Lexington Standard

DANIEL I. REID, Publisher.

LEXINGTON, - KENTUCKY

Farmers are having a glorious picnic season.

Winter would not be so bad if cantaloupe would stick around.

Speed has its victims whether of the air, the rail, the race track or fast life.

Speaking of speed records, there is the bandit who robbed two restaurants in 20 minutes.

The chap who sips his coffee at breakfast behind a newspaper is now classed with the end-seat hog.

Atwood says he is not going to fly any more. Maybe there is one man who knows when he has had enough.

A St. Louis man committed suicide because his wife was too affectionate. In other words, she loved him to death.

An Akron (O.) man was found walking in his sleep with baby in his arms. That's our notion of a model husband!

A physician finds that there is another standard life prolonger—sauerkraut. The discovery was made in Cincinnati.

A London girl smoked a calabash pipe on the streets of that city. And still they say over there that American girls are forward.

"Aviatrice" is the new word for the woman aviator. As there is only one so far we needn't bother our heads about what the plural of "aviatrice" is.

Forty years ago this fall a cow in Chicago kicked over a lamp and burned the town down. It has, however, picked up remarkably well ever since.

Within ten minutes after landing in New York a Toledo citizen had been robbed twice. New York may keep that record for speed as long as it likes.

The samples of ice cream containing 400,000 bacteria to the cubic centimeter seem to be minor leaguers compared to those containing 3,000,000.

Now a physician rises to remark that there is really no such thing as seasickness. The imitation, however, is so good as to deceive the most experienced.

A temperance society in Cleveland is trying to find out what a highball is. It may be unnecessary to state that the society in question is a strictly feminine one.

American women, according to a German, do not know how to pose for a photograph. In the art of arriving with both feet, however, they are quite sophisticated.

With the wife of one "model husband" committing suicide and the of another suing for divorce, the common everyday kind of husband may be better thought of.

It is reported that Egyptian coats are the latest in woman's garb. After viewing chromos portraying Cleopatra we gather that a miscroscope will be needed to find the coats.

The Pennsylvania man who, while intoxicated, took out a marriage license, thinking it was a dog license, well deserves the dog's life that his marriage is apparently leading him.

Boston has the distinction of having the first mortgaged aeroplane. But, then, on an airship it ought to be easy to raise a mortgage.

Elated, apparently, at the addition of an "h" to its name, Pittsburgh is to have a 40-story bank building. The Smoky City is feeling the uplifting tendencies of the times.

Sandwiches made of finely chopped violets spread over thin slices of buttered bread are being sold in New York grill rooms. Evidently cloves are too plebeian for some of the New Yorkers.

It is announced that Russian caviar is a cure for the cholera. Probably it works on the principle that anyone who knows he wodld have to eat Russian caviar will refuse to have the cholera.

In a duel between two Hungarian counts the other day the right ear of one of them was slashed in two. If Hungarian duels are going to be as sanguinary as that they will have to be stopped.

An eastern young woman wants every young woman in the country to sign a pledge not to marry a man who smokes. This, however, will hardly affect the smoke habit either one way or the other.

History is repeating itself. A demand is forming for the regulation of aviation because the birdmen in their machines frighten horses. Later on automobiles in their turn will be complaining of aeroplanes, biplanes dirigible balloons and other aircraft running them down.

A Massachusetts girl in a fa[illegible] wrecked five glass floors in a public library building, landed on a marble floor in the basement and then walked away. That the average Massachusetts girl is not impressionable has long been asserted. This proves it.

After having walked 4,000 miles across country from Kansas City a man and his wife are in Boston, greatly improved in health and increased in weight. Walking always did beat strap hanging as a health exercise.

MEDICAL MEN AT HAMPTON

Thirteenth Annual Session of Negro Medical Association Most Notable of All.

NEXT SESSION AT TUSKEGEE

CLAIM THAT NEGRO IS INHERENTLY SUSCEPTIBLE TO HOOKWORM DISEASE DENIED—INTERESTING PAPERS READ.

Hampton, Va.—At the thirteenth annual session of the National Medical association, held in this city last week, Dr. H. F. Gamble of Charleston, W. Va., was elected president to succeed Dr. A. M. Curtis of Washington, D. C. The election of officers resulted as follows: H. F. Gamble, Charleston, W. Va., president; William A. Cox, Cambridge, Mass., vice-president; John A. Kenney, Tuskegee institute, Ala., general secretary; F. H. Elliott, Portsmouth, Va., assistant secretary; J. R. Levy, Florence, S. C., treasurer; Harry S. Pope, Baltimore, pharmaceutical vice-president; Julia P. Coleman, Washington, D. C., pharmaceutical secretary; Dr. George Cannon, Jersey City, N. J., chairman of the executive board (re-elected); Dr. W. E. Sterrs, Decatur, Ala., secretary of the executive board (re-elected).

Dr. A. M. Curtis of Washington, D. C., was chosen from the surgical section to fill the vacancy on the executive board caused by the expiration of the term of Dr. George Cleveland Hall of Chicago. Dr. J. A. Robinson of Darlington, S. C., was selected to fill the place just vacated by Doctor Cannon, who is now a member-at-large. The other members of the executive board are: N. F. Mossell, Philadelphia; Amanda V. Gray, Washington, D. C.; C. N. Marshall, Washington, D. C.; M. A. Van Horn, Newport, R. I.; J. W. Jones, Winston-Salem, N. C.; M. F. Wheatland, Newport, R. I.

Tuskegee institute, Ala., was selected as the next meeting place of the association in response to a cordial invitation extended by Booker T. Washington and the Alabama State Medical association.

Doctor Gamble, the newly-elected head of the N. M. A., has been a tireless worker for the success of the organization, and his election to the presidency aroused much enthusiasm.

This year's election passed off smoothly and was void of any sensational features. In the preliminary canvass, Dr. C. H. Shepard of Durham, N. C., received a complimentary vote, but he promptly moved to make the selection of Doctor Gamble unanimous.

In its resolution the association reaffirmed its devotion to the work of improving the physical condition of the race; recommended the appointment of a committee to further the development of a closer relationship between the national and local bodies, and urged that local organizations assume a more active and less spasmodic leadership in the campaign against tuberculosis, high infantile and child mortality, and unsanitary conditions that beset us.

The N. M. A. tendered sincere thanks to the officers of Hampton institute for their kindness in placing their buildings and grounds at the disposal of the association, and acknowledged its indebtedness to Dr. W. E. Atkins and his associates on all of the local committees of the Tidewater Medical association and the citizens at large of this section.

The declaration also voted the deep sense of appreciation felt by all visitors for the gracious welcome address of the mayor of Hampton; for the very full reports of the proceedings of the meetings published each day by the local press; to Superintendent B. J. Megginson of the Hampton Roads Traction company, for the extra facilities extended in operating cars beyond the usual hours and for the uniform courtesy extended by the employes of the company; and to the pastor and members of the First Baptist church for their generosity in allowing the use of their handsome edifice for a public meeting.

Dr. A. M. Curtis presided, and in his annual address he made a number of recommendations looking to the development of the N. M. A. He urged a closer union between the national and state bodies.

The work of the several sections stood out in bold relief and was of an unusually high order. The meetings were full of life and the programs were carried out as planned, supplementing in harmonious fashion the labors of the general convention. The papers faithfully reflected the rapid advance made in the threefold professions embraced by the association.

Surgical section, Dr. A. M. Brown, Birmingham, Ala., chairman; Dr. R. L. Jones, Charleston, W. Va., secretary; medical section, J. J. France, Portsmouth, Va., chairman; dental section, Dr. Roscoe C. Brown, Richmond, Va., chairman; Dr. C. O. Lee, Winston-Salem, N. C., secretary; pharmaceutical section, Dr. W. L. Board, Washington, D. C., chairman.

Commissions to Continue Their Work.

Dr. J. A. Kenney's report as chairman of the commission to investigate the cause and extent and cure of the hookworm disease was an exhaustive presentation of the subject. He held that the statistics showing the negro to be inherently susceptible to this malady are false, and that an honest investigation will demonstrate that the colored people are no more susceptible to the hookworm than any other people under like conditions. The leaders of the medical profession are asked to insist upon membership in the national anti-hookworm commission, and thus see to it that the facts are honestly placed before the public.

Dr. M. F. Wheatland's report from the commission on tuberculosis evoked a vigorous discussion. Dr. A. M. Townsend's study of pellagra complaint opened a profitable line of discussion and Doctor Gamble's recommendation that the commission on medical education be allowed sufficient funds to make his investigation reliable and accurate, found favor. The commissions continue their investigations.

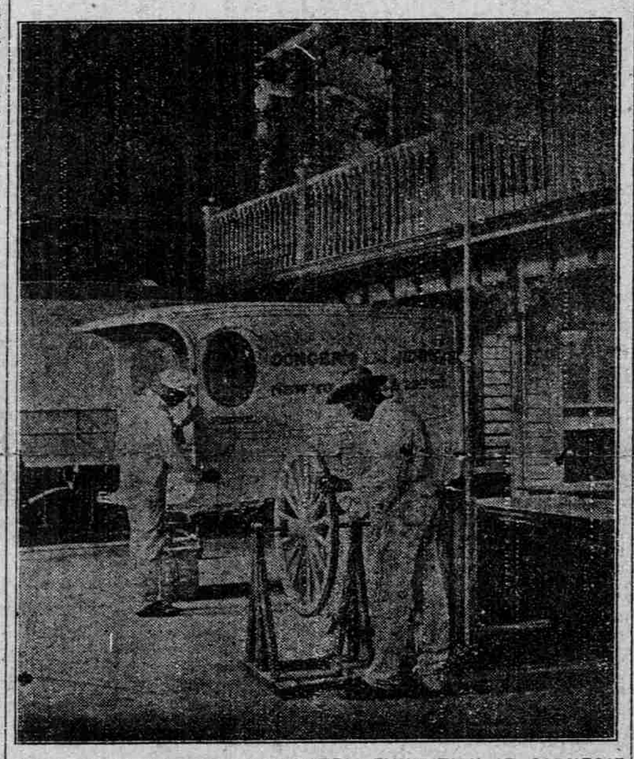
The report of Dr. C. V. Roman on the status of the Journal of the National Medical association, with unique appeal for support, was one of the most impressive deliverances of the week.

In addition to the many papers and discussions of scientific value by members of the medical, surgical, dental and pharmaceutical branches of the association a number of distinguished visitors were present and offered words of encouragement. Prominent among them were Dr. W. T. Vernon, former register of the treasury, now United States supervisor of Indian schools, here on official business; Dr. Charles F. Meserve, president of Shaw university, Raleigh, N. C.; Maj. R. R. Moton, commandant of cadets at Hampton institute; Prof. James B. Dudley, president of the A. and M. college, at Greensboro, N. C., and Dr. James E. Shepard, president of the National Religious Training school, at Durham, N. C.

At the surgical clinic at Dixie hospital an important operation involving the opening of an abdominal cavity, was performed by Drs. A. M. Curtis, W. A. Warfield, Doctor Carson, J. A. Kenney, Arthur M. Brown and H. F. Gamble.

Especially noteworthy during the week were the papers on "Ocular Complications of Certain Constitutional Diseases," by Dr. M. O. Dumas of Washington, D. C.; "A Brief Comparative Study of the Negro," by Dr. E. Mayfield Boyle, Washington, D. C.; "Neurasthenia," by Dr. J. A. Robinson, Darlington, S. C.; "Auto-Intoxication," by Dr. Mary E. Britton, Lexington, Ky.; "Modern Abdominal Surgery," by Dr. B. R. Bluitt, Dallas, Tex.; "Thorough Preparation for Success in Pharmacy," by Dr. W. H. Barlow, Newport News, Va.; "Side Lines by Druggists," Dr. Arthur S. Gray, Washington, D. C.; "Infantile Gastro-Enteritis," by Dr. E. P. Roberts, New York city, and "Observation, Use and Abuse of Salvarsan," by Dr. U. G. Mason, Birmingham, Ala. All of the papers were meritorious and will appear in the Journal of the N. M. A.

No previous meeting of the association equaled this year's in the number and brilliance of the social features presented. The presence of an unusually large number of ladies from abroad added to the bevy of beauty always to be found in the Tidewater region. Every evening there were dances at Buckroe Beach; at the lawn fete free boat rides, auto rides, oxcart rides and a feast of watermelon, amid festoons of electric bulbs and Japanese lanterns, were provided; and the reception given by the bachelors of Hampton was an enjoyable affair. The piece de resistance was the grand banquet in the gymnasium, at which 1,500 guests sat down to a most sumptuous repast. Doctor Atkins acted as toastmaster. Responses were made by Maj. R. R. Moton, Dr. C. V. Roman, Dr. W. F. Penn, Dr. F. G. Elliott, Dr. Norman Lassiter, Lawyer J. Thomas Newsome, E. C. Brown, Dr. W. T. Foreman and Rev. A. A. Graham. At the close the entire party was escorted to the pavilion at Buckroe Beach for the grand ball, special cars having been provided for the occasion through the courtesy of the local traction company. With a delightful excursion to Jamestown island and Claremont and a farewell afternoon at Buckroe, regretful adieus were said, and the festivities as well as the serious activities of the thirteenth annual session of the National Medical association came to an end.



HAMPTON UNIVERSITY GRADUATES' EXHIBITION AT CARNEGIE HALL, NEW YORK CITY.

RACES FORM PEACE PACT

BLACKS AND WHITES OF SLIDELL, LA., MAKE AGREEMENT THAT THERE SHALL BE NO RACE WAR IN TOWN, AND THAT ALL DIFFERENCES SHALL BE SETTLED BY ARBITRATION.

New Orleans.—Negroes and whites of Slidell, La., a lumber town directly across Lake Pontchartrain from New Orleans, have drawn up and signed a formal treaty wherein it is agreed that there never shall be a race war in the town, but that all differences between the races shall be submitted to arbitration.

This unusual compact came as a result of the attitude of the negroes toward the murder of James Smith, a policeman, at a dance hall. The policeman was killed by a negro or negroes. A posse is in search of the murderers and in it are a number of black residents.

The negroes met at their Odd Fellows hall and adopted resolutions which close as follows:

Resolved, That we, the colored citizens of Slidell, do solemnly register our disapproval of the murder and do hereby tender our assistance to the officials of Slidell in bringing to justice the culprit or culprits who perperated the atrocious crime. Be it further

Resolved, That we extend to the bereaved family our hearty sympathy in the hour of their affliction.

Resolved, further, that the thanks of this town are tendered to the white citizens for the able manner in which peace and harmony between the whites and blacks have been preserved.

The drawing of the treaty by blacks and whites followed. The gist of the treaty is that it is the sense of residents, both white and negro, "that all conflicts and acts of violence between blacks and whites are severely condemned, and that all friction arising between members of the two races shall be submitted to a committee for settlement."

Slidell has 3,000 residents, about equally divided. Its chief industry is the creosoting of lumber.

"BLIND ELLEN" DEAD.

Buffalo, N. Y.—In the death of Mrs. Ellen Johnson, familiarly known as "Blind Ellen," Buffalo loses one of its oldest citizens and Vine Street Church one of its oldest members. Blind from birth and living to the age of 80 years. She was well known by the children of many generations. Hundreds have always been glad to lead her from home to church and to various places of interest. Mrs. Johnson was educated at the Batavia school for the blind and was proud to count as one of her former classmates and associates Miss Fannie Crosby, the noted blind hymn writer, whose songs have stirred the hearts of two generations. Mrs. Johnson was interested in everything that pertained to the uplift of her people and always gave her support, although meagre, whenever she could.

Some women remember the compliments of courtship days and forget that their three meals a day came from dad's pockets.

AFRO-AMERICAN CULLINGS

Observant persons who are in constant contact with the diversified interests of the race, must admit that there is a rapidly increasing need for young men and young women of business and commercial training. It is a fact that we are turning our attentions toward business pursuits more now than toward the professional or industrial. Banks are being established on all sides by men of color, both in the north and in the south; colored insurance companies are operating successfully in every state of the southern group; secret orders are flourishing among our people, and must secure office forces for their home and branch offices; publication houses and newspapers are being run for the benefit of our people; drug stores are open in cities and towns throughout the southland; churches are developing to such magnitude that pastors must employ private secretaries; denominational departments must have office forces; stores must have bookkeepers and clerks—the demand for the commercially trained will soon become far-reaching and insistent. Where will our young people secure training to fit them for these positions? Our colleges continue to turn out school teachers, and those prepared along this line must scuffle for place because of a seeming oversupply, while the negro business man worries along with ill-prepared help of a clerical sort. The young negro, too, is entering business for himself with practically no knowledge of bookkeeping and business forms. We are not venturing to criticise our institutions of learning. They have done, and are doing, a great work well. Why are they not awaking to this growing need? To our certain knowledge thorough commercial courses are not conducted in a half-dozen reputable negro colleges in all this broad southland. Yet the need of which we speak is growing yearly in an ever increasing ratio. Where must the stenographers, bookkeepers, salesman, clerks, etc., come from whom we need now and will need in larger numbers in the future? Their employers can do but little toward training them. A sufficient number to meet the demand cannot go north to pursue courses in business colleges and commercial departments there. Young people can often be heard inquiring where they can learn shorthand, typewriting and bookkeeping, and if private instruction cannot be procured, they drift into menial employment. Distinct colored commercial colleges are hardly possible at this time. With but a slight outlay for colleges already in operation can meet the need. Many who will not take complete literary or indu[illegible] courses would enter colleges to receive commercial training with[illegible] literary subjects as a commercial course would require. Honestly and conscientiously we feel that along this particular line negro colleges will soon be a decade behind the times. It is here they can be to the young people an added benefit. We are hoping many of them will awaken to a situation that may before long become serious, and put in with their courses one to give practical commercial training.—Southern Life Magazine.

Baroness Von Groyss, wife of George S. Wilkins of New York, has strong hope of solving the American servant problem. She brought with her from the Philippines a Filipino girl named Dogima. "My husband was a commissioner to the Philippines," she said, "and while there I found the native girls splendid servants. My idea is to open schools for them in this country and solve our vexed servant problem. I have already been promised help by society women for various entertainments I will give to get the schools started." Andrew Carnegie, she said, is to furnish all the books that are necessary for the establishment of the schools.—Southern Life Magazine.

The present age not only calls for a suffering ministry—it is also ripe for a well prepared ministry, one having not only the zeal, but knowledge of what constitutes a real Christian life.—Ex.

Jack Johnson seems determined to bring away a small cargo of English coin when he sails for his return to America. By his contract to fight Bombadier Wells he receives $50,000 before entering the ring. This, with other contracts, will net him $125,000 income for another year.—Exchange.

Joseph E. Johnson, colored, formerly a stenographer to Speaker Cannon, received the appointment as stenographer to the commission investigating second-class postage rates, of which Associate Justice Hughes is chairman.

Haiti retains its reputation as a hotbed of revolution. Antione Simon is no longer president, having been driven out of the country by General LeConte, who now occupies the presidential chair.

C. R. Patterson & Son, colored, builders of fine wagons and buggies, have the largest business of its kind in Greenfield, O.

Education and wealth are both beset with many dangerous perils. Especially is this true in a race that had its building in race building like ours had forty-five years ago. Some of the few who have been specially favored with the advantages of an academic and college education, and likewise some of the few that have been blessed with the tact for acquiring some wealth, have had good sense to know and to feel that their highly favored conditions only entailed upon them the more the task of helping to raise those of the race who were less favored. Then there have been others of the favored few who have felt, judging by their actions, that their education and wealth was to put them beyond the reach of their fellows and thus leave them to struggle up the hill by themselves, or else wither and die in the misery of their own ignorance and poverty.—Western Star.

Our attention has been called to the neglect of infant baptism by some of our pastors. There is no service that should be more eagerly sought and more faithfully performed. See to it brethren that every child in your congregation is baptised and properly instructed in the things that "pertain to his soul's health." Infant baptism is not only a beautiful and impressive sacrament but one that means so much to the permanent growth of the church and contributes largely to the saving of the individual.—Star of Zion.

There are quite a number of business enterprises in Greater New York controlled and managed by the members of our race which are not receiving the support from our people that they should. In the particular neighborhood where these enterprises are located are thousands of negroes who spend thousands of dollars. It would be to the interest of negroes to give a larger proportion of the money they are now spending to their own stores. Negroes should build up their own. Harlem and other localities have large negro populations and are splendid fields for business development among negroes.—New York Age.

The movement for colored hospitals and hospital work seems to be increasing. In Columbia, S. C., a new hospital is planned by Dr. Matilda Evans. In Spartanburg, S. C., a hospital already established has treated 150 patients and spent $1,200 in charitable work. It is appealing for more funds. In Annapolis, Md., the state is preparing for an $80,000 building for a negro hospital for the indigent insane.—Ex.

Some interest is being created by the employment of colored girls as waiters in the place of men by a famous hotel at Raleigh, N. C. The Richmond Times-Dispatch, a white daily, says of the innovation: "It opens a new field for the colored girls, and should go a long way towards solving another of the difficult problems with which innkeepers have to deal. There is no reason why the plan should not work, as the same service has been found entirely satisfactory in thousands of southern homes."

The negroes of South Carolina should feel proud of the fact that they enjoy access to so many colleges and higher institutions of learning. They should also feel grateful to the men and women who, for many years, have been at the head of these respective institutions. Year by year since its establishment each of these institutions has grown in importance and in favor with the people.—Southern Ploughman.

By legal proceedings John Wilson, a former servant of Mrs. Sarah Hendrickson, deceased, of Wainford, N. J., established his right to the estate which had been in the family for over two hundred years. Mrs. Hendrickson agreed to convey all her property to Wilson for debts aggregating more than $8,000. After her death Wilson pressed his claim and won the suit.

The leader of the "Back to Africa" movement in Los Angeles, Cal., went to that continent and inspected some portions. He comes back saying no Africa for him. It's something you gotter get used to, you cannot find America everywhere.

The Mississippi negro is nothing if he is not energetic. That he has turned many an obstacle to a source of help is patent to all. One of the new enterprises among negroes in Mississippi is the Colored Realty company, promoted by Mr. John J. Jefferson, secretary, of Purvis, Miss.

Leading daily newspapers of the south praised to the highest the talent displayed at the negro music festival recently held in Atlanta, Ga. The rendition of productions was characterized by one of them as "really wonderful."

Over 200 colored students, mostly from the south, are attending Chicago university.

NEGRO SOLDIERS HONORED.

Washington.—The war department has proclaimed two negro soldiers as heroes by awarding them certificates of merit for courageous conduct. They are privates Levi Anderson and John R. Lyons, Troop D, Tenth cavalry, who, according to a statement issued by the department, "risked their lives in going to the rescue of a drowning companion after the latter had sunk in fifteen feet of water." This certificate, which is authorized by congress, ranks next to a medal of honor and carries with it a bronze badge designed by Saint Gaudens. It also brings to the holder $2 per month extra pay.

THE BARGAIN COUNTER.

This is a good test of memory as well as observation. The bargain counter may be a table in the middle of the room. On the counter place a number of articles—toys, books, [illegible], any small objects at hand.

One child is chosen to take charge of the shop, and a second one, after carefully looking over the collection to notice and remember every article, leaves the room. While he is absent a third person selects and hides one of the pieces. When the second child is called in he must try at one guess to say which of the articles was sold in his absence. If he guesses correctly he may be the next shopman.

Pin-headed men are good for beauty pins.

FROLICKERS OF THE SEA.

The merry dolphins have a peculiar murmuring cry, and when the sailors hear it they say the dolphins are talking together. Of all the creatures of the sea these show the greatest exuberance of animal mirth. Often they are seen by ships' passengers in the Mediterranean and the northern Atlantic ocean frolicking and leaping from the surface of the sea with a thousand graceful motions. Now they leap with curved bodies many feet into the air, then they drag through the waves rapidly, leaving a slender wake of whitening foam under the water. The dolphin is not more than six or eight feet long. The body tapers toward the tail, which is shaped like a crescent. It has a beak about six inches long and a crescent shaped blowhorn, with horns turned backward. It is white on the back, grayish on the sides and white beneath.

The waves have a language all their own—and it's a good thing.

SHE GOT WHAT SHE WANTED

This Woman Had to Insist Strongly, but it Paid

Chicago, Ill.—"I suffered from a female weakness and stomach trouble, and I went to the store to get a bottle of Lydia E. Pinkham's Vegetable Compound, but the clerk did not want to let me have it—he said it was no good and wanted me to try something else, but knowing all about it I insisted and finally got it, and I am so glad I did, for it has cured me.

"I know of so many cases where women have been cured by Lydia E. Pinkham's Vegetable Compound that I can say to every suffering woman if that medicine does not help her, there is nothing that will."—MRS. JANETZKI, 2963 Arch St., Chicago, Ill.

This is the age of substitution, and women who want a cure should insist upon Lydia E. Pinkham's Vegetable Compound just as this woman did, and not accept something else on which the druggist can make a little more profit.

Women who are passing through this critical period or who are suffering from any of those distressing ills peculiar to their sex should not lose sight of the fact that for thirty years Lydia E. Pinkham's Vegetable Compound, which is made from roots and herbs, has been the standard remedy for female ills. In almost every community you will find women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.

Perhaps Both.

Milly—I put away my last year's bathing suit in camphor, but it evaporated.

Billy—The bathing suit?

Most Expensive Hat.

The most expensive hat in the world is said to be a wonderful creation belonging to Princess Miheson Bukharest, one of the richest and most fashionable women in Roumania. The hat, which is worth easily $1,000, is of black tagal straw and is very large. It is lined with silver lace and covered with a number of perfect white ospreys.

Cause of the Excitement.

The sons of the rich were enthusiastically following some one down the street.

"What's up?" some one asked.

A rather more accommodating young nabob than the others turned around.

"Do you see that tall fellow up front?" he asked.

"Yes."

"Well," he said, "he's discovered a new way to spend money."

Suburban Sobriquets.

Everybody else had lived in the summer colony long enough to name his home for whatever tree or shrub grew most abundantly in the front or back yard. Up and down the road were cottages labeled the Elms, the Wisteria, the Lilacs, and so on through the horticultural guide book. The newcomer had no name for her house, but after studying the tactics for a week she took a survey of the premises and thenceforward dated her correspondence the Rhubarba.

WHO ELSE?

Sister—I have become engaged to Fred.

Brother—Whatever induced you to do that?

Sister—Why Fred, of course!

FOOD AGAIN

A Mighty Important Subject to Everyone.

A Boston lady talks entertainingly of food and the changes that can be made in health by some knowledge on that line. She says:

"An injury to my spine in early womanhood left me subject to severe sick headaches which would last three or four days at a time, and a violent course of drugging brought on constipation with all the ills that follow.

"My appetite was always light and uncertain and many kinds of food distressed me.

"I began to eat Grape-Nuts food two or three years ago, because I liked the taste of it, and I kept on because I soon found it was doing me good.

"I eat it regularly at breakfast, frequently at luncheon, and again before going to bed—and have no trouble in 'sleeping on it.' It has relieved my constipation, my headaches have practically ceased, and I am in better physical condition at the age of 63 than I was at 40.

"I give Grape-Nuts credit for restoring my health, if not saving my life, and you can make no claim for it too strong for me to endorse." Name given by Postum Co., Battle Creek Mich.

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

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