RUSSIA NOW FREE

Emperor Nicholas II. Grants His Subjects Liberty.

AUTOCRACY AT END

The Last Absolute Monarchy of Europe Passes Into History.

Emperor Surrenders the Absolute Rights of the Romanoffs and Gives the Helm to Peace Envoy as Premier-President—Czar Yields to Uprising by Whole Empire and Promise of Constitutional Form of Government Brings Signs of Peace.

The autocracy of Russia is no more. The absolute reign of the Romanoffs has ended and the people's fight for liberty has been won.

In an imperial manifesto Monday night Emperor Nicholas surrendered and Count Witte came into power as minister-president, with an imperial mandate which will enable him to convert the farcical national assembly into a real legislative body elected by greatly extended suffrage and to confer upon the people fundamental civil liberties, including free speech.

The conditions of the imperial mandate grant to the people of Russia freedom of the press, the right of assembly and the immunity of the person, including the right of habeas corpus.

The municipal council, after reading the imperial manifesto at its sitting Monday evening, dispatched the following telegram to the Emperor:

"The council welcomes with delight the long-desired tidings of freedom, firmly relying on a bright future for

NICHOLAS II.

our dear fatherland. Hurrah for the emperor of a free people."

Text of Emperor's Ukase.

The following is the text of the imperial manifesto issued by the Czar:

"We, Nicholas II., by the grace of God emperor and autocrat of all the Russias, grand duke of Finland, etc., declare to all our faithful subjects that the troubles and agitation in our capitals and in numerous other places fill our heart with excessive pain and sorrow.

"The happiness of the Russian sovereign is indissolubly bound up with the happiness of our people, and the sorrow of our people is the sorrow of the sovereign.

"From the present disorders may arise great national disruption. They menace the integrity and unity of our empire.

"The supreme duty imposed upon us by our sovereign office requires us to efface ourself and to use all the force and reason at our command to hasten the securing the unity and co-ordination of the power of the central government and to assure the success of the measures for pacification in all circles of public life, which are essential to the well being of our people.

Directs the Government.

"We therefore direct our government to carry out our inflexible will in the following manner:

"1. To extend to the population the immutable foundations of civic liberty, based on the real inviolability of person, freedom of conscience, speech, union and association.

"2. Without suspending the already ordered elections to the state douma, to invite to participation in the douma, so far as the limited time before the convocation of the douma will permit, those classes of the population now completely deprived of electoral rights, leaving the ultimate development of the principle of the electoral right in general to the newly established legislative order of things.

"3. To establish as an unchangeable rule that no law shall be enforceable without the approval of the state douma, and that it shall be possible for the elected of the people to exercise real participation in the supervision of the legality of the acts of the authorities appointed by us.

"We appeal to all faithful sons of Russia to remember their duty toward the fatherland, to aid in terminating these unprecedented troubles and to apply their forces, in co-operation with us, to the restoration of calm and peace upon our natal soil.

"NICHOLAS."

How the News Is Received.

The news spread like wildfire throughout the city. The revolutionists, and active agitators generally, declared loudly that the government's promises would no longer suffice, and that the strike must be continued.

In fact, an hour after the news became known the revolutionists took occasion to throw the first bomb in St. Petersburg used since the strike began. The incident occurred near the polytechnic school, but there was no fatality.

Practically all classes, except the socialists and the extreme radicals, however, read the document with delight and amazement, declaring that it could not fail to rally the moderates to the support of Count Witte.

Finland has declared her independence. The Russian flag has been hauled down from all government buildings throughout Finnish territory and Finland's national flag and red flags are flying in their place. Dispatches from points outside of Helsingfors show that the movement for independence is general. The Czar's soldiers all over Finland have discarded their uniforms.

A STUDENTS' DEMONSTRATION IN ST. PETERSBURG.

Students in Russia, as in Germany, take considrable interest in politics. In St. Petersburg their sympathies are invariably on the side of the populace, and they are nearly always to the fore when any disturbances take place.

JOY REIGNS IN RUSSIA.

St. Petersburg Wildly Jubilant Over Manifesto Granting Liberty.

Thousands of cheering men marched the streets of St. Petersburg all of Monday night and the capital was abloom with flags and bunting Tuesday in honor of the Czar's manifesto. All the troops are withdrawn from the streets, and the city presented almost its normal appearance. The nervousness of the people suddenly disappeared.

Workmen by the thousands flocked back to the shops and factories without awaiting the permission of the strike committee. The authorities did all in their power to encourage the spirit of rejoicing over the newly granted liberties.

It was by order of Gen. Trepoff that the regulation decorations were hung out, the troops were instructed to permit the people to vent their feelings.

Monday night's demonstrations continued almost until morning. A procession of 5,000 persons with red flags paraded the Nevsky prospect until 4 o'clock, singing the "Marsellaise," and they then moved down Litania street to the Russian bastile at Shpalernia street, where for an hour they made the welkin ring with revolutionary songs. Immediately opposite stood the well-filled Cossack barracks, and the crowd took particular delight in howling maledictions in that direction.

The Social Democrats, however, urged their followers not to be tricked by the government, but to keep up the fight. They organized a demonstration of the proletariat in the Vasili Ostrov district in favor of the organization of a national militia and general amnesty.

The imperial manifesto has produced a wonderful impression for good, and if executed in a frank and honest spirit must allay much of the prevailing discontent.

SYNAGOGUE IN WARSAW.

The distrust of the government is so deep-seated, however, that the liberals say that not until words are translated into acts and the people actually enjoy their liberties will confidence in the government be restored.

Count Witte has been showered with congratulations upon his personal triumph, but to all felicitations he says: "Wait. Reserve your congratulations until I have succeeded."

Such news as comes from the interior is distinctly better.

RUSSIANS IN REVOLT.

MOB RULE IS RAMPANT IN MANY PLACES.

Hundreds Slain and Wounded at Odessa, Kieff and Other Cities — Cossacks Pour Lead Into Malcontents and Trample on Them with Their Horses.

Despite the granting of a constitution by Emperor Nicholas, the fires of revolution are spreading over the Russian empire. Radicals, distrustful of the Czar's pledge, insist on the establishment of a republic. Hundreds have been slain in desperate conflicts between troops and revolutionaries in a score of places.

At Kharkov 400 persons have been killed and more than 1,000 wounded in street battles. In street fights at Odessa between students and workmen and the police and troops fully 100 persons have been killed and many scores injured. Mobs begun a massacre of Jews and pillage of their shops in Odessa. Thirty-seven persons were slain and eighty-one wounded. The mobs are said to have been incited by the police. Many persons were killed or wounded on both sides in a savage conflict between revolutionaries and Cossacks at Kieff.

TROOPS RIDING DOWN WARSAW STRIKERS.

A mob attempted to storm the prison at Minsk, but was beaten off by Cossacks. Many were slain or wounded by the Cossacks' volleys. At Warsaw conflicts between the soldiers and poulace are frequent. Many persons were killed or wounded. Seven persons were killed and many wounded at Lodz in collisions between the mobs and troops. Eight persons were slain and twenty-four wounded at Pabanice, Russian Poland, when the infantry fired on a procession of workingmen.

GATEWAY LEADING TO WINTER PALACE.

Cossacks Trample People.

The news that Russia had been granted a constitution created enthusiasm in Odessa. All work was suspended and the strets were blocked with cheering crowds. At the town hall red flag demonstrations were charged by Cossacks, who caused their horses to trample on the people. There was considerable pillaging during the night on the outskirts of Odessa, which the students, who organized themselves into a city guard, tried to prevent. Mobs of rioters broke loose in various parts of the city and came in conflict with the bands of students, resulting in much bloodshed.

At Kieff, the populace seized the town hall and revolutionary speeches were being delivered to the crowd from the balcony when Cossacks appeared. Some of the people inside the building were armed and a regular engagement followed, resulting in many being killed or wounded on both sides. The Cossacks finally routed the crowd and captured the building. After dark the Jewish quarter was sacked. The Cossacks while passing the office of the Otkliki, a liberal paper, fired three volleys at the building.

Conflicts in Warsaw.

Disorders continue throughout Warsaw. Conflicts between the populace and soldiers are frequent. The authorities are charged with ignoring the imperial manifesto and general depression prevails everywhere. There is a complete deadlock in business and traffic. The streets and squares are full of troops. The people attempting to organize street meetings are promptly dispersed by bayonet charges.

Everywhere the announcement of the issuing of the manifesto granting Russia a constitution aroused the people to a high pitch of enthusiasm, but everywhere the populace was divided into two camps, as in St. Petersburg—those who accepted the boon of freedom with intense joy, and who are now denominated loyalists, and the extreme radicals, under the leadership of the students, social democrats and revolutionary organizations, who used the opportunity to preach the complete overthrow of the government.

Students and social democratic leaders who continue to declare that nothing but a democratic republic will suffice are using every means in their power to keep up the enthusiasm and drive the people into armed collisions with the troops.

The Duke of Sutherland is one of the greatest land owners in the world, his holdings being only exceeded by the Czar and the Esterhazy family.

DEMAND POWER TO MAKE RATES

Interstate Commerce Convention Finds No Other Remedy for Existing Evils.

Out of the clash between opposing delegates to the interstate commerce law convention, in Chicago, which was factionally divided, there developed two distinctive platforms relating to railroad rate legislation.

The "regular" convention, champion of the utterances of President Roosevelt, embodied in a resolution the ideas of the chief executive regarding regulation of railroad rates and determined to urge upon Congress the enactment of legislation which will give power to the Interstate Commerce Commission to regulate unjust or discriminating rates.

The so-called "rump" convention, headed by David M. Parry, of Indianapolis, and made up of men who refused to pledge themselves to the Roosevelt plan, adopted resolutions admitting the existence of railroad rate evils, calling upon Congress to enforce existing laws against violations of the same and to provide necessary legislation, but emphatically protesting against the investiture of authority upon any appointive body such as the Interstate Commerce Commission.

The second day's session of the Interstate Commerce Law convention considered resolutions setting forth its approval of President Roosevelt and urging broad legislation. Speeches were made by many denouncing the railroad and trust magnates, and urging that transportation facilities be restored to the control of the people.

Noyes Kendall of Colorado says the railroads have converted Denver into a "one lung hospital and globe-trotters' station." He urged immediate action in the rate question, making the assertion that Denver's industries had been ruined by railroad discrimination in favor of other points.

Delegate J. D. Doherty won applause by denouncing the Senate as a "most obstinate body before which the question must go." Chairman J. H. McCall of Los Angeles, of the resolution committee, submitted his report, and said:

"The control of interstate commerce to-day is in a dozen corporations. These corporations are controlled by a dozen men. This power should be restored to the people."

Ex-Governor Vansant of Minnesota characterized the "bolters" as "goats," and called the attention of the delegates to the unanimity of the country on the rate question. McCall cited decisions to the effect that the empowering of the Interstate Commerce Commission to regulate rates is constitutional, one of the rights of government.

After much discussion a report was submitted by McCall agreeing with President Roosevelt that the only constitutional and effective method for the supervision of railroad rates, classifications and practices is by amending the interstate commerce act so as to provide that the "Interstate Commerce Commission should be vested with power, where a given rate has been challenged and after full hearing found to be unreasonable, to decide, subject to judicial review, what shall be a reasonable rate to take its place, the ruling of the commission to take effect immediately, and to obtain unless and until it is reversed by the court of review." It was adopted. A fund of $7,000 was subscribed to further the work of the convention.

A summary of the platform adopted by the convention which stood by the demand of E. P. Bacon, of Milwaukee, chairman of the Interstate Commerce Law League, that President Roosevelt's position be unqualifiedly supported, was as follows:

Congratulations to President Roosevelt for his stand relating to rate legislation, commendation to the House of Representatives for co-operating with the President, and urging that the interstate commerce commission be vested with power to fix substitute rates for any railroad rates successfully challenged, said rates to prevail until reversed by a court of review.

In the so-called "rump" convention, of which N. W. McLeod, of St. Louis, was chairman, the platform makes a declaration of unquestioned faith in the wisdom and integrity of President Roosevelt in dealing with public questions; recognition of existing evils connected with transportation interests; demands rigid enforcement of existing laws, which, if inadequate, should be amended to provide effective relief; expresses dissatisfaction with the Interstate Commerce Commission and protests against granting it additional authority.

As a result of the diametric opposition which arose among the delegates there developed the organization of a new national body to rival the Interstate Commerce Law League. The Interstate Commerce Law League reappointed E. P. Bacon of Milwaukee as chairman of the executive committee and authorized the continuance of the organization in its present form. The sum of $10,000 was subscribed for propaganda work and a committee was appointed to visit President Roosevelt to inform him of the action of the convention.

Interesting News Items.

Secretary Taft has given out a statement declaring he will not be a candidate for President in 1908.

Ben Bennett, a white fugitive from justice, for whom a large reward was offered, has been arrested in Macon, Ga.

The South Dakota Supreme Court has decided that the county seat of Walworth county shall be at Bangor. The citizens of Shelby one night went to Bangor, tore down the old county building and carted the records off to Shelby. Bangor took the matter to court.

One hundred and fifty bricklayers quit work at Wilkesbarre, Pa., because the building contractors insisted on employing non-union carpenters.

Lewis Cass Ledyard at Newport, R. I., issued a statement denying that John Jacob Astor and Cornelius Vanderbilt had ever owned stock in the International Power Company, as testified in the Hoadley suit at New York.

By men who had spent the night over the dead body of Dock Carroll on a mountain top near Knoxville, Tenn., the sheriff was notified of the man's murder. Sam Beasel and Hoyt Norman are in jail, charged with murder, and Joe Mitchell, a boy, is under arrest.

SUNLIGHT AND MOONLIGHT.

Sunshine, sunshine! And all the world's ashine,
And the breeze is thrilling, filling like a draught of ancient wine.
And the birds are all a-twitter with the gladness of the day,
And it seems a shame to fritter priceless hours in toil away,
And the brook a song is lisping that I ne'er interpret quite,
And the earth is like a maiden in a robe of silv-ry white,
And the summits flash a message to the ripples o'er the sea—
Oh, it's sunshine, sunshine! It is good enough for me!

Moonlight, moonlight! And all the sky is bright,
And the stars are tapers shining on the mighty wall of night,
And the meadows have their voices, that the very sweet and wee,
And they seem forever saying something sacred unto me;
And the grumbled, mumbled chorus of the frogs is swelling high,
And it's just the the time for dreaming, for there's not a danger nigh.
Oh, the sunlight and the moonlight, that alternate o'er us fall!
Would we only drop the worry, they have peace enough for all.

—San Francisco Call.

WHEN they were married, back in the early fifties, the fact of their omitting to take a wedding journey was not remarked since it was not the custom in the village where they lived. The money they might have used for travel was expended in putting some simple improvements on the little farm house which was to be their home. They had discussed the matter between themselves and had played with the idea of a wedding journey, though knowing all the time they were indulging in a fancy. Their thrift prevented what was, to them, an extravagance, so after their wedding they went quietly to their home and settled down to married life, but their fancy was not forgotten.

Both were young then and filled with youth's expectation of bright hopes to be realized in the future. "Maybe next year we'll have our wedding journey," the young man said, in the beginning of their married life; "we won't give it up."

His girl wife smiled her acquiesence as contentedly as if the journey were an assured fact, as it really was, to her. Sometime they should go, and until they did, it was something for them to look forward to. It was something apart from the necessities of life, a pleasure they should give themselves when all of their duties had been fulfilled. They seldom lost sight of this plan, though the multiplying years seemed to bring it no nearer.

It was at first one thing and then another that interfered. There were the children to be looked after and provided for, and there was always a struggle to wrest a livelihood from the stony acres of the farm. Some years the crops failed. Twice the barn burned. Again, the house, grown too small for the increased family, must be enlarged. Then, when the boys were old enough to go out into the world for themselves, they must be helped a little on their way. When the girls were married there were the weddings, which, though unpretentious, required an extra expenditure of money. And so it went from one year to another until youth had fled.

Their existence had always meant continual labor, but they went hand in hand to their tasks, unconsciously sustained by their air castle of a wedding journey which they did not permit to crumble to ruins. Sometimes it was forgotten for months, when they were hard pressed, but it was never forgotten entirely.

"We'll go yet, mother," the old man assured his wife when something occurred to bring their long-cherished hope to mind.

"So we will, father, so we will," she answered, cheerily.

This looking forward to a joyous event kept them young in spirit, and their youthful spirits held their bodies strong.

"Father, you can't die yet, we haven't had our wedding journey," his wife whispered, piteously, once when the old man, seriously hurt by a fall, seemed slipping away from earth.

"I'm coming back, Mary," he promised her; "we'll have it yet, I'm coming back."

Fifty years had passed before they saw their dream come true. Fifty years spent upon one soil and in the shelter of the house which had received them when they came to it as young bride and groom and then, at last, the way was clear. They had enough of money to last them for the rest of their lives, and there was nothing to prevent their taking the belated wedding journey. Their thoughts turned to the west, where their sons were established. In the beginning their dream had not carried them from their Connecticut home to New York and Boston, but now their horizon had widened. They were going west into strange and far countries, and they began to feel like adventurous explorers.

"Maybe we'll get clear to California," father observed in a reckless moment.

"My land!" exclaimed mother. "That's a mighty long ways off."

"Likely as not when we get to going we won't be able to stop, we've been such a spell in getting started," father returned, humorously.

They told no one that they regarded their intended tour as a wedding journey. They kept the secret to themselves and hugged it to their hearts, reveling in its delight.

"Oh, yes, we're thinking of taking a trip. We've been planning it for some time haven't we, mother?" he remarked to an inquiring neighbor, speaking carelessly, but looking sideways at his wife, with mischief in his eyes.

"Yes, we have, father," she answered demurely. Then, turning to the neighbor she explained. "It seems like quite an undertaking at our time of life, but the boys are set on our coming west, so we're going to please 'em."

The house was put in order, the windows darkened, and the key to the back door hung on the nail outside in plain sight of all beholders, where it had hung for years whenever the members of the family were abroad. The chickens and cow were confided to the care of an obliging neighbor and the wedding journey was actually begun. They made a slow progress, this simple, elderly man and woman, absorbed in the realization of their life's dream and enjoying it to the full. They often stood hand in hand to view the sights of the city, with the satchel, which they never allowed out of their keeping, resting on the pavement at their feet.

You would have known they were from the country and were unused to the ways of the world, and you would have known, if you had been an observer of faces, that they were living some great happiness. Theirs was a case where expectation was not better than realization.

They had planned vaguely for this journey throughout their life together, not thinking of what they should see, and they found the world a place of wonders especially arranged for their pleasure.

"My land, father, isn't there a lot to see!" mother exclaimed excitedly, as day by day fresh marvels were revealed to her vision.

"It's considerable few of a world," father agreed, quaintly.

They went to Colorado to visit their sons and their growing spirit of adventure carried them still farther west. Father's jest about going to "California" changed to earnest. They saw the land of the Pacific slope and they were awed by its vastness and strangeness. They saw their country from east to west and then they returned to their quiet home, their wedding journey at last accomplished.

"You've got to see things to know how they look; no one can describe 'em to you," said mother.

"No, they can't; but I feel that I'm going to have a real pleasant time telling the folks at home about our trip," returned father, his mind leaping ahead to the stories he should relate when the neighbors came in to visit them winter evenings.

They did not send word to their friends of their coming, so there was no one to meet them at the station. The news of their arrival soon spread through the village, but before the neighbors "ran in" they gave them time to get settled. They found the doorkey hanging on the nail where they had left it. Then they opened the door and went into the house. Father raised the long-closed windows and doors while his wife inspected her domain.

"My!" she exclaimed, her housewifely instinct aroused to action, "the dust's an inch thick on everything."

"We've been where it's a sight dustier," father answered. "Do you remember that day in the desert? We most choked."

Mother held her bonnet in her hand and picked at its bows reflectively.

"It doesn't seem possible we've really been so far. My, my, the things we've seen! And now it's all over," she said.

"Yes," echoed father, a little soberly, "we've traveled a considerable, and now it's all over and we haven't it to look forward to any more. We've been planning to take that trip for fifty years. Do you know it, mother?"

He was feeling the let-down after weeks of excitement, and now that the plan of a lifetime had been brought to its culmination, he missed its stimulus. His wife looked at him closely and understood his mood.

"Well," she said, cheerfully, "we enjoyed looking forward to it; we enjoyed having it; and now we'll enjoy looking back at it and talking it over. It was worth waiting for, but, father, doesn't it seem good to you to be home? It does to me. I'm real glad to be here."

"Yes, mother," he answered, catching her mood and forgetting his momentary depression, "it seems real good to be home."—Toledo Blade.

His Pay Was Raised.

Genius that may grow to great things must have been born in the office boy of whom the St. Louis Post-Dispatch tells this story:

The "boss" was bending over a table, looking at the directory. The new office boy slipped up quietly and put a note in his hand. The boss read "Honored Sir. Your pants is ripped."

Every man believes his hoodoo is the weather; when he wants good weather, he gets bad; when he wants rain he gets a drouth

Theory of French Waiter.

"I have a theory about dyspepsia and indigestion," said the head waiter in a French restaurant, "that I think ought to be considered by sufferers from stomach complaints. I believe that much of this class of trouble is due to people's persistency in eating the same kind of bread for weeks, months and sometimes years, without a change.

"Now, nobody does that with any other kind of food; meat, for instance, or vegetables, or fruit or other dessert. Yet the average man will eat the same kind of bread twice or even three times a day and think himself wise. The stomach, unless it is of extraordinary constitution, will naturally get tired of this monotony and refuse properly to digest this eternal bread. Then the bread eater knows he has dyspepsia and starts on a course of dieting—generally sticking religiously to the same old bread—that most often leaves him in worse plight than ever.

"There are many varieties of bread—corn, rye, whole wheat, graham, Boston brown, aerated, barley, Vienna and French bread. All of these differ in the making and the material, and if, the average man would only take a turn at some of them for a change from his regular loaf he would find himself healthier and happier."—New York Sun.

Penalties of Fame.

Scribbler (gloomily)—Literary fame is a continual torment.

Spacer—How so?

Scribbler—A fellow's creditors keep dunning him just to get his autograph.

Ask Your Neighbors.

Gelatt, Pa., Nov. 6.—(Special.)—Mrs. H. W. Sterns, a well respected resident of Gelatt, tells in convincing words what Dodd's Kidney Pills have done for her. She says:

"I was a great sufferer from Rheumatism, caused through my kidneys being out of order. I was subject to it for years. It would take me without warning, and while the attack lasted I was so lame I could not get around. So I had to send for Dodd's Kidney Pills. I took them for three days, but didn't feel much benefit, but on the fourth day I noticed a great change, the lameness in my back was gone, and the pains I used to suffer were less. I kept on with Dodd's Kidney Pills and now I am glad to say I have no lameness or pain of any kind. I feel as if I didn't know what Rheumatism was. I shall never be without Dodd's Kidney Pills in the house, and I bless the day I first heard of them."

VALUE OF A HEN'S EGG.

Easily Assimilated and Highly Nutritious Food for Man.

Here are some facts and figures relative to the hen's egg which may not be without interest to the student of poultry possibilities. Its average length is two and twenty-seven hundredths inches, its average diameter at the broad end one and seventy-two hundredths inches, and it weighs about one-eighth of a pound. The pullets' are smaller than those of old hens. The shell constitutes about 11 per cent., the yolk 32 per cent and the white 57 per cent of the total egg. Chemically speaking, an egg consists of two nutrients—protein and fat—together with some water and a small quantity of mineral matter. Popular belief to the contrary, there is no difference in the nutritive qualities of eggs with dark shells and those with light. Their flavor is affected by the food of the fowl, for good or for evil. Exhaustive experiments by well-equipped investigators prove that the egg deserves its reputation as an easily assimilated and highly nutritious food, if eaten raw or lightly cooked. Such experiments also show that eggs at 12 cents per dozen are a cheap source of nutrients; at 16 cents, somewhat expensive, and at 25 cents and over, highly extravagant. The basis of comparison was the market prices of standard flesh foods considered in relation to their nutritive elements. But there is a physiological constituent of eggs which is of great value, yet it defies the search of the scientist or the inquisition of the statistician, and that is their palatability. Unless a food, however rich in proteins, is relished, it loses much of its value, while per contra, a less chemically desirable food that is enjoyed becomes valuable by reason of that fact.—Success Magazine.

OLD-FASHIONED FARE

Hot Biscuit, Griddle-Cakes, Pies and Puddings.

The food that made the fathers strong is sometimes unfit for the children under the new conditions that our changing civilization is constantly bringing in. One of Mr. Bryan's neighbors in the great State of Nebraska, writes:

"I was raised in the South, where hot biscuits, griddle-cakes, pies and puddings are eaten at almost every meal, and by the time I located in Nebraska I found myself a sufferer from indigestion and its attendant ills—distress and pains after meals, an almost constant headache, dull, heavy sleepiness by day and sleeplessness at night, loss of flesh, impaired memory, etc., etc.

"I was rapidly becoming incapacitated for business, when a valued friend suggested a change in my diet, the abandonment of heavy, rich stuff and the use of Grape-Nuts food. I followed the good advice and shall always be thankful that I did so.

"Whatever may be the experience of others, the beneficial effects of the change were apparent in my case almost immediately. My stomach, which had rejected other food for so long, took to Grape-Nuts most kindly; in a day or two my headache was gone. I began to sleep healthfully and before a week was out the scales showed that my lost weight was coming back. My memory was restored with the renewed vigor that I felt in body and mind. For three years now Grape-Nuts food has kept me in prime condition, and I propose it shall for the rest of my days.

"And by the way, my 2½ year old baby is as fond of Grape-Nuts as I am, always insists on having it. It keeps her as healthy and hearty as they make them." Name given by Postum Co., Battle Creek, Mich. There's a reason.

Read the little book, "The Road to Wellville," in pkgs.