

ROCKAWAY BAKING POWDER ABSOLUTELY PURE Makes the food more delicious and wholesome

IN LABOR'S FIELD

At the meeting of St. Paul Woodworkers' Union No. 40, at Assembly halls last evening the following officers were installed: E. S. Huseby, president; Philip Hoefer, vice president; H. M. Hameston, recording secretary; A. Melne, financial secretary; John Madison, trustee; Raymond Hazelton, warden; Charles Johnson, conductor. The two latter officers were appointed by President Huseby.

They had a lively meeting in Hall No. 2, Assembly rooms, at which it was announced that the boss plasterers had signed the scale asked for by the lathers. Justin Bastrant was initiated and one applicant for membership was referred to committee of investigation. State of trade was reported good. Receipts of the evening, \$15.65; expenses, \$2.42.

LOCAL LABOR NOTES. Organizer John F. Krieger has called the patternmakers' union to meet tonight at Assembly rooms to complete their organization. The new charter and other supplies have been received.

BITS OF LOCAL SOCIAL NEWS

LUNCHEONS AND DINNERS IN HONOR OF VISITORS IN ST. PAUL

Invitations out for a Pupils' Recital at Bald Eagle Lake—Lawn Fete to be Given at Summit and Dayton Next Tuesday.

The Misses Wickliffe, of Kentucky, were guests of honor at a luncheon given Tuesday by Mrs. H. T. Van Vliet, of White Bear lake. The members of the informal club were the guests.

Miss Lillian Millard entertained at dinner Monday evening at her home on Holly avenue, in honor of Mrs. J. S. Parsons and Miss Hill, of Louisville, Ky. Covers were laid for ten.

Miss Gertrude Hall has issued invitations for a pupils' recital to be given tomorrow evening at her summer home, Old Oaks, Bald Eagle lake.

The young ladies of the cathedral parish will give a lawn fete at the corner of Summit and Dayton avenues Tuesday evening, July 15.

The Angels of the Home will picnic at Como Saturday, July 15. They will meet at the Cathedral school at 9 a. m.

The wedding of Mr. P. F. Bartels and Miss Elizabeth Roe, daughter of Mrs. M. L. Roe, 1414 Smith avenue, took place at 8 o'clock last evening at the home of the bride's mother, Mrs. J. W. Bartels, 1414 Smith avenue, officiating. Mr. John Dinah acted as best man and Mrs. Annie Patton was the bridesmaid. Only relatives and immediate friends were present. Mr. and Mrs. Bartels took the evening train for Duluth. They will be at home after Aug. 1 at 114 Smith avenue.

Mr. and Mrs. Edward Bouquet and family, of Laurel avenue, leave today for Portland, Me., where they will spend the remainder of the summer.

Mrs. William McKillop, of Dayton avenue, is in Charlevoix, Wis. Mr. and Mrs. E. Mahan, of Iglehart street, will return this week from their trip to the lakes.

The Misses Finch, of Summit avenue, leave today for Wisconsin, where they will spend the summer.

Miss Bonnie Ransom, of Holly avenue, is visiting Miss Livingston at Dayton avenue. Mrs. Charles Thompson, of Dayton avenue, is entertaining Miss Topp, of Indianapolis.

Mrs. P. C. Levings, of New York, is the guest of Mrs. A. H. Warren, of Portland avenue.

Mrs. Newell Clapp, who is spending the summer at her sister, Mrs. Schier, and niece, Miss Kittie Schier, of Benton Harbor, Mich., will leave for the White mountains, where she will spend the remainder of the summer.

The Misses Sama, of Kansas City, who have been the guests of Mrs. C. L. Dison, of Goodrich avenue, have gone to Bayreuth, Wis.

Miss Elizabeth Lewis, of Ashland avenue, is visiting in Detroit.

Mrs. F. N. Dickson, of the Virginia, is entertaining Mrs. W. B. Hanna, of Chicago.

Miss Nellie Stevenson, of Portland avenue, has gone East.

Mrs. Oscar E. Hallam and children, of Iowa, have returned to their home.

Mrs. Benjamin Shipman, of Goodrich street, will leave the latter part of the month for the White mountains.

Mrs. O. E. Holman and daughter, of Dayton avenue, will leave next week for Buffalo.

Miss Farris, of Fargo, N. D., is the guest of Miss Remy, of Marshall avenue.

Mr. and Mrs. E. K. Dunnet, of Osceola avenue, will go east next week by way of the lakes.

Mrs. Thomas Riley, of Laurel avenue, is entertaining Miss Woodhouse, of Sibley street.

Mrs. Edward G. Rogers and Miss Julia Rogers, of Summit avenue, have returned from the East.

WILL WAIT RESULTS

SAVINGS BANK DEPOSITORS HAVE ANOTHER MEETING AT ASSEMBLY HALL

INCREASE THEIR COMMITTEE

And Decide to Let Matters Remain in Status Quo Until the Reports of the Special Committees of the Court Submit Their Report to Judge Brill—A Good Deal of Talking.

Depositors of the Savings Bank of St. Paul to the number of 600 attended a meeting at Assembly hall last evening. Admittance to the hall was denied those who could not show a deposit book. About one-fifth of the audience were women.

Little business was transacted except to increase the committee appointed at the meeting on Sunday from five to fifteen and instruct the committee to report as fully as possible at an adjourned meeting to be held on the evening of July 20 at the senate chamber in the capitol. A resolution which was offered expressing a vote of confidence in the officers of the bank was objected to and after some discussion withdrawn.

Former Judge J. Egan presided, and after explaining the action taken at the meeting of the depositors on Sunday said the depositors owned the bank and all its property and were vitally interested, especially when the state officials had filed a petition in the court stating that the bank was unsafe.

John H. Stryker, as chairman of the committee, said there was nothing to say except what had been reported in the press. The committee had been instructed to secure a continuance as to the appointment of a receiver. This had been done and Judge Brill had appointed a committee of the bankers and three real estate men to report on the assets of the bank. This report would be made to the court July 20. It would be well, he said, to keep matters in the status quo until the report of the committee appointed by the court. It was unwise to pay attention to rumors or statements concerning the condition of the bank, as it would take several days before the committee would report as to the condition of the bank.

Franklin H. Griggs, another member of the committee, corroborated the statement of Mr. Stryker, and advised that the depositors await the report of the committee appointed by the court.

P. C. Childs, another member of the committee, suggested that it might be well to select some place where depositors could secure information.

Charles L. Egan, another member of the committee, said he had received a bill for \$10 for the use of the hall for the meeting of Sunday and the present meeting. He considered the suggestion of Mr. Childs as a good one, and suggested that a notice or room be secured where depositors could be given information. He had noticed that circulars distributed about the hall announced that some firm would put up accounts for the depositors, and that a matter for the depositors to exercise their own judgment about. The hall rent, however, should be attended to.

Mr. J. McDonald said he had a few questions which he would like some one to explain. He would like to know how about the \$45,000 which the bank examiner had charged was borrowed by the officers of the bank.

Mr. J. Van Soelen would like to ask the gentlemen who are insisting on a vote of confidence to the officers of the bank if they are willing to bond themselves to make good the \$45,000 which the bank examiner charged was borrowed by the officers of the bank.

Mr. J. Van Soelen—How about the \$45,000 that the bank officers borrowed from the bank? The bank examiner charges the officers with unlawful acts. How about that charge?

Mr. McDonald made no reply to the question of Mr. Van Soelen, but Thomas Cochran said he would like to ask a question or two.

Some one asked if Mr. Cochran was a depositor, and that gentleman said members of his family were, and that he had three deposit books in his pocket. Mr. Cochran inquired if the depositors were under any obligation to pay the members of the committee. Chairman Egan said there was nothing ever said about payment to any member of the committee.

Some interesting complications developed yesterday in regard to the conduct of the affairs of the Savings Bank of St. Paul by Judge Brill, Examiner, Cashier Meler, who is temporarily running the routine business under an order of the district court, and the two committees appointed by Judge Brill to appraise the bank's assets. A class of authority resulted in a threat by Gen. Pope to commence contempt proceedings, and the two committees were brought to court.

Tuesday Judge Brill appointed J. W. Shepley, Cashier, and Robert H. Douglas to appraise the real estate of the bank, and yesterday he appointed F. W. Anderson, E. H. Bailey and Joseph Lockey to examine into the bills and accounts of the institution.

All of these influences at work in the counting room was sufficient to cause considerable confusion in the cashier's office. It is stated, was disposed to bid defiance to the public examiner in a number of minor matters, and the committee-men caused the confusion. At any rate Gen. Pope announced that he would commence contempt proceedings and have the question of rights settled.

RETURN OF NEILL COMPANY. Will be Seen at the Metropolitan Again July 24.

The Neill stock company will return to the Metropolitan opera house Monday evening, July 24. The company will be seen at the Metropolitan again July 24.

Private Cars. Are a luxury indulged in only by wealthy people, and in the majority of cases, a car, however, are afforded passengers using the regular compartment cars of the St. Paul and Northern Pacific—the only perfect train in the world.

SAID WHAT THEY WANT

MANUFACTURERS ASKED TO CLEARLY SPECIFY THEIR NEEDS FOR AN EXHIBIT HALL

SO INFORM THE CITY COUNCIL

When the Question is Thus Placed in Definite Form the Councilmen Will Endeavor to Solve the Problem—Ald. Shepard Repeats the Project of a Union Building, But It Doesn't Meet With Favor.

Committees from the council, Jobbers' union, chamber of commerce, Commercial club and Manufacturers' union met at the council chamber yesterday afternoon to consider the question of securing a location for a permanent exhibit to be made by the Manufacturers' union. Present at the meeting were Assemblyman Craig, who presided; Ald. Kenny and Ald. Shepard; A. K. Pruden, C. P. Stine, C. J. Whellman, C. S. Sharrod, F. B. Doran, H. A. Muckle, H. C. McNaair, P. Maender and C. W. Gordon.

Ald. Shepard opened the discussion as to what the council might do for the manufacturers by calling attention to a plan by which a building large enough to accommodate the Manufacturers' association, the Commercial club, chamber of commerce and Jobbers' union might be erected. The site on Fourth street, just east of the block, Mr. Shepard said might be leased for a term of years by the city, and by the issuing of bonds or popular subscription a three-story building erected, which would be a credit to the city. Other property at Fifth and Cedar streets, Mr. Shepard said, might be secured at about \$2,700 per year for ninety-nine years, and the building erected there. The Commercial club paid \$2,700 per year rent, the chamber of commerce \$800 and the Jobbers' union about the same figure. These amounts taken together would pay the expenses of the building and leave a good sum for a sinking fund to pay the interest on the bonds issued for the erection of the building.

H. A. Muckle thought it would be unwise for the manufacturer to go into any such scheme as outlined by Ald. Shepard. What the manufacturers wanted was for the council to assist in paying the rent of a building, or part of one, for the Manufacturers' union. The range of possibilities should be discussed, and no any air castle schemes. If the council would appropriate from the emergency fund about \$50,000, the union could go on and secure some building in which to place a permanent exhibit.

Ald. Kenny thought the manufacturers should have some definite proposition to submit to the council. There was but one fund from which any money could be appropriated to aid the manufacturers, and that was the emergency fund, in which \$100,000 had been placed. If the manufacturers would present some definite plan, and the amount which the union expected, the council could then make a decision. There was now that was nothing satisfactory before the committee.

C. W. Gordon did not think the plan proposed by Ald. Shepard was feasible. The Jobbers' union had no claim against the city, and so far as he knew, the Commercial club had none. For this reason the council should not be asked to city could lease a piece of property, pay the rent on the same and have it used for a building to be occupied by these organizations. So far as a popular subscription erect such a building was concerned, the attempt to raise money for a public library for several years past showed the fallacy of such a proposition.

A. K. Pruden was of the opinion that Ald. Kenny was right in the statement that the manufacturers should report what they wanted to the council. The council could act intelligently in the matter.

H. C. McNaair took the same view, and said some definite proposition should be presented by the manufacturers. It was his policy to talk about erecting a building by popular subscription.

It was finally decided to have the committee from the Manufacturers' union meet with the manufacturers at an early date and decide on a proposition to be submitted to the council, and the council committee to meet with the Manufacturers' union for two weeks to allow the manufacturer to decide on a plan having for its end the renting of a building or part of a building, in which an exhibit could be maintained.

Curious Custom. In China it is the custom for guests at dinners to eat around the table between the courses. This is supposed to keep the diner's digestion in good condition, but it has been fraudulently made into something else, and there is nothing better than Hostetter's Stomach Bitters. It cures the stomach, indigestion or any stomach trouble. Hostetter's Stomach Bitters will cure them. See that a private Revenue Stamp covers the neck of the bottle.

INVOLVES A RANCH. Action in Equity Being Heard Before Judge Amidon.

In federal court yesterday Judge Amidon partially heard the action in equity between the Pickert ranch and the Pickert company against Bartholomew Pickert, of Ilon, N. Y., The Pickert Land, Grain & Stock Raising company, of North Dakota; Flora Hurl, of Cleveland; L. N. Wood of Hope, N. D.; Fanny Snow and Elbridge Snow, of New York, and Herbert E. M. Davies, of New York. The plaintiffs ask the court for an injunction restraining the defendants from disposing of certain property in North Dakota and to set aside certain conveyances alleged to have been fraudulently made.

The fight is over the Pickert ranch, covering 500 acres of North Dakota land valued at \$35,000. According to the complainant, the defendants conspired to deprive the Pickert company, together with personal property valued at \$5,000. In 1892 Pickert, it is alleged, purchased a lot of merchandise to the amount of \$20,000 from St. Paul wholesale. A year later Pickert paid the plaintiffs who acted as agent for the other local creditors a note for \$25,000, and this only \$3,500 has been paid, it is claimed. A judgment was obtained for the balance and remains unsatisfied. The company was organized in 1892 and Pickert remained in possession until 1897. Several mortgages were given by the land company, it is alleged, without consideration. It is alleged that the transaction was fraudulent.

M'KINLEY'S VISIT. Has Postponed It Until Some Time in October.

A telegram from Washington yesterday said: "The president has decided to postpone his trip to St. Paul and Minneapolis until October, if Mrs. McKinley's health will not permit him to go earlier, and he does not desire to go without her. In October he has made a positive engagement to attend the Chicago celebration, and if his St. Paul-Minneapolis trip is postponed until that time he will extend his journey from Chicago to the Twin Cities."

Notice—New Trains to Oshkosh. Fond du Lac and Green Bay. Leave Monday, July 17, at 7:30 a. m. via North-West Line. St. P. M. & O. R. Y.—going via Merrillan and Marshfield, leaving Wausau 7:40 a. m., Clintonville 8:50 a. m., New London 9:25 a. m., Appleton Junction 9:45 a. m., Green Bay 9:50 a. m. Oshkosh 10:30 a. m. Fond du Lac 12:20 a. m., Manitowish 3:15 a. m., Sheboygan 9 a. m., Green Bay 9:50 a. m. Tickets and information at 365 Robert street, St. Paul; 43 Nicollet ave., Minneapolis.

CHICAGO, MAN UNDER ARREST

ANNOUNCEMENTS. PUBLIC NOTICE—THE BARBERS' state board of examiners will hold public examinations at 207 Nicollet av. Minneapolis, Monday, July 24, from 2 to 4 o'clock p. m. on July 25, from 9 a. m. to 4 p. m. on July 26, from 9 a. m. to 4 p. m. M. E. Murray, Secretary.

DEATHS. DEEBACH—Mrs. Mary Deebach, 62 years of age, died at her residence, 140 Colorado street, Minneapolis, Friday, July 12, 1899.

BASE BALL TODAY. ST. PAUL vs. BUFFALO. LEXINGTON PARK. Game Called at 3:45 p. m.

LAKE SHORE PAVILION. (Willie Bear Lake.) Round Trip 25c, via St. P. & D. R. R. SUNDAY, JULY 16.

HIGH-CLASS VAUDEVILLE SHOW—afternoon and evening. Heads every Wednesday and Saturday evening.

TO CHICAGO THE MILWAUKEE LINE

VITAL STATISTICS. MARRIAGE LICENSES. J. E. Christensen, Jennie Allard. G. W. McDonald, Mary A. Sorenson. James O. Cavanaugh, Alma C. Otto.

BIRTHS. Mrs. Ole S. Hanson, 75 W. Dearborn, girl. Mrs. M. Barlow, 52 Clark, girl. Mrs. Tony Snyder, 47 E. 2nd, girl. Mrs. B. Henderson, Richmond Flats, boy. Mrs. Owen O'Reilly, 74 W. Centre, girl. Mrs. P. Campbell, 624 Winslow, girl. Mrs. Henry Peters, 23 Tyler, girl. Mrs. William Gotylian, 157 Sherman, boy. Mrs. John Hirsch, 348 Martin, girl. Mrs. Joseph Wagner, 537 Sherburne, girl. Mrs. Charles J. Ehrmantraut, 397 Fuller, girl. Mrs. Louis Gustafson, 911 Margaret, girl. Mrs. John Janssen, 280 Goodhue, girls (twins). Mrs. Sven Okeberg, 620 Cook, girl.

DEATHS. Baby Pardo, 6 days, 84 W. Isabel. Wilhelmnia S. A. McKewen, 34 yrs, 24 Garfield. Baby George Fusche, 11 weeks, 43 Jefferson. Frank E. Perring, 39 yrs, Nebraska and De Soto. Baby Walter, 5 weeks, 882 Hague av.

A Skin of Beauty is a Joy Forever. DR. T. FELIX GOUDAUD'S ORIENTAL CREAM OR MAGICAL BEAUTIFIER. Mrs. M. Barlow, 52 Clark, girl. Mrs. Tony Snyder, 47 E. 2nd, girl. Mrs. B. Henderson, Richmond Flats, boy. Mrs. Owen O'Reilly, 74 W. Centre, girl. Mrs. P. Campbell, 624 Winslow, girl. Mrs. Henry Peters, 23 Tyler, girl. Mrs. William Gotylian, 157 Sherman, boy. Mrs. John Hirsch, 348 Martin, girl. Mrs. Joseph Wagner, 537 Sherburne, girl. Mrs. Charles J. Ehrmantraut, 397 Fuller, girl. Mrs. Louis Gustafson, 911 Margaret, girl. Mrs. John Janssen, 280 Goodhue, girls (twins). Mrs. Sven Okeberg, 620 Cook, girl.

ARTIST PHOTOGRAPHER. Retouching for the trade. Kodaks, Cameras and Chemicals. Developing, finishing and enlarging. Lightning and Dark-Room instructions given free to those dealing with us. Tel. 107-2.

DRUGGISTS & CO. 100-102 E. Third St. & Co. GROCERIES. Supply Hotels, Restaurants, Boarding Houses and all the buy in quantity. Call and see what can be saved.

Silk Headquarters of the North-west. Globes, 7-13-99. John Heilmers Sixth and Robert Streets.

\$1.00 Mohair Crepons for 58c

We have just received 3,000 yards of black Mohair Crepons, new, handsome patterns, full of lustre and brightness—\$1 a yard value. On sale Thursday at 58c. Special Sale of Traveling Bags and Suit Cases.

Separate Skirts. Those who want style and quality for little money will do well to read carefully the following: Stylish Wool Cheviot Skirts, excellently made and finished, perfect fitting, \$5.00 value. For Thursday... \$3.75

63 Skirts of different materials, actual \$10 value. Thursday only... \$6.75 Stylish Skirts of Crispene Linen, trimmed with white or navy blue bands, regular \$1.50 value for... 85c

Skirts of Pique, English Welts, London Cords and White Duck—\$3.00 value. For Thursday... 75c SHIRT WAISTS. Stylish Waists, best of materials, including Scone Madras—latest ideas with pearl buttons—waists worth \$1.00 and \$1.25. For Thursday only... 59c

8 dozen at 9 a. m. 8 dozen at 2 p. m. See Those Tourists' Fitted Cases. Hosiery and Underwear. These prices will demonstrate that hot weather comforts cost very little money: Ladies' 25c Vests for... 12 1/2c Ladies' 40c Vests and Knee Pants for... 39c Ladies' 65c Silk Vests for... 23c Ladies' 19c fancy Ribbed Cotton Hose for... 12 1/2c Ladies' 40c black Lace Hose for... 23c

Millinery Extras. All our untrimmed Shapes, worth up to \$1.50, marked for Thursday at... 48c All special worth up to \$3.00, special priced for Thursday at... 98c Trimmed and Untrimmed Millinery at half price and less. Take Elevator to Third Floor.

Fancy Neck Ribbons. They are distinguished and fashionable. Some for neck bows, all styles, all colors, all widths. One big lot, special priced, 25c per yard. Another lot at... 39c Ribbon Stocks Made While You Wait.

More Summer Gloves. Kayser Silk Gloves, black and white, for 50c pair—all colors at 75c and \$1.00. Just received another shipment of Milanese Lisle Gloves, suede finish—white, gray and tan—75c. See our "Sappho," the best Kid Glove in the world for... \$1.00

Bargains in Tourists' Supplies. Guaranteed Umbrellas. Another special shipment just here—Our Celebrated Guaranteed Umbrella that's pledged to wear a year—28-inch for \$3.50; 26-inch for \$3.00. Traveling Bags—Reduced Prices.

CONOVER—CABLE—KINGSBURY PIANOS. Each stands for the best in its respective class. WE BUILD THEM. WE SELL THEM. TRY OUR NEW INSTALLMENT PLAN. \$165 Buys a standard made New Upright. CABLE PIANO CO., 54 E. Sixth St.

Preparating for Labor Day.

At the meeting last night at Assembly rooms of St. Paul local union of the stonemasons, the initiation fee was raised from \$1 to \$5. This will take effect Aug. 1, 1899. James Ross was nominated for recording secretary. The election will occur at the next regular meeting. The following committee to arrange for Labor Day badges and other paraphernalia was appointed: E. Isaacson, N. J. Nelson, John Holm.

Lathers Feel Good. The members of St. Paul lathers' union were feeling quite jubilant last evening.

Read the story of tempting goods at tempting prices. It's enjoyable reading and will help you to economize.

- Butter, There is none better than our fancy "Crown Brand" Creamery. 21c
Sausage, Genuine imported from Helle, Germany. You get this none elsewhere in St. Paul or Minneapolis but at Schoch's. Also Italian Salsami. Domestic Sausage of all kinds at a special price. 35c
Cheese, Old Swiss, Fancy per lb. 15c
Lard, Best, 3 1/2 pounds, 25c
Flour, Best Patent, per 40-pound sack, 75c
Grapes, 10-pound basket Concord, 25c
Cherries, Royal Ann Cherries, per box, \$1.25
Raspberries, Red, \$1.00
Blackberries, Fancy Large Lawtons; fresh daily.
Strawberries, Fancy Northern ones; fresh daily.
Potatoes, New, per bushel, 15c
Potatoes, Old, per bushel, 25c
Syrup, Gallon can, Cut Leaf Drips, 28c
Coffee, Palmer House Java and Mocha, per pound, 25c
Washing Powder, 4-lb. pkgs. 18c
Soap, 8 bars Schoch's Best Laundry Soap, 25c
Paint, "White Seal" in gallon cans, 90c
Wax Beans, per peck, 5c
Celery, per stalk, 1c

The Andrew Schoch Grocery Co., Cor. Seventh and Broadway.

If you are Coffee-wise be sure that you get the genuine Home Brand PURE MOCHA AND JAVA. Much Coffee called Java is not grown within thousands of miles of the Island but is "doped and sweetened" to look genuine. INSTANT UPON SECURING HOME BRAND OF YOUR GROCER AND WE WILL VOUCH FOR ITS AUTHENTICITY!!! CRIGGS, COOPER & CO., 223 N. 3rd St.

MODELS OF NEATNESS. Are the Down Town Streets and Alleys These Days.

St. Paul is nothing if not neat now, and as a result of the labors of the city of St. Paul, it is now a clean, bright, and cheerful city. An innovation, this having the policemen's beats under the supervision of a woman, and the assistance of a policeman, back yards were strengthened up, receptacles for garbage provided with covers, and the exception of two very bad alleys, indeed, the beat was all that could be desired. Mrs. Shurick has the promise that these alleys will be speedily cleaned.

Mrs. A. P. Moss reported for the two beats under her inspection. They extend from Cedar to Franklin and from Fifth street to the river. Her domain included the most respectable alley in the city. The character of the alley is now, however, entirely changed, everything that could possibly offend having been removed, and its condition is at present a beautiful object lesson for every other alley in the city.

Mrs. H. Weidman has the market beat, and judging from the report it was not an easy one. In many cases moral suasion failed to reform offending tenants and arrests were resorted to. The beat is now comparatively ship shape.

At 10 o'clock this morning the executive council of the league will hold a meeting in the chamber of commerce.

Can Keep Cool. If You Know How to FEED YOURSELF.

Try GRAPE-NUTS. HOT WEATHER FOOD. The selection of food for hot weather is an important question. We should avoid an excess of fats, cut down the butter and cream, and eat freely in fruits and food easy of digestion. One meat meal per day is sufficient during hot weather.

An ideal breakfast is Grape-Nuts, treated with a little cream (which is in a very digestible form); a cup of Postum Cereal and Coffee hot, or if cold it should have a little lemon juice squeezed in; then some fruit, either cooked or raw; also perhaps two slices of entire wheat bread with a very thin spread of butter, or perhaps a little Grape-Nut Butter, which is a different article than Grape-Nuts. A breakfast of this sort is so perfectly adapted to the wants of the system that one goes through the heat of the day in comfort as compared with the sweaty, disagreeable condition of one improperly fed. Once put in practice, the plan will never be abandoned during the hot days, for the difference in one's personal comfort is too great to be easily forgotten.

Private Cars. Are a luxury indulged in only by wealthy people, and in the majority of cases, a car, however, are afforded passengers using the regular compartment cars of the St. Paul and Northern Pacific—the only perfect train in the world.