A WORLD'S RECORD

The Wrights Win New Laurels in The Air.

AEROPLANE RECORD IS BROKEN

Noted Aviator in His Aeroplane With Lieut, Frank P. Lahm, of the Army Signal Corps as a Passenger, Makes Beautiful Flight of One Hour, Twelve Minutes and Forty Seconds, Upward of Fifty Miles, and at Speed Averaging About Forty Miles an Hour.

Washington, Special .- The world's aeroplane record for two men as to both time and distance, was broken Tuesday evening in a beautiful flight of one hour, 12 minutes and 40 seconds-upwords of 50 miles, and at a speed averaging about 40 miles an hour, by Orville Wright at Fort Myer, with Lieut. Frank P. Lahm, of the army signal corps, as a passenger.

The fermer record was made last year by his brother, Wilbur, joint inventor with him of the machine in which both achievements were performed at Lemans, France, with Professor Painleve, of the French Institute, as passenger. That flight was 1 hour, 9 minutes and 35 seconds. Wilbur was an eager sepetator of Tuesday's flight by his brother.

The cheering wheih heralded the setting of a new mark in the conquest of the air, was led by President Taft in person, who had sat, an intensely interested spectator throughout the flight, and who insisted at its conclusion upon personally congratulating the brothers upon their success.

This success was all-important to the Wrights in that it completed the first of two crucial tests of their machine imposed upon them by the United States government—the so-called "endurance test," which requirer them to remain one hour continuously in the air with one passenger. Orville did nearly 13 minutes better than that, and could have kept on indefinitely-three hours and a half, the limit imposed by the gasoline capacity of the supply tank.

His devoted sister, Miss Katherine Wright, who nursed Orville through the period of his recovery from that disaster, in which he was hurt Sept. 17, 1908, and Lieut. Selfrdge was killed, anxiously watched him from the shed where the aeroplane is kept, and when he returned unhurt from his flight, gripped him eagerly by the arm, nestled her face against his breast and said: "Bully for you, brother; it was beautiful."

President Taft hastening to them grasped the hand of both and said: "I congratulate you heartily, sir. It was a great exhibition. You beat the world's record."

The machine used in the test flight consists of two planes, one flive feet above the other, and measuring 36 feet from tip to tip.

The seat for the operator is placed in the centre of the lower plane, to the left of the motor. The passen-ger sits on the other side of the mo-The motor itself is a product of the Wright brothers and is a foursylinder, 30 horse-power, water cooled gasoline engine.

The weight of the machine including both operator and passenger, is a trifle under 1,200 pounds.

Bank Officer Skips With \$50,000. Tipton, Ill., Special.—The First National Bank of Tipton was closed Monday night and its assistant cashier, Noah R. Marker, is gone, taking with him between \$50,000 and \$60,-900, all the cash that was in the bank's vaults at the close of business Baturday. Marker, after sweeping together the money, set the time lock

on the safe so that it could not be

opened until 9 o'clock Sunday.

Robbers Reat Proprietor of Store and Then Take Many Articles. Bristel, Tenn., Special. - News reached here Tuesday that robbers entered the store of James Hilton at Boone's creek in East Tennessee, last night, pulled Hilton from his bed in the store room and beat him so that he was unconscious when found. They then robbed the store of many articles. Bloodhounds were put on the trail but were hindered.

Asheville Bankers on Trial.

[Asheville, Special.—The second lay's trial of the First National Bank of Asheville cases; the conspirsey and embezzlement charges against Messrs. William E. Breese, Joseph E. Dickerson and W. H. Penland, three officers of the defunct banking institution at the time the bank closed its doors, was featured by the outlining of the government's contention by District Attorney Holton and the dry and methodical wad-ing through "bogus" notes by Coionel Burgwyn, a witness.

Tillman's Health Good.

Columbia S. C., Special.-Accordto those who are in a position to Senator B. R. Tillman is in d health and not ill as some of the the past few days. Dr. J. W. Babek, a lifelong friend of the Sensita and Tillman's physician for may years, mid Tuesday that the past of the Benator's illness were



There is no doubt that exercise is very beneficial to fowls. Among humans the lack of exercise combined with high feeding causes most troublesome diseases, such as dropsy. The same laws govern the animal world. There are several things that exercise does. One of these is, it prevents the birds becoming too fat. which in turn destroys their useful-No matter how much a bird eats, if it exercises it will keep the fat from accumulating as the muscular exertion causes the lungs to work excessively, and in doing this they burn up a large amount of carbon, which comes from the food. Being burned up in this way, it does not accumulate on the body and around the intestines in the form of fat.

In the poultry house, whole grain should be fed in cut straw or chaff spread thickly. If it is fed in hay or whole straw the task of uncovering it is too light. The finer the straw the more perfectly will it cover the grain. that is sown in it, and the more difficult will be the task of getting it out, which the hens must do kernel by If poultry keepers would follow this plan their fowls would lay more eggs, for the reason that they would not be over-fat and would be in generally good health. The mere fact of exercise does not cause the production of eggs.

A Pair of Partridge Wyandottes.

Among the many beautiful and useful breeds of poultry which have made their appearance during the past few years none surpasses the Partridge Wyandotte.

They are handsome, vigorous and large, combining all the good qualities needed in the make-up of the modern day money-maker of the poultry yard.

The foundation stock of this breed is so well known and so popular that



Originals, the Silver Laced, the Buff and the Golden Laced being recognized as among the best of all our standard breeds.

As can be seen the Partridge Wyandottes have compact bodies, clean, yellow shanks and beaks, low rose combs and scarcely anywattles. They are ideal fowls for cold climates, and eannot be excelled in mild or warm localities. They are good foragers, but will stand confinement in close quarters and are splendid layers during the cold season.

Beef Scrap For Fowls.

idispensable yarded fowls, and for range fowls also in winter. They only eat a small quantity after gradually feeding it to them, even when kept in their reach all the time, but this little they must have to be profitable as layers or breeders. It, like the alfalfa, may either be fed dry, and kept in their reach s!l the time, or fed in the mashes. Two heaped tablespoonfuls to a dozen fowls per day, if fed in mash, produce good results. When giving a mash feed give all that will be eaten up clean, but none to be left. -Mrs. J. C. Deaton, in Progressive Farmer.

An Important Appurtenance.

An important article of furniture for the poultry house is a shallow box of four compartments, for oyster shells, grit, mash and charcoal. This should also be so placed that litter is not thrown into it. Also have a box of road dust, with a sprinkling of ashes, and occasionally a dust of sulphur or insect powder. "An ounce of prevention is worth a pound of A State !

A Handsome Living.

..... Col. Roessle once said there may not be any very large fortunes made in poultry raising, but there is a handsome living for any one who has the love for the pursuit, the ability to raise and care for the stock, and a small capital to start with. These three things must go hand in hand; separately they cannot bring success.

Moist Mash.

If moist mash is used—and we thok best to use it where fowls are confined to small yards, and have access to no fresh green food— it may be fed at noon to advantage. pounds of shredded alfalfa, scalded, and one pound of bran added to make it a crumbly mash, is good.

If an egg is allowed to remain in se position too long, the yolk ad-eres to the membrane of the shell.



MUCILAGE AT HOME.

Children love pasting pictures above all things; the mucilage pot is necessary for the carrying out of this. Excellent mucilage can be made at less than half the price of the bought mucilage for the same quantity by putting a lump of gum arabic in an ordinary mucilage bottle and filling it up with water. Very good mucilage can be made, which will never sour, harden nor become mouldy .--Newark Call

OILCLOTH HOLDERS.

Table oilcloth holders are quite unusual, but none the less nice to use and very cleanly. They will be found convenient to use for all sorts of purposes, as the oilcloth is very soft and pliable, and an advantage is they can be kept beautifully clean by wiping them off with a dampened cloth, instead of being washed as holders generally are. To make oilcloth holders, cut the oilcloth into suitable sizes and interline with a bit of outing cloth, or if you haven't that use the leg of an old stocking. These holders will be found most sat isfactory.-Newark Call.

STRAWBERRY VINEGAR LOTION. Strawberry season is a boon to the woman who values inexpensive lo tions for her complexion. An aromatic vinegar that is most refreshing to use in the bath and has invigorating, tonic effect on the skin, is made from fresh strawberries in the proportion of a quart of berries to two tablespoonfuls of strong, pure vine-

Hull and mash the berries and add the vinegar, cover closely and let the mixture stand for about two weeks then strain through a fine muslin and pour into bottles with patent stoppers .- New York Press

POLISH FOR MAHOGANY.

The following polish for mahogany furniture is especially good to use in polishing a dining room table that may have become marked: To one pint of water grate a very small quarter of an ounce of white soap. Put this in a granite pan that is not worn. Put the pan on the fire where it will gradually get hot, then add quarter of an ounce of white wax cut up, also three ounces of common beeswax; let this all thoroughly melt together. When the table or other furniture has been dusted well with damp chamois or clean damp bit of cheesecloth, dip a piece of flannel in the polish while it is warm, rub it on the table. When this is done let it stand for a quarter of an hour, then rub with a good, but hard, brush that comes for the purpose. After this finish by rubbing well with a piece of soft old flannel. The result will be a beautifully polished



Sour Milk Gingerbread-Put into a pan one-half cupful molasses, twothirds of a cupful of sour milk, a tablespoonful softened butter, a teaspoonful soda, a teaspoonful ginger ur to mix soft.

Eggless Pudding-Three slices of well buttered white bread, cut in dice, one-half cup of sugar, one-half cup of molasses, one teaspoon ginger and a good pinch of salt, one quart milk. Bake about three hours in a moderate oven.

Sour Milk Corn Cake-Sift together one cupful flour, one-half cupful Indian meal, two tablespoonfuls sugar and one-half teaspoonful each salt and soda. Pour in one cupful sour milk and a teaspoonful lard or butter melted, and beat well. Fold in one beaten egg and bake in hot gem tins or a round, shallow pan.

College Ice - One jar of cream mixed with the same quantity of milk and whipped; add one pint rich milk, three-quarter cup sugar, a few grains of salt and one teaspoon vanilla. Freeze and serve with strawberry sauce-one cup sugar and one-quarter cup water, boiled ten minutes; add one quart strawberries mashed with a fork and just heated through.

Molasses Cookies-Put into a bowl one and one-third cups molasses, one cupful brown sugar, one cupful sour milk in which a heaping teaspoonful soda has been dissolved. Add a teaspoonful vinegar to the sour milk and soda and stir until the soda has stopped "purring." Now add one cupful melted shortening, one beaten egg, one teaspoonful each cinnamon and ginger, and a saltspoonful salt. Mix, add flour to make a soft dough, cut into thick cookies and bake in a quick oven.

Sour Cream Waffles - Beat two eggs light and add to a pint of sour cream, into which a teaspoonful of soda has been beaten. Add half a teaspoonful of salt and flour to make a thin batter. Pour in well greased waffle irons, which must be piping hot. Turn the iron the minute it is filled, shut tt, and in a few minutes turn again. When the wasses are brown on both sides place in layers and serve very hot, cutting through the layers to serve. Eat with plenty of butter and honey.

THE PULPIT.

A SCHOLARLY SUNDAY SERMON BY THE REV. R. W. M'LAUGHLIN.

Theme: Truth, Service, Action.

Brooklyn, N. Y.—In the Clinton Avenue Congregational Church the preacher, Sunday morning, was the Rev. R. W. McLaughlin, of Grand Rapids, Mich. His subject was: "Truth, Service and Action." Among other things he said:

other things he said:

It is said that the masterpieces of literature are rarely, if ever, the pure creation of literary skill, but are usually suggested by some well nigh forgotten and seemingly incidental event of the past. It is also said that in the writing of such literature four factors are essential, namely: Time, location, characters and sequence of events. And these four conditions of literature are found in this historic statement of fact as recorded in the sixteenth chapter of Acts. It is a seemingly unimportant statement, containing ten names, whose only significance is in what once was or may have been settled. may have been, rather than in what now is. And the four factors are here.

Location-the Phrygian region and Location—the Phrygian region and the shore line of two continents, at points marked on map as Troas and Philippi. Time—the middle of the first century, while Caesar is still on the throne and the empire rules the world. Characters — An unnamed map a devont woman a ventriloquist man, a devout woman, a ventriloquist maiden, a group of selfish traders, a male magistrate, a frightened jailor and Saul of Tarsus. Sequence of events—to show relation of Phrygia to Troas and Troas to Philippi, which relation reveals the power of truth as it gains possession of one life and through that life disturbs and trans-

forms the world.

And in the writing of the story based on these well night forgotten names, there might be three chapters: Phrygia, or loyalty to the truth. The parrative states that Paul, truth. The narrative states that Paul, starting forth on his second missionary journey, desires to enter the rich and populous province of Asia, but is forbidden by the Holy Spirit. Moving forward, he comes to the strange province of Bethynia, and is again forbidden to enter by the Spirit of Jesus. And so hedged to the south-Jesus. And so hedged to the south-ward and northward, he journeys westward until he reaches the shore line of the Mediterranean at Troas. And this historic statement of fact, with Paul as the commanding personality, suggests mystery enough for the greatest story. What does it mean? A man, apparently as free as the wind blowing over the Phrygian highlands, yet not free. It certainly means that here is a man not free. He hears a voice, though he cannot see the form of the one speaking, even as a bird's song is heard, though it is unseen because hidden by the foliage. And this voice is for him the voice of truth. It is called in one verse the Holy Spirit, and in another verse the Spirit of Jesus, but by what-ever name called, it means only one thing, and that is the truth of God reaching for his inner life. And as the truth of God it is authoritative. And more than this, it is final; au-thority for truth is always final to the honest man. And as final author-itative truth it has power to send him out over the highways of the Roman Empire with sublime abandon. And this is chapter one in every earnest life—allegiance to the truth. A will-ingness to follow the truth wherever it may lead. It may close Asia and Bethynia and drive one on to Troas,

but not until a man is willing to say It fortifies my soul To know that whether I perish, Truth is so-

is he able to write chapter one in the Book of Life.

Troas—a vision of service. true of every good story, chapter two begins where chapter one ends. Paul enters Troas, meets an unnamed man, Paul has a vision in the night, in which he sees on the distant shores of Europe a person pleading for help. It would be interesting were it possible to interpret the feelings of this man as he enters Troas. Its picturesqueness, located on a bluff overlooking the Aegean Sea, across whose blue gleam could be seen in vague outline the shore of Europe, and its com-merce. The tangled spars at the merce. docks, and the heavily ladened, gaunt camels in the streets, and its historic reminders. Not far away the tomb of Achilles and the marble throne of Xerxes, and the remainder of Homer's genius in "the ringing plains of windy Troy." But of more interest still, the people crowding the streets. And out of the crowd there comes one to enter the circle of Paul's friendship. Is it too much to think of the two men sitting on the bluff during the hours of the day and conversing about the deep things in life? versation ends as darkness comes down upon the earth. The men sep-arate, and Paul, reaching his lodgings, is soon lost in slumber. And in his sleep he dreams, and sees the friend of the afternoon, now standing yonder in Macedonia, and pleading with him to help. And thus is chap-

ter two in every earnest life.

Allegiance to truth in Phrygia
leads to a vision of service in Troas. For truth is more than an abstract idea, or a major and minor premise in a cold syllogism. Truth is a gleam, suggestion, an illumination. It fires the intellect and kindles the im-

Philippi-region of action. Philippi Paul finds Lystra and her household. Soon he meets a ventriloquist maiden owned by a group of selfish traders, denounces their business; is seized, beaten, thrown into In the night he sings and prays. And then follows the story of the conversion of the jailor and Paul's freedom the next morning.

But why did not Paul remain in But why did not Paul remain in Troas and meditate upon his dream? Why does the narrative say, "And straightway?" There are two answers: First, life at its best is lived in the region of action, not in the realm of dreams. The historian in Acts has caught the meaning of this. For he gives one verse to the dream at Troas and forty-three verses and three books of the New Testament to the recording of the action following the dream. The second answer is, a man must go from his dream in order to keep it. The thought unexpressed lies in a lesson of wondrous meaning.

The Sunday-School

INTERNATIONAL LESSON COM-MENTS FOR AUGUST 8.

Subject: Paul's Instructions to the Thessalonians, 1 Thess. 5:12-24 -Golden Text: 1 Thess. 5:15-Commit Verses 16-18.

TIME.—A. D. 52. PLACE.—Corinth

-Corinth. EXPOSITION.—I. Christian Conduct Toward Those Who Are Over Them in the Lord, 12, 13. Paul was in apostle and had the authority of an apostle, but he was absolutely free from the domineering spirit. He besought men rather than command-ed them (cf. ch. 2:6, 7). His examle is worthy of consideration ple is worthy of consideration and imitation by all ecclesiastical rulers to-day. While all believers are brethren, it is the appointment of God that some be "over" others. The duty of those who are "over" others is to labor among them (the word for "labor" is a very very transfer. "labor" is a very strong word; it means not merely to work, but to work hard) and to admonish them. Those whom they admonish are under obligation to esteem them very highly (R. V.) in love for their

II. Christian Conduct Toward All II. Christian Conduct Toward All Men at All Times, 14, 15. The "disorderly" (particularly those who would not work, cf. 2 Thess. 3:6, 11; 1 Thess. 4:11), they should "admonish," "the faint-hearted" they should "encourage," "the weak" (those spiritually weak) they should "support." The word for "support." The word for "support" is a very ex-pressive one. It means to take hold of so as to support (cf. Gal. 6:1, 2; Ro. 15:1; 1 Cor. 9:22). "Long suffering toward all." "There is no believer who needs not the exercise of patience "toward" him; there is none to whom a believer should not show it." Undan positions and the exercise of patience "toward" him; there is no believer should not show it." I have been should not show it." I have been should not show it." Under no circumstances must we nt." Under no circumstances must we pay back the evil that any other man does us (cf. Ro. 12:17; 1 Pet. 3:9; 2:23; Luke 23:34; Acts 7:60). We should "always follow after (as a matter of eager pursuit) that which is good, one toward another," and not only so, but "toward all," even the bitterest instal and presecutor.

bitterest infidel and persecutor. The Will of God. 16-18. Three things every believer should do all the time—rejoice, pray and give thanks, this is God's will in Christ Jesus to usward. A Christian should rejoice every day and every hour (cf. Phil. 4:4, 6; Rom. 14:17; 12:12; Acts 5:41; Jas. 1:2). A Christian should pray, not intermittently, but constantly. Every day should be a 'day of prayer" (cf. Eph. 6-18) Phil. 4:6). Only as he prays without ceasing will the Christian rejoice always. in everything, absolutely everything, should the Christian give thanks (cf.

IV. Entire Sanctification, 19-24.

When any one receives the Holy Spirit he receives a holy fire (cf. Matt. 3:11; Acts 2:3; 2 Tim. 1:6, R. V., Marg.). This fire should not be quenched. We quench this fire in ourselves by not yielding to the fire that burns within. We quench this that burns within. We quench this fire in others when we throw cold water upon them as they seek to obey the prompting of the Holy Spirit. Some in Thessalonica thought lightly of the utterances of others who spoke under the Holy Spirit's influence. Yet they must not accept every man's claim to speak by the Spirit. They should "prove all things" (cf. 1 Jno. 4:1). They should seek to find out whether the claim was true or false. Every claim to speak by the Spirit Every claim to speak by the opinion should be tested by a comparison with the teachings of the written word (cf. Isa, 8:20; Acts 17:11; Gal. 1:8, 9). No man's claim to authority and infallibility should be accepted margin because he makes the ed merely because he makes the claim. That which stands the test and is found to be good we should "hold fast" (cf. Luke 8:15, R. V.; 1 Cor. 11:2, R. V.; Heb. 2:1). On the which n 'every form of evil" (R. V.), should be abstained from. This twentieth verse is constantly misinterpreted to mean to abstain from all appearance of doing evil if we can without doing actual evil in order to avoid the mere appearance of doing evil (cf. 2 Cor. 8:20, 21). Nevertheless it is not the outward appearance, but the heart and its purposes at which God looks (cf. 1 Sam. 16:7; Luke 16:15). Man consists of three parts, the spirit, received directly from God and linking him to God (cf. Gen. 2:7; 1 Cor. 15: 45); the soul, i. e., the animal soul (cf. Jude 19, R. V., and Marg. and Greek), and the body. Paul's prayer is that each part of this threefold man be "preserved entire, without blame." This means the absolute perfection of the whole man (cf. Phil. When is this absolute 3:20, 21). perfection to be attained? "At the coming of our Lord Jesus Christ" (cf. ch. 3:13; 1 Jno. 3:2). And now follows, if we take it in its connection one of the most cheering statements in the Bible: "Faithful is he that calleth you, who will also do it." Do Do what Paul has just prayed -sanctify as wholly and presere spirit and soul and body entire. The pledge of this is not our faithfulness, but His. What He has called us to but His. What He has called us to He Himself will also perfect (cf. Phil. 1:6; Ro. 8:30). "Faithful" means true to His word. What He has promised He will do (cf. Jno. 10:27-29; 1 Cor. 1:8, 9, 10, 13; 1 Jno. 1: 9). If we would have hearts filled with hope and strength, we should look neither at our foes nor at ourselves, but to our faithful God (cf. Nu. 13:30; 14:8,9). Never discount a promise of God, no matter how stupendous it seems. "Faithful is He,

The reorganization of the British fleets for this year's mimic warfare into the historic Red, White and Blue is a reminder to the New York Tribune of the origin of that color phrase and of its appropriate application. Our flag displays those colors, as do the flags of France and Russia and many other lands, and it has occasionally been called by their names but the "Three cheers for the Red, White and Blue!" must be conceded to be of purely English origin.

No prince is poor that has rich subjects.—German.

German.

Holydays.

For profits small as pin heads, they rush from east to west.—Chinese. Let the wretched hope and

Proverbs and Phrases.

Boldly ventured is half won.

Unity is a precious diamond.-

prosperous be on their guard.—Letin.

Abandon not your old clothes till you get your new .- Gaelic.

Are the Schools at Fault?

The country is gaining on the city steadily, but not fast enough; and the reason is just this one of ignorance. The schools are doing all they can to spoil farm boys, giving them all sorts of information except about what constitutes farm life. In this way the best of them are tumbled into the city chaos, and it is hard work to counteract this drift, and locate the tired-out city folk in gardens. We are gaining, however, and the percentage of the increase of population that faces countryward is double that of 1890. Huge cities are no longer needed. We do not need to concentrate wealth or to use it in the bulk. We have got our huge enterprises that required syndicates and frusts, off our hands; and now the great problem is to secure a more equable distribution of the wealth we have acquired. We must also vastly increase our production in order to feed the enormously growing population; and at least one-half of our non-producers, who now make up what is called the laboring class, and a good many of the capitalists as well, must be got into a position where they can create food for themselves, and add to the big surplus needed for others.—E. P. Powell, in the Outing Magazine for August.

FARM NOTES.

Whitewash the hen house once

ever feed mash or grain in solid ed troughs. Empty all water receptacles at

night, so as to start with fresh water in the morning. Now is the time when the lice get busy in the chicken house. At 'em with the kerosene can and whitewash

brush. During warm, sunny days raise the windows and open the doors so that hen houses may be thoroughly aired and dried out.

Clear out the nest boxes occasionally, putting in a fresh supply of bedding or hay chaff or other serviceable material.

Apply kerosene to the chicken rocets with a cloth or swab every two weeks during warm weather to kill the red spider lice. Remember that eggs are produced

from the surplus food left after the 'running expenses" of the hen's existence are paid. However, if she

What keeps your world from wobbling,

And the air so pure and sweet? Why, your little acts of kindness, To the people that you meet!" -Jno. A. Jackson.

Pumpkin seed have always been a safe and effective home remedy for expelling worms from sheep. Even tapeworms can be gotten rid of by hem, the seeds containing a special element which is fatal to them.

"Say, grandpa, make a noise like frog," coaxed little Tommy.
"What for, my son?"

"Why, papa says that when you croak we'll get \$5,000."

THE NEW WOMAN Made Over by Quitting Coffee.

Coffee probably wrecks a greater percentage of Southerners than of Northern people, for Southerners use it more freely. The work it does is distressing

enough in some instances; as an illustration, a weman of Richmond, Va., writes: "I was a coffee drinker for years,

and for about six years my health was completely shattered. I suffered fearfully with headaches and nervousness, also palpitation of the heart and loss of appetite. "My sight gradually began to fail,

and finally I lost the sight of one eye altogether. The eye was operated upon, and the sight partially restored, then I became totally blind in the other eye.
"My doctor used to urge me to give

up coffee, but I was wilful, and continued to drink it until finally in a case of severe illness the doctor insisted that I must give up coffee, so I began using Postum, and in a month I felt like a new creature.

"I steadily gained in health and strength. About a month ago I began using Grape-Nuts food, and the effect has been wonderful. I really feel like a new woman, and have gained about 25 pounds.

"I am quite an elderly lady, and before using Postum and Grape-Nuts I could not walk a square without exceeding fatigue; now I walk ten or twelve without feeling it. Formerly in reading I could remember but little, but now my memory holds fast what I read.

"Several friends who have seen the remarkable effects of Postum and Grape-Nuts on me have urged that I give the facts to the public for the sake of suffering humanity, so, although I dislike publicity, you can. publish this letter if you like."

Read "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.