of the tragedy has been reconstructed after thirty-nine years. Strangest fact of all, a villager has been found, a woman, who though mere glance was enough to show that not called at the trial, declared that she he was desperately nungry. No doubt heard the cry of the drowning man, and that his words really and clearly for nim, and now he was starved into were: "A moi; je me noie"—a pronoun perfect fearlessness. and death.-London Globe.

Australia's New Jerusalem, "New Jerusalem," in its ce in its celestial ense, is a phrase familiar to the singers of hymns and the hearers of ser but it may not be generally known that there is a terrestrial "New Jerusalem" within the bounds of our own empire. It is a settlement in western Australia, and has just been officially inspected by the local minister of lands, the Hon. N. J. Moore. It was founded three years ago by a converted Jew named Solomon Fisher. He established the "Church of the First-Born," which is apparently a combination of Christianity and Judaism. obtained a grant of 10,000 acres of land from the western Australian government, and there located his settlement, which has now a population of sixty. one, who all profess the peculiar faith of the founder .- London Chronicle.

There are nearly 25,000,000° horses in European Russia. No other country in the world has so many horses as it and get the leopard too, and he's Russia.

to get the manure to the fields as soon nure is spread as soon as it is placed on the soil-that is, do not put it in heaps to spread at some later period, but, if possible, load it from the stable directly into a spreader, so that as soon as it reaches the field it can be put on the soil, where it will leach in during the winter. The idea of carting manure direct to the field is to have it improving the soil instead of letting a portion of its virtue go into the air, as is the case when it lays in the barnyard all winter.

The best poultry yard for fowl that have not free range is the on with plenty of shrubbery in it and one in which grass may be sown to allow the birds plenty of green stuff to eat. It is advisable to have two yards, and while the birds are living one sow some seed in the other. It is also a good plan to turn the soil in the yards and the birds will get many worms and insects. If there are no trees or shrubs in the yards it is very little trouble to plant a few there. The hens and little chicks, especially, will appreciate them on hot days. It is not a pleasant thing for a hen to be compelled to remain ont in the broiling sun, with a flock of little ones, trying to keep cool. And then so many persons forget to give plenty of fresh water to their fowls in hot weather. There is nothing that is more of a drawback to the health and comfort of the birds than to be forgotten when the days are so warm. get run down and their systems are in a condition to get all the diseases that are going around.-Mirror

An Early Start. Whether for hay or pasture, the land | should be deeply plowed and well har- other in the latter, it will be found rowed, so as to have the soil in the finest possible condition. This is es- in the one that was sential, for the reason that the young plants will have better facilities for feeding and will rapidly increase in root growth before the warm days of July and August. The more early the W. R. Gilbert. growth the grass can make the better it will be able to endure a dry spell, If manure is used it should be thoroughly decomposed in order that all seeds or weeds may be destroyed, as it is difficult to get at weeds growing on a grass plot. The safer method is to apply fertilizers. Wood ashes are excellent, but a mixture of 100 pounds of acidulated ground bone (or phosphate rock), 125 pounds of sulphate of potash and fifty pounds nitrate of soda per acre, if the land is in moderate condition, will give the grass an early start and enable it to become well es tablished before meeting with lack of moisture. The main point in the growing of a grass crop is to get an even and uniform stand at the beginning, for any gain at the start will be of advantage at later periods of growth While mixed grasses should be preferred on a pasture field, it is better to grow hay crops singly-unmixed-the mixing of the foods to be done at the barn when feeding the animals after harvesting the grass crops. It is better for the farmer not to depend upon a single kind of hay crop, as a prolonged drought may destroy it. stead of growing clover and timothy only, there should be fields of cowpeas, Hungarian grass and fodder corn, which can if necessary be seeded late according to circumstances.-Philadel- hatched stock, as breeding from these phia Record.

Few things are more worthy of care ful attention than the proper mating of poultry. If one, for instance, has flock of common hens it is possible by placing them with a thoroughbred male and securing a new cockerel of the same breed each year, to change in three years' time all the commo blood to that which is pure and thus have a flock of pure bred of the male variety. The way to bring it about is to select, according to the egg-record the best two-year-old hens one has an then purchase a thoroughbred rooster nine or ten months old, of such breed as he desires. The chief point in doing this is to keep in mind that the weak characteristics in the females should be the strongest in the males. The next year the most promising pullets from this mating in shape, color and other points, should be selected and placed with another cockerel as b The pullets then obtained will be likely to grow fast, feather rapidly, and mature early. Accordingly, they should be mated, not to a young rooster but to a thoroughbred cock two year old of the same breed, though not from the same breeder as the others were purchased. Any reliable breeder who understands his business can furnish the right kind of a bird if the would be buyer will only write him, designating the shape, color and general charac teristics of his pullets. The results of this mating should be a lot of very fine poultry, including valuable cock erels, all of which will find a ready market anywhere at good prices. by selecting the nearest standard pullets in color, shape and characteristics one may carry the grading up still further year by year and ultimately have the finest birds that it is possible to breed .- The Epitomist.

There is no better purifier, disinfectant and germicide for use in the dairy than ordinary lime. It is so cheap as to be within the means of every dairy-man. Unlike so many disinfectants, fresh development.—The Queen.

after it is made as possible, the plan the walls or as an addition to water has its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the maluse of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the malused for cleansing vessels which concerning the course of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse of his bas its greatest value when the maluse when the malu tain milk or cream. There is no remedy which will sweeten a badly contaminated churn. Before it gets to that stage if should be destroyed, but to prevent a churn "going off" or rather to always maintain it in a sweet and wholesome condition, it should be filled once or twice a week up to the top with lime water and allowed to stand overnight. The water may be use again to wash the walls, floors, etc The following is an excellent method of making lime water: Put a quantity of unslacked lime into a tank or barrel, fill up with water and stir well. After settling, the water will be clear and a scum (carbonate of lime) on the sur-Use clear water without disface. turbing the lime at the bottom. When emptied fill up again with water and stir; then leave to settle and so on. The quantity of lime first used wil! serve for many fillings of the vesse with water. As long as the carbonat of lime appears on the surface after settling, it may be considered of sufficient strength. Every dairy or fac tory should have a tank placed in a high position, with taps laid on to re quired places. Lime water should be used by all milk suppliers to rinse buckets and milk cans after they have been cleansed. The cause of mill turning sour so quickly in cans, is often on account of the bacterial starter left in the vessels previously used A simple experiment will demonstrate this to be true. Rinse one can after cleansing with lime and after leaving the cover on for some time, comparwith another can that has not been rinsed with lime water and has also had the cover left on. There will be a noticeable difference in their appearance and in the aroma arising from them. Again, if two cans are taken one treated in the former way and th that the milk will keep much better water. There is very little extra trou ble involved in observing this simple precaution to secure cleanliness and the expense is not worth mentioning .-

Poultry Notes

The best breeds will not be profitable if they are mismanaged.

The smaller the poultry quarters the cleaner they must be kept.

Provide nests where they are handy for hens and handy to gather eggs Poultry is the cheapest and most eco

nomical and best meat raised on the Are you giving your poultry the at tention you give the other stock or just

allowing it to shift for itself? Coarse food promotes digestion and helps to keep the fowls in a healthy condition. Feed as much of it as pos

sible. Do not simply throw the water out of the drinking vessels and put in fresh water, but wash the vessel thoroughly every time you change the

water. We suspect that in a good many cases where the egg yield fails to come, though all due attention is said to be given the poultry, the fault is due to ir

If market poultry is chiefly desired, begin by killing off all the two-yearand mowed at any stage of growth, old birds. Discard, also, all the late tends to decrease the size of yuor stock.

> An experienced farmer poultryman says that the best way to keep poultry droppings is to put them in a barrel and keep them slightly moist, using dishwater or soapsuds where available.

When fenced away from gardens and flower beds fowls cause but little an noyance on a farm. They do an im mense amount of good in the protection of crops by the destruction of injurious nsects, larvae and worms.

Poultry may be raised with the greatest economy on large farms where there is unlimited range, and exhaust less supply of insects and worms and abundance of seeds and grains going to waste which poultry alone car ntilize.

Where one habitually allows other things to interfer with his work with his poultry, irregularities become numerous that his poultry keeping is likely to be remarkable chiefly by long periods of unproductiveness, and almost constant losses.

Too often the only thing a farmer does toward selecting breeders is to obtain two or three big roosters, size being their only merit. But it is more important that they have vigorous con stitutions, symmetrical forms, right color of skin and plumage.

If the fowls the farmer has on hand are of large size, and it is desired to improve their laying qualities, purchase pure bred Leghorns, white or brown as fancy dictates-cock to mate with pullets and cockerels to mate with Gover Cleveland (the latter subsequent

Feminine Terre The middle-aged spread is one of the the glass you think your face is fatter; of this remarkable family. in a month or so you know it is, and what's in a name? that the hips at the back have taken a after all, is only hash.

LIVE WITHOUT STOMACHS.

Important Organ is Not Absolutely Neces-

Although the stomach is a valuable rgan, it is perfectly possible to get on along without it, as was set forth re-While it is admittedly the better plan of application, whether as a wash for cost the manure to the fields as soon of application, whether as a wash for Royal College of Surgeons, of England, moval of the whole stomach as a radical cure for malignant disease. lecturer, observed, says The London Standard, that while the value of a good stomach is undoubted, fortunately Nature is able to dispense with this organ, as most of its functions can be performed vicariously by other portions of the alimentary canal.

Nature has duplicated three of the four functions performed by the stomach, although the loss of the gastric secretion cannot altogether be compensated. "Those who have lost it," says one authority, "have one weapon the less in the struggle for existence." It has been shown that dogs may gain in weight and remain in perfect health after removal of the entire stomach, while the elaborate observations made on a patient prove that the same holds good of human These observations record that ings. the absorption of albumen was unaffected, and no putrefactive changes occurred in the intestines, which shows that the absence of the gastric juice does not lead to decomposition in the intestines.

Until some other cure for cancer is discovered, wide removal is the ideal operation.

WORDS OF WISDOM .

Inspiration is might's: than exhorta-

Faith in God makes some hope for

Flashy people give the world little light.

The strong man never crushes the weak.

Big conceits often go with small receipts.

The best offering is that cf our obedience

Hatred breaks the neart in which it is born. Religion is more than a get-rich-quick

system. Death breaks the shell to set the

A man is not called pig-headed because he is greedy of intellect.

You do not win a front seat in Heaven by taking a back seat in church. The great objection some men have to the sun is that it shines on others. It lakes more than a botherly man-

ner to, make up for a lack of business method in a religious work. Many mer. think they would obey the Ten Commandments if they could

just clip off one or two. If life is a voyage, the cargo and the port are of much more importance than the lish that may be caught on the

When the cracked choir sings, "O, for the wings of a dove," they can be sure of the congregation being with

them on that.-Ram's Horn.

Not "a Foolish Struggle." An Indiana girl of seventeen recenttook her own life, leaving a note in which she described life as "a foolish struggle" adding "the sooner we get out of it the better." How can any one so regard life? Ask the patriarch who sits amid the falling shadows and recounts the achievements of the wellspent years; ask the matron whose declining days are made glad by the companionship of virtuous children and panionship of virtuous children ask those who, strong grandchildren; ask those who, strong in faith, are devoting themselves to the world's work or ministering to the needs of those who require assistanceneeds of those who, strong the black rascal?"

That's Joe Gans, champion lightweight pugilist, answered the conductor, and Mr. Hardwick concluded not to with the answer will ask any of these and the answer will be that life instead of being "a foolish struggle" is a glorious drama in which pain and pleasure, joy and sorrow are so mixed that the love of a Heavenly Father shows forth with increasing clearness as the facts and scenes succeed each other.

Only those can look upon life as "foolish struggle" who view it from a selfish standpoint and, pursuing false deals, are blind to its splendid possibilities and its great rewards. cause so much depends upon one's conception of life-upon one's ideals-it is the duty of the parents, the schoolteacher and the religious instructor to set before the people-and especially the young-ideals that will inspire to noble endeavor .- The Commoner.

A Large Family.

McDonald Hall and his wife, of Champaign County, claim the honor of being the most notable supporters President Roosevelt's anti-race suicide doctrines. Mrs. Hall has just presented her proud husband with their thirtieth child. The latest was a girl, and was named Margaret. The parents honored many great

characters in the selection of names for some of the thirty. Among them are George Washington, Thomas Jefferson, Patrick Henry, Victoria Regina, Abraham Lincoln, Lucretia Borgia, Victor Emanuel, Susan B. Anthony, Ulysses Grant, William T. Sherman Phillip Sheridan, Cassie Chadwick, yearling females. Or, if the size is to be increased, Brahma blood will do the work effectually.

ly changed to Benjamin Harrison for political reasons), William McKinley, Henry Ward Beecher and Shields Blaine.

The others are only able to boast of commonplace cognomens. Mr. Hall troubles which stares us in the face is a laboring man of Champaign Counwhen youth is cruelly deserting us. It ty, and but for the assistance of his comes slowly; one is hardly conscious older children might have some difficult in facility. of it as first. Maybe some morning in culty in feeding the hungry mouths

What's in a name? A croquette,

CAN'T STRAIGHTEN UP.

Kidney Trouble Causes Weak Backs and Multitude of Pains and Aches.

Col. R. S. Harrison, Deputy Marshal, 716 Common St., Lake Charles, La., "A kick from a horse first says: and affected my kidneys. I became very bad and had to go about on crutches.

neys .. I became very The doctors told me I had a case of chronic rheumatism, but I could not believe them, and finally began using Doan's Kidney Pills

for my kidneys. First the kidney cretions came more freely, then the pain left my back. I went and got another box, and that completed a cure. I have been well for two years." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Census of India

According to the latest Indian census, that of 1901, the population of India was 294,361,056, and the total people employed in var ious capacities by the Govern was 1,490,276. Of these, 2-were partially agriculturists, Government lese, 245,803 were partially agriculturists, and about as many more were employed in occupations not strictly official, thus leaving about a million who could be called Government officials.

STATE OF OHIO, CITY OF TOLEDO, \$ 5.5.

FRANK J. CHENEY MAKES oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of one hundred differ will pay the sum of one hundred differ will pay the use of CATARHE that cannot be cured by the use of HALL'S CATARHE CUBE. FRANK J. CHENEY.

SWORN to before me and subscribed in my \$ 5EAL. \$ ber, A.D., 1886. A.W.GLESSON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & Co., Toledo, O. Sold by all Druggists, 75c.

Hall's Family Pills are the best.

DOWIE'S DOWNFALL

He Is the Only Modern Prophet Dis-

carded by His Followers. Among modern prophets John Alexander Dowie has the distinction of being the only one who has been discarded by the sect which he founded. After building his zion up to astonishing proportions, he finds himself denounced as a hypocrite and charged with many serious offenses, and, worst of all, his wife and son are against him. are damaging enough to an ordinary man, and so much the worse claiming to be a reincarnated prophet, but they come from his followers who ought to know what they are talking about.

The infidels as touching Dowieism have not said anything worse, if quite so bad, about him. The wonder is that his own flock has been so slow to find him out or to frankly say what they must have known for

Hardwick Crawled Back.

While traveling in a Pullman car ot long ago Congressman Hardwick, of Georgia, the smallest man in the found himself fellow ger with a well-dressed, quiet-looking negro. his was not agreeable to the Georgian, who was further riled on seeing the colored man in the dining He and the darky returned to the Pullman about the same time, and then Mr. Hardwick went to the conductor and asked that the negro be put out of the car. "We can't do that, sir," the conductor answered. the conductor answered. 'Well, if that fresh niggar gets near me I'm going to wipe up the car him," declared the Georgian. won't have him around me. We the black rascal?" "That's Who is looking fellow passenger.—Cleveland Leader.

A BUSY WOMAN.

Can Do the Work of 3 or 4 If Well Fed. An energetic young woman living just outside of N. Y. writes:

"I am at present doing all the house work of a dairy farm, caring for 2 children, a vegetable and flower garden, a large number of fowls, besides managing an extensive exchange business through the mails and pursuing my regular avocation as a writer for several newspapers and magazines (designing fancy work for the latter) and all the energy and ability to do this I owe to Grape-Nuts food.

"It was not always so, and a year ago when the shock of my nu baby's death utterly prostrated me so that I could not assimilate as much as a mouthful of solid food, and was even in worse condition mentally, he would have been a rash prophet who would have predicted that it ever would be so.

'Prior to this great grief I had suffered for years with impaired digestion, insomnia, agonizing cramps in the stomach, pain in the side, constipation, and other bowel derangements. these were familiar to my daily life. Medicines gave me no relief-nothing did, until a few months ago, at a friend's suggestion, I began the use of Grape-Nuts food, and subsequently gave up coffee entirely and adopted Postum Food Coffee at all my meals.

"To-day I am free from all the troubles I have enumerated. My digestion is simply perfect, I assimilate my food without the least distress, enjoy sw restful sleep, and have a buoyant feeling of pleasure in my varied duties. fact, I am a new woman, entirely made over, and I repeat, I owe it all to Grape-Nuts and Postum Coffee." Name given by Postum Co., Battle Creek,

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

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