

as being for or against him than I can recognize the fact that he is a Protestant or a Catholic, a Jew or a Gentile, as being for or against him.

"In the communications sent me by various organizations protesting against the retention of Miller in the government printing office, the grounds alleged are twofold: First, that he is a non-union man; second, that he cannot be trusted. The question of his personal fitness is one to be settled in the routine of administrative detail, and cannot be allowed to conflict with the larger question of governmental discrimination for or against him or any other man because he is or is not a member of a union. This is the only question before me for decision, and as to this my decision is final."

MRS. BRADLEY PLEADS GUILTY

Confesses to Intimacy With Former United States Senator Brown of Utah.

Salt Lake, Sept. 30.—Mrs. Annie M. Bradley pleaded guilty in open court yesterday to two charges of immoral relations with former United States Senator Arthur Brown. The offense carries a penalty of three years in the state penitentiary.

Senator Brown was arraigned a few minutes later, but obtained a postponement of his trial. The plea of guilty made by Mrs. Bradley knocks the props from under Senator Brown, who is charged with the same offense. Mrs. Bradley's intention in pleading guilty was to prove the charge of adultery against Senator Brown during the period of her relations with Brown.

The senator has become reconciled with his wife and has refused to accept a financial claim but insists that Brown legitimize the two children and one son to be born. Mrs. Bradley said to-night:

"I pleaded guilty as a matter of conscience and to give my children a name."

JOIN THE FEDERATION

Bridge and Structural Iron Workers Take Important Step at Kansas City.

Kansas City, Sept. 30.—The International Association of Structural Iron and Bridge Workers, at their annual convention here to-day, voted unanimously to affiliate with the American Federation of Labor and the secretary was instructed to apply for a charter. This action, probably one of the most important steps in the life of the Iron and Bridge Workers association, was received with great enthusiasm.

The matters at issue were an open rupture between the Parks and the anti-Parks faction, namely the plan for a general assessment for the benefit of local No. 2 of New York city, the action upon President Buchanan's annual report and the move to unseat the inside, or shop men delegates, were postponed until tomorrow.

An important action was the concurrence, without debate in the petition submitted Monday by locals from Minneapolis, Denver, Salt Lake City, Des Moines and Kansas City recommending that action be taken either to force certain western roads to permit the use of their bridge works to contractors or to let "fair" to organized labor. Plans for trying this out will be drawn up later.

MANKATO BANK SWINDLED

Workingman of the Place Said to Have Mortgaged Another's Land for \$1,000.

Mankato, Minn., Sept. 30.—George Klugherz was arrested to-day charged with swindling the Mankato Savings bank out of \$1,000. It is said by the bank officials that Klugherz, who is a cooper by trade, went to the bank three weeks ago and represented himself to be Frank L. Hinkler, a well-to-do farmer of this county, and negotiated a loan of \$1,000 on eighty acres.

He gave a mortgage on Hinkler's land, signing the latter's name to it, and received the money. The real Hinkler soon learned of the transaction, and Klugherz's arrest followed.

Neither Hinkler nor Klugherz was personally known to the bank officials, and the man who prepared the abstract, Klugherz denies that he is the man wanted. He is charged with forgery in the first degree, and the charge is a surprise to his friends. Five positively identified him as the man who claimed to be Hinkler and who gave the mortgage.

MUCH IS SWAMP LAND

Commissioner Richards Issues Statement on Red Lake Lands.

Washington, Sept. 30.—Land Commissioner Richards to-day gave out a statement relative to the land in Red Lake reservation, which is to be opened to settlement and entry Nov. 10, which shows that about two-thirds of it is swamp lands. The total amount of land to be opened is 768,887 acres and the amount of swamp land is 512,000 acres, or 66.5 per cent. Divided into districts, there are 192,828 acres to be opened in the Cass Lake district, of which 150,000 acres is swamp; 130,000 acres in the Crookston district, 180,000 acres is of swamp character; and of 128,400 acres in the Duluth district, 73,000 acres is overflowed.

DUCKED IN THE LAKE

First Hazing of the Season at the Wisconsin University.

Madison, Wis., Sept. 30.—The first hazing of the season at the University of Wisconsin happened last night, two freshmen candidates for the football team, Rollins of Marquette and Hart of Oakton, being the victims. Rollins got off easily by singing a song, but Hart proved obstinate and was ducked in Lake Mendota.

CONTRACTS LET FOR SMELTING WORK. Washington, D. C., Sept. 30.—The war department has awarded the contract for smelting for the new buildings at Fort Snelling as follows: Gray & Co., plumbing, \$17,128; wiring, \$3,819; pipe fitting, \$240; pipe heating apparatus, \$9,945; H. Kelly & Co., gas piping, \$312.

Eczema

How it reddens the skin, itches, oozes, dries and scales! Some people call it itter, milk crust or salt rheum. The suffering from it is sometimes torturous; local applications are resorted to which mitigate, but cannot cure.

Hood's Sarsaparilla positively removes them, has radically and permanently cured the worst cases, and is without an equal for all cutaneous eruptions.

Hood's Pills are the best cathartic. Price 25 cents.

SAD "JOLLY WIDOW"

Mrs. Geo. L. Hart, Whose Husband Tried to Chloroform Her, Appeals to Court.

Seeks a Legal Separation—She Is Now with the "Jolly Grass Widows."

"Good morning, Judge. I came to see if you would annul my marriage. My husband had one wife that I knew before I married him. He is the worst kind of a criminal and I don't want to feel bound to him in any way."

With this introduction and some accompanying tears, Mrs. George L. Hart, nee Leichman, made herself known to Judge Johnson to-day.

"Don't you remember me? I am the young lady you married last June. My husband tried to chloroform and rob me before we had been married three days, and then he jumped out and I haven't seen him since. It is all too horrible to think about the methods now in vogue, annulled." This burst of confidence, punctuated by sobs, recalled to his honor the picture of a happy couple whom he had made over to her.

The judge was very sorry, but he couldn't give divorces or annul marriages off-hand. She would have to get an attorney and proceed in the regular way.

"But the lawyers all want too much money and I haven't got any," sobbed the young widow.

"I could do nothing for you that I could," returned his honor, "but I can't do as you wish, so you will have to execute your own papers."

Wherewith the judge left the mourner to herself. After some moments' reflection she left the room, with the intention of letting her marriage stand for the present.

She is in the city for a week as a "Jolly Grass Widow" at the Dewey, thus illustrating the irony of fate in casting her lot with a company bearing so patly inappropriate a name.

NINETY DAYS FOR SOUTHWORTH

Man Who Stole Watch and Revolver from a Friend.

Frederick Southworth, indicted for grand larceny in the second degree, appeared before Judge Pond this morning, withdrew his plea of not guilty and pleaded guilty. While under the influence of liquor, the prisoner admitted he stole a watch and a revolver from a friend. He has a wife and three children and heretofore has always borne a good reputation. Upon this showing the court sentenced the defendant to ninety days in the workhouse.

Bertha Bude, accused of stealing valuable personal effects from Mrs. Sarah Richardson, was arraigned to-day for trial for grand larceny in the second degree before Judge Pond.

WHAT'S MR. LOWRY DOING?

Arrives in New York Just as English Commissioner Is Due.

What significance has the presence of Theodor Lowry, president of the Twin City Rapid Transit company, in New York at the time of the arrival of the Arabic, of the English special commission to investigate the street railways in America? This is a question which causes some speculation among local business men in Twin City. Was the double arrival merely coincidental, or is there some significance in the report that Mr. Lowry arranged the affair?

Mr. Lowry arrived in New York Saturday and reached New York Monday. About the same time the Arabic unloaded the English commission which intends to investigate the street railways of Minneapolis and St. Paul, and to take up the property in Minneapolis, St. Paul and Stillwater. The commission consists of Right Honorable Lord Ribblesdale, David Lloyd George, M. P., and Sir John Dickson Poindner, M. P.

WHOLL RENT ROOMS?

Hotels May Not Hold All the Grain Dealers.

The local committee which is arranging for the reception of the grain dealers' national convention, Oct. 2, has received figures from the secretary of the association which indicate an attendance of 1,000 delegates. The committee has a list of down-town rooms to which delegates can be directed upon their arrival, but the hotels in the city are not large enough to accommodate them. It is expected that many of the delegates will be directed to the hotels in the suburbs, and that many will be accommodated in private homes.

WAS STRICTLY NEUTRAL

University Y. M. C. A. Gave No Aid in Getting Men for Mills.

Peter Hanson, general secretary of the University Y. M. C. A., objects to the statement which appeared in The Journal last week to the effect that students were being employed thru his agency to fill the strikers' positions in the mills. In justice to Mr. Hanson it may be stated that he has taken no action in the matter, but is inclined to allow either side to the strike the use of the agency to fill the strikers' positions in the mills. In justice to Mr. Hanson it may be stated that he has taken no action in the matter, but is inclined to allow either side to the strike the use of the agency to fill the strikers' positions in the mills.

HE WAS TOO YOUNG

School Authorities Say Willie Whalen Shouldn't Have Worked in a Factory.

School officials say that if it is true that Willie Whalen, who had lost a finger by a cutting machine in the Bousfield district, was ever employed in a factory, the child labor law was violated. The law expressly prohibits the employment of children under the age of 13 from working in any kind of factory, no matter what the circumstances at home or in the factory may be. The penalty for violating the law is severe.

HIS HEART BROKE

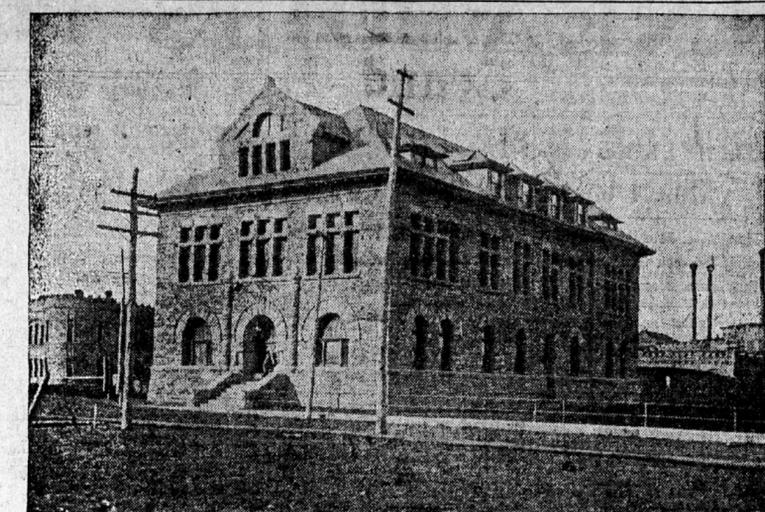
Jerry Sheehan, a Teamster, Dies Suddenly at City Hospital.

Jerry Sheehan, a teamster, residing at 212 Twentieth avenue S., died suddenly at the city hospital this morning of a rupture of the heart. He was taken violently ill last night, and Dr. U. G. Williams was summoned. He was apparently suffering from stomach trouble and was sent to the hospital. Shortly after arriving there he became easier and this morning was thought to be all right when suddenly he fell over dead. A post mortem held at the county morgue this afternoon showed the result to be a rupture of the heart. He was 35 years old and was unmarried.

WARRANT SERVED

Middletown, Taxed With Forgeries, Arrested at La Crosse.

La Crosse, Wis., Sept. 30.—F. H. Middletown of St. Paul was arrested here this morning charged with forging checks at Hastings, Minn., and Wabasha, Minn. He came last night and was arrested by the police at a hotel. He was taken to Hastings by Sheriff J. J. Grayson of that place this morning. He was formerly a traveling salesman for a stationery house and is well known.



GENERAL OFFICE BUILDING OF THE CONSOLIDATED LAKE SUPERIOR COMPANY, SAULT STE. MARIE, ONT. (The windows were all broken and a determined assault made by the mob here Monday.)

NOT ENOUGH POLICE

The Department Makes a Strong Showing Before Board of Tax Levy.

For Its Size, Minneapolis Has a Sadly Inadequate Police Force.

Thoro revision of the accounting systems of Hennepin county and Minneapolis is demanded by the Commercial Club in the interest of economy and proper business procedure.

This idea, which was presented to the board of tax levy yesterday by W. G. Nye, was amplified this morning by D. Washburn, Jr., as a representative of the club. While not pretending to be an expert accountant, Mr. Washburn said it was plain to him that the methods now in vogue are inadequate, antiquated and unsatisfactory.

"I want you to understand," interrupted City Controller Joshua Rogers, "that it is not true with regard to the controller's office. We have a complete system as any in the country, if I do say it myself."

County Auditor Hugh R. Scott also responded to the criticisms of the Commercial Club.

Alderman A. E. Merrill pointed out that the accounting between the county and city in the matter of special assessments was incomplete. There was an entire lack of checks and the practices now being followed were most unbusinesslike.

Mr. Rogers readily admitted that the system of special assessments could be improved from beginning to end and Mr. Scott was also willing to concede this point.

Mr. Washburn, in submitting a report from the Commercial Club, stated that the various city departments had been covered by the committee from the club headed by Mr. Nye. His purpose was simply to go deeper into details.

Superintendent E. J. Conroy of the police department, and George P. Douglas, secretary to the mayor, presented the needs of the police department in the present budget of strength the department would require for 1904 an appropriation of \$238,915, which includes an estimated increase of \$100,000 for the increase of fifty men would for an additional appropriation of \$46,800, making the total \$285,715.

BRITISH GOIN' COMING

E. G. Walton Reports English Investors as Favorably Impressed With Minneapolis Opportunities.

Edmund G. Walton returned this morning from London, after about a month's absence, refreshed and with renewed faith in the investment following the slump in stocks.

On board the Arabic, Mr. Walton had his faith in real estate strengthened by five to sevenfold. He is now in favor of real estate as against stock investment returns. After eight days on the water, the decline of stocks from the selling time at Liverpool to the arriving time in New York was startling. Between sailing and disembarking, Baltimore and Ohio dropped 11 points, Steel 4 points, and English consols also fell in depression. This feature of the market brought out open comment on the part of the English parliament. And this comment was made notwithstanding the fact that on board was Lord Ribblesdale, the famous whip of the English parliament, a heavy investor in Steel and Baltimore & Ohio, who could not rely the comparison.

English money is seeking advantageous points for real investment, Mr. Walton found. Chicago is not likely to be one of these points, but Minneapolis is already one. In fact, in addition to selling some mortgages handled by the Walton agency to Londoners, he returns with some English money himself to be invested in local mortgages. E. S. Baring-Gould, formerly of the Minneapolis agency, has just returned from the branch office in London.

MISS MOULTON BEATEN

Round at Wheaton.

Wheaton, Sept. 30.—Some of the matches in the opening match play round of the women's national golf tournament proved one sided. Mrs. Dering won from Miss Higgins at the 13th hole, 7 up, 5 to play.

PAPOOSE DIES

Chicago Centennial Too Much for Little White Hawk.

Chicago, Sept. 30.—While visitors to the Indian village in Lincoln park were thronging the grounds to-day, a scene not scheduled on the regular program, was enacted in which death played a leading role.

After three days of suffering, White Hawk, the 5-month-old son of Dark Water and Flying Feather from the Winnebago reservation, Lac du Flambeau, Wis., passed from life to death. It is believed that the exposure incident to the trip from its home to Chicago caused the child's death.

THE UNIVERSITY

TESTIMONIAL TO "PREXY"

The Students of the University Remember Dr. Northrop's Birthday.

Students at the university this morning gave a hearty testimonial of their regard for President Northrop, the occasion being the 69th anniversary of his birth and the 61st anniversary of his marriage. The chapel was crowded as never before, all the vacant window spaces even being occupied, and the hall resounded with "ski-u-mahs." Occupying positions on the rostrum were members of the faculty and students.

At the close of the regular chapel exercises President Cyrus Barnum, of the senior class, stepped to the rostrum and after a few remarks introduced Benjamin Drake, president of last year's senior class, who, in a clever speech, presented the president with a precious Bokhara rug, which he was wearing in the president's arms.

The gifts came from the entire student body, all of the departments uniting. It is the first time that President Northrop has ever been thus honored and that he felt the tribute deeply was evident from the tone in which he responded to Mr. Drake's speech. He said that the greatest joy of his life was knowing the love and loyalty which existed between the students and himself. He felt that the bond of union was now stronger than ever it had been, and that he had begun to feel some symptoms of declining mental or physical faculties and he hoped that he might be able to continue with his work for many years.

At the close of the president's remarks, he was lustily cheered. All of the students then followed him and passed up over the rostrum, each in turn shaking hands with the president.

REGENTS TO MEET TO-MORROW

Dr. Van Duzee May Be Named For Vacancy.

The regents will meet in regular quarterly session in President Northrop's office to-morrow morning. It is possible that Governor Van Sant will announce the resignation of Dr. C. A. Van Duzee of St. Paul to the vacancy now existing.

BISHOP CHARLES H. FOWLER.

Who presides over the Minnesota M. E. conference, which opened to-day at Redwood Falls.

Dr. Cowgill was re-elected secretary, C. H. Morse was elected statistical secretary, and G. H. Quigley treasurer. The standing committee were then introduced and F. E. White, presiding elder of the Fairmount district, reported that the activities of the churches under his care have been greatly hindered by reason of crop failures and removals. Peter Clark, presiding elder of the Mankato district, read his report, showing a year of prosperity. The Hamline university was reported to be prosperous having the largest enrollment in its history. J. F. Stout, presiding elder of the Winona district, reported the condition of the churches under his supervision. Many of the churches and parsonages have been improved the past year, over \$5,000 having been expended for improvements.

ONCE LIVED AT PRESTON

Wife of Rev. Mr. Hoff Begins an Action for Divorce.

Spokane, Wash., Sept. 30.—Mrs. Hoff, wife of Rev. George Hoff, pastor of the German Evangelical church at Davenport, Wash., has begun divorce proceedings. Hoffing extreme abuse and cruelty. The husband was married at Preston, Minn., in 1894, and the husband has been arrested upon a charge of assault and battery perpetrated by the wife.

The latter tells a strange story of how her husband mixed devotional duties with his domestic affairs and alleges that he prayed to the Lord to remove her from the earth.

After waiting several days for his prayer to be answered he became impatient and attempted to do the job himself. The assault and battery case was dismissed, the plaintiff failing to appear to prosecute.

MIMIKAHDA GOLFER DROPS OUT IN FIRST ROUND AT WHEATON.

Wheaton, Sept. 30.—Some of the matches in the opening match play round of the women's national golf tournament proved one sided. Mrs. Dering won from Miss Higgins at the 13th hole, 7 up, 5 to play.

MISS SPENCE, MERION, BEAT MISS KATHLEEN MOULTON, MIMIKAHDA, 7 UP 6 TO PLAY.

Mrs. Cahill Fox beat Miss L. Biddle 3 up 1 to play.

Miss E. Collins, St. Louis, beat Miss Frances Griggs, Merion, club, 2 up 1 to play.

Mrs. L. McNair, St. Louis, 8 up 1 to play.

WHAT BUILDING INSPECTOR WANTS.

Building Inspector James C. Houghton explained why he needed three additional men. With the present force and the increased amount of building, he could not properly attend to his duties. Both he and his subordinates were compelled to work overtime and on holidays. He had before him a large press of work, but was unable to attend to it. This was particularly true of the inspection of down town warehouses and factories with regard to the load on the floors.

METHODISTS CONFER

Forty-ninth Annual Meeting of Minnesota Conference Opened at Redwood Falls.

Bishop Fowler Presides and Hears the Reports of the Presiding Elders.

Special to The Journal. Redwood, Falls, Minn., Sept. 30.—The forty-ninth session of the Minnesota conference was opened at 9 a. m. to-day, Bishop Fowler presiding. The weather was not ideal, as a heavy rain was falling. The conference session was presided over by Rev. G. H. Bridgman and the Sacrament of the Lord's Supper was administered by Bishop Fowler, assisted by the presiding elders.

Rev. F. B. Cowgill, secretary of the last session, called the roll of the conference.

STATE CAPITOL.

BIGGEST SEIZURE YET

Two Thousand Ducks in One Lot Are Taken from Pot Hunters.

Two thousand ducks, weighing 7,000 pounds, were received to-day in one shipment by S. F. Fullerton, state game warden. They were seized near the Iowa state line yesterday morning by Captain William Bird of Fairmont and it was the largest seizure of game in the history of the state. The express charges were \$55. They were put in cold storage in St. Paul under the law which prohibits the sale of charitable institutions. No arrests were made for lack of evidence against the supposed owners of the game.

CHICKENS FOR SOUTH AFRICA

Inquiry Made for Tom Birds for Breeding Purposes.

Henry W. Peabody & Co., commission merchants of New York city, have written to State Game Warden Fullerton, asking a client of theirs in South Africa wants four live prairie chickens for breeding purposes. They want to know what the birds will cost and whether they would survive an ocean voyage.

Mr. Fullerton has received word from Ralby Lake of the capture of a white sturgeon, the first known specimen. It will probably be mounted and placed in the state's collection at the St. Louis exposition.

CALENDAR IS HEAVY

Supreme Court Has 207 Cases Including Three Murder Appeals.

There are 207 cases on the calendar of the state supreme court for the October term, which begins next Tuesday. The last case was filed at noon to-day, when the case of the impaction of nurseries, tested over the famous Muller estate, was received from Duluth this morning, also the appeal in the case of the Nelson brothers and the case of the state against Dr. A. Ames will also be considered. Dates for arguments will be set on Tuesday, Oct. 6.

FROM VARIOUS SOURCES

State Funds Increased by Sale of Dead Soldiers' Effects.

F. L. Washburn, state entomologist, has turned in \$34,118 to the state treasury, his fees for the impaction of nurseries as provided for under the new law the money goes to the credit of his fund.

The state entomologist's office has turned in \$3,064 as receipts from pension money for the quarter ending July 4. The miscellaneous receipts included \$104,338 from the sale of the effects of deceased inmates of the home, and \$32,800 rebate received from the government on tobacco taxes.

University receipts in tuition and fees from "inmates" were \$58,048 during September, and receipts from other sources that month were \$482,25.

MERGER APPEAL MADE

Record in State Case Is Sent to Washington To-day.

The record in the state's appeal in the merger case was transmitted to-day from St. Paul to Washington and goes on the calendar of the supreme court for the October term. Attorney General Douglas will attempt to have the case argued immediately after the government case, which comes up Dec. 15.

HOG CHOLERA EPIDEMIC

Outbreak is Reported in Two Southern Counties.

Hog cholera has broken out in Freeborn and Dodge counties, and Dr. S. H. Brimhall, field veterinarian of the state health department, has gone to take vigorous measures for its suppression. It is believed that farmers have been feeding out green corn too early, making their hogs susceptible to the disease.

NEW CORPORATIONS

The Grand Rapids Building and Loan Association has incorporated, fixing its capital stock at \$500,000. The Alliance Security company of Minneapolis has incorporated, with a capital of \$100,000. The South Side Realty company of Virginia, Inc., has incorporated, with a capital of \$100,000.

WANTS A NEW BUILDING.

The board of managers of the state institute for defectives met last evening at the capitol, and approved estimates of running expenses to be submitted to the board of control. The board

PE-RU-NA NECESSARY TO THE HOME

A Letter From Congressman White of North Carolina.

PERUNA is a great family medicine. The women praise it as well as the men. It is just the thing for the many little catarrhal ailments of childhood.

Congressman George H. White, of Tarboro, N. C., writes the following letter to Dr. Hartman:

"I am more than satisfied with Peruna, and find it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy."

Once used in the family, Peruna always stays. It is an internal, scientific, systemic remedy for catarrh and all catarrhal diseases.



Mr. Louis J. Sherrinsky

The following testimonials from thankful men and women tell in direct, sincere language what their success has been in the use of Peruna in their families:

Louis J. Sherrinsky, 108 Locust St., Atlantic, Iowa, writes:

"I will tell you briefly what Peruna has done for me. I took a severe cold which gave me a hard cough. All doctors' medicines failed to cure it. I took one bottle of Peruna and now I am well again."

"Then my two children had bad coughs, accompanied by gagging. My wife had stomach trouble for years. She took Peruna and now she is well again."

"I cannot express my thanks in words, but I recommend your remedy at every opportunity, for I can conscientiously say that there is no medicine like Peruna. Nearly every one in this town knew about the sickness of myself and family, and they have seen with astonishment what Peruna has done for us. I have followed your example, and the result was health. Thanking you heartily, I am—L. J. Sherrinsky."

Peruna protects the family against coughs, colds, catarrh, bronchitis, catarrh of the stomach, liver and kidneys. It is just as sure to cure a case of catarrh of the head as it is a case of catarrh of the head.

If you do not derive prompt and satisfactory results from the use of Peruna,



Mrs. Louis J. Sherrinsky

write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

EIGHTEEN YEARS

Long Sentence for Richards, the Recreant U. S. Marshal.

Des Moines, Iowa, Sept. 30.—W. A. Richards, ex-deputy United States marshal, was to-day sentenced to eighteen years in the penitentiary for robbing the home of Mrs. Sarah Sullivan at Hamilton, Iowa.

EVER GIVE

Ever Thinker a Thought.

Funny things happen in this world and now then some of them make one an interested observer, for instance: Several years ago a man pursued a systematic course of investigation to discover what kind of elements the body would take up from the vegetable kingdom out of which the food was made. He found that the brain and nerve centers throughout the body; also how to prepare this food so that it would be easily digested and allow Nature to make use of these elements. So far the proposition was all right. Question—How to bring all this about?

It took over two years' work to solve the problem successfully. After the food was given to many people and the result watched carefully.

When all results were proven beyond doubt the food was put on the market under the name of Grape-Nuts. Then followed public announcement in the newspapers and magazines that such a food was in existence and that it would perform its intended work.

People all over the world realized the need of such a food, and they made it liberally. It attracted so much attention that a long list of imitators sprang up in every part of the country. They boiled wheat, roasted it, stewed it, mixed it with rye, malt, oats and perhaps hay—we are not sure—gave it a fancy name, and told the public it was a "Brain food."

Then, from these imitators, came the offering of spools, knitting needles, china-plates, and other articles, and even pianos to induce people to buy their selves with the various and sundry things. Fortunately the most of these imitation foods are harmless, but some are so bad that no real harm is done except that people who pay out money to secure a food for special service have a right to expect an equitable return for their money.

Investigation proves that in practically all cases where imitations are put upon the market, the man who places them on the market is not a professional article to originate valuable articles themselves, but must get under the covers of some originator.

Up to the present time no prepared food has appeared, to the knowledge of the writer, that is made on a scientific and mental scientific basis of Grape-Nuts. In this celebrated food the right parts of the wheat and barley are selected, they pass through various and sundry mechanical processes (absolutely no chemical treatment). In these processes the starch elements are eliminated and the sugar now known as Post Sugar. In this form it is ready for immediate assimilation and transmission to the blood without taxing the digestive organs. By the blood, the elements which Nature uses for rebuilding the soft gray matter in the brain and nerve centers are carried to the muscles and other parts of the body, and there made use of, while other elements known as carbohydrates are carried to the muscles and tissues and there deposited and held in readiness for use when energy and warmth are demanded. Remember that simply raising the arm requires the expenditure of energy, and that the energy cannot be released until it has been used. Now then we must have the elements that supply warmth and energy deposited in these tissues and muscles else they cannot release their energy and make use of them. These are the missions of Grape-Nuts, and the person who desires to make use of the proper portion of brain and nerve centers and keep them in first-class working order, and also make use of a supply of warmth and energy, can absolutely rely upon securing this service if they feed regularly on Grape-Nuts.

These are incontrovertible facts demonstrated by actual use by hundreds of thousands of Anglo-Saxons to-day.

There's a reason and a profound one for the use of Grape-Nuts. The food is already cooked at the factory and does not need cooking at home. It is served instantly with rich cream. It is delicious and can be made into a great variety of toothsome dishes after the recipes found in the recipe book enclosed in each package.

Attention is also invited to another very small but "meaty" little book in each package under the title "The Road to Wellville."

Grape-Nuts food is made at the Pure Food Factory, 1000 Postum Cereal Co. Ltd., and sold all over the world.