The Plymouth

Established 1882.

Our Entire Second Floor Is for Ladies.

Ladies' Clothing.

A few interesting items for Thursday at very interesting prices, viz:

At $10—Fine Kersey Jacket, 27 inches long, Storm collar, strap seams of same material, lined with silk serge, colors: Black, Brown, Blue and Castor. Worth $15. Special at..... $10

At $10—Black Beaver Cape, 36 inches long, trimmed around collar and front with satin storm collar, lined. Good value at $15. Special..... $10

At $12—Cheviot Suit, tight fitting jacket, skirt with flounce; both jacket and skirt trimmed with taffeta silk bands; colors, black, blue and brown; worth $18. Special..... $12

At $4.50—Black Serge Dress Skirt, seven gore, new flare, beautiful hanging skirt; usually sold at $7.50. Our price..... $4.50

The Plymouth Clothing House, Sixth and Nicollet

GOLDBLUM

Millinery Importer.

See my Smart Street and Tailor-Made Hats at $5, $6, $7.

FIFTH FLOOR, SYNDICATE ARCADE

Take Elevator.

"SOROSIS" SHOES

Are worn the world over by leaders of fashion and society. Why? Because Sorosis Shoes stand distinctly alone, as a leader.

60 LASTS, ALL..... $3.50

W. B. DICKERSON,

515 Nicollet Ave.

FURS

Manufacturer of and dealer in all kinds of Furs. Have a fine line of Alaskan Sealskin Garments and other high class Furs. Also a complete line of Men's Fur and Fur Lined Coats.

See me before ordering your winter furs. I guarantee the latest fashions, perfect fit and finish and lowest prices. Fur repairing, redyeing and remodeling of fur garments a special feature. Country patronage solicited. Guarantee promptness and satisfaction.

ZEKMAN, FURRIER, 106 Hennepin Av. Opposite City Hall.

Wedding Invitations.
New York Styles.
The Beard Art Co.,
624 Nicollet.

VEGETABLES AS MEDICINE

Drugs May Be Taken in a Palatable Form.

There seems no excuse for the continual use of drugs if the same remedial effects are to be found in the more palatable form of vegetable and fruits.

Does the system demand sulphur? We find it in turnips, onions, cabbage, cauliflower, watercress and horse radish. The much-maligned potato is rich in salts of potash. French beans and lentils give iron. Watercress contains a sulpho-nitrogenous essentials oil, iodine, iron, phosphate and other salts, and spinach contains salts of potassium and iron in such quantities that the French term it "the broom of the stomach," and food specialists rate it as the most precious of vegetables.

In cases of anaemia, cabbage, cauliflower and spinach proved distinctly beneficial. "Love apples," our modern tomato, stimulated the healthy action of the liver. Asparagus was beneficial in kidney troubles. Celery was a sure cure for rheumatism and neuralgia. The carrot formed blood and added to the beauty of the skin. Beets and turnips kept the blood pure and improved the appetite.

Watercress, like asparagus, was good for the kidneys and was a stimulant to mind and body.

Lettuce was extremely beneficial for tired nerves and the lassitude peculiar to spring.

Parsley proved an excellent tonic and also cleared the complexion, while the whole array of "greens," mustard, cowslip, horse radish, dock, dandelions, young beet tops, and even stalks of the milkweed, were religiously added to the springtime bill of fare, to clear the blood, regulate the system and remove that tired feeling, so closely associated with the vernal season.

Twenty per cent of all horned cattle are killed for food in a year.

Golfer—How are your links?
Sprocketts (indignantly)—Sir, I ride a chainless wheel.

Hot Rolls,

hot muffins, hot cakes, made with Royal Baking Powder may be freely eaten without fear of indigestion.

Woman's World

EARLY DAY BATTLES

Described to the State W. C. T. U. Convention by Pioneers.

THE CANTEEN LAW IS DISCUSSED

Mrs. Scovell Says There Is a Conspiracy to Have It Repealed.

The state W. C. T. U. session yesterday afternoon at Plymouth church had two interesting and significant features, the quarter century run in which nearly a dozen of the earliest workers of the organization gave glimpses of the way in which the present splendid organization was given its general outlines and foundation, and the president's vigorous, fearless address in which present day problems were held up to the clear light of day and the plain duty of the organization to the public and to itself pointed out. It laid out a working plan for the year along aggressive lines, particularly in regard to the army canteen, which is not a case of foreign missionary work so long as Fort Snelling is an army post. This was pointed out as the burning question, especially in Minnesota, as the present commandant was quoted as being opposed to the present law and in favor of the canteen.

The quarter century run, the hour in which the pioneers occupied the platform, was not only interesting from the standpoint of history and reminiscence, but was instructive from the insight which it gave into the development of the women as individuals and their training to work as a unit for temperance. Perhaps a dozen of the women who had been connected with the organization since the early eighties were on the platform and were presented and letters were read from others who had been prominent. Mrs. A. T. Anderson, the first speaker, had not only acted as first president of the state organization, but had proposed the organization of the first local union in Minneapolis at a mass meeting of Christian women held to pray for the redemption of the city from the evils it was suffering under the administration of Mayor Ames in 1876. Mrs. Anderson also outlined briefly the first attempts at legislative work and the methods by which the idea of organized work for temperance was fostered by local workers, Mrs. J. Ellen Foster and others. Her story of how a deadlock in a sharply contested election was broken by one of the tellers innocently and conscientiously stuffing the ballot box, as the only possible way out of the dilemma, was especially amusing to the well trained parliamentarians before her, to whom such a state of ignorance was incomprehensible.

Mrs. Frances Neal of Minneapolis told of the strong faith of the early leaders that they would be able to abolish the saloons speedily with song and prayer, having no foresight of the struggle upon which they were entering. She gave an account of some of the great meetings arranged through the instrumentality of the union and of the Reform club, which resulted from them.

Owing to extreme age and feebleness, Dr. Chauncey Hobart, husband of the late Harriet A. Hobart, was unable to be present, but sent a greeting in which he said: "It is my honest conviction that the W. C. T. U. contains more of genuine piety and purity of heart and life than any other association existing in proportion to its numbers. It is the result of the sorrow, agony and distress brought upon the better half of the race by the ridiculous indulgence in intoxicants by the other half. Add to this that there is no lack of talent among you. Your zeal and success furnish ample proof of your right to exist and of the justness of your claim to the hearty good will and co-operation of all that fear God and love humanity."

An Early Day Crusader.

Miss Ella Cook of Austin and Mrs. M. A. Dockstader gave an account of the crusade movement in Minnesota. The latter, in a rural community near Hastings, undertook to close the rumshop in her vicinity unaided and was met with a revolver thrust in her face. Her zeal for the work was not dampened, but she felt the need of support in her efforts to promote temperance and when the annual convention was held in Northfield she arose and drove the twenty-five miles to that town before 9 o'clock in the morning, eating her breakfast along the road, in order to attend the convention. For herself and for the womanhood of the country, she felt that the organization has done great things, which should be credited to the union, as well as its direct temperance work. It has kept her young and full of zeal for work. Mrs. C. S. Winchell gave the history of the introduction of scientific instruction into the state statutes and the initiation of the women into the entanglements of legislation. Mrs. Julia B. Nelson grew up in an atmosphere of opposition, having been a teacher of colored schools in the south, and having the courage of her convictions was generally assigned the disagreeable interviews, hard places to speak, etc., and from this experience passed through many interesting occurences of which she mentioned a few.

Mrs. Susanna M. D. Fry, the predecessor of the present president of the state, and now national corresponding secretary, sent a letter summing up the achievements of the work in all lines for the quarter century. She said in part:

We are racing for statutory and constitutional prohibition of the liquor traffic, as the worst enemy to human character. We are racing to protect women and children, to prevent gambling and cigarette smoking and all manner of crime. We have won protection for girls for 18 years in thirteen states, for 16 years in nineteen states, and for 12 or 15 years in other states. We ran against the army canteen and outran it. But harken, we may be challenged to run this race again, to see who will have the army boys, liquor or their mothers. If so, you must run with the new leaflets on the canteen in your hands, and it may be with petitions also. The 20,000,000 signatures obtained in the quarter century may not suffice. In this contest we must be sure to distinguish between legitimate agitation against evil and personal partisan attacks. Be sure to give no occasion for anarchists or their sympathizers to take aid or comfort from any W. C. T. U. runner. Upon every heart should be our chieftain's last message: "Tell the fomen, Oh, tell them that the religion of Jesus is a religion of patriotism," and on her shield should be the words, "For God and Home and Native Land."

We must rescue the states from broken laws, the press from yellow literature, the masses from ignorance, the fallen from their pits of inquity, the drunkard from his cups, the criminal from mob violence, the nation from complicity in the liquor traffic, and help to make this the purest, the freest and the safest government on earth, where no anarchist will dare lift his head and no drunkard or drunkard's wife will cover theirs in shame, but where the gospel of Christ shall be the corner-stone of the nation and righteousness shall prevail. Who, then, will fall out by the way? Who, then, will cease to run? Only those who endure to the end shall obtain the crown.

Mrs. Scovell's Address.

Mrs. Scovell, in her annual address, after reviewing briefly the causes which led up to the organization and the steps of its advancement and their fruit, took up the anticanteen campaign. She said the union was credited by some with securing that legislation, and, while too modest to make so large a claim for itself, was proud that it was a factor. Taking up the way in which the opposition has been carried on since the passage of the law, she pointed out that the statements widely published in regard to Fort Sheridan had been fully refuted and that Commandant Ray of Fort Snelling had proved false the statements made in the twin cities in regard to the baneful effects of the change at Fort Snelling. Continuing, she said:

That there is a well-laid conspiracy on the part of the liquor men, some army officials and some congressmen, to restore the canteen to the army at the next session of congress has been stated by a United States senator. These falsehoods that have been given out to the world through the daily press to prejudice the people in favor of the canteen are, no doubt, part of this conspiracy.

Lieutenant General Nelson A. Miles said, only two months ago: "I don't believe the present law should be repealed until it has been given a fair trial. There has been a great deal of idle talk concerning the canteen. The army canteen, or exchange, or amusement room, as it is variously called, was at first simply a place where soldiers might congregate to play games and amuse themselves. The sale of liquor was not allowed. The last act of congress places the institution back on its old footing. I am not sure that congress has made a great mistake in again prohibiting the sale of liquor. Our large manufacturers don't find it necessary to provide places where their employes can congregate and drink. The railroad companies don't. There is very little drinking among railroad men and they seem to get along just as well."

The action of the military surgeons on the beer canteen was sharply arraigned, and it was suggested that a comparison of their conclusions with the progress of science showed them as much behind the times professionally as in their knowledge of the W. C. T. U. women, whom they denounced as a lot of hysterical old ladies, hopelessly ignorant of army life. Their ignorance of the W. C. T. U. was shown by a resolution advising the organization to direct its energies towards co-operation with the medical associations of the country, which are making a study of the social evil and are making an effort to bring about its segregation and limitation as far as possible within proper lines. Mrs. Scovell declared that this showed more "hopeless ignorance" of the W. C. T. U. than the women could possibly be guilty of in relation to army life.

Her reply was:

We know no proper place for this evil. The segregation of vice as planned by the military authorities in the Philippines, whereby women prostitutes are examined by physicians, who give them certificates to make safe the male prostitutes, will never be sanctioned by the women of the Women's Christian Temperance Union. This vice and sin cannot be regulated any more than the liquor business can. It must be eradicated.

After paying a beautiful tribute to the late President McKinley and Queen Victoria, Mrs. Scovell said:

Dr. Hunter sharply tells his hearers to spell murder backward, and they will find its cause. Red rum! It is the red rum holes, the saloons that are furnishing this poison to the people, and are the schools of anarchy, whose product causes our nation to mourn to-day. God has placed woe upon the drunkard and the drunkard-maker, and as a nation we cannot give sanction to the drunkard maker without bringing woe to our government. And so, while we deport the anarchists, as I hope we will, let us close the schools of anarchy, the saloons, that no more of this red-handed tribe be developed. For political parties to ignore the liquor traffic, to be silent about it, or to lay plans for its extenuation, is to lay plans for national decay. George Washington said when men were making our national constitution: "If to please the people we offer what we ourselves disapprove, how can we afterward defend our work? Let us raise a standard to which the wise and honest can repair; the event is in the hand of God."

Is not this the time, while we are bowed in our great national sorrow, to raise standards to which the wise and honest can repair? Having done this, the event is in the hand of God. The author of our liberties surely will not leave us naked to our enemies.

Fraternal greetings were received from M. Doyle of the Catholic Total Abstinence Society, Mrs. Mary Silloway, Woman's Relief Corps, Mrs. Maude C. Stockwell, Woman Suffrage Association, and Rev. Stanley B. Roberts.

In the evening addresses of welcome were responded to by Mrs. Scovell, and an interesting exercise was given by the young women of the Y branch. In opening, Hamlin Hunt played an organ solo and the Bethlehem Choral Union sang the Hallelujah chorus. The devotionals were led by Rev. W. W. Dawley.

A NEW CONSTITUTION

Some Important Changes Which Will Be Considered To-morrow.

To-morrow the greater part of the morning has been set aside for the consideration of the revision of the constitutions of the state, district, county and local unions, for the state establishes all of these. The principal changes in the state constitution refer to dues and representation. It is proposed that the local unions shall pay 75 cents annually for each member. Of this amount 25 cents shall be a subscription to the state paper. Life patrons are provided for by a payment of $25. In representation, instead of all officers of district, county and unions being delegates, it is proposed to restrict the representation of the local unions to the president and one delegate at large and one for every fifty paying members. In the Y branch the secretary is the delegate. No representation is granted to the county and district organizations. For the executive committee it is proposed to include only the president and secretary of the board of superintendents, instead of all of the superintendents.

If the proposed revision prevails, after an amendment has been considered by three consecutive conventions, it cannot be brought up again for three years. The election will also be held on the morning of next to the last day of the annual convention, instead of the last day. An entirely new clause provides for a state organ which shall be known as "The Temperance North Star" and shall be under the control of the central committee with power to edit and publish the same.

A DOUBLE WEDDING

Miss Ortmeyer and Miss Hauser Soon to Wed in the Orient.

Special to The Journal.

Sioux Falls, S. D., Sept. 25.—Two South Dakota girls, Miss Helen Ortmeyer of Howard, and Miss Fanny Hauser, of Aberdeen, are now on their way to the Philippines, where the former will become a soldier's bride, and the latter will become the wife of a former South Dakotan who is now in the employ of the government. Miss Ortmeyer passed through Sioux Falls yesterday on her way to the Philippines. At San Francisco she will be joined by Miss Hauser, who took another route in going to the coast. From San Francisco the plucky Dakota girls will travel to the Philippines together.

Miss Ortmeyer goes to that far-off country for the purpose of marrying Sergeant Horne, now serving in the islands. He was a member of the First regiment, South Dakota volunteers, but upon the return of the regiment to the state decided to remain, and enlisted in the Thirty-sixth United States infantry regiment. Miss Hauser is making the trip for the purpose of marrying John H. Kipp, formerly insurance commissioner of South Dakota under Governor Andrew E. Lee.

WHAT CAUSES WRINKLES

The Face Should Be Rested Frequently Through the Day.

Wrinkles are often due to the shrinkage of the fatty tissue beneath the skin. The skin at times needs nourishment, and the appearance of the first and slightest wrinkle is an indication that the time has come when some good skin food may be used with benefit. Astringent lotions should not be employed. Their beneficial effect is but temporary and they injure the skin. The best preventive of wrinkles and to preserve a youthful appearance is to give the face perfect rest five or six times during the day, for a few minutes at a time. Do this by throwing the head back and closing the eyes. No matter how busy one's day is, one should find time for this. If possible, when taking this rest, it is well to lie down; but this is not essential. If this advice is followed, it will prevent that tired, worn look with which so many women are afflicted.

For an oily complexion, a pinch of wax in the washing water will be found very beneficial, while for excessive perspiration toilet vinegar is used with the best results. When perfectly dry, powder well with talc powder. In every instanse pure soap is of vital importance. Warm water, too, is essential, more particularly if the skin is at all irritable or inclined to redness. The face should be well washed at night, so that the pores are free. After drying the face thoroughly, massage the skin with the least bit of cold cream or other skin food. Put the skin food on the tips of the fingers and rub in a contrary direction from that taken by the lines. Rub the eyes toward the nose, but rub most of the other lines toward the ears.

A pinch of wax in the washing water softens the water and whitens the skin.

AT THE SHORE.
Judge.

She—It will take up half an hour to get back to the hotel.

He—And in that time I must know my fate.

"But I cannot give you my answer then."

"Oh, I know that. But by that time I will know how much my hotel bill is."

SELFISH.
Philadelphia Press.

"Oh, ma," cried the little mosquito, "brother's just too mean for anything!"

"What's the matter?" inquired the mama mosquito.

"Why, he's found a hole in the mosquito netting over that baby and he won't tell me where it is."

We Want Your Shoe Business

That is Why We Are Offering the Best Lines of

FALL SHOES

for Men, Women and Children Ever Made.

All Styles and Shapes in All Kinds of Leathers.

KNOBLAUCH'S ARCADE

239 Nicollet Av and 23 and 25 South Washington Av.

Ladies' Boots That are just right for street wear; full extension edges, heavy soles, enamel, velour and box calf, and vici kid, also in patent leather. All the style of a $5.00 boot. We ask you only **$3.50**

FOR $3.00 Three new beauties, just come in. One is a vici kid, patent leather tip, heavy rope stitch, Cuban heel. The other is a fine vici, foxed with a mat kid top, fair stitch and a military heel. Next is a fine box calf for outdoor wear. You can't match them anywhere for less than $3.50. Your choice for.... **$3.00**

FOR $2.50 We have got the best looking, the best fitting and the best wearing $2.50 shoes ever shown. New shapes, new styles, vici kid and box calf, at **$2.50**

FOR $2.00 Twenty different styles and shapes for $2; see them—they are good fitters and they wear well—only..... **$2.00**

FOR $1.19 Ladies' kid and patent tipped, vici kid, lace, fair stitch, extension soles, easily worth $1.50. Per pair **$1.19**

LADIES' $2.50 and $3, turn lace and button; on bargain table at **$1.98**

BOYS' double sole, box calf lace; the kind that wear a long time; extension soles; per pair **$2.00**

BOYS' satin calf school shoes, worth $1.25 and $1.50, only..... **98c**

BOYS' steel shod school shoes, hard to wear out; only..... **$1.50**

YOUTHS' school shoes, with nailed soles; splendid wet weather shoe; per pair..... **$1.39**

LITTLE GENTS' satin calf school shoes, worth $1.25. Special, only..... **89c**

MISSES' Calf and Vici Kid school shoes in lace and button, worth $1.50; only..... **$1.29**

MISSES' Extra high cut, Box Calf school shoes, worth $2.00; special, per pair, only **$1.75**

MISSES' Calf and Kid, button and lace, worth $1.25, cut down to.. **69c**

CHILDS' Box Calf school shoes; just the shoe for hard wear **98c**

CHILDS' Calf and Kid Button and lace. Special..... **69c**

INFANTS' Kid, button, worth 50c, only..... **39c**

Are you willing to pay Three Fifty for any one of about 20 new styles of the best shoes ever produced for any such money? We are showing them in French enamel and patent leather, velour and box calf, cordovan, with rope stitches, full extension heavy and light soles, only $3.50 pair.

$6.00—J. & M. calf-lined Bluchers, in winter tan, cut down to **$3.85**

$3.00—Fine Goodyear welt, heavy extension sole, lace, in box calf and velour calf; also enamel. See them. **$3.00**

$2.50—Best on earth for $2.50; fine velour and box calf, lace, fancy punched vamps, Goodyear welt, heavy and light soles; only **$2.50**

$2.00—Splendid wearing box calf, lace, heavy soles; equal to $2.50 shoes for wear, only **$2.00**

$3.00—Goodyear welt sewed, lace, in velour and vici kid, cut down to **$2.40**

Bargain Table full of Men's Shoes, worth $1.50, cut down to..... **$1.19**

A large hat of black silk velvet decorated with Vandyke points of rich lace and wound with a long, full ostrich plume, is the most elegant of the fall models.

The flaring black velvet brim of this chapeau is draped in gray satin with the new floss trimming. Large gray and white plumes to match the boa are caught with steel buckles.

OUR DAILY BREAD

Valuable Suggestions for the Kitchen and Dining-room.

BY KATHERINE KURTZ.

Fresh Fish Is More Suggestive of Coolness in Hot Weather Than Meats.

In some households neither fish, flesh nor fowl are eaten on Friday, while in other families this is considered fish day. Unless one has the good fortune to live where fish may be had fresh from the water, they soon tire of it and have little idea of their really delicious flavor. Fresh-water fish are, of course, the most perishable, and the fine flavor can only be fully enjoyed by cooking them at an open fire directly on the shore of their native stream. The most famous of all anglers tells us that by this method we have a dish of meat too good for any but anglers and very honest men, though we have, since the noted Izak's time, grown skeptical, and do not hold that honesty and amateur fishermen are synonymous terms.

Cleaning Fish.

Fish should be dressed quickly after they are taken from the water; thoroughly washed but not allowed to soak in water, as this softens them and renders them flat and tasteless. The best way after one good dash of water over them, is to dip a cloth in cold, salted water and wipe them well, then wipe dry and let them lie in a cold place if they cannot be cooked at once. Never put the fish directly on ice. Fish dealers do this, but not after the fish are scaled and drawn. Remove every scale, for there is nothing so unpleasant to a dainty eater as to get fish scales with a mouthful of meat. It at once suggests a careless, untidy cook. If the fish is to be served whole, do not split it open, but remove entrails from the gills; rinse the fish out quickly with salted water, then wipe dry before putting in the filing.

How to Skin and Bone a Fish.

If you wish to skin the fish, and there are some that should be dressed in this way, cut a thin, narrow strip down the back, removing the fin, then cut around the neck, and, inserting the sharp edge of the knife, with the aid of the thumb and fingers strip the skin down toward the tail.

To Bone the Fish.

Fish are sweeter and better flavored when cooked with the bones in them; but for some purposes these must be removed. To bone them, take a sharp-pointed knife, insert under the flesh at the tail and run up the backbone, cutting clean and clear from the backbone. Be careful you do not break the fish by handling roughly. When both sides have been scraped clear from the bone, lift carefully from the large bone. The smaller bones must be pulled out separtely. Do not attempt to bone such fish as pickerel, herring, shad, etc. Shad is sometimes boned, but it is very tedious and requires an expert. Fish are generally boned when the flesh is to be rolled up and steamed, boiled or baked.

Boiling Fish.

Fish should be wrapped in thin cloth when it is to be boiled, having an even thickness on every side. Use boiling water for all kinds of fish except salmon, which should be plunged in water barely warm in order to preserve its color, and bluefish and mackerel; these should be covered with cold water. Fish must not boil rapidly, or the flakes will be broken. A tablespoonful of vinegar or a little lemon juice added to the water in which all kinds of white fish are boiled, will improve both color and flavor. Fish are nicer steamed; they lose much less of their nutritive parts and are not as liable to break apart; but this method requires more time. If you should not possess a fish kettle, and your fish is too large for the vessel you have, you can skewer the fish in the shape of a letter S or a circle, so that it will fit. The fish must not be placed directly in the bottom of the kettle; if the fish kettle is not available, and you have to use an ordinary round boiler, take a pie tin that will fit in the bottom and punch holes in it by driving a large nail through it.

In baking fish there should be a sheet of tin to fit the bottom of the pan; any one can get this made by a tinsmith; have wire, standing handles at each end and you can lift it out when the fish is done and slide the fish from this to the platter. Any cook who has tried lifting a large, stuffed fish from the bake pan to the serving-dish knows what a trying ordeal this is; the tin sheet with handles does away with all this trouble and costs but a few cents. Strips of fat bacon or pork should be laid on this tin, under the fish, to prevent its sticking to the tin and dragging off the skin.

Baked Fish.

Bluefish, pickerel and whitefish are the most satisfactory for baking. The head should not be removed and have the fish drawn from the gills. Fill with bread or oyster stuffing, putting it in lightly, so it will not be soggy and heavy; lard the upper side of the fish with fat pork; this can be easily done by making incisions two inches apart and one inch long down the middle of the fish and inserting bits of salt pork. This will help baste the fish while cooking and prevent the skin from blistering and cracking.

Salt Codfish With Cheese.

Boil a pound of codfish in milk enough to cover it well; drain and pick apart; make a cup of drawn butter, and when it boils up add the fish, season with pepper (salt if necessary), a little minced parsley and two tablespoonfuls of grated cheese. Turn into a baking dish; cover with a light layer of bread crumbs and set in a hot oven to brown.

YERXA'S Stores

Carry a full and complete line of food specialties. We sell large quantities and they are always fresh.

TOASTED WHEAT FLAKES

Sold by Grocers.

Actually the only thoroughly cooked Cereal Food.

Magnify a flake of Toasted Wheat and note its translucent heat-browned structure. The quadruple cooking to which it has been subject has dried every pore and portion of it. The "pastiness" of the starch of the wheat does not exist in this greatest of all foods because the starch has been "heat-digested" and thereby converted into dextrine, ready for immediate assimilation to Blood, Bone, Brain and Brawn. This food *does not become a pasty mass when moistened.*

TOASTED WHEAT FLAKES are widely imitated, even in Battle Creek, so in order to protect the public in securing the genuine, and ourselves, we have placed a picture of the Battle Creek Sanitarium on each package. Don't accept substitutes.

Battle Creek Sanitarium Food Co., Battle Creek, Mich.