The Lower Coast Gazette.

DEVOTED TO THE INTERESTS OF THE LOWER COAST AGRICULTURE, HORTICULTURE, FISHERIES AND COMMERCE.

VOLUME II. POINTE-A-LA-HACHE, LA., SATURDAY, JANUARY 29, 1910. NUMBER 5.

All Over Louisiana

SUPPORT ATCHAFALAYA BOARD.

Aver That 30,000 Acres of Land Would Be Reclaimed.

Baton Rouge.—Committees from the parishes of Pointe Coupee, West Baton Rouge and Iberville called upon Governer Sanders and presented their reasons for supporting the position of the Atchafalaya levee board in its efforts to dam up Alabama bayou and build a levee upon the east bank of the Atchafalaya.

The governor told the representatives that he was glad to receive them and get their views, which were presented in anticipation of the mass meeting at St. Martinville to give the views of the people of St. Martin parish against the proposed damming of the bayou and the construction of the levee on the east bank, unless a levee is also built upon the west bank to protect them from overflow.

Before the committee came to Baton Rouge a mass meeting was held at Port Allen in West Baton Rouge courthouse, at which time resolutions were adopted setting forth the reasons why the parishes of Pointe Coupee, West Baton Rouge and Iberville are in favor of the dam across Alabama bayou and the proposed levee system The principal point is that it would redeem from overflow about 30,000 acres of land which is at present useless and abandoned.

T. M. Hewes of Point Coupee acted as spokesman for the delegates and presented to the governor the reasons why the citizens of the three parishes were anxious to see carried out the work which the Atchafalaya levee board had undertaken in damming the Alabama bayou and building the levee. Mr. Hewes referred to the progress which the board had made in the work; how the war department had given its authority to the board to dam the bayou and what it would mean in the way of redeemed land to the people from Iberville to the upper end of Pointe Coupee.

Agricultural Education Approved.

Baton Rouge.—At a meeting of the farmers attending the conference conducted by the Louisiana State University resolutions were adopted thanking the university for undertaking the work, expressing the appreciation of the planting interests of the state for the intelligent work which the university is doing for the farmers of Louisiana, and especially indorsing the 10-day farmers' conference idea inaugurated for the first time this year by the university. That the state should be more liberal was the opinion expressed by half a dozen speakers. The experiment station work is greatly cramped for lack of funds. Dr. Dodson, the director of the station, has been forced to move to the Baton Rouge state grounds and devote his time and attention to this work, in addition to directing the affairs of all the other stations. Former Assistant Director McClendon of the Baton Rouge farm has been transferred to the Calhoun station. The farmers assert that for the past 10 years, while every other appropriation has greatly increased, the state has not increased its appropriation for the experiment station, and that the farming interests are entitled to more liberal treatment.

Increasing Potato Acreage.

Shreveport.—That the planters in this section of the state are becoming more generally interested in the growing of Irish potatoes was indicated at a meeting of the North Louisiana Truck Growers' Association held here, and attended by a large number of Caddo and Bossier parish planters and several of the leading agriculturists of Coushatta, Mansfield, Marthaville and other towns in this section. Steps were taken for the handling of the entire crop in this section next season. Albert Miller & Co., of Chicago, promising to buy the entire crop. The company's representative said he thought the potatoes would bring at least 65 cents per bushel. The growers were instructed in the best methods of gathering and preparing the potatoes for market, being advised never to allow the potatoes to remain for a time in the sun, and to gather the product in wire baskets.

Timber and Salt Mine Values.

New Iberia.—In the matter of timber land assessments it was arranged that an expert should cruise the lands of the different lumber companies and report an estimate of the value of each, classifying them as to cypress, tupelo gum and hardwoods. The first company's holdings estimated should be reported for the first meeting in March. In regard to the salt mine assessments the attorneys representing the parish and the mines, after an extended argument, finally came to an amicable agreement satisfactory to the police jury, by which the taxes are paid at once and a basis for future years established.

The Evangeline Parish Case.

Lake Charles.—The decision in the Evangeline parish case by the supreme court attracts much attention here, as the divisionists of Calcasieu are again preparing to go on the warpath. A secret conference of division leaders was held at Sulphura recently at which it was agreed to press for the division of Calcasieu into five parishes, giving the parish seats to Jennings, Oakdale, De Ridder and Sulphur. The supreme court decision apparently ends the matter for this year.

Will Push Good Roads.

Baton Rouge.—The good roads program of Governor Sanders is to be pushed with much more energy during the coming year than it was during 1909. It was late last summer before the work was gotten well under way and the general good roads campaign inaugurated by Governor Sanders. This year the campaign is under way all over the state. In a half-dozen parishes model roads are being built according to the program outlined by Governor Sanders, the state furnishing the convicts while the work is being done by them, the actual expenses of maintaining the convicts being paid by the parish in which the model road is constructed. Several police juries have invited the governor to address them on the subject of good roads. Among the invitations accepted by the governor is one from Colfax, Grant parish, to deliver an address there on February 1.

Many White Convicts Enrolled.

Baton Rouge.—That during the past month more white men have been brought to the state penitentiary than negroes is the record that has been made by the state since about the middle of last month. In the number of prisoners brought in during a month the negroes always outnumber the whites, three and four and five to one, but this month more whites have been brought to the state penitentiary than negroes. A total of 18 white men has been received. Fabian Bouvy, the young Plaquemine boy, who shot and killed Prof. van Ingen, in the presence of his wife, is behind the penitentiary walls here and will in all probability be kept there. He is not strong enough to work on the cotton or sugar farms, and will for this reason be kept in the Baton Rouge prison and probably put

Parish Assessors Busy

Baton Rouge.—The assessors of the different parishes of the state have already begun the work of listing the taxes for 1910. This is the first step in making up the assessment roll. The property must be listed by May in order that the abstracts can be completed and placed before the state board of equalization for action. Last year the assessors got in their rolls and filed them with the sheriff of their parish and the state much earlier than they did during the previous year, owing to the fact that the state board of equalization completed its session earlier and the assessors were prompt in getting in their abstract blanks. The indications are from the early start which many of the assessors have made that they intend to be just as prompt this year in getting up a list of their property.

River Traffic at Shreveport.

Shreveport.—W. K. Kavanaugh and John L. Matthews, president and secretary, respectively, of the Mississippi Valley Transportation Company of St. Louis, will be here in February regarding a plan to make Shreveport the developing point for Texas and Northwest Louisiana. Starting in the spring, they expect to operate a line of boats down the Mississippi to Delta Point, La., opposite Vicksburg, and connect there with the Vicksburg, Shreveport and Pacific railroad for Shreveport, and later the expect to place steel barges on the Red river for upper Red river trade.

Tuberculosis Victims.

Shreveport.—Tuberculosis killed 69 negroes here in 1909, compared to 42 in 1908. Less than a dozen white persons died each year from consumption. The total death rate was 12.1 per cent per 1,000 inhabitants for 1909, on an estimated population of 30,000.

Oyster Beds Productive.

Lake Charles.—The output of oysters from the beds at Cameron is increasing. It is estimated that they supply 99 per cent of those used in the local market.

LOUISIANA AT A GLANCE.

The oyster and shrimp cannery at Morgan City has resumed operations, after being shut down since September 20.

Judge Overton at Lake Charles ruled that candy cannot be legally sold on Sunday.

The question of boring a gas well at the Monroe city water and light plant was referred to a committee with power to act.

The strawberry fields in the Amite City section are in a most magnificent and flourishing condition. The crop is well cultivated, and the weather has been very favorable. There is a very large increase in the acreage this season.

An insane negro woman started two fires on the Gold Mine plantation near Luey, entailing a loss of $3,000.

At the city primary February 15 at Crowley night policemen and scavengers will be among those balloted for.

Automobile owners of Iberville parish organized to boost good roads.

Detroit interests purchased the property of the Cheny Lumber Company of Monroe, paying $185,000 for the same.

Work has been commenced at Collinston on the dredging of the Coulee drainage canal.

ARMOUR TALKS MEAT

INCREASE PRODUCTION AND PRICES WILL FALL.

5,000,000 Less Hogs Slaughtered the Past Season Than the Year Before.

Chicago.—J. Ogden Armour, at his beautiful country home, Armouria, discussed the present prices of provisions, the cause and the remedy.

"You can eliminate the meat packers from the situation entirely," said Mr. Armour, "and the high prices will remain. The prices are high by the laws of nature and natural laws cannot be changed. The best we can do is to comply with them. Increase production and prices will fall.

"The situation as regards the cost of living has become serious in this country, extremely serious," said the head of the great packing industry. "The prices of foodstuffs have climbed upward until they have passed all reasonable bounds. The cause is not difficult to find, and it is most important that it should be remedied. The explanation is simply that the consumption of food in the United States has overtaken production. The result has been inevitable. Prices have gone up.

"The price of beef to the retailer has advanced only one-half a cent a pound in the last year—that is to say, the average price per pound for the whole carcass. The advanced cost of hogs and sheep has been very heavy. It was only a few days ago that we bought live hogs at the rate of nine cents a pound. Think of that. Such prices as these have been unheard of for many, many years.

"And yet at these prices there are fewer hogs offered than when we paid less. I haven't the exact figures at hand, but approximately 5,000,000 less hogs were slaughtered in the last packing season than for the year preceding. Surely, if the farmers had the hogs they would send them to market."

HAIL TEDDY AS SAVIOUR

Roosevelt Being Importuned to Run for Governor of New York.

Albany, N. Y.—"Lead us or we're lost! Hurry home and save the party."

This is the essence of cablegrams and letters understood to have been showered upon Theodore Roosevelt in his African jungle by machine Republicans, affrighted by revelations of bribery, graft and other forms of corruption implicating New York State officials.

To Roosevelt prayers are addressed that he quit hunting wild animals and head a crusade to rid the party of human harpies, whose alleged depredations have brought such shame upon it that it is threatened with a chastisement such as elevated Grover Cleveland to the governorship by nearly 200,000 plurality in 1882.

The former president is being besought to not only cleanse the machine stables, but make it possible to retain the State by taking the nomination for governor.

Latest advices from Africa, according to an intimate associate of Roosevelt here, are that he still adheres to his determination to delay his return home until June. Then he may put his hand on the throttle and seek to avert imminent party disaster.

MILLIONS FOR RECLAMATION

Funds Planned to Further Those Projects Already Begun.

Washington.—Certificates of indebtedness or bonds to the sum of $30,000,000 to raise money to complete and "properly extend reclamation projects already begun," will be authorized in a bill to be reported from the senate committee on irrigation.

The principle on which the proposed legislation is based was presented at a session of the committee by Senator Borah in a bill providing for the authorization of a $30,000,000 bond issue. This measure was prepared by him after a conference with President Taft and Secretary Ballinger.

Whether certificates or bonds are authorized, the securities may be issued as needed up to a limit of $30,000,000, and will pay three per cent interest, payable quarterly.

Boycotters Number 125,000.

Cleveland, O.—Although a canvass of all the retail butcher shops in the middle class section of the city shows a falling off in trade of from one-half to three-fourths in that locality, the exceedingly small receipts of live stock have operated to keep prices up. The decline on beef has been but 15 cents on the hoof and on lambs 10 cents. Two hundred wagon loads of chickens brought in from the country were rejected, commission men declaring that they cannot sell fowls at all.

Katy Must Carry Liquor.

Kansas City, Mo.—Judge John F. Phillips issued an order in the United States circuit court temporarily enjoining the Missouri, Kansas & Texas Railroad Company from refusing shipments of liquor consigned to points in Oklahoma and Kansas, "dry" States. The order is issued in favor of a Kansas City distilling company.

Strategy.

Parkkeeper—There's a pair of fine kids playing on the grass. Are they yours?

Lady—Yes.

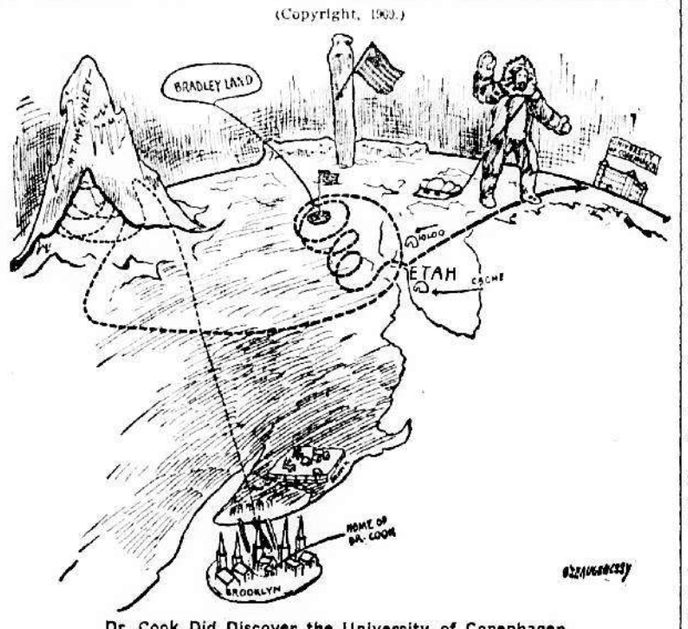
Parkkeeper—Then you'll just give me your name, please mum. Nobody is allowed on the grass.

More Meant.

She—Don't you think it is silly in young people to sit holding hands?

He (absently)—Well, that depends altogether on whether they hold winning cards.

AT LEAST ONE DISCOVERY TO HIS CREDIT



Dr. Cook Did Discover the University of Copenhagen.

GO AFTER BEEF TRUST

GOVERNMENT WILL INSTITUTE CRIMINAL PROCEEDINGS.

Department Has Discovered Connection Between Large Packing Companies.

Washington.—The "beef trust," so-called, is to be prosecuted by the national government. The department of justice evidently believes its existence is a leading factor in maintaining the present high prices of fresh meats.

The contemplated action of the department follows an investigation which has been conducted by its special agents for some months. Initial proceedings will begin before the grand jury at Chicago, probably next week, and may contemplate both civil and criminal actions.

The firms mentioned in connection with the matter include Swift & Co., Morris & Co. and Armour & Co., all big packing-house concerns, and all of whom, it is said, are interested in the National Packing Company. The three first named concerns are commonly represented to control the national corporation for their common benefit.

The aim of the department has been to ascertain the relations between the several firms, individually, and the National Packing Company, for the purpose of determining whether they have operated to control the prices of fresh meats, which, according to almost universal complaint, have been going higher and higher.

MEAT STRIKE IS NATIONAL

Milwaukee and Cleveland Announce Cut in Prices.

Chicago—The movement to combat the high prices of meat spread rapidly today and is assuming a national character. Coincident with the spread of the movement came announcements from Milwaukee and Cleveland that the price of meat had dropped. In Milwaukee two retail butchers quoted porterhouse steak at 10 cents a pound; sirloin at the same price, and other meats in proportion. The wholesale price of beef fell off 15 cents a hundred pounds in Cleveland.

From Denver came the report that Samuel Dutton, president of the Western Hotel Men's Protective Association, announced that the proposition of cutting down the consumption of meat will be brought before his organization at a meeting to be held here on July 31.

Dispatches from Baltimore, Kansas City, Omaha, Milwaukee, Memphis, Pittsburg and other cities told of the rapid growth of the movement. Cleveland, credited with being the originator of the movement, now has 30,000 names enrolled in the crusade, while Kansas City reports 80,000.

48 DIE IN RAILROAD WRECK

Some Drowned, Others Crushed and Burned to Death.

North Bay, Ont.—Death in all its most terrible forms blotted out the lives of at least a score, and perhaps forty-eight people, Friday afternoon, when four cars of a Canadian Pacific passenger train on the Soo branch leaped from the tracks, and, tearing down a steep embankment, plunged through the ice-covered surface of the Spanish river. Some were drowned, others were crushed to death in grinding timbers. Most terrible of all, many persons, maimed and injured, caught in the wreckage of one of the cars, were burned to death. Ninety-two injured were taken to hospitals at Sudbury.

Woman Hangs Herself.

Atlanta, Ga.—After making a loop of a gingham apron and placing one end about her neck and the other over the dining-room door, Miss Minnie Finkenstadt, aged 35, leaped from a chair and strangled herself to death.

SAVES NIGHT RIDERS.

Col. Allen Believes Suit Against Burley Society Stopped.

Washington.—A conference between Col. John R. Allen, of Lexington, Ky., attorney for the Burley Society, and Assistant Attorney-General Ellis, was held with a view to clearing up several alleged inaccuracies in the government chronicle of the days of night riding in Kentucky. Col. Allen and his associates believe that their visit here has averted the threatened anti-trust suit of the government for the society.

STOCK BROKERS FAIL

$3,000,000 IN LIABILITIES; ASSETS NOT DETERMINED.

All Contracts Held With Suspended Firm Will Be Sold "Under the Rules."

New York—Roberts, Hall & Criss, of New York and Cincinnati, were forced to suspend as members of the New York Stock Exchange Thursday, following the two failures brought about by the collapse of the Columbus and Hocking Coal and Iron pool. Hugh E. Criss estimates the liabilities of the firm at $3,000,000, but is quoted as saying that he hoped to pay 100 cents on the dollar unless the governors of the exchange permit welching on the part of other members with whom he had contracts.

The feeling among members of the exchange is that Criss has been made to bear more than his share of the blame, and that all the participants ought to be punished for their part in the episode. The affairs of all three firms involved—J. M. Fiske & Co., and Lathrop, Haskins & Co., which suspended Thursday—as well as Roberts, Hall & Criss, are now being investigated by the committee on insolvencies of the exchange.

PAULHAN AND CURTISS DRAW

American Faster, But Frenchman in Air Longer.

Los Angeles, Cal.—After a grilling duel in the air, which marked the close of the great international aviation tournament at Dominguez field, Louis Paulhan, of France, and Glenn H. Curtiss, of America, at last brought their machines to the ground just as the mantle of night was falling upon the scene, with honors even.

Paulhan had been able to remain in the air longer than his rival, but Curtiss, in a race of ten laps, with which the endurance race began, was not only able to prove again that his biplane was fleeter than the Frenchman's, but broke the track record for that distance. He made the ten laps in 24:02½, or 52 seconds faster than when he won his first great race here with the Frenchman. Paulhan's time for the distance, 16:10 miles, was 26:03 1-5.

BANK HEADS ARE PAROLED

Convicted of Looting Chicago Bank of $1,300,000.

Chicago—Paul O. Stensland, formerly president of the Milwaukee Avenue State Bank of Chicago, and Henry W. Hering, formerly its cashier, who were convicted in connection with the wrecking of the bank and the disappearance of $1,300,00 of its funds, were paroled Thursday.

Stensland, who was captured after a sensational chase extending across the Atlantic ocean, into Europe and Morocco, had served three years, three months and twenty-four days. He was sent to the penitentiary on an indeterminate sentence of from one to ten years. Hering was given a similar sentence.

The looting of the Milwaukee Avenue State Bank involved the savings of 22,000 depositors and the disappearance of about $1,300,000 of the institution's deposits. Stensland left Chicago July 14, 1906, without making his destination known to his associates, and it was not until August 7 that the bank was closed by the State banking examiner, after a preliminary examination of the books.

The suicide of the bank's paying teller and the three depositors who had lost their savings, the death of another from worry and four victims adjudged insane from the same cause, added an element of tragedy to the affair.

Can't School Rangers.

Washington—Comptroller of the Treasury Tracewell declares there is nothing in the law giving the Secretary of Agriculture power to send forest rangers to college at government expense. When Solicitor McCabe, of the Department of Agriculture, took charge of the forestry bureau following the dismissal of Gifford Pinchot, he found there were about 200 of these forest rangers attending universities and colleges in the West for short courses in forestry, costing the government between $15,000 and $20,000 per month.

WEEVIL IS A BUGABOO

SOUTH MUST AWAKE TO HER POSSIBILITIES.

Dr. Knapp Says It Is Foolish to Talk of Abandoning the Growth of Cotton.

Memphis, Tenn.—Flaying the "boll weevil bugaboo" right and left, warning that diversification of crops must be accepted as the rule by which to work, and bringing a message of cheer and optimism to Memphis territory, Dr. S. A. Knapp, expert from the department of agriculture, addressed an audience at the Business Men's Club Wednesday that completely filled the assembly room and overflowed to the stairways.

The theme of the speech was "The South has the possibilities. All that is needed is for her citizens to awake to their opportunities."

That the awakening is at hand was evidenced by the audience that filled the room. It was in its way as remarkable as the address. The bankers, the solid business men of the city, the planter and the small farmer, from Mississippi, Tennessee and Arkansas, sat side by side. They were all eager to hear and learn of the ways whereby the soil might give forth more, to the enrichment of all.

"Don't get scared of the boll weevil. It can be whipped. Diversify your crops and get more out of the soil."

"It is foolishness," said Dr. Knapp, "to talk about the abandonment of the growing of cotton. We have just begun to grow cotton. The man who says otherwise is just uttering cheap talk.

"At the same time we are coming to a crisis in the history of the great crop. We must meet it like men. You can produce cotton if you wish, boll weevil or no boll weevil. I do not believe that the great American people who have fought and conquered so far intend to be whipped by such an insignificant thing as a boll weevil.'

Then followed an array of facts to show the fight could be won, and how to win.

He told how in one Texas county in 1904 the government took charge of the fight against the boll weevil when the entire county produced 40,000 bales. In 1906 the yield had grown to more than 72,000 bales, and conditions were better there than ever before, as the people had also learned to diversify their crops, and to raise their own provisions.

An outline of the fight in other parts of Texas, in Louisiana and Mississippi followed. The statements were backed up with proof. "For fear you may call my hand on some of my statements," said Dr. Knapp, "I wish to state I have with me the names of more than 2,000 people from Louisiana and Mississippi who have made a success of raising cotton under our plan."

GIVE STREAMS TO STATES

Carter Bill Allows States to Develop Water Power.

Washington.—Senator Carter, after a conference with several Western governors who were in Washington this week attending the governors' conference, has prepared a bill authorizing the issuance of patents to states for public lands chiefly valuable for the development of water power.

In effect the Carter measure would turn over to the states the whole question of developing water power.

His bill provides that "any state may enter any unappropriated public land located within its borders, which is considered valuable for use in the development of water power upon making proof to the satisfaction of the Secretary of the Interior that the land sought to be entered is chiefly valuable for such purposes."

PACIFIC COAST NOT GUARDED

United States Would Be at Japan's Mercy in Event of War.

Washington—"I do not expect any war with Japan, but if such a war should come we would be at the mercy of Japan or any other invading force, so far as the coast defenses are concerned," declared Representative Humphrey, of Washington before the House Committee on Merchant Marine and Fisheries. Mr. McKinley, of California, corroborated this statement. The committee was considering the Humphrey ship subsidy bill.

The authorization for an auxiliary fleet of transports, colliers, etc., to meet the exigencies of war was even more important, Mr. Humphrey contended, than the upbuilding of the merchant marine.

Internal Revenue Increase.

Washington.—Internal revenue receipts for the current fiscal year continue to show a marked increase over the fiscal year ended June 30, 1909. December receipts amounted to $24,340,193, an increase of $2,045,462 over December, 1908. The increase in receipts for the six months ending December 30 over the six months of the previous year was $8,718,007.

Cruisers Coming Home.

Washington.—The armored cruiser squadron, composed of the West Virginia, Colorado, Maryland, California, Washington, Tennessee and Pennsylvania, which was sent out to the Orient on a cruise of evolution, sailed Friday from Yokohama for Honolulu, en route to the United States. From San Francisco the Tennessee and Washington will be dispatched around Cape Horn to join the Montana, North Carolina and Chester at Buenos Ayres, to represent the United States at the Argentine centennial observation.

HER WEIGHT INCREASED FROM 100 TO 140 POUNDS.

Wonderful Praise Accorded Peruna the Household Remedy

Mrs. Maria Goertz, Orienta, Oklahoma, writes:

"My husband, children and myself have used your medicines, and we always keep them in th house in case of necessity. I was restored to health by this medicine, and Dr. Hartman's invaluable advice and books. People ask about me from different places, and are surprised that I can do all of my housework alone, and that I was cured by the doctor of chronic catarrh. My husband was cured of asthma, my daughter of earache and catarrh of the stomach, and my son of catarrh of the throat. When I was sick I weighed 100 pounds; now I weigh 140.

"I have regained my health again, and I cannot thank you enough for your advice. May God give you a long life and bless your work."

AND TOMMY GOT BIFF.

Tommy—I say, sis, Mr. Gotsplosh wanted to know what you had in your stocking this morning.

Sis—Indeed; and what did you say?

Tommy—I said the usual things, you know.

EPIDEMIC OF ITCH IN WELSH VILLAGE

"In Dowlais, South Wales, about fifteen years ago, families were stricken wholesale by a disease known as the itch. Believe me, it is the most terrible disease of its kind that I know of, as it itches all through your body and makes your life an inferno. Sleep is out of the question and you feel as if a million mosquitoes were attacking you at the same time. I knew a dozen families that were so affected.

"The doctors did their best, but their remedies were of no avail whatever. Then the families tried a druggist who was noted far and wide for his remarkable cures. People came to him from all parts of the country for treatment, but his medicine made matters still worse, as a last resort they were advised by a friend to use the Cuticura Remedies. I am glad to tell you that after a few days' treatment with Cuticura Soap, Ointment and Resolvent, the effect was wonderful and the result was a perfect cure in all cases.

"I may add that my three brothers, three sisters, myself and all our families have been users of the Cuticura Remedies for fifteen years. Thomas Hugh, 1650 West Huron St., Chicago, Ill., June 29, 1909."

Indebted to the Ocean.

In proportion to its population, more people earn their living by seafaring in Norway than in any other country. Britain comes next.

New York's New Municipal Building.

Plans for the $7,500,000 25-story municipal building for New York city have been approved and contracts let.

Saving Time.

The family was to leave on the two o'clock train from Broad street station, so the mother was all in a flurry as she hurried the children in a certain West Philadelphia home.

"Now, children, get everything ready before luncheon," she said. "Don't leave everything until the last minute."

And the children said they wouldn't. Luncheon ended, they hurried into their wraps and started. In the hall the mother said:

"Edward, you didn't brush your teeth."

"Yes, ma'am, I did."

"But you couldn't, she said, "you didn't have time. Why you just got up from the table."

"I know that," said Edward; "but we were in such a hurry I brushed them before I ate."—Philadelphia Times.

INSOMNIA

Leads to Madness, if not Remedied in Time.

"Experiments satisfied me, some 5 years ago," writes a Topeka woman, "that coffee was the direct cause of the insomnia from which I suffered terribly, as well as the extreme nervousness and acute dyspepsia which made life a most painful thing for me.

"I had been a coffee drinker since childhood, and did not like to think that the beverage was doing me all this harm. But it was, and the time came when I had to face the fact, and protect myself. I therefore gave up coffee abruptly and absolutely, and adopted Postum as my hot drink at meals.

"I began to note improvement in my condition very soon after I took on Postum. The change proceeded gradually, but surely, and it was a matter of only a few weeks before I found myself entirely relieved—the nervousness passed away, my digestive apparatus was restored to normal efficiency, and I began to sleep, restfully and peacefully.

"These happy conditions have continued during all of the 5 years, and I am safe in saying that I owe them entirely to Postum, for when I began to drink it I ceased to use medicine." Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.