THE CHICAGO TRIBUNE: SUNDAY, OCTOBER 12, 1902.

APPENDICITIS DUE TO WHITE FLOUR.

So Declares Physician, Who Says System of Milling Is to Blame.

CHANGES in milling processes are responsible for appendicitis, according to a physician who has been in the practice of medicine for fifty years and who has observed the spread of the disease. This physician, Dr. H. C. Howard of Champaign, Ill., asserts that until the trade demand for exceedingly white flour changed the methods of grinding wheat there was no appendicitis.

To prove this assertion the physician points to the fact that where coarse breads are used the disease is unknown, but that as soon as the fine breadstuffs are introduced appendicitis comes along as a sequence.

By this reasoning it is shown that the people of agricultural communities who secured their flour from small mills did not have the disease until the small mills were crowded out by the large ones and fine white flour supplanted the coarse.

Then the negroes of the south so long as they ate corn bread were free from the disease, but when the new process flour began to be used the disease came among them. The same results attended the departure of the German folks from their coarse bread to the refined flour.

Disease Rare Before 1875.

"I can remember that prior to about 1875," said Dr. Howard, "that there was little or none of the ailment among the people. In twenty-five years of practice among the people before that time I do not think I saw more than forty cases of appendicitis. Now they are common.

"Large and extended changes in the diet of people has contributed to this. For example, about the date mentioned there began to be a general change from the old method of grinding grain to the present method of roller mills and excessively fine bolting cloths. This plan of milling began first in the large cities, and appendicitis began to increase first there. Later the new process crowded out the small mills in the country, and the people could not get flour made by the old processes. They bought products of the large milling establishments, and then the farmers began to have appendicitis.

"Still the negroes of the south did not have it, but in time they began to get away from their plain corn bread, and they, too, began to have appendicitis. So it goes. They did not have appendicitis in Germany until they began to eat our fine white flour and put in the new process of milling after our fashion. Now they have appendicitis in Germany just as we do.

Disarranges Digestive Organs.

"Experienced millers will tell you that the fine flour is a less desirable flour than that made by the old process, but the trade demands it chiefly on account of its whiteness. On account of its indigestibility the disarrangement of the digestive organs of the people eating it has greatly increased. The prime cause of appendicitis is found in this disarrangement.

"Quite small children have it. I know one boy who has had thirteen well defined attacks of the disease and came out of all of them without surgical operations. He changed his food to corn bread and mush, with coarse breads in general, vegetables, little meat, and some fruit, and he has taken on flesh and has not had a symptom of the disease for three years.

"The lack of phosphates in the food is visible in the people, and physicians have greatly increased the use of medicines containing phosphates. It is a necessity. Children are brought to me suffering from conditions resulting from a lack of material in their systems to form their teeth. Ten days of treatment, giving phosphates, will bring relief, and the teeth will begin to grow. They are suffering because the ingenuity of men and the foolish demands of trade have resulted in taking from their food the material which nature put in it for their growth."

The new process which is held accountable for disease takes from the grain the phosphates chiefly existing in the germ or the wheat and just under the bran, and leaves only the starch and gluten

A little white bread is safe.

Much, is a menace and danger,

A man who had appendicitis, brought on by the use of starchy food, that kept up a continual irritation of the intestinal tract, because he couldn't digest the starch, worked and experimented for about two years in perfecting a food in which the starch should be first changed to grape sugar (in other words, go through the first form of digestion) so that he could have the required elements of food and not suffer therefrom.

This was the origin of Grape-Nuts, and the man followed exactly in the line of Nature in changing the starch of the cereals into grape sugar.

There are absolutely no foreign ingredients in or about Grape-Nuts. It consists entirely and wholly of wheat and barley, containing all of the valuable food elements of these nourishing grains.

The food is granular in shape, purposely made a little hard in order to bring down the digestive juices from the gums and preserve the teeth by proper use. It is softened by cream and is one of the most delicious dishes ever placed on the table.

We unhesitatingly say, and the statement will be verified by the great majority of physicians all over the world, that Grape-Nuts is the most scientifically prepared food in existence. Made for a purpose, it accomplishes its purposes.

It furnishes the system the valuable, much needed carbo-hydrates, the elements that make brain, nerve and brawn, and it is presented in a form ready for immediate and easy digestion.

It can be handled by the weakest stomachs. It is used by thousands of mothers for an infant's food, and by athletes for their nourishment.

It requires no cooking, having been thoroughly and skillfully cooked by expert bakers. It is ready for immediate service. It is economical, for but four heaping teaspoonfuls are required for the cereal portion of the meal.

This does not mean make your entire meal of four heaping teaspoonfuls of Grape-Nuts; it means that is the proper amount for that part of the meal, and you may depend upon it the system will absorb more valuable nourishment from that four heaping teaspoonfuls than from many times the weight of other food.

It is particularly intended to take the place of the quantities of white bread now in too free use by most families.

Our remarks on white bread may displease some, but we stand for principle in this matter and know exactly whereof we speak.

There are on file in our office not hundreds but thousands of letters from people in all parts of the world, giving descriptions of distress, disease and ill-health from the use of improper food, and detailing the health and comfort that has come from a re-arrangement of their diet along our lines.

We advise for breakfast a little fruit, cooked or raw, a dish of Grape-Nuts and cream, two soft boiled eggs and a cup of Postum Coffee. Let it go at that.

At the mid-day meal repeat, adding a little slice of meat, if thought best.

At night have a good, generous mixed meal with a dessert made from one of the many recipes in the Grape-Nuts book found in each package. Postum Cereal Co., Ltd., Battle Creek, Mich.

In Social Circles

THE JUNIOR BALL

Plans for Great, University Affair Far More Elaborate Than Ever Before.

Electrical Display to Outdazzle Anything of the Kind Attempted Here Is Promised.

Preparations for the junior ball, which will be given Friday evening, Jan. 30, are progressing rapidly and the plans are far more elaborate than ever before. The university armory will be resplendent with flowers, bunting, fountains, and an elaborate electrical display. The colors of the junior class, red and white, will be used very largely in the decorations. Booths, beautifully decorated with oriental rugs and furnishings, will be placed at the corners of the ballroom. The electrical display bids fair to outshine all previous efforts and many special features will be introduced which the committees are keeping secret. The programs are decidedly novel in design. The design was submitted by a Philadelphia engraver. Danz's full orchestra has been engaged and will play a program of thirty-nine numbers, thirty dances and nine "supper extras." It has been decided to stretch a large canopy from the entrance of the armory to the street. This will be fitted up with rugs and draperies so that the guests will step from the carriages directly into this enclosure and will not be exposed to the cold. The junior ball is undoubtedly the greatest social function of the college year and is fast becoming the leading event of the twin cities. It is attended not only by university students and alumni, but by society in general and many out-of-town guests will be present.

Mr. and Mrs. Gustavus A. Moore will issue invitations next week for the marriage of their daughter, Margaret, to Russell Spicer, which will take place Wednesday evening, Jan. 28, in the First Congregational church. The service will be followed by a small reception at the Moore residence.

Mr. and Mrs. George K. Shaw announce the marriage of their daughter, Maud Claire, to Charles Lewis Grant of Philadelphia. It took place recently in Hamilton, Ont.

William K. Marshall has announced the engagement of his daughter, Maude, to Charles Clark Jacobs of Fort Dodge, Iowa. The wedding will be quietly solemnized Wednesday, Feb. 4, and only the immediate relatives will be present. Miss Marshall returned this week from a visit in Mississippi.

Mr. and Mrs. Arthur Brackett of Excelsior, Minn., announce the engagement of their daughter, Evelyn, to Arthur Burt Lyman of Excelsior.

Mrs. John Harris Chick will leave Thursday for Los Angeles, Cal. Mrs. Chick has been prominently identified with the best musical interests in the city and has been organist in the Church of the Redeemer for many years. The church quartet and Mrs. M. E. Brown will give a reception Tuesday evening in the church parlors in her honor from 8 until 11 o'clock. It will be one of the pretty affairs of the year and though no invitations have been issued the members of the church, the friends of Mrs. Chick, and the members of the Ladies' Thursday Musicale and of the Philharmonix club will be among the guests. Rev. and Mrs. Marion D. Shutter will assist in receiving and a mandolin orchestra will play as the guests come and go.

Mr. and Mrs. Emil Ober-Hoffer gave a dinner Thursday evening at the Hampshire Arms for Mrs. Chick.

Mrs. Cavour S. Langdon and Mrs. Frank Drummond Blakeley will give an informal tea Thursday afternoon at the home of Mrs. Langdon on Tenth avenue S. The guest of honor will be Mrs. John Elliott Shaw and a group of the younger women have been invited.

Mrs. John Franklin McKey will give her first post-nuptial at home Monday afternoon at her apartments, 1778 Humboldt avenue S. She will be assisted in the afternoon by her sister, Mrs. Charles E. French, who has recently returned from an extended trip abroad. Mr. McKey will receive with Mrs. McKey in the evening.

Mrs. A. O. Hubbard and Mrs. Robery have issued invitations for a card party to be given Friday afternoon at the home of Mrs. Hubbard, 1775 Girard avenue S.

Mrs. J. E. Moore will entertain the Monday Card club next week at her home, 215 Clifton avenue.

The committees have been appointed for the fourth annual ball of the Deutscher Frauen club, which will be given in Masonic Temple, Feb. 3. They are as follows: Arrangement committee, Mmes. John Gluck, Henry Oswald, Charles Zachow, F. Gutch, Joseph Zwick and George Gfroerer; reception committee, Mmes. R. Mueller, Julius Heinrich, Sigmund Weidenbeck, Louis Schiek, E. O. Lampe, T. Laliberte, Carl Witt, Frank McLain, Ed Rhomberg, Charles Beahr, G. Schober, B. Winter and Louis Witt; floor committee, C. O. Lampe, R. Winter, John Heinrich, Louis Witt, Frank McLain, George Gfroerer, Julius Heinrich, Joseph Zwick, Ed Schober, F. Huxman, John Schlener, John Gluck, Carl Witt and Henry Oswald.

Mrs. Frank Simmons gave a prettily appointed luncheon at the Minneapolis club this afternoon in honor of Miss Commack of New Orleans. The guests were four young women and an equal number of young men, and after luncheon they formed a theater party at the Metropolitan theater.

Tuesday afternoon Miss Jessica Morgan will give a luncheon for Miss Commack.

A delightful informal affair of last evening was the dancing party which was given in the West hotel by the Kappa Alpha Theta fraternity. Palms and ferns furnished a simple but effective decoration in the ballroom. The seventy-five guests were received by Messrs. and Mmes. J. C. Haynes, Leonard, John Bradford, Halsey Wilson and Mrs. W. H. Bennett. A program of twenty numbers was danced and Rossiter's orchestra played. The cards had black ribbon covers with the fraternity monogram in yellow. Supper was served at midnight.

A dancing party was given last evening in the Lyceum academy by Theta Delta Zeta fraternity. A program of fifteen numbers was danced and the cards were in the fraternity colors. Frappe was served during the evening. The hall was hung in yellow and green bunting, the fraternity colors, and the mantel was banked with palms. Mr. and Mrs. R. Froendle received with the young people. About seventy-five couples were present.

Mr. and Mrs. George Rose gave a dinner of ten covers last evening at their home on the East Side. The decorations and appointments were all in white and green.

Mr. and Mrs. F. G. Pettis entertained about fifty guests Thursday evening at their home on Eighteenth street, in honor of Dr. and Mrs. Albert Edwin Booth, whose marriage took place New Year's eve. The receiving group included Mr. and Mrs. Pettis, Mr. and Mrs. Robert Cargill, and Dr. and Mrs. Booth, who stood in the parlor which was decorated with red and white carnations. The dining-room was a study in red with carnations and candles with shaded light. A short musical program of vocal and instrumental numbers was given and light refreshments were served.

Miss Hattie A. Peterson entertained twenty-five women Thursday afternoon at a coffee at her home, 3053 Findley place.

The wedding of Miss Edythe Hosenpud, daughter of Hr. and Mrs. B. Hosenpud, and Joseph B. Jaros will take place at the home of the bride Tuesday, Jan. 20.

A wedding of next week will be that of Miss Matilda Smith, daughter of Mrs. W. J. Smith, to John F. Detrick which will take place Wednesday evening.

PERSONAL AND SOCIAL.

Mr. and Mrs. William L. Shepherd left this week for an extended visit in California.

The Fleur de Lis club will meet Monday afternoon with Mrs. Jacoby at the home of Mrs. S. A. Reid, 17 Fifteenth street N.

The kindergarten and sewing school in the parish house of All Saints' church, 2617 Clinton avenue, will reopen Monday.

Mrs. A. H. Foster of 2633 Bryant avenue S will entertain the Monday Afternoon Ladies' club at six-hand euchre Monday.

Minneapolis people at New York hotels are as follows: Astor, B. C. Gibbons; Holland, J. S. Bradstreet, J. B. Robbins; Waldorf, S. T. McKnight.

The B. M.'s were entertained at a jolly sleigh ride Tuesday evening by Messrs. Bush and Kastner. Miss Nettie Edwards served supper after the ride.

The Kenilworth club, chaperoned by Mrs. W. L. Daniels, had a sleigh ride to Robbinsdale last evening. Supper was followed by dancing in the town hall.

The Enterprise Social club was entertained Thursday by Mrs. George Le Baron at the home of Mrs. Eckard, 3424 Fourteenth avenue S. Mrs. Petrie won the prize of a handsome plate.

The Clover Leaf Social club will give a dance Tuesday evening in Mrs. Noble's hall. Music will be furnished by Latourelle's orchestra and Ed Hollingsworth will be master of ceremonies.

The young ladies of St. Anthony parish will give a social at the residence of Dr. and Mrs. R. P. O'Brien, 701 Fourth street NE, Wednesday evening. A musical program will be a feature of the affair.

Mr. and Mrs. Frank B. Smith of 3240 Columbus avenue, were pleasantly surprised Wednesday evening by a group of friends in honor of the anniversary of Mrs. Smith's birthday. Games and music were the amusements and a light supper was served.

Pansy Rebekah lodge, No. 54, I. O. O. F., will give a card party and dance next Saturday evening in Fraternity hall, 320 Nicollet avenue.

Pansy Social club will be entertained Friday afternoon by Mrs. M. Fulmer, 12 Seventh street N.

Mrs. Jacobs of 802 Twentieth avenue N, entertained Wednesday afternoon. Cards were played and prizes were won by Mmes. Nelson, Robertson and Conrad. The same women will hold the next meeting with Mrs. Daniels, 2125 Washington avenue N.

CLUBS AND CHARITIES

Club Calendar.

MONDAY—

Tourists, public library building, 10 a. m.

Kenwood Monday club, Mrs. L. L. Longbrake, 1919 Queen avenue, 2:30 p. m.

Westminster club, J. H. Riheldaffer, 2410 Hennepin avenue, evening.

Clio club, Mrs. Mart N. Hilt, 407 Seventh street S, 2:30 p. m.

Disco club, Mrs. H. G. Bushnell, 1308 Mt. Curve avenue, 2:30 p. m.

Columbian club, Mrs. A. W. Ludwig, 2000 Hennepin avenue, 2:30 p. m.

P. E. O., Miss Emma Richards, 1224 Mary place, evening.

Round Table, Mrs. Thomas, 520 Ridgewood avenue, evening.

A Colonial Ball.

Colonial chapter, D. A. R., will give a colonial reception and ball at the home of Mrs. William Donaldson on Groveland avenue, Wednesday evening, Jan. 28. The guests will be in costume and will be received by George and Martha Washington, Benjamin Franklin, Lafayette and others and groups of young girls in white frocks and carrying garlands of flowers will lead the way to the ballroom. The minuet will be danced by a group of the younger society women and amusement will be arranged for those who do not care for dancing. The affair will be a subscription party and the arrangements were made at a meeting of the chapter yesterday afternoon at the home of Mrs. Albert Harrington on Park avenue. The proceeds will be used for the Continental Hall fund.

Mrs. Cyrus W. Wells and Mrs. C. T. Thompson will represent the chapter in Washington at the national congress and Mrs. E. J. Edwards and Mrs. William Regan were chosen alternates. Mrs. J. J. Flather read a paper on "Colonial Holidays," Miss Woodward recited and Mrs. Alice Gould furnished a piano number. Light refreshments were served in the social hour which followed the program. The rooms were hung with flags and bunting.

To Tell of Settlement Work.

Miss Catherine B. Guthrie will speak at the Y. M. C. A. to-morrow afternoon at 4 o'clock and will give interesting phases of settlement work. As Miss Guthrie is head resident at Bethel settlement in this city and has studied similar work in the east, she will be heard with interest.

The domestic art department in the association is opening new classes in needle work, including both embroidery and sewing, in millinery and basketry, and those interested in joining should register at once.

Miss Hickman has office hours from 11 to 1 and 3 to 5 o'clock to confer with any who wish to join the domestic science classes, which will open shortly in the new building.

The board of directors will hold their monthly meeting Wednesday morning and the annual meeting of the association has been set for Wednesday, Jan. 28. The ladies of the Baptist churches will serve the members tea at 6 o'clock, and the reports and addresses will follow.

Missionary Gatherings.

The first quarterly meeting of the Minneapolis branch of the Woman's Foreign Missionary society will be held Wednesday in Franklin Avenue M. E. church. Mrs. A. A. Graves will conduct the opening devotionals and reports will be given from the different conferences and the officers. The feature of the afternoon will be an open parliament, in which Mmes. D. B. Gardner, George Taylor, M. Luden, William Fielder, J. M. Totton, B. F. Longley and J. G. Purple will take part. Rev. William Fielder will tell of the Cleveland meeting and there will be music by the Misses Edna and Lilian Mattson.

The Woman's Home Missionary society of the Northern Minnesota conference held its quarterly meeting yesterday in Park Avenue M. E. church. Mrs. A. A. Graves led the opening devotionals and the reports of the officers followed. Mrs. C. H. Van Anda read a paper on missionary work in Alaska and Miss Belle C. Simmons told of the work among the Indians. Mrs. A. W. Armitage gave a short talk. Mrs. R. H. Young, corresponding secretary, read a report of the pledges for the year and they amounted to $2,170. Miss Gretchen Utley varied the program with a vocal numer.

In the afternoon Mrs. J. F. Force conducted the devotionals and Mrs. G. S. Couch told the story of a Christmas box. Rev. C. G. Valentine and Dr. J. B. Hingeley spoke on missionary topics. The feature of the afternoon was the talk by Rev. A. A. Graves on "John Chinaman as He Appears on the Pacific Coast." Mr. Graves has but recently come to Minneapolis from the west, where he lived for nine years, and he is thoroughly familiar with the work among the Chinamen.

Wednesday afternoon the Woman's Foreign Missionary society of Westminster church met in the church parlors. Mrs. Floyd Muckey gave an interesting sketch of the hymn writer, Isaac Watts, and numbers from composers of Watts' day were given. Mrs. Parthenia DeWitt sang Handel's aria, "He Was Despised"; Miss Edna Patterson, "Ave Maria," by Bach-Gounod, and Alix Liddell played the violin obligato.

Mrs. Wilbur Leach entertained the Woman's Home and Foreign Missionary society of the Fifth Presbyterian church at her home on Seventeenth street N, Wednesday. An interesting program was arranged by the hostess and Mrs. Thomas P. Thompson. During the social hour dainty refreshments were served.

Teachers' Club Tea.

A pleasant feature of the winter has been the informal teas which the Teachers' club has given Saturday afternoons in the studio of the Ladies' Thursday Musicale. They have done much to bring the members of the club into closer relations. This afternoon the supervisors, members of the program committee and of the executive board were hostesses. The supervisors, Mrs. Louise Preece, Miss M. Adelaide Holton, Bonnie Snow, Helen Trask and Emma Roberts received the guests as they came and went from 2 until 6 o'clock. Russian tea was served by Miss Mabel Miller, and red tapers in crystal candlesticks and small pines furnished an attractive decoration for the table. The arrangements were very simple and a delightful air of informality pervaded the studio.

Talks on College Life.

The first of the informal talks before the high school girls of Minneapolis will be given Wednesday at 2:30 p. m. by the Association of Collegiate Alumnae in the Central high school. The requisites for admission, course of study, life and customs of Wellesley, Vassar, Smith and University of Minnesota will be described by graduates of the different colleges. The girls from the North and South high schools have been invited to attend this meeting, which is for the purpose of interesting the girls in college work. A gathering for the East high school girls and for the students of the private schools will be held next month.

Westminster Club.

S. H. Conover will speak on "The Roman Doctrine of Indulgences" at the meeting of Westminster club, which will be held Monday evening at the home of J. H. Riheldaffer, 2410 Hennepin avenue. L. K. Thompson will lead the discussion. The programs for the remainder of the year have been distributed and promise very attractive meetings. Among those who will read papers are Charles T. Thompson, Dr. L. W. Day, Andrew Benton, Francis M. Henry and Professor A. W. Anderson of Macalester college.

Installation of Officers.

Star of the East Hive, I. O. T. M., and Crescent Tent, K. O. T. M., had public installation of officers Monday evening. Mrs. George W. Smith, assisted by Mrs. A. J. Kline, acted as installing officer. The officers installed were as follows: Commander, Mrs. Kingle; lieutenant commander, Mrs. Randell; record keeper, Mrs. Craig; assistant record keeper, Mrs. Erickson; sentinel, Mrs. Truesdale; picket, Mrs. Dazelle; musician, Miss Marion Richardson.

Palestine Chapter, No. 112, O. E. S., will hold installation of officers Monday evening.

CLUB MEETINGS.

The annual meeting of the Ladies' Social Circle of the Church of the Redeemer will be held in the church parlors Wednesday afternoon at 2 o'clock.

Mrs. Elizabeth Brown Hawkins will sing at the midwinter meeting of the woman's auxiliary of the diocese of Minnesota, which will be held in St. Mark's parish-house Tuesday afternoon. Bishop Brewer will speak.

An open meeting of the Round Table will be held Monday evening with Mrs. Thomas, 520 Ridgewood avenue. Mrs. Potter will give a talk on "Reaction Against Co-education," and Miss Evers of Stanley Hall will lead the discussion. There will also be vocal and instrumental music.

3,000,000 Women Wage-Earners.

The United States is different from all other countries in its treatment of working women. The last census shows nearly 3,500,000 women earning their living outside of domestic employment. They are found in nearly every department of industry where men are, and generally a woman has the privilege of entering whatever occupation she chooses. Their wages are almost invariably less than a man's in the same work and being frailer in constitution they need more than men, golden grain belt beer to tone them up and preserve their health. If you haven't a case at home, better order to-day. It will be good for all the family.

California, via Tourist, Over the Rock Island Ry.

In selecting a route to California the altitude and climate of the country traversed should naturally be given consideration. The Rock Island system not only has the shortest line to the Pacific Coast, but also passes through a territory of the lowest altitude and a most genial temperature. Beginning Wednesday, and every Wednesday thereafter, the Rock Island Ry. will run a tourist Car from Minneapolis to Los Angeles without change over the Rock-Island-El Paso Route, leaving the Milwaukee Depot at 7:10 p. m. The car will be of the latest Pullman design and up-to-date in every respect, and you may be assured of a most comfortable journey if you go this way, a double berth through costs but six dollars, and a nicer way to California can not be gone over. Information and literature on California can be had at the Rock Island Ticket Office, 322 Nicollet Ave.

Gets to Chicago Right on Time.

The famous North Star Limited on the Minneapolis & St. Louis road is making a most enviable record by maintaining schedule time while the other trains are seriously delayed. Try the North Star next time.

To California.

Through Pullman Tourist sleepers to California via the Sunshine Routes (Chicago, Milwaukee & St. Paul and Santa Fe lines), every Tuesday. Berth rate, $6. Ticket office, 328 Nicollet avenue, or address W. B. Dixon, N. W. P. A., St. Paul.

ASK YOUR GROCER FOR

Walter Baker's

BREAKFAST

COCOA

The FINEST COCOA in the World

Costs Less than One Cent a Cup

Forty Highest Awards in Europe and America

Walter Baker & Co. Limited

Established 1780 Dorchester, Mass.

The real heroines of every day are in our homes. Frequently, however, it is a mistaken and useless heroism.

Women seem to listen to every call of duty except the supreme one that tells them to guard their health. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system unstrung? Irritability takes the place of happiness and amiability; and weakness and suffering takes the place of health and strength. As long as they can drag themselves around, women continue to work and perform their household duties. They have been led to believe that suffering is necessary because they are women. What a mistake!

The use of **Lydia E. Pinkham's Vegetable Compound** will banish pain and restore happiness. Don't resort to strong stimulants or narcotics when this great strengthening, healing remedy for women is always within reach.

FREE MEDICAL ADVICE TO WOMEN.

If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help you, for no person in America has such a wide experience in treating female ills as she has had. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

For proof read the symptoms, suffering and cure recited in the following letters:

"DEAR MRS. PINKHAM:—I wish to express to you the great benefit I have derived from your advice and the use of **Lydia E. Pinkham's Vegetable Compound.** My trouble was female weakness in its worst form and I was in a very bad condition. I could not perform my household duties, my back ached, I was extremely nervous, and I could not eat or sleep, and the bearing-down pains were terrible. My husband spent hundreds of dollars to get me well, and all the medicine that the doctors prescribed failed to do me any good; I resorted to an operation which the physician said was necessary to restore me to health, but I suffered more after it than I did before; I had hemorrhages of the womb that nothing could seem to stop.

"I noticed one of your advertisements and wrote you for advice, I received your reply and carefully followed all instructions. I immediately began to get stronger, and in two weeks was about the house. I took eight bottles of **Lydia E. Pinkham's Vegetable Compound** and continued following your advice, and to-day I am a well woman. Your remedies and help are a Godsend to suffering women, and I cannot find words to thank you for what you have done for me."—MRS. LOTTIE V. NAYLOR, 1328 N. J. Ave., N.W., Washington, D. C.

"DEAR MRS. PINKHAM:—I write to tell you what **Lydia E. Pinkham's Vegetable Compound** has done for me.

"I was suffering with falling of the womb and could hardly drag about, but after taking five bottles of **Lydia E. Pinkham's Vegetable Compound** I was completely cured. I am now a well woman and able to do all my work.

"I think your medicine one of the best remedies in the world."—MRS. J. M. LEE, 141 Lyndal St., Newcastle, Pa.

"DEAR MRS. PINKHAM:—**Lydia E. Pinkham's Vegetable Compound** has done a great deal for me. I suffered so much from falling of the womb and all the troubles connected with it. I doctored for years with doctors and other remedies but received only temporary relief.

"I began taking your medicine, and had not taken it long before I was feeling better. My husband said that I should keep right on taking it as long as it gave me relief from my suffering, as I could not expect to be cured by one or two bottles. I did so and am now able to be on my feet and work hard all day, and go to bed and rest at night. Thanks to your Vegetable Compound I am certainly grateful for the relief it gave me. It is the mother's great friend. I would not be without it in my house, for when I feel tired or out of sorts I take a few doses and feel all right.

"I would recommend your medicine to all tired mothers, and especially to those suffering as I was."—MRS. R. F. CHAMBERS, Bennet, Neb.

$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness.

Lydia E. Pinkham Medicine Co., Lynn, Mass.

1,472 Y. M. C. A. MEMBERS

Membership of Minneapolis Ass'n Reaches Highest Point Yet.

The interest of busy business men of the city in the Young Men's Christian association was shown by the fact that at the monthly board meeting yesterday, in the Commercial club rooms, seventeen of the twenty-one members were present.

Reports indicated that just now the membership in the association is at the highest point—1,472. The previous record, when the new building at Mary place and Tenth street was first occupied, was 1,412.

In the night schools 530 different men and boys are enrolled. The number last year was 340.

The debt campaign committee reports that already $29,000 is pledged, and from this time on the movement will be pushed.

ASK FOR

Millot's Face Powder

AND TAKE NO OTHER.

Best testimonials from leading singers, including

PATTI and SEMBRICH.

The Only Powder that Does Not Wrinkle or Chap the Skin.

GIVES A YOUTHFUL APPEARANCE.

Scheffler's Hair Colorine.

A perfectly harmless preparation for restoring gray and bleached hair instantly and permanently to any natural shade desired; leaves the hair glossy.

Sent, express paid, to any address for $1.

SOLE AGENT FOR MINNEAPOLIS,

L. KOPFMAN, WEST HOTEL HAIR BAZAAR

me," said former Senator Wolcott to a representative of the Associated Press, "the published statement attributed to me that I believe that Henry M. Teller will be the next United States senator from Colorado. I never made the statement, nor any which by any stretch of the imagination could be interpreted to have such a meaning."

Minneapolis. Chicago. New York. London. Boston. Philadelphia. Kansas City.

THE WADE CORSET

Gives the correct low bust, straight front and long waist effect, without sacrificing Comfort and Health. It promotes, instead of hinders, the freedom of the body. For real corset comfort, wear THE WADE.

The Wade Company 320 Medical Block, 608 Nicollet Ave.

Established 1882.

The Plymouth

Ladies' Tailoring Dept.

Third Floor.

During January Will Accept Orders for

Tailor Gowns,

Street and Carriage Dresses,

Riding Habits, Ulsters,

Waists, Top Coats, &c.,

Modelled After Specially Prepared Designs,

At Large Concessions from Regular Prices.

The Plymouth Corner, Sixth and Nicollet.