

# The St. Tammany Farmer

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And about those flies—  
There are no good flies except dead ones.

Some straw-hat symptoms are manifesting themselves.

Astronomers, on the other hand, learn something new every day.

Judging by some of the recent fiction, more novelists are of unsound mind than are legally declared so.

Candidates for parliament in Hungary are being pelted with stale eggs. Has Hungary no cold-storage houses?

Soon some nervous people will begin worrying about what the comet will do when it returns seventy-five years hence.

The "Chantecler" cocktail is the latest, but the man who drinks it probably does not feel like crowing the next morning.

The price of skunk skins has advanced 100 per cent, so expect a big rise in several kinds of mink, seal and ermine next winter.

Kissing is safe, says a Boston physician. The young man's fancy will turn this spring, no doubt, with far more than its usual intensity.

New York suburban railroads have raised the rate to commuters. Here is a new incentive for the flying-machine man to continue his activities.

From Lynn comes a story of bread buried in dry sand and kept sound and sweet for 25 years. This seems to be another hint for cold-storage men.

"Do not tell a boy how bad he is," says the superintendent of a boys' school. No, he might get haughty over having achieved such distinction.

Kansas will continue to raise corn and put money in the bank without getting jealous or excited over diamond discoveries in the neighborhood.

Railroads are having trouble fixing transportation charges on women's hats. They are not heavy enough to go by weight. Why not charge by the acre?

Thanks to the California experimenters it is now possible to eat cacti and roses. It'll be long before this prickly fodder takes the place of meat and "taters."

The scientists may prove or disprove the dangers in kissing, but it will take all the king's horses to stop it—and no one seems to be rounding up horses, either.

The Husbands' union should investigate the case of the man whose wife beat him with her fists, a stove poker, a hammer, and then had him arrested for assault and battery.

An engineer who ran his engine into a train ahead of him says that the Lord ordered him to do it, thus predicating another case of orders gone awry in transmission.

School children in various cities are voting against the firecracker and the insane type of Fourth of July. The children see the point when you present it to them in the right way.

Somebody has found out how to make coffee from dandelion roots, but there is no immediate danger that the dandelion crop will be a failure owing to the fact that a use has been found for it.

The Ornithologists' union of New York has undertaken to try to restore the wild pigeon. Perhaps members of the Ornithologists' union have nothing else that may be regarded as worth while to do.

It is an interesting and noteworthy fact that since the promulgation of the law of June, 1907, the effect of which is to simplify the formalities which are the necessary preliminaries to marriage, there have been more weddings in France than at any period since the beginning of the last century, with the exception of the year 1813 and 1872. In the former of which men contracted unions to escape being sent off to fight, while in the latter many wedding took place which had been delayed by the war with Germany.

That submarine vessels can make extended trips is shown by a recent experience with the Viper, owned by the United States, which, in command of a midshipman, ran 487 miles, from a point off the North Carolina coast to Annapolis. Hitherto no such attempt has been made. Of course, the voyage was made on the surface, as submarines dive only when such action is considered necessary. But that the Viper could go safely for such a distance, unaccompanied by any convoy, is taken to show that such craft are capable of more independent service than was supposed.

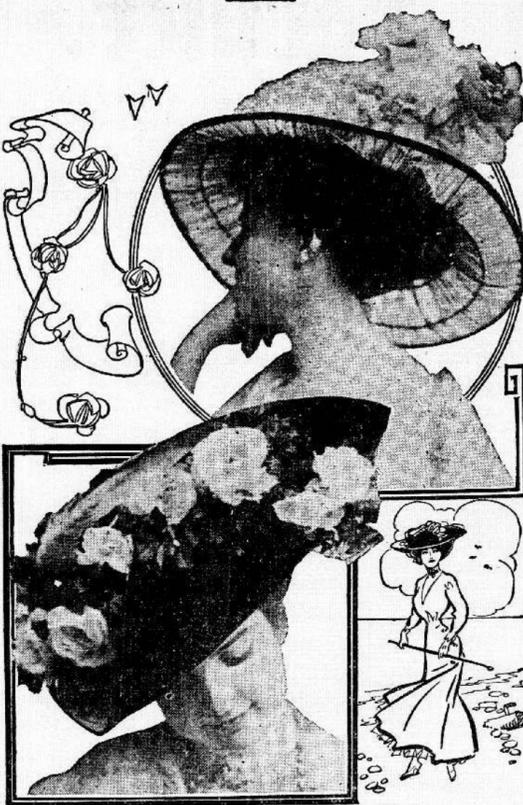
In Zurich, Switzerland, the people have a custom of burning an effigy of winter in the streets. If it would help to bring winter to an end the custom might well be adopted in other places.

China has taken another great step toward western civilization and the emancipation of its women. The daughters of the Chinese minister at Washington have learned to make fudge. When the American schoolgirl atmosphere gets into any home, however orientalized, things are bound to be changed.

A Chicago woman will be compelled to explain to the federal grand jury why she refused to talk to a census enumerator. What about the old theory that woman is never able to hold her tongue?

Chicago quotations show that while the prices of the two most expensive cuts of meat have dropped a little, the 13 cheaper cuts, in contrast, have increased in price. Let's see, didn't the government issue recently 1,000,000 copies of a cook book showing people how to use the cheaper cuts of meat?

# Last Word in Hats



NET and lace hats, milans faced with velvet, hair braids, leghorns and lingerie hats, and especially net and lace, these are the words most often on the lips of the milliner just now. Hair braids—for those who can afford them—undisputed queens among hats for the hot weather, are not pictured here, but everyone knows their beautiful texture and their durability. It is peculiar that the milan, which is heavier than any other of the mid-summer braids, should be so often chosen. It is really a matter of habit with the milliner to put before her people the milan, large, comfortable and simply trimmed, for an all-around midsummer hat. Vivid shades of green, with the golden yellow of the milan gives a color combination that is never tiresome. The decoration is usually a feather of some sort in the same color and a flange or facing of velvet.

Just now a pretty idea is a cluster of lilac blossoms at the side of a broad brimmed shape with one or two sprays standing; these blossoms are tinted to the color of the hat and shade off to lighter tones. A milan, for instance, is trimmed with lilacs in light yellow shading off to white. A single Easter lily in black velvet makes a telling touch, arranged in the heavier portion of the spray.

Roses have not quenched it as usual this summer, for all other blossoms have claimed attention. But rose wreaths and sprays of large roses are

featured on midsummer hats, at the moment. Small June roses have been in demand and promise to continue in demand until we say goodbye to the summer months.

To return to the useful milan, a lovely example, faced with black velvet, and trimmed with a garland of pale pink tulle roses is about as happy a combination as has sprung from the fancy of millinery designers so far. The rose garland on hats, and on gowns gives the most genuine pleasure, and in the delicate tulle, with pink at the center, shading off to white in the outer petals, a rose of fairland, a sort of rose ghost of the blossom, charms everyone who sees it. It is very lovely and very fragile.

Big hats of net shirred to frames of fine silk wire and having crowns that are clouds of puffed net, form backgrounds for the large tulle roses which stand at the side. Nothing but the flower and the foliage is needed, except the stems which are made carefully lifelike, even to the thorns. These are of rubber and have no sting. They do not need it. In a hand-made lace or net hat there is sting enough this season in the price ticket. But the day of cheap millinery is almost gone; people want fine things nowadays and must pay for skill and work. Perhaps they do so more cheerfully when the subject to be considered is a hat than at any other time.

JULIA BOTTOMLEY.

## YOUNG GIRL'S DRESS



Men cashmere or serge might be made up in this style; the skirt has a wide panel down center front with

rusia braid put on in a wavy pattern at the edge; the sides and back are then slightly gathered, on the bodice one tuck is made on each shoulder; the top of tucks, edge of oversleeves, and neck are trimmed to match. Any soft material might be used for the under slip.

Material required: 5 yards 46 inches wide, 1 dozen yards braid, 1 yard material 42 inches wide for slip.

**For Face and Hands.**  
A face cream at night and a soft bathing every day in water made milky with tincture of benzoin will improve the worst complexions. Benzoin tends to draw the mouths of those wretched little pores together and is altogether harmless. Hundreds of women use just these simple remedies patiently, habitually and are perfectly satisfied with the results. If you generally use warm water use the benzoin face bath warm, but a cold dash after the usual morning face bath will give color and brightness to the skin. To clean much soiled hands do not go to work roughly with brush and soda water, but loosen the dirt with sweet oil or even lard or drippings. Then wipe off the grease as much as possible with a piece of soft paper or old rag and wash the hands with warm water and soap. They will soon be clean when treated thus and without damaging the skin.

**Can You Guess What He Meant?**  
"I wonder what the teacher meant about the singing of my two daughters?" "What did he say?" "He said that Mamie's voice was good, but Mand's was better still."—Cleveland Leader.

## SCENTS FOR USE IN BATH

Simple Mixtures That Will Give Comfort When One Comes in Tired and Warm.

Nothing is so invigorating when tired and warm as a scented bath of hot water. In summer days it proves particularly refreshing when taken before dressing for the evening.

The simplest of these baths is made by adding cologne, toilet water or violet ammonia to the bath water.

A good aromatic mixture to keep on hand is made from two ounces of tincture of camphor, four ounces of cologne and an ounce of tincture of benzoin. Add enough of this to the bath water to make it milky.

lemons into a quarter of a tubful of water.

Where the aromatic bath seems extravagant, or there is no time for it, try a solution of the mixture given above into a spray and spray it over face, neck and arms.

**The Lilac Popular.**  
In the search for aigrette effects the lilac, with its bristling panicles, has become one of the millinery favorites.

Instead of the normal purple or white, one finds it green, crimson, yellow, blue—any color at all that the milliner needs for her scheme. Some of the big straw shapes with such flowers and a wispy of tulle, are among the most fetching models. The Indian turban looped with pearls and finished with an aigrette at one side continues to flourish as a picturesque item of smart hat displays, and there is the little turban made of a handkerchief wound around and around its frame in Arab fashion. But the turban is bound to decrease in vogue as the summer advances.

## FOR LARGER CAPITAL

VIRGINIA URGED TO RESTORE LAND TO NATION'S CAPITAL

Former Senator Chandler Makes Appeal to Old Dominion State and Predicts a Boom in Property Values.

In an appeal to all Virginians, contained in a letter to Senator Thomas S. Martin of Virginia, former Senator William E. Chandler of New Hampshire urges all citizens of the Old Dominion to give back to the nation the Virginia part of the original District of Columbia. "The nation wants it as a part of Washington's municipality," he says. "Virginia loses nothing by the restoration, but makes a great gain."

Mr. Chandler's argument is based on the future development of the national capital and of the Virginia portion to be restored.

"Washington is going to be one of the finest capitals in the world," he says. "Millions of dollars are going to be expended here by an admiring and willing people, now 90,000,000 strong. The national government must have sole jurisdiction over the shore line opposite Washington and a few miles beyond."

"I believe the land will double in cash value within three years after the reclamation. I am sure the land directly opposite the city will so double, and I do not doubt that every piece of real estate in Alexandria will so multiply immediately. Very shortly the increased taxation outside the district, in Virginia, will more than equal all the taxation now imposed which will be lost to Virginia."

"Not only will the land and buildings within the district on the Virginia side be shortly doubled in value, but so will nearly all the real estate within a few miles from the Virginia side. This is also inevitable. Today, not being a part of the nation's capital, the land is sparsely settled, slightly built over, and all of moderate value. With restoration of the Virginia shore to Washington there will come a fine city of South Washington in Virginia, to develop in a hundred years into a metropolis of public buildings and monuments hardly inferior to those of North Washington."

"When this happens the land adjoining Washington for miles on the south will be as valuable as the lands in Maryland on the north have become. These are growing more valuable every day of the capital's prosperity and attractiveness. Few of us realize the rapid strides Washington is making in wealth and loveliness. It is bound to be the great winter resort of America."

"It cannot be that the citizens of Virginia will be insensible to the benefits to be derived by the state from having within its borders one-half the capital city of the nation. Baltimore and Washington every day become more and more one community. Richmond and Washington, with half the latter on Virginia soil. To speak plainly, it is not quite creditable to Virginia that there has been so little development under that state of the half of the District, which, having once been granted to the nation, she, in a fit of unwisdom, participated in by the congress, endeavored to take back. As she has allowed it to remain anything but a thing of beauty and the nation is now ready to take it and make it a joy forever, Virginia should and will delight in the transformation."

## LIBERTIES IN THE RECORD

How Members of Congress "Extend Their Remarks" in the Congressional Record.

Congressmen often take liberties in the Congressional Record that you wouldn't expect 'em to take. Up goes a gentleman when he has something on his mind, more for his constituents than for the house to hear.

"Mr. Speaker, I ask unanimous consent to extend my remarks in the record."

"The gentleman asks unanimous consent to extend his remarks in the record," says the speaker. "Is there objection? The chair hears none."

Indeed, the chair hears none, for the reason that all the gentlemen want that privilege at some time or other.

Then the statesman writes a nice little piece that nobody has ever heard him speak, and in due time it is printed in the record. When the record gets back home it reads something like this:

"The weather will be fine if it does not rain." (Applause.) "I repeat, if it does not rain the weather will be fine." (Applause.)

**Feats of Lightning.**  
Lightning has struck, plucked feathers from and insides out of chickens and, better than some cooks, roasted them to a proper turn for the table. It has roasted apples on the tree and corn on the stalk, and has struck goober and potato vines, and cooked the goobers and tubers in the very ground, and "They were eaten and partaken of and pronounced good."—New York Press.

**Senator Carter's Chinsters.**  
"Hello, Uncle Sam, you have to be where there is anything going on!" And President Taft's hearty laugh rang out in a crowd at a public gathering in Washington as he greeted Senator Carter. The unrivaled "chinsters" of the Montana senator has made him "Uncle Sam" to President Taft and to different cartoonists throughout the country.

**Getting Solid.**  
"Ferdie loves me desperately, that's clear."  
"How now?"  
"He lets father win from him at poker and mother trim him shamefully at bridge."

## DOUBT METHUSELAH'S AGE

Census Officials, After Studying Their Records, Discredit Some Stories of Longevity.

Methuselah's oath as to his age would not be accepted by present officials of the United States census bureau in Washington. After investigating some recently reported cases of longevity, Dr. Cressy L. Wilbur, chief statistician of the division of vital statistics, reports that "it is undoubtedly true that the age of 100 years is occasionally attained, but it is perhaps doubtful whether the age of 110 has ever been reached or exceeded."

It is not at all surprising, the report points out, that many unfounded claims to extreme age arise. "In old age, with impaired memory, with possible unintentional confusion of what has been heard and what has been actually experienced by the individual and with the well-known tendency of many aged persons to exaggerate, in the utmost good faith, the number of years they have lived, these claims are not surprising."

After careful investigation in regard to the age of Noah Raby, known as "the oldest man in the country," and said at the time of his death a few years ago to have lived 131 years and 11 months, the census bureau officials came to the conclusion that Raby was probably 92 years and 11 months old when he died, or 39 years less than was claimed.

Raby's record was looked up in as great detail as was possible, a report in the New York Medical Record of March 5, 1904, that "he entered the United States navy about as soon as the United States had a navy, and after serving for a number of years was honorably discharged in 1809," being shaken by a report from the navy department which says that "A Noah Raby was on the Constitution in 1833, so it is possible that the report of his discharge from the navy in 1809 is pure legend."

## WRONG NAME ON A STATUE

Justice Harlan Informs Senator Cummins of Mistake Made by Iowa People.

Statuary hall, in the capitol at Washington, is getting all cluttered up with statues in marble and bronze. They'll be standing two deep, peering over each other's shoulders or obscured, by the time all the states are given space.

Senator Dick has a notion it would be a good idea to return the statues to the various states which sent them and let them be placed in the state houses. He objects, too, to some of the choices that have been made. He thinks that it would have been wiser and more to the point if only pioneers had been chosen for the honor.

Lately a statue of Senator James Harlan of Iowa was placed in the hall. The other day Justice Harlan of the Supreme court met Senator Cummins of the state which the man now in bronze had come from.

"Senator," said the Justice, "you people have the wrong name on that statue. It's labeled James S. Harlan. Senator Harlan was plain 'James'."

"The Justice had made the discovery because the name 'James S. Harlan' is that of his own son, a member of the interstate commerce commission.

## Fond of Old Soldiers.

Senator Warner of Missouri, who is a member of the board which manages the soldiers' homes in different parts of the country, very much regretted that he could not accompany the board on its visit to the different homes throughout the country. He felt that he should remain in Washington on account of the railroad bill, which was under consideration, as he wanted to vote on the different provisions as they were presented. "I have a great fondness for the old soldier boys," said Senator Warner, "and I would have been glad to go out among them. They are going so fast that they won't be with us very long. They are receiving good care at the different homes throughout the country."

**Uses for Cottonseed Flour.**  
Congressman Jack Beall of Texas boomed one of the great products of his state a few days ago by introducing in the press gallery in Washington a large quantity of good food made from cottonseed. There was cottonseed bread, cottonseed gingerbread, cottonseed fruit cake and cottonseed cookies, the latter one of the delights of childhood. Beall believes, with those who are promoting the scheme, that cottonseed flour will result in largely increasing the profits of cotton growing in the south.

**Bulging Congressional Record.**  
That the dear people are to hear from their representatives in both senate and house very soon is evidenced by the bulging Congressional Record of these days. Speeches galore fill the pages of that popular publication—popular with congress—thousands of words every day are thrown into the hopper and come out labeled, "Speech of the Hon. So-and-So," with date when delivered and the subject discussed.

**Laborer's Find of Ancient Coins.**  
While digging in a field in Gotland, England, a laborer found some coins dating from the year 1000, and a further and more exhaustive search brought to light about seven thousand Anglo-Saxon and 1,000 Byzantine coins.

The authorities were acquainted with the discovery, and the valuable collection is to be transferred to the museum at Copenhagen. The laborer was substantially rewarded.

**A National Waste.**  
The United States grows annually 8,000,000 tons of flax straw, which should produce 2,000,000 tons of finished flax fiber, which, if manufactured into lines, would add millions of dollars every year to the commercial value of the United States. This fiber is burned. We have not one dollar invested in linen manufacturing from American flax, and import upward of \$118,000,000 of linen fabrics per annum.

**Astronomical Fact.**  
Neptune takes more than 160 years to make the complete revolution round the sun.

## LENTIL AS A FOOD

HAS BEEN TOO LONG NEGLECTED IN AMERICA.

Its Valuable Qualities Better Appreciated in Europe—Requires Care in Its Proper Preparation for the Table.

The lentil is a legume of the great-est antiquity and one of the oldest of foods, yet it is new or entirely unknown in most American households. We probably owe it to the German-Americans that this little, unfamiliar relative of the bean and pea is now one of the dried vegetables which are our staple resource. In Germany the lentil soup is a great favorite. Tons of lentils are also imported in England each year and recipes for cooking them are to be found in most English cook books, as they are not in American.

The native country of the lentil is not known, but it has been raised in Egypt for thousands of years and the Egyptian, or red, variety is that best known to commerce. It was parched in Egypt and Syria in the days of the patriarchs and thus prepared was the most convenient food for long journeys. It is the food of the poor in all countries where it is grown.

Strange beliefs and superstitions have often been connected with different members of the pulse family, as with many other sorts of food, and both the lentil and the bean have been used or rejected because of these. For a long time the English believed the lentil to be difficult of digestion, to cause serious bowel disorders and to injure the eyes, but such ideas have now been pretty generally discarded.

The lentil is richer in nutritious matter than almost any other kind of pulse. Because of its nitrogenous character it is more nearly an equivalent of lean meat than almost any other kind of food.

The lentil should be picked over, thoroughly soaked for seven or eight hours or over night, and cooked slowly in boiling water. The picking over is important, for it is possible for a few seeds of noxious weeds to vitiate any such food, just as they do coffee when they get mixed with the bean.

The lentil lends itself to experiment. The following recipe for lentil rissoles suggests of what sort these are: "Take equal parts of strained, well-cooked lentils and cold mashed potatoes. Mix, add one-third of the amount of fine bread crumbs, one teaspoon each of powdered sage and minced onion, and a little salt. Dissolve a teaspoon of nut butter in two tablespoons of hot water and add to mixture. Mix all well together, press into oiled tin, cut into squares with knife and place in a moderate oven for ten or fifteen minutes. Serve hot."

Lentil soups are made with stock and with ham and sometimes frankfurts are boiled in them, but cooked without any of these things, except perhaps a slice of bacon, mashed and strained and then softened in flavor with milk, they make a most delightful soup.

## The Summer Diet.

A simple diet, and a light one, composed largely of vegetables and fruits, is extremely beneficial in the summer, especially for one whose color is inclined to be florid. Red meats are too heating. Spinach, carrots, watercress, and salads of all kinds with pure French dressing are splendid for the complexion, as well as for the entire system. Apples are fine, when they come. Pears sometimes make the face break out, if too many are eaten, but most of the fruits, subject to the peculiarities of individuals, are beautifying and health giving. Starchy foods and sweets should be eaten with discretion in hot weather.—Harper's Bazar.

**Cream Pie.**  
Take one cup of pastry flour, add a pinch of salt and mix to the right consistency with sweet cream. Chill thoroughly. Line a deep plate with the crust, prick with a fork and bake. Mix four tablespoonfuls of sugar and three of flour and stir this into a cupful of hot water until thickened, stirring constantly, then take from the fire and flavor with vanilla and an eighth of a teaspoonful of nutmeg. Pour this cream filling into the baked pastry shell; bake in a moderate oven until a delicate brown.

This pie is delicious, and it will not harm the most delicate stomach.

**For the Housewife.**  
A simple decoration for hand towels is to embroider each with joined links. Make the links as large as a dollar, interlacing them the same as in chain. Work the outline with white floss in the brier-stitch. Make one initial at the center and pad it with chain-stitch, then overcast with plain white floss.

Patrons which have become rusty should be washed in soda water and then rubbed well on a board sprinkled with polishing sand.

**Baked Bluefish.**  
Mix half a pint of dry bread crumbs with two tablespoonfuls of melted butter, a teaspoonful of lemon juice, and a seasoning of salt and pepper. Pack this into the fish. Scatter bread crumbs thickly over the fish, baste with melted butter and pour around it in the pan half a cupful of boiling water in which a teaspoonful of butter has been melted. Bake about an hour, basting every ten minutes.

**Whipped Cream.**  
Be sure that the cream is rich. Pour it into a chilled bowl, and with a wire egg whip, beat steadily until thick. This is the simplest and easiest way of beating cream. Add sugar and flavoring to taste, and keep in the ice until wanted.

**Whitewashed Idleness.**  
There is no kind of idleness by which we are so easily seduced as that which dignifies itself by the appearance of business.—Johnson.

**Not Lawn Tennis.**  
"Horrors! I've lost another set!"  
quoth Mabel, as she swallowed her teeth.—University of California Peil.

# YOUR BACKACHE WILL YIELD

To Lydia E. Pinkham's Vegetable Compound

Bloomdale, Ohio.—"I suffered from terrible headaches, pains in my back and right side, and was tired all the time and nervous. I could not sleep, and every month I could hardly stand the pain. Lydia E. Pinkham's Vegetable Compound restored my health again and made me feel like a new woman. I hope this letter will induce other women to avail themselves of this valuable medicine."—Mrs. E. M. FREDERICK, Bloomdale, Ohio.

Backache is a symptom of female weakness or derangement. If you get backache don't neglect it. To get permanent relief you must reach the root of the trouble. Nothing we know of will do this so safely and surely as Lydia E. Pinkham's Vegetable Compound. Cure the cause of these distressing aches and pains and you will become well and strong.

The great volume of unsolicited testimony constantly pouring in proves conclusively that Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has restored health to thousands of women.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Mrs. Pinkham at Lynn, Mass., for advice. Your letter will be absolutely confidential, and the advice free.

## Memphis Directory HOUSE FRONTS

I Beams, Channels, Angles, All Building Material required for any purpose. Also, Light and Heavy, Pattern Work, Blacksmithing, General Repairing of every kind for Oil Mills, Compresses, Gins, Saw Mills, and Plantations, especially solicited. Mail orders guaranteed prompt attention. Write us. Liverpool Foundry & Machine Co. 230 Adams Ave. Memphis, Tenn.

## GROESUS FEED

Contains 15 to 20 per cent more nutriment than any other mixed feed on the market. No ground hay or oat hulls. Write for prices and samples.

## JONES & ROGERS

Manufacturers Memphis Tennessee Also dealers in GRAIN, HAY and other FEED STUFFS

## KODAKS and Supplies

Write for every thing you need. Kodak Co. 119 N. 3rd St. Memphis, Tenn.

## Memphis Umbrella Co.

134 South Main Street Recover your Umbrella with a Taffeta Finished Silk or Black Embroidered Design for Parasols Etc.

Didn't Know the Purpose. Mark Twain, as an example of unconscious humor, used to quote a Hartford woman who said one day in the late spring:

"My husband is the dearest fellow. 'Jim,' I said to him this morning, 'are you very hard up just now?'"

"I certainly am hard up," he replied soberly. "This high cost of living is terrible. I don't know what I'm going to do."

"Then, Jim," said I, "I'll give up all thought of going to the country for July and August this year."

"But the dear fellow's face changed, and he said:

"Indeed, then, you won't, darling. I thought you wanted to buy a hat with an aigrette or some such foolishness. No, no, my darling—Jim can always find the money to let his dear little wife go to the country."

Good Scheme. "It's a shame," commented the friend of the restaurateur proprietor. "What's a shame?" asked the restaurateur man in surprise.

"Why, that you should give that pretty waitress all the tough steaks for the patrons at her table."

"Oh, I pay her extra for that. You see she is so pretty not one man would kick if the steaks were so tough they pulled his teeth out."

## A DETERMINED WOMAN

Finally Found a Food That Cured Her.

"When I first read of the remarkable effects of Grape-Nuts food, I determined to secure some," says a woman in Salisbury, Mo. "At that time there was none kept in this town, but my husband ordered some from a Chicago traveler.

"I had been greatly afflicted with sudden attacks of cramps, nausea, and vomiting. Tried all sorts of remedies and physicians, but obtained only temporary relief. As soon as I began to use the new food the cramps disappeared and have never returned. My old attacks of sick stomach were a little slower to yield, but by continuing the food, that trouble has disappeared entirely. I am today perfectly well, can eat anything and everything I wish, without paying the penalty that I used to. We would not keep house without Grape-Nuts.

"My husband was so delighted with the benefits I received that he has been recommending Grape-Nuts to his customers and has built up a very large trade on the food. He tells them by the case to many of the leading physicians of the county, who recommend Grape-Nuts very generally. There is some satisfaction in using a really scientifically prepared food."

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason." Ever read the above letter? A woman who speaks from time to time. They are genuine, true, and full of human interest.