

The Fetish of Thoroughness.

A perfect housekeeper may not be a real homemaker. Her kitchen and bedrooms may be spotless and her dinners fit for an epicure; but if she never has an hour for reading, or leisure to play with her children or to talk with her husband, she is a failure as wife and mother. Somewhere between perfection and slovenliness there lies a golden mean. To reach it a housewife must learn to turn off work, and to distinguish between the kind of work which may be slighted and the kind which must be done with literal thoroughness. "An all-day washing makes a half-day ironing!" used to be the motto of a wise woman, who preferred clothes free from grime and streak to carefully fluted frills and starching that would stand alone. There are houses where the fetish of thoroughness demands a daily sacrifice, just as there are other houses where the dragon of laziness and disorder devours both comfort and affection. An old colored "mammy," for years the chief dependence of a southern family, had a genius for getting work done. Nobody ever knew exactly how or when her miracles were wrought; but the house was clean and the meals were toothsome, and "Aunt Carline" was always happy and leisurely, says Youth's Companion. One day her mistress sent her to put the guest chamber in order for a distinguished visitor. She came downstairs very soon, with the smiling assurance, "Dat room am plum clean, Miss Gertrude!" "So quickly?" inquired Miss Gertrude. "Did you dust it, aunty? I don't see your dust-er." "Law now, Miss Gertrude, can't you bodder yo'elf 'bout Aunt Carline. I done dust dat room wid a plum clean fan!" There spoke a resourceful housekeeper.

The American Tourist.

Every summer Americans overrun Europe in numbers "never equaled before." And every summer European newspapers, especially the English, discover that the American tourist is bad-mannered, that the father of the family chews cigars, that the mother is uneducated, and the daughter loud-voiced. An American at home who reads these accounts of his touring countrymen wonders at first whether the dignified gentleman who was to leave his business and spend a summer in England did not go, after all. What has become of that gentle school teacher who had saved her money for three years to make her pilgrimage to Shakespeare's country and Scott's? Just where in that outrageous throng of "Amurrican" tourists are our own best friends who saw them did not chew gum, nor violate the English language further than to use the word "guess" rascally and correctly, nor talk with indecent familiarity to the employes of hotels. Then it occurs to us, remarks Youth's Companion, that many American travelers do not speak loud enough for the natives to discover that their speech is American. Our countrymen abroad are visibly and audibly represented by the kind of person that we dislike at home. In the same way the conditions of New York society are portrayed in European papers by stories of political corruption and the few eccentricities of the many millions. Normal events do not make sensational press dispatches. The unusual is seen and chronicled. Americans who do not enjoy the reports of the impressions which their countrymen make upon Europeans have only to recall our own strange notion that Frenchmen gesticulate like jumpjacks, and that Englishmen are humorless persons in loud-checked suits.

It is evident that there is no anti-American feeling in the royal family of Japan. A Japanese farmer has purchased a collection of American cows which will be taken to the orient to furnish milk for the use of the sovereign and his household. Moreover, this enterprising Japanese agriculturist, who, by the way, contracted to supply milk to the military hospitals at Tokio during the recent war and not only did the work satisfactorily but made a handsome sum by the operation, has borrowed another American idea and will go into the condensed milk business. The plan has proved practicable and profitable here, and no doubt will work equally well in Japan.

A parachute aeronaut dropped from a balloon into a river at Middletown, N. Y., and was married a few minutes after she had been got ashore, according to the advertised program. First she got a wetting, and then she had a wedding.

King Edward's taste in jewelry is extremely quiet. A horseshoe or single pearl pin and a plain gold ring on his little finger are all that he ever wears, with the simplest possible links and studs.

The questions raised as to whether newspaper paragraphs can go to heaven are wholly unnecessary. It is a matter of common knowledge that the railways have curtailed press privileges to an extent that leaves heaven and one or two other places the only points to which a paragraph can go without inconvenience.

A well wisher is all right in his way, but as a rule a well digger will accomplish more.

REPLY BY BONAPARTE

ATTORNEY GENERAL ASSERTS HE INTENDS TO ENFORCE LAW.

CAREFUL AT THE START

Department of Justice Bound to Punish Wealthy Men and Big Corporations That Are Offenders.

Baltimore, Md. — Attorney General Bonaparte, in an interview given to the Washington correspondent of the News, answers the criticisms of Wall street by a flat statement that he intends to continue the prosecution of wealthy men and corporations that break the laws.

The interview is really a statement carefully prepared by Mr. Bonaparte himself. In part he says:

"I cannot understand how any sensible person could be affected in dealing with matters of business by any remarks which have been attributed to me. I should say that business men ought to wish to have the laws strictly and impartially enforced. If this is done, everybody knows what he can do and what he can't, and everybody has a fair field and no favorites. The department of justice proposes to do precisely this and nothing more. It is required by law to enforce certain penal statutes which make certain forms of action crimes against the United States, and also provide civil remedies for such illegal action.

Careful Inquiry First. "The department, since I have been at its head, has never taken proceedings to enforce the laws without a very careful preliminary investigation to determine whether there was good reason to believe that the laws had been, in fact, violated. Moreover, it has consistently and frequently overlooked merely formal violations of law, or offenses attended with trivial consequences, and has invariably refused to intervene in such cases when there was any reason to suspect that its intervention was desired to further private ends.

After Big Law-Breakers.

"If the ground of complaint against the department is that it proposes to punish prominent and wealthy men or corporations having vast amounts of capital and engaged in very extensive business, when these are shown to have been willful and persistent law-breakers on a great scale and with grave injury to the purposes of the law, I must admit that these complaints are well founded. That is precisely what the department of justice is trying to do, and, while I remain its very unworthy head, will continue to do, so far as it can."

POPE COMPANIES FAIL.

Receivers Appointed for Big Concern in Several States.

New York. — Receivers for the Pope Manufacturing company and its subsidiary company, the Pope Motor Car company, which are engaged in the manufacture of automobiles and bicycles, with main offices and plant at Hartford, Conn., were appointed Wednesday in New York, New Jersey, Connecticut and Massachusetts. Similar action will be taken shortly in Illinois, Ohio, Indiana and Maryland, where the companies own plants.

The petitions filed by the Monks-Kelly company, of Toledo, O., asking for receivers, show the total assets of both companies to be \$11,295,570, with total liabilities reaching \$1,472,832. The difficulties of the Pope companies were the direct result of a curtailment of loans and reduction of loans on notes. Albert Rathbone, counsel for Albert L. Pope, vice president of the Pope Manufacturing company, who has been appointed a receiver in New York, Massachusetts and Connecticut, said that the troubles of the companies were the outcome of the present rigid monetary conditions.

New Test for Mrs. Eddy.

Concord, N. H. — Counsel for the "next friends" have agreed to the suggestion of the masters who are inquiring into the competency of Mrs. Mary Baker Eddy, the Christian Science leader, that they accompany two alienists to Pleasant View to make "tests" of her mental condition. Mr. Streeter, Mrs. Eddy's counsel, objected, but will consult with his client before the next session of the hearing on Tuesday, and it is possible that he will then agree to the proposal of the masters.

Burlington Railroad Fined.

Chillicothe, Mo. — The Burlington Railroad company was found guilty Friday of violating the eight-hour telegraphic law and was fined \$200 by Justice Cral. This is the first conviction obtained under the law passed at the last session of the legislature and which the railroads declare conflicts with a federal statute.

Negro Lynched in Kentucky.

Cincinnati, O. — Will Clifford, a negro, was lynched at Maple, Ky., after he had confessed assaulting Mrs. Mary Cowan (white) and throwing her body into the river, also that he killed another woman.

Big Fire in Buenos Ayres.

Buenos Ayres. — The five-story factory building occupied by A. G. Kaufman & Co., cigar manufacturers, was destroyed by fire, with a loss of \$100,000. Several hundred employes were thrown out of work.

Train Hits Trolley; Three Dead.

New York. — A work train on the Long Island railroad backed into a crowded street car at a crossing on Coney Island avenue, Brooklyn, Thursday, hurling the trolley from its tracks and causing the death of three passengers and the injury of 16 others.

Los Angeles Celebrates Founding.

Los Angeles, Cal. — The anniversary of the founding of the city by Spanish padres 125 years ago was celebrated Thursday under auspices of the Society Larrea DeLos Angeles.

1,000 DEAD AT GASABLANCA

MOST OF THEM ARABS KILLED BY FIRE OF THE WARSHIPS.

Immense Quantity of Loot Recovered —French and Spanish Ready to Repulse Attacks.

Casablanca, Morocco. — The town is quiet and business is being transacted. The French authorities are still engaged in clearing up the streets, burying the dead and collecting property. The commandant is making domiciliary visits in search of loot, of which an immense quantity has been found. A meeting of the foreign consuls will be held to decide on its disposal. It probably will be sold for the benefit of the sufferers from the bombardment and rioting.

The number of persons killed in and about Casablanca has been greatly exaggerated. Probably about a thousand men were killed in the fighting and massacre. The majority were Arabs killed by the fire of the warships. Only 5,000 people remain in Casablanca; the others have fled to Gibraltar, Tangier or Spain.

The town is completely under the control of the French and Spanish authorities and no further trouble need be feared. French troops to the number of 3,000 are camped about a mile east of Casablanca. Their outposts are in touch with the Moors and continual skirmishing is taking place.

Five hundred Spanish troops have arrived here and are camped in the town. Fifteen hundred more are expected shortly and two more French transports with troops are due to arrive within a few days.

Gen. Drude, the French commander, is holding a defensive position pending the arrival of reinforcements. The Moors have received large reinforcements and the French and Spanish authorities hear that they are planning a great attack on Casablanca. There are enough troops available to repulse any attack.

NATIONS TO CONFER ON FOOD.

United States Expected to Call a Conference on Adulteration.

Washington. — It is believed at the state department that the outcome of the present visit to Europe of Dr. Wiley of the department of agriculture will be the calling of an international gathering in this country to endeavor to secure uniformity of practice in the treatment of food adulterations. Although taking an advanced position in this matter, as revealed in the stringent legislation contained in the pure-food law, the government of the United States has been obliged at times to take sharp issue with some of the European governments.

Officials in the department of agriculture are to the harmfulness of certain ingredients of our food exported. With the passage of the pure food act, with the authority contained therein to apply its provisions to imported food and drugs and wines, the department finds its hands much strengthened in dealing with European governments, and is felt that it will not be a difficult matter to induce other nations to second the efforts of the United States government either by diplomatic correspondence or to reach an understanding upon a general set of rules relative to the use of preservatives in food products.

CONNOR'S RAILWAY HIT.

Wisconsin Commission Scores Practices of Lieutenant Governor's Road.

Madison, Wis. — That the practices of the Marathon County Railroad company owned by Lieut. Gov. W. D. Connor, are "unlawful, inequitable and socially and economically parasitic" is the conclusion of a decision handed down by the railroad commission Friday on a complaint lodged against the road by Nicholas Streveler.

The commission found that in some cases passengers were charged free over this road and, in many cases, less than carload lots of lumber did not have to pay freight. It was also disclosed that the company did not publish a tariff schedule as is required by law.

Accused of Grabbing Railroad.

Washington. — A unique complaint was filed with the interstate commerce commission Friday in which the Chicago & Alton Railroad company is charged with having practically confiscated another railroad which now forms a part of the Chicago & Alton system. The complainant is John B. Manning, of New York city, a minority stockholder in the Louisiana & Missouri River railroad, and the defendants are the Chicago & Alton and the Louisiana & Missouri River roads.

Car Kills Bill Nye's Brother.

New York. — Fred Nye, a brother of the late "Bill" Nye and an assistant editor of the Sunday World, died of injuries received by being struck by a trolley car Monday night. Mr. Nye had written many humorous poems and the book of the comic opera, "The King and the Broker."

Monster Explosion of Gasoline.

Jonestown, Wis. — Several thousand gallons of gasoline in the Standard Oil company's tank at Broadhead, Wis., exploded Friday afternoon, destroying the tank and causing a panic in the town.

More Yellow Fever in Cuba.

Washington. — Yellow fever appeared Friday in a new place in Cuba, as disclosed by a cable report from Chief Surgeon Taylor, dated at Marianao. He says there are two cases at Ceiba Mocha.

Bigamist Must Support Both.

New York. — Justice Warren G. Foster of the general sessions has just disposed of a bigamy case in highly unusual fashion, suspending a jury sentence on the bigamist and allowing him to choose which wife he would live with after he had promised to support both. The man in the case was Herman Keulin, a hatmaker. His two wives did not want Keulin to go to jail. The older said that if he did she and her three children would have to go to the poorhouse.

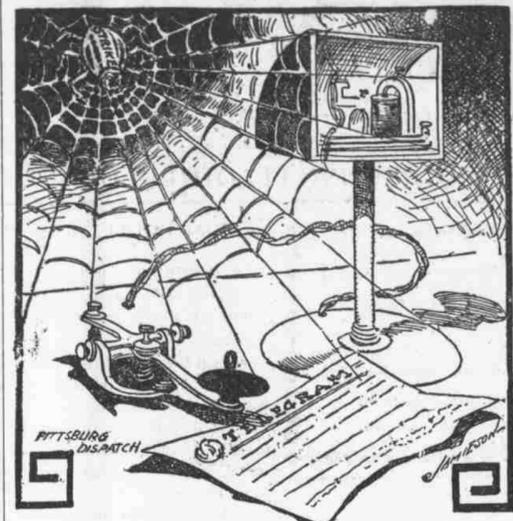
Frisco Reformers Successful.

San Francisco. — The primary election in this city resulted in a sweeping victory for the Republican league or Ryan ticket, which stood for earnest support of the bribery graft and board of supervisors.

Made Secretary of New Mexico.

Washington. — Nathan Jaffe, of Roswell, N. M., was appointed secretary of New Mexico Wednesday to succeed Secretary Reynolds, who resigned recently.

TIED UP!



HOUSE WRECKED; FIVE DIE

A CHICAGO TENEMENT COLLAPSES DURING STORM.

Victims Are Crushed to Death While Asleep—Structure Was About to Be Moved.

Chicago. — Five persons instantly killed, nearly a score of others seriously injured, three fatally; buildings wrecked, roofs hurled through the air, vast sections of the city inundated by torrents of water, was a portion of the toll exacted by a storm that swept through the city early Friday.

The storm broke shortly after one o'clock. The heavy wind increased in velocity until at 1:30 o'clock it assumed an extreme velocity of 45 miles an hour, carrying death and disaster in its wake.

The collapse of a tenement building at 55 Fry street, crushing out the lives of the five sleeping victims and dealing injury to 16 others, was the worst incident of the havoc wrought by the winds.

Twenty-five persons were sleeping in the house when the dilapidated structure rocked by heavy wind, its foundations weakened by the razing of adjacent houses for a new city park, crashed to the ground.

The dead are: Annie Marwaranski, 22 years old, sister of Mrs. Nosal; Mrs. Annie Nosal, 35 years old, owner of the rooming house; Kate Nosal, six years old, daughter; John Nosal, 20 years old, son; Albert Stehm, 33 years old, boarder.

Mrs. Annie Nosal, one of the victims, was the owner of the ruined house, which had been raised on jacks preparatory to moving it away in order to establish a small park. Every member of the household had retired when the crash came without warning at 1:30 a. m.

STOCK VALUES MELT.

Slump in Wall Street Sends Prices to New Levels.

New York. — Distrust of the government's attitude toward the corporations, a threatened monetary stringency in all the leading markets of the world and the financial embarrassment of the Pope Manufacturing company combined to demoralize the stock market Wednesday.

Prices melted in sensational fashion and the average level of declines was below that reached in the memorable Northern Pacific panic of May, 1901. Stocks were sold lower than ever before in their history. Of the several causes named, the failure of the New England corporation probably excited the greatest amount of apprehension.

During the early session of the market there was no hint of coming storm. In fact, it was not until the failure of the Pope company became generally known that the list became unsettled. Then the speculators for a decline, encouraged by their successful attacks on prices during the past fortnight, renewed their attacks, concentrating their forces on the Harriman and Hill issues, Reading, St. Paul, the coppers, American Smelting and the steel stocks. Under vigorous hammering, a great many orders to sell to stop losses were uncovered, and, as is usual in times of great excitement, numerous accounts were thrown over and sold for what they would bring.

Burglars Rob Bank.

Crookston, Minn. — Bank robbers blew open the safe in the Farmers State bank at New Felden, a small town near here, Wednesday night and secured \$2,200. The robbers escaped.

Found Not Guilty of Peonage.

Raleigh, N. C. — The jury in the United States court at Beaufort trying E. A. Kline, the railroad construction contractor, Friday rendered a verdict of not guilty of peonage. Kline was held in \$1,000 bail on another indictment for peonage.

Goshen Wins Choral Contest.

Warsaw, Ind. — Goshen, Ind., Friday won a majority of the numbers in the National Junior Choral contest at Winona Lake. Warsaw and Winona also figured in the winning.

Man 83 Weds Woman 80.

Lancaster, Pa. — Amos S. Miller, aged 83 years, and Susan B. McClay, aged 80, were married here and set up housekeeping. They walked to and from the home of the justice who married them, four miles. Each was married three times before.

Japs to Settle in Brazil.

Rio Janeiro. — Three Japanese settlements will be established in the state of Rio Janeiro. The government of the state has given its sanction to the project.

BAND OF THIRTY ANARCHISTS

ATTACK CARDINAL DEL VAL AND RECTOR KENNEDY.

Clergymen Rescued by Guards and Troops—The Anti-Clerical Riots Are Spreading in Italy.

Rome, Aug. 19. — The wave of anti-clericalism is increasing in violence. Nearly all the priests of the vatican go about the city fearing either insult or assault. Cardinal Merry del Val with Monsignor Kennedy, rector of the American college, while passing through Marino in a carriage was furiously assaulted by a band of 30 anarchists, who were shouting: "Down with the vatican!" "Long live the revolution!" The anarchists were armed with knives and clubs. They surrounded the carriage despite the strong guard of detectives and carabinieri. One anarchist swung a club at the cardinal's head, but a detective quickly interposing, received the blow on his chest and was dangerously injured.

The pope, when informed, sorrowfully said: "The world will now see how impossible it would be for me to leave the vatican.

The outbreak of anticlericalism has overspread all Italy. It shows, despite the improved relations between the vatican and the quirinai, that there is still a large section of the radical populace which is eager at all times to attack the church. The events of this summer have favored the anti-clericals, therefore, after a long period of tranquility, during which the church and the government have rendered one another reciprocal aid, the mobs are now burning churches and assaulting the prelates. Fortunately parliament is not in session now, else an unforeseen crisis might arise. For Italy is peculiarly susceptible to sudden ebullitions of public anger.

The unfortunate situation is still further complicated at this time by the issuance from the vatican of a communication which is destined to arouse serious controversy. It affirms that either Catholics or non-Catholics who have interpreted the general policy of the pope toward the Italian government as implying that he is in accord with or has any confidence in any cabinet or political party misunderstand the pontiff's position. The vatican, it is asserted, sees no need at this time changing its policy toward the government, whatever attitude the government may assume.

It is reported that Pope Pius is about to follow up his recent syllabus on so-called modernism in the faith with an encyclical condemning modernist errors.

NINE HURT BY JUMPING

From a Trolley Car to Escape an Impending Collision.

York, Pa., Aug. 19. — In a head-end collision between cars on the York and Windsor street railway, nine persons were injured while panic stricken. The wreck was brought about through a misunderstanding of signals by S. T. Beck, a motorman. When the cars came together the passengers were seized with panic. In jumping nine were hurt. They are Miss Nora Hollinger, of York, left arm broken and left ankle sprained; Miss Nettie McLaughan, of Red Lion, spine injured; John Croul, conductor, of York, arm and face cut; H. S. Hale, of Lancaster county, back sprained; Milton P. Rheims, Lancaster county, right leg injured; Phillip Gros, Dallastown, face cut; Clarence Baker, Dallastown, face cut; Lillian Willick, York, back sprained.

TRUSTED OFFICIAL ARRESTED.

J. W. Hastings, of Boston Subtreasury, Charged with Embezzlement.

Boston. — J. Warren Hastings, since 1864 a trusted official at the United States subtreasury in this city, was arrested Friday on the charge of embezzling \$3,000 from the government June 7. The money was taken from a package containing \$105,000 in bills prepared for shipment to Washington to be retired from circulation, and the shortage was made good by another clerk who technically was responsible, but who at no time was under suspicion.

BLOODY TRAGEDY IN NEW YORK.

Man Murders His Wife and is Killed by Daughter.

New York. — George Wasser, 57 years of age, murdered his wife and was in turn slain by his daughter at the home of the women in Harlem Thursday. Wasser fired upon his wife and then exchanged shots with the daughter. The latter was not wounded. Mrs. Wasser soon succumbed to her injuries and her husband died a little later. The daughter was arrested. She asserted that the father had persistently practiced cruelties upon his family.

Maryland Republican Ticket.

Baltimore, Md. — The Republican state convention Wednesday made the following nominations: For governor, George R. Gaither, of this city; for attorney general, Hammond Urner, of Frederick; for comptroller, James P. Baker, of Kent county; for clerk of the court of appeals, Thomas Parran, of Calvert county.

Killed Before Escort's Eyes.

Canon City, Col. Aug. 19. — Miss Eugenia Gould, aged 30, a trained nurse, of 232 West Catin avenue, South Canon City, fell off a 200 foot precipice on the north side of Twin Sisters mountain in the Sangre de Christo range, eight miles south of Howard, Fremont county and was instantly killed. Only one person, Adolphus Latham, of Howard, the young woman's companion witnessed the accident.

Jew Balter Exposed.

Bialystock, Russia, Aug. 19. — Col. Schoter, commander of the Bialystock military station, is charged with organizing and helping to carry out the recent attacks on Jews here.

Schooner Fleetwood Believed Lost.

Bellefleur, Ont., Aug. 19. — The schooner Fleetwood, owned by Capt. Clark Taylor, of this city, is believed to have gone down in Lake Ontario with all hands.

Mrs. Emma Leach Dead.

Kansas City, Aug. 19. — Mrs. Emma Leach, sister of Cole, Jim and Bob Younger, former members of the famous James bandits, died here as the result of injuries received in a street car accident in this city last Friday. She was 54 years old.

Two Forests Ablaze.

Toulon, Aug. 19. — Great forest fires are blazing on all sides of this place and two forests are threatened. Troops are making desperate efforts to control the fire, but thus far with but little result, owing to a high wind.

Two Seriously Hurt.

Albany, N. Y., Aug. 19. — W. M. Keown, of Washington, Pa., and Miss Emma R. Quinn, of Bradford, were seriously hurt in an automobile accident at Sunnyside. Mr. Keown has a fractured thigh and Miss Quinn is suffering from concussion of the brain.

Two Were Drowned.

Des Moines, Ia., Aug. 19. — By the accidental capsizing of a small birch canoe Roy Radcliffe and his fiancée were drowned within sight of help at Thompson's Bend, in the Des Moines river.

TEN YEARS OF PAIN.

Unable to Do Even Household Because of Kidney Troubles.

Mrs. Margaret Emmerich, of Clinton St., Napoleon, O., says: "For fifteen years I was a great sufferer from kidney troubles. My back pained me terribly. Every turn or move caused sharp, shooting pains. My eyesight was poor, dark spots appeared before me, and I had dizzy spells. For ten years I could not do housework, and for two years did not get out of the house. The kidney secretions were irregular, and doctors were not helping me. Doan's Kidney Pills brought me quick relief, and finally cured me. They saved my life."

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

Used Ink for Bluing.

"One can never be too careful about apparently harmless articles setting about the house," said a housewife the other day. "Not long ago my husband brought home one of those big tall bottles of ink from the office. It had got to be such a nuisance buying one of the small five-cent bottles every time we ran out of ink, that he said he would bring home a supply.

"About a week after that I got a new maid, and when she did the washing she took the big bottle of ink for bluing. Of course every stitch of our white clothes in the washing was ruined."

Rule of Cornish Chapels.

In Cornish (Eng.) chapels the invariable rule is for the men to sit on one side of the building and the women on the other.

A visitor and his fiancée, who are staying in the district, went to chapel, and just before the service began the young man was greatly astonished when the chapel steward, observing that the couple were seated in the same pew, came over to him and, in an audible voice, said: "Come on out of that, me son; we don't ave no sweetheartin' 'ere."

The Three Milkmen.

A man in a small western town bought a quart of milk and on arriving home found it was adulterated with water. The next day he posted bills in different sections of the town reading:

"I bought a quart of milk yesterday which I found to be adulterated. If the scoundrel will bring me another quart I'll denounce him."

The next day he found three quart cans on his doorstep. There were three dairymen in the town.—Judge's Library.

Late Already.

Five minutes after the tardy gong had struck, the principal of the school was walking through the lower hall when he saw a pudgy little fellow scampering toward the first grade room as fast as his fat legs could carry him. "See here, young man, I want to talk to you," called the principal to the late comer. "I ain't got time to talk to you; I'm late already," replied the breathless beginner as the door of his classroom closed.—The Circle.

Punishment by Inches.

A Bergen (Genesee county) justice of the peace has adopted an original scheme for the dispensation of justice. Henry Meyer, 27 years old and seven feet two inches tall, was a prisoner in his court for stealing four bags of oats. He was sentenced to 90 days in jail, one day for each inch of stature and one for each bag.—Nunda (N. Y.) News.

It is worth while to do even the smallest kindness as we go along the way. Nothing is lost. No dewdrop perishes, but, sinking into the flower, makes it sweeter.—Richer.

Beautiful is the activity that works for good and the stillness that waits for good.—Collyer.

Let thy discontents be thy secrets.—Franklin.

FOOD FACTS
Grape-Nuts
FOOD
A Body Balance

People hesitate at the statement that the famous food, Grape-Nuts, yields as much nourishment from one pound as can be absorbed by the system from ten pounds of meat, bread, wheat or oats. Ten pounds of meat might contain more nourishment than one pound of Grape-Nuts, but not in shape that the system will absorb as large a proportion of, as the body can take up from one pound of Grape-Nuts.

This food contains the selected parts of wheat and barley which are prepared and by natural means predigested, transformed into a form of sugar, ready for immediate assimilation. People in all parts of the world testify to the value of Grape-Nuts.

A Mo. man says: "I have gained ten pounds on Grape-Nuts food. I can truly recommend it to thin people." He had been eating meat, bread, etc., right along, but there was no ten pounds of added flesh until Grape-Nuts food was used.

One curious feature regarding true health food is that its use will reduce the weight of a corpulent person with unhealthy flesh, and will add to the weight of a thin person not properly nourished. There is abundance of evidence to prove this.