

STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT

That in addressing Mrs. Pinkham you are considering your private ills to a woman—a woman whose experience with women's diseases covers a great many years. Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, and for many years under her direction, and since her decease she has been advising sick women free of charge. Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the vast volume of experience which she has to draw from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice. When a medicine has been successful in restoring to health so many women, you cannot well say, without trying it, "I do not believe it will help me."

ARE RULED BY EARTH DOCTORS.

Queer Things About Location of Houses and Graves in China.

The abandonment of cities, town or localities illustrates the peculiar influence among the Chinese of their geomancers, or "earth doctors," as they call them. These fortune tellers, with a great deal of rigmorle, pass upon the luck or unfavorableness of a spot whether it be selected as a place on which to build a house or dig a grave, says the Chantauquan.

The entire city of Pekin was moved by the first emperor of the Mongol dynasty because his "earth doctors" told him that bad luck was associated with the old site and that if he wished to establish his dynasty, he must build a new capital. The modern city of Pekin was the result. And so the cities and towns ravaged by the Taipings over fifty years ago have never recovered because the Chinese believed that their luck had been spoiled and the population has built new towns and new cities rather than tempt fate by rebuilding the old ones. The Chinese will abandon houses almost new if convinced that their geomancy is wrong, and in almost every city you will find some quarter vacated and abandoned because it is said to be unlucky.

BELL AT LLOYD'S IS HISTORIC.

Taken from Sunken Ship, Now Used to Announce Good News.

The bell used to insure silence at Lloyd's when the arrival of an overdue vessel is announced to the anxious underwriters is of naval origin. It belonged to the Lutine, which was wrecked near the Zuyder Zee toward the end of the eighteenth century, when we were at war with Holland. As it was customary in those days to send bullion and specie by men-of-war, the Lutine carried a valuable consignment of specie, and the underwriters at Lloyd's were able to arrange with the Dutch government to salvage the cargo and recoup themselves for their loss on insurance. Over £50,000 sterling was recovered, and amongst other relics brought to shore was the Lutine's bell, to ring out good cheer for anxious underwriters who hear the safe arrival proclaimed by Lloyd's crier as silence follows the ringing of the bell.—London TH-Rits.

RUSSIA IS A RIVAL.

COMPETITOR OF AMERICA IN INDIA OIL FIELDS.

Advantage Lies with Our Producers in Advanced Methods of Refinement, Transportation, Etc.

The illuminating oil trade of British India is at present almost exclusively controlled by Russia. Of the 22,500,000 gallons of kerosene oil imported into Bombay during the fiscal year 1904-05 the czar's empire was credited with more than 17,000,000 gallons, valued at nearly \$2,000,000. This oil, however, is not the highest quality of illuminating fluid, states the New York Tribune. Russia has never been able to meet the United States in competition for the higher grades of oil, but for some years she has practically controlled the market of British India in low grade and low priced oils.

For these oils, however, other competitors have appeared in the market, which threaten to take away ultimately her present supremacy. Dutch Borneo has within the last three years increased the volume of her export of kerosene to Bombay from 500,000 to 3,500,000 gallons. Burma oil also shows a remarkable advance, and its first shipment to Bombay was recorded last year. Being a part of British India, politically, Burma imports her oil into Bombay duty free, which, of course, gives her a great advantage over the Russian producer.

The American producers of kerosene have lately been devoting considerable attention to the importation of Russian oil into Bombay. It is believed that with advanced methods of refinement, system of bulk transportation and immense installations the United States will be able to meet successfully the competition, not only of Russia, but of Borneo and Burma, in the kerosene markets of India.

The Russian oil sent to India is produced near Baku, on the western shore of the Caspian sea. From there it is carried across Trans-Caucasia, some 500 miles, to the port of Batoum, on the Black Sea, on tank cars, holding ten tons each, like those which were used in the Pennsylvania oil fields over 30 years ago. The cost of railway freight is \$6.50 a ton.

At Batoum the oil is loaded on oil steamers, which transport it across the Black sea, through the Bosphorus and Dardanelles, down the Aegean sea, across the Mediterranean, through the Suez canal, through the Red sea and the Arabian sea to Bombay, the distance traversed being some 5,000 miles, although Bombay is only about 2,000 miles in a straight line from Baku, the point of departure.

It is thought by the producers of the United States that in their facilities for transportation they have an advantage which will enable them easily to wrest from Russia the predominance which she has held in the oil trade of British India. Russia, herself, however, is doing a good deal to lessen the costs of transportation, and this must be taken into account in forming plans of action in the contest.

A pipe line to unite the wells at Baku with the port of Batoum has been completed, and this cannot fail to have an important and far reaching effect on the Russian oil industry. The length of the line is 570 miles. It crosses the watershed of the province, and will carry crude oil from Baku to be distilled and shipped at Batoum.

The total capacity of the tanks and pipes of the line is, roughly speaking, 112,507 tons. The saving in freight by the pipe line is estimated to be equal to one-half of the old car freight, which will prove an important factor in the competition to hold the oil markets of British India.

The increase of exports is estimated to amount to more than 500,000 tons a year, and it is calculated that as the result of the construction of the new pipe line a lessening of the cost of oil to the consumer can be made of about two cents a gallon. The American producers must be able to meet this reduction, and, possibly, increase it, if it is to secure the rich field now being worked by Russia.

Shipments of American Tea.

This year 12,000 pounds of choice tea will be shipped from what is at present the only tea farm in the western hemisphere. The farm is at Somerville, S. C. In the face of difficulties that at times seemed insurmountable, but, on the other hand, with the kindly assistance of the United States government, the Somerville tea farm has grown to a point where it can offer serious competition with the best grades of tea shipped from China, India, Formosa or Java. But, above all, it has been demonstrated that, barring the question of labor, the finest tea can be successfully grown at home, and there is nothing that gladdens the heart of an American more than the discovery that he can enter into competition in a field hitherto denied him.—Technical World.

There Are Others. "Why do you always tell that story about how you used to drive the cows to pasture whenever we have company to dinner? I don't want people to know that I got the palls ready for you!" said Mrs. Wouldbeswell. "Oh, what do you care?" said her husband. "In these days of rubber gloves you can't tell who's doing her own dish washing."—Detroit Free Press.

Wrong Place. Pa Twaddles—Why are you spanking Tommy? Ma Twaddles—He needs a lesson, and I'm impressing it on his mind. "Well, you've got a queer idea as to where the lad's mind is situated."—Chicago Journal.

Reform in Floral Decoration.

Florists are complaining that there is no longer any demand for the elaborate house decorations they used to supply during the season in New York. The extravagant and complicated floral pieces formerly popular at weddings or dances in private houses are now used only when such functions occur at restaurants and hotels.

Word from Br'er Williams. Don't grumble w'en de snow falls. Ef you keep on grumblin' you'll sho' land in a climate whar you'll never see a snowstorm.—Atlanta Constitution.

Reproduction for Museum.

Kuno Francke, curator of the German museum of Harvard, announces that he has completed arrangements with the Swiss government whereby a full-sized reproduction of the great sepulchral monument, one of the most remarkable works of Swiss fourteenth century art, will be presented to the museum.

Uncle Eben. "If it took a man as long to git into debt," said Uncle Eben, "as it does to get out, dar wouldn't be nigh so much financial worriment."—Washington Star.

Left Till Called For.

Hanging to a rafter in a shop at Bourne, Lincolnshire, England is a leg of mutton fifty years old. It was bought from the present occupier's predecessor by a gentleman who said he would call for it later on. He never did however, and there it hangs to-day. It has so withered that it resembles a shillolach.

What Doctors Say. The daily experience of the medical profession shows that there is scarcely any depth of meanness to which some patients will not stoop.—British Medical Journal.

Rise Liars, And Salute Your Queen Ho All Ye Faithful Followers of Ananias GIVE EAR!

A Young Girl said to a Cooking School Teacher in New York: "If You make One Statement as False as That, All You have said about Foods is Absolutely Unreliable."

This burst of true American girl indignation was caused by the teacher saying that Grape-Nuts, the popular pre-digested food, was made of stale bread shipped in and sweetened.

The teacher colored up and changed the subject. There is quite an assortment of traveling and stay-at-home members of the tribe of Ananias who tell their falsehoods for a variety of reasons.

In the spring it is the custom on a cat-tleranch to have a "round up," and brand the cattle, so we are going to have a "round up," and brand these cattle and place them in their proper pastures.

THIRD PASTURE.

Now we come to a frisky lot, the "Labor Union" editors. You know down in Texas a weed called "Loco" is sometimes eaten by a steer and produces a derangement of the brain that makes the steer "batty" or crazy. Many of these editors are "Locoed" from hate of anyone who will not instantly obey the "demands" of a labor union, and it is the universal habit of such writers to go straight into a system of personal vilification, manufacturing any sort of falsehood through which to vent their spleen. We assert that the common citizen has a right to live and breathe air without asking permission of the labor trust and this has brought down on us the hate of these editors. When they go far enough with their libels, is it harsh for us to get judgment against them and have our lawyers watch for a chance to attach money due them from others? (For they are usually irresponsible.) Keep your eye out for the "Locoed" editor.

FIRST PASTURE.

Cooking school teachers—this includes "teachers" who have applied to us for a weekly pay if they would say "something nice" about Grape-Nuts and Postum, and when we have declined to hire them to do this they get waspy and show their true colors.

This also includes "demonstrators" and "lecturers" sent out by a certain Sanitarium to sell foods made there, and these people instructed by the small-be-whiskered doctor—the head of the institution—to tell these prevarications (you can speak the stronger word if you like). This same little doctor conducts a small magazine in which there is a department of "answers to correspondents," many of the questions as well as the answers being written by the aforesaid doctor.

In this column some time ago appeared the statement: "No, we cannot recommend the use of Grape-Nuts for it is nothing but bread with glucose poured over it." Right then he showed his badge as a member of the tribe of Ananias. He may have been a member for some time before, and so he has caused these "lecturers" to descend into the ways of the tribe wherever they go.

When the young lady in New York put the "iron on" to this "teacher" and branded her right we sent \$10.00 to the girl for her pluck and bravery.

SECOND PASTURE.

Editors of "Trade" papers known as grocers' papers.

Remember, we don't put the brand on all, by any means. Only those that require it. These members of the tribe have demanded that we carry advertising in their papers and when we do not consider it advisable they institute a campaign of vituperation and slander, printing from time to time manufactured slurs on Postum or Grape-Nuts. When they go far enough we set our legal force at work and hale them to the judge to answer.

If the pace has been hot enough to throw some of these "cattle" over their backs, feet tied and "bel-lowing," do you think we should be blamed? They gambol around with tails held high and jump stiff legged with a very "cocky" air while they have full range, but when the rope is thrown over them "it's different." Should we untie them because they beat soft and low? Or should we put the iron on, so that people will know the brand? Let's keep them in this pasture, anyhow.

Now let all these choice specimens take notice:

We will deposit one thousand or fifty thousand dollars to be covered by a like amount from them, or any one of them, and if there was ever one ounce of old bread or any other ingredient different than our selected wheat and barley with a little salt and yeast used in the making of Grape-Nuts, we will lose the money.

Our pure food factories are open at all times to visitors, and thousands pass through each month, inspecting every department and every process. Our factories are so clean that one could, with good relish, eat a meal from the floors.

The work people, both men and women, are of the highest grade in the state of Michigan, and according to the state labor reports, are the highest paid in the state for similar work. Let us tell you exactly what you will see when you inspect the manufacture of Grape-Nuts. You will find tremendous elevators containing the choicest wheat and barley possible to buy. These grains are carried through long conveyors to grinding mills, and there converted into flour. Then the machines make selection of the proper quantities of this flour in the proper proportion and these parts are blended into a general flour which passes over to the big dough mixing machines, there water, salt and a little yeast are added and the dough kneaded the proper length of time.

Remember that previous to the barley having been ground it was passed through about one hundred hours of soaking in water, then placed on warm floors and slightly sprouted, developing the diastase in the barley, which changes the starch in the grain into a form of sugar.

Now after we have passed it into dough and it has been kneaded long enough, it is moulded by machinery into loaves about 18 inches long and 5 or 6 inches in diameter. It is put into this shape for convenience in second cooking.

These great loaves are sliced by machinery and the slices placed on wire trays, these trays in turn, placed on great steel trucks, and rolled into the secondary ovens, each perhaps 75 or 80 feet long. There the food is subjected to a long low heat and the starch which has not been heretofore transformed is turned into a form of sugar generally known as Post Sugar. It can be seen glistening on the granules of Grape-Nuts if held toward the light, and this sugar is not poured over or put on the food as these prevaricators ignorantly assert. On the contrary the sugar exudes from the interior of each little granule during the process of manufacture, and reminds one of the little white particles of sugar that come out on the end of a hickory log after it has been sawed off and allowed to stand for a length of time.

This Post Sugar is the most digestible food known for human use. It is so perfect in its adaptability that mothers with very young infants will pour a little warm milk over two or three spoonfuls of Grape-Nuts, thus washing the sugar off from the granules and carrying it with

the milk to the bottom of the dish. Then this milk charged with Post Sugar is fed to the infants producing the most satisfactory results, for the baby has food that it can digest quickly and will go off to sleep well fed and contented.

When baby gets two or three months old it is the custom of some mothers to allow the Grape-Nuts to soak in the milk a little longer and become mushy, whereupon a little of the food can be fed in addition to the milk containing the washed off sugar.

It is by no means manufactured for a baby food, but these facts are stated as an illustration of a perfectly digestible food.

It furnishes the energy and strength for the great athletes. It is in common use by physicians in their own families and among their patients, and can be seen on the table of every first-class college in the land.

We quote from the London Lancet analysis as follows:

"The basis of nomenclature of this preparation is evidently an American pleasantry, since 'Grape-Nuts' is derived solely from cereals. The preparatory process undoubtedly converts the food constituents into a much more digestible condition than in the raw cereal. This is evident from the remarkable solubility of the preparation, no less than one-half of it being soluble in cold water. The soluble part contains chiefly dextrin and no starch. In appearance 'Grape-Nuts' resembles fried bread crumbs. The grains are brown and crisp, with a pleasant taste not unlike slightly burnt malt. According to our analysis the following is the composition of 'Grape-Nuts': Moisture, 6.02 per cent; mineral matter, 2.01 per cent; fat, 1.60 per cent; proteins, 15.00 per cent; soluble carbohydrates, etc., 49.40 per cent; and unaltered carbohydrates (insoluble), 25.97 per cent. The features worthy of note in this analysis are the excellent proportion of protein, mineral matters, and soluble carbohydrates per cent. The mineral matter was rich in phosphoric acid. 'Grape-Nuts' is described as a brain and nerve food, whatever that may be. Our analysis, at any rate, shows that it is a nutritive of a high order, since it contains the constituents of a complete food in very satisfactory and rich proportion and in an easily assimilable state."

An analysis made by the Canadian Government some time ago shows that Grape-Nuts contains nearly ten times the digestible elements contained in ordinary cereals, and foods, and nearly twice the amount contained in any other food analyzed.

The analysis is familiar to practically every successful physician in America and London. We print this statement in order that the public may know the exact facts upon which we stake our honor and will back it with any amount of money that any person or corporation will put up.

We propose to follow some of these choice specimens of the tribe of Ananias. When you hear a cooking school teacher or any other person assert that either Postum or Grape-Nuts are made of any other ingredients than those printed on the packages and as we say they are made, send us the name and address, also name of two or three witnesses, and if the evidence is clear enough to get a judgment we will right that wrong quickly.

Our business has always been conducted on as high a grade of human intelligence as we are capable of, and we propose to clear the deck of these prevaricators and liars whenever and wherever they can be found.

Attention is again called to the general and broad invitation to visitors to go through our works, where they will be shown the most minute process and device in order that they may understand how pure and clean and wholesome Grape-Nuts and Postum are. There is an old saying among business men that there is some chance to train a fool, but there is no room for a liar, for you never can tell where you are, and we hereby serve notice on all the members of this ancient tribe of Ananias that they may follow their calling in other lines, but when they put forth their lies about Grape-Nuts and Postum, we propose to give them an opportunity to answer to the proper authorities.

The New York girl wisely said that if a person would lie about one item, it brands the whole discourse as absolutely unreliable. Keep your iron ready and brand these "mavericks" whenever you find them running loose.

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A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

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