

Edgeland, S. C.
A mustache can come back.
The frost is on the Sunday school picnic.
It will take a snow storm to do away with straw hats.
Outside the slight chill of this weather, can you beat it?
The best of aviators often come down when they least expect to.
While the aeroplane is still in its infancy, it is a very husky infant.
Guess they will discard the hobbie skirt now. Fashion says it's passe.
In the matter of joy-riding it is becoming harder than ever to tell a steal from a borrow.
Aeroplanes flights and balloon races are fascinating, but think how good the walking is!
If the world is going insane, some modern music must be consciously written for the future.
If your digestion is bad it's because you lack "sand." A spoonful with each meal, says the doctor.
Boys in Chicago public schools are to take up sewing. Why assume bachelorhood for them so early in the day?
Not all men are poets, says a reviewer of current verse. Now, if we could only convince them of that truth.
Baden-Powell has landed in New York. If your boy asks for a khaki suit and a scout hat don't be surprised.
Why is it everybody has a bottle of carbolic setting around the house somewhere to be taken in mistake for medicine?
Japanese children are to be taught to write with both hands. The paper trust may be encouraging the movement.
Speaking of menu French, it is a fact that English is expressive enough to designate all that the ordinary man wants to eat.
An attempt is being made to Americanize hotel menus. "Pork and," "White Wings," "One in the Dark" and "Ham on Rye."
When song writing has been introduced in the schools will the pupils take their arithmetic lessons home and try them on the piano?
Now that New York has abandoned the horse cars we may entertain hopes of her one day being a real up-to-date and enterprising village.
If one had one's choice of deaths that by the administration of hot urine pie over a period of about seventy-five years would seem as desirable as any.
A hen that sings has been discovered in South Carolina. Owing to the stiff price of eggs, she will not be likely to cash much of a shadow over the hen that lays.
Any man who is inclined to feel haughty should stop and consider that according to the census he is just about 1,900,000th part of the population of this country.
What has become of the old-fashioned youth who grow long hair for every football season, even though he never got any closer to the game than the grand stand?
Our leading lady smugglers may console themselves with the thought that collector Loeb will have no such perfected system of search when the ocean-going aeroplane is in commission.
The mint officials have just discovered that the citizens of the United States don't seem to be able to keep any of the \$11,000,000 coined annually in gold. So they are going to stop coining it.
From the depths of the sea a new island has added itself to the Aleutian group. Uncle Sam should hurry up with a more definite government for Alaska, which is twice as large as Texas and still growing.
A court has decided that platonic affection for a married woman does not justify gifts of silk hose and lingerie—not even in these ultra-modern times. Stick to Browning and essays on friendship, and the lady will be safe in a divorce suit.
A very young magazine writer insists that girls of the present age do not know how to kiss. It is hoped that he will, with more experience, have cause to revise his opinion.
The fact that the oyster season is open is notified by the news item that a Pennsylvania woman found a \$200 pearl in an oyster which she was assimilating in New York. This is calculated to increase the feminine demand for oysters, and may entail the further drain on the family purse of trips to New York.
According to an eastern writer, woman is responsible for all America's woes. Women should now cut the hobbie and clear her skirts.
The tide of immigration is swelling, but the vigilance against undesirables is also increasing. Official reports show that a much larger number than usual failed to pass the test during the last few months. There is no intention to keep out the worthy, the industrious, and the law-abiding, but the government is exercising commendable care to exclude the other sorts.

VITAL PALMETTO EVENTS
Condensed News Items of General Interest Gathered Within the State Boundary Lines.
COLUMBIA'S POPULATION.
Increased 24.7 Per Cent—Charleston Only 5.4 Per Cent.
The population of Columbia, according to the census of 1910 is 26,319, an increase of 5,211 over that shown in 1900, which was 21,108. The per cent of increase was 24.7 as compared with an increase of 37.5 per cent. from 1890 to 1900. It will surprise all Carolinians no doubt, to learn that the city grew more rapidly between 1890 and 1900 than between 1900 and 1910. The increase in population in the former decade was 5,755 as against 5,211 in the latter period. It will be seen that while the per cent of increase was one-third greater in 1890-1900 the actual gain in population was only about 500 greater.
While every one knows that the actual population of Columbia is much greater than 26,319, yet the geometrical line which is fixed by the city's charter stands between Columbia and its full credit in the matter of population. Waverly, Shandon, Brooklyn and one or two other suburbs should be included in any population figures of the city, but the census bureau has not yet compiled the figures of these smaller places and they can not be given.
Charleston's growth in the past ten years has been 3,025, making that city's present population 58,833, as against 55,807 in 1900, and 54,955 in 1890. The increase in that city from 1890 to 1900 was 852, or 1.6 per cent., while its increase from 1900 to 1910 was 5.4 per cent.
"TRUSTY" CONVICT SHOT.
Successful Colored Farmer Was Forced to Use Gun on Prisoner.
Ned Blackwell, a prominent negro farmer, who lives about four miles south of Manning, is in jail to await the developments of pistol shot wounds inflicted by him on the person of one Joe Lewis, a chain gang trusty. According to reports, a negro convict working on the chain gang a few miles out on the Summerton road, made his escape, and Joe Lewis, the trusty, was armed and sent in search of the fugitive. He went to Blackwell's place and acted in such a manner as to cause Blackwell to order him away. He refused to go and Blackwell fired on him with a pistol wounding him twice. It is said that Blackwell is quite a successful farmer, making about a hundred bales of cotton a year.
Calhoun Farmer on Easy Street.
The giant bale of cotton of the season for St. Matthews market was sold, the weight being 819 pounds. The price paid was 14 1/4 and the sum realized for the bale was \$116.71. The seller was O. H. Wiegans of Singleton. Mr. Wiegans is the Calhoun farmer who recently sold his last year's cotton crop for \$37,500. His first sale of this year's cotton on yesterday of 90 bales brought him nearly \$8,000.
Married in a Joke, But—
At a picnic in Orangeburg county, merely as a joke a young couple went to a minister and went through a "mock" marriage. It was not until the knot had been tightly tied that the groom remembered that South Carolina was the one State where such proceedings were not taken as a joke. His friends got a judge to declare the ceremony null.
Summary.
At Sumter in making their presentment, the grand jury called attention to the fact that there was on hand in the county treasury \$16,542.04 which will be ample to defray all expenses to January 1.
Spartanburg Cotton manufacturers have shut down Mills in fulfillment of the agreement of the association.
The position of the figurehead of the battleship South Carolina continues to worry Gov. Ansell. He has not found a final resting place for the ornament.
Value of all real estate of South Carolina shows an increase of nearly \$1,200,000. There was a total increase for the year of all taxable property to the extent of \$235,714.
Mrs. Daisy Kennedy, a respectable white woman, of Lake City, attempted suicide last week. She took two ounces of laudanum. Domestic troubles the cause.
The Bank of Pelion, located on the Perry extension of the Southern railway, has opened its doors for business. This is the ninth bank in Lexington county.
Two Glenn H. Curtis aeroplanes will make exhibition flights on two days of the South Atlantic States corn exposition which is to be held in Columbia from December 5 to 8.
Mr. W. L. Brown, of Greenville, was informed that his son, Mr. Zeno Brown, was killed in Mulberry, Fla., on the afternoon of the 18th, while making electrical connections during the storm.
There are 12,898 children enrolled in the schools of Spartanburg county.
The greatest meeting held in Darlington for many a day was when the Darlington Business Men's club was organized with a charter membership of nearly 100.
Before his mother's eyes Willie Savan, 6 years old, was accidentally shot and killed by a playmate, Pleasant Garrison, 8 years old, at Tucapah Mills, in Spartanburg county.
The Colored State Fair November 7 to 12 at Columbia. The same reduced rates granted by the railroads for the white fair have been granted to the colored fair.

RATE PROVISIONS.
Section 4 of Interstate Commerce to be Enforced.
NO CHANGE UNTIL FEB. 11, 1911.
Carriers May File Higher Rates Provided They Do Not Discriminate Against Intermediate Points Higher Than on August 17, 1910.
Washington.—In a formal order issued the Interstate Commerce Commission announces its intention to administer strictly Section 4 (the long and short-haul provision) of the recently amended interstate commerce act. The order was the outgrowth of a hearing held by the commission many days ago on the matter of the application of interstate carriers generally for relief under the long and short-haul provision.
By the terms of the order there will be no change in the existing status or in the present reports of carriers until February 17, 1911. They may file with the commission such changes in rates and tariffs as ordinarily would be filed in the course of their business under the present rate basis or adjustments. This accords to the transportation companies the right to file higher rates or fares to intermediate points and through rates or fares higher than the combinations of the intermediate rates or fares, provided that in so doing the discrimination against intermediate points is not made greater than in existence on August 17, 1910.
The commission says that through this permission, it does not necessarily approve any rates or fares that may be filed, all of them being held subject to complaint.
It is ordered that the commission reaffirm its previously expressed view that a thorough rate or fare that is higher than the combination of the intermediate rates or fares is prima facie unreasonable and will insist upon the application of that principle at the earliest possible date in every instance except possible extreme and very unusual cases.
This is understood by the commission to mean that only in extraordinary conditions will it exercise its authority conferred by Congress to permit in its discretion, technical violations of the long and short-haul provision.
The order provides that such carriers as may desire to be relieved of the requirements of Section 4 of the act shall file with the commission on or before February 17, 1911,
BIG SUM FOR Y. M. C. A.
Rockefeller Gives \$540,000—Work Will be Expanded.
Washington.—Contributions of \$1,000,000 for the world-wide expansion of the Young Men's Christian Association, \$540,000 of which was given by John D. Rockefeller, were announced at the conference of the Young Men's Christian workers in the east room of the White House. President Taft addressed the delegates and heartily endorsed the organization.
Mr. Rockefeller's gift, tendered on the condition that a like amount be raised, was met by contributions from many laymen interested in the movement, among them John Wanamaker.
Dr. John R. Mott, general secretary of the World's Student Christian federation, outlined a programme for the expansion of the movement.
717,300 Acres in Rice.
Wilmington.—A preliminary estimate of the area planted to rice in the United States this year is made by the department of agriculture as 717,300 acres, 67.3 per cent.
North Carolina 1,200
South Carolina 47,300
Georgia 4,000
Florida 900
Alabama 1,000
Mississippi 3,000
Louisiana 374,500
Texas 264,800
Arkansas 53,800

LIMIT FREE POSTAGE.
Hitchcock Will Supply Special Stamps Instead of Franks and Save Millions.
Washington.—Convinced that one of the greatest sources of loss to the Postoffice Department lies in the existing method of franking government mail matter without check, Postmaster General Hitchcock has taken the first step toward remedying the condition. He approved the issuance of a special stamp and stamped envelopes for use instead of franks in the transmission of official mail, resulting from the business of the new postal savings system. Eventually Mr. Hitchcock hopes to extend the reform to all branches of the government service.
In the past the transmission of government and official mail under franks has cost the government millions of dollars a year. Astounding abuses of the privilege have been noted from time to time. The reform is part of the general plan by which Mr. Hitchcock expects eventually to place the Postoffice Department on a self-sustaining basis, wiping out an annual deficit of several million dollars.
DAVID B. HILL IS DEAD.
Became Famous as a Political Leader With Cleveland.
Albany, N. Y.—David Bennett Hill died at his country home, Wolfert's Roost. He had been ill nearly three weeks with a cold and a bilious attack but his condition had not been considered serious. He was sitting up in bed to take a drink of water when he was seized with an acute dilation of the heart. Death quickly followed with no one but a nurse at his bedside.
Mr. Hill had long been a sufferer from Bright's disease, which primarily brought upon him the condition that ended in his death.
Governor White issued a proclamation requesting that the flags up on all the public buildings of the State be displayed at half-mast until sundown on the day of Senator Hill's funeral and that the citizens of the State unite in appropriate marks of respect to his memory.
"It is with sincere sorrow that I announce the death of David Bennett Hill, former Governor of the State of New York," said Governor White. "This sad event marks the close of a remarkable career. For more than thirty years David Bennett Hill was a prominent figure in the public life of the State. . . . The force of his personality impressed itself not only upon the people of New York but upon the whole country, and at the expiration of his final term as Governor he became the candidate of his party in the State of New York for the presidential nomination before the Democratic national convention. As United States Senator from 1891 to 1897, he found an ample opportunity for the exercise of his skill as a parliamentarian, his brilliant powers as an orator and his uncommon gifts as a leader of men."
Cotton Operator Collapses.
New York.—On the exchange notice has been posted that by order of the supervisory committee of the exchange the failure of Solomon Cone of Greensboro, N. C., to meet his obligations has been announced.
Cone was formerly a member of the firm of Cone & Hedgepeth of Greensboro. He has been operating independently since July 1.
He is now in a Greensboro hospital as a result of an attempt to commit suicide over a week ago.

HOPES NOT CRUSHED
Wellman and Crew as Daring as Columbus.
STORY OF THE HISTORIC TRIP.
With a Kitten For a Mascot Six Brave Men in a Big Airship Between Sky and Sea Attempted a Dangerous Feat.
New York.—Walter Wellman and his five companions were landed here by the steamship Trent, which picked them up at sea after they had abandoned their dirigible balloon America and failed in the first attempt ever made to cross the Atlantic through the air.
Standing on the deck of the Trent Wellman made this statement: "We thought we could not get along without the equilibrator. Now we find we could not get along with it. Our plans for the future are indefinite until we find something that will do what we thought the equilibrator would do."
The "equilibrator," to which Wellman attributes the failure of his voyage, was the series of tanks containing gasoline, which floated in the water, attached to the airship by a long rope.
The direct cause for abandoning the America was the exhaustion of the supply of gasoline, which had to be thrown out to save the ship. When the crew abandoned the ship, only enough was left to last about 24 hours.
"When I came on deck," said Captain Down, "the airship was plainly visible. In the light of the full moon she looked enormous, hanging low in the northeast and close at hand. In reply to our signals she told us her name and that she was in distress and asked us to send by."
John the wireless was called into use and between Louis M. Gushberg, operator on the Trent, and Jack K. Irwin, the operator in the America, suspended below the gas chamber of the America, passed a series of messages that will stand in history as the first wireless communication between a ship at sea and a ship in the air.
"When Wellman dropped his lifeboat it struck the sea broadside but quickly righted itself. I went full speed ahead and had considerable difficulty in picking up the boat. Mr. Wellman injured his hand in trying to catch one of our ropes.
"The last I saw of the airship she was 15 or 20 miles away with one end in the water. Her valves had been opened and she undoubtedly sank soon, dragged down by her heavy machinery."
Jack Irwin, the wireless operator, figures that the America sailed 870 miles—from Atlantic City to a point off Nantucket 275 miles, from Nantucket northeast 140 miles until the storm caught her and carried her southeast to the point of rescue, a distance of 455 miles.
Elephant Kills Keeper.
New York.—Queen, a trick elephant, became enraged at Robert Shields, a new keeper, who tried to shackle her in her winter quarters in Jersey City and crushed him to death. She seized him around the waist with her trunk, slammed him to the floor and then trampled on his face, knelt on his body and finally gored him. The body was unrecognizable when recovered.
Victim of Night Riders Dead.
Paducah, Ky.—Henry Bennett, formerly a prosperous farmer of Dyckusburg, Ky., died at Metropolis, Ill., from complications believed to have resulted from a whipping administered by night riders in February, 1908. At that time Mr. Bennett was lashed with thorn switches and numerous small thorns were imbedded in his body. Mr. Bennett entered suit for \$50,000 damages in the Federal Court against the alleged night riders, which has not yet been decided.
Balloon Faster Than Express.
London.—Another chapter was added to the history of aviation when the French dirigible balloon Clement-Bayard made the voyage from Compiegne to London in the remarkable time of 6 hours, a journey requiring 7 hours by the fastest express trains and boats. Compiegne is 45 miles northeast of Paris and about 195 miles by air route to London. This also is the first occasion on which a dirigible balloon has crossed the English Channel.
"Unknown Tongue" Rampant.
Goldboro, N. C.—Several days ago three preachers pitched a small tent near the post office in this city and have been preaching a doctrine known as the "unknown tongue" religion, in which they babble in a language that words cannot interpret, and as a result of their preaching three women who have been attending the meeting were pronounced crazy. Others have danced and shouted at the meeting until they fainted.
The Wicked Foreign Element.
New York.—When some one dropped a powerful dynamite bomb into a sewer excavation on Prince street, in the heart of New York's East Side Italian district, the explosion which followed shook the earth for a radius of several hundred yards. Two hundred windows were broken, and damage estimated at \$4,000 was done and all the tenement dwellers in two nearby buildings were thrown from their beds, but no one was seriously injured.

AIM TO UNITE CHURCHES
Triennial Convention of Episcopal Church Initiates Movement—Morgan Gives \$100,000.
Cincinnati.—A gift of \$100,000 to the campaign fund for the world's conference on church unity, made by J. P. Morgan, served as a fitting climax at the close of the triennial convention of the Protestant Episcopal church.
Mr. Morgan was named as treasurer of the movement to raise the funds required to bring about what is hoped will be the greatest world's conference of Christian churches throughout the universe.
The joint commission created to call a world conference on Christian faith and order was organized and is preparing to take immediate action. The Right Rev. Charles Anderson, D. D., bishop of Chicago, was chosen president; J. Pierpont Morgan, treasurer, and Robert H. Gardiner, Me., secretary. A committee on place and scope, consisting of the Rev. W. T. Manning of New York, Bishop Anderson of Chicago, Bishop Brent of the Philippines, Bishop Kinsman of Delaware, the Rev. P. M. Rhineland of Cambridge, Mass., Francis Lynde Stetson of New York and R. H. Gardiner, were appointed with instructions to prepare a statement as to the objects and methods of procedure.
FRIENDS RESCUE DOOMED MAN
Mountaineer Under Sentence of Death is Set Free.
Lovington, Va.—Mountaineer friends of John Moore, under sentence to be electrocuted for the murder of Frank Howl, descended upon the Nelson county jail here, stormed the building and rescued the prisoner. It is supposed that he was taken to the mountains and liberated.
Moore was condemned to pay the death penalty by electrocution at Richmond on November 25. He had been convicted of having murdered Frank Howl in Nelson county last May. Many of the mountaineer friends of the condemned man believed him innocent. The only telephone wire leading into the section of the county where he was committed and where Moore's friends live was cut before the rescue operations began. This leads to the belief that Moore has been carried there to be liberated.
Inventor of Stereotype Dead.
Washington.—Willard Stephen Whitmore, inventor of the papier mache matrix process of stereotyping used by nearly every newspaper in the country, and from which invention he gained no material benefit, is dead at his home here, aged 68. He was born in Laporte, Ind., and was founder of the Stillwater, Minnesota, Gazette, and Minneapolis Chronicle, then the only paper in Minneapolis, which later was consolidated with the Tribune. At the time of his death Mr. Whitmore held a position as stereotyper in the Government printing office.
Grafter is Fined.
Harrisburg, Pa.—The trial of Charles G. Wetter, of the Philadelphia firm, which built the State Capitol, on the charge that he overcharged the State for alterations of the building, ended when, after a plea of not contendere the defendant was sentenced to make restitution of \$14,000 and to pay costs. The costs amounted to \$518.40.
Killed in Prize Fight.
Enid, Okla.—A prize fighter known as Kid Fisher was killed in the tenth round of a fight at Reno, Okla., near here.
A Counterfeit \$10 Bill Abroad.
Washington.—A new counterfeit \$10 bill, series of 1901, has been discovered by the Treasury Department, and warnings have been issued by John E. Wilkie, Chief of the Secret Service Division.
The certificate bears the check letter "B" and contains the signature of J. W. Lyons, Register of the Treasury, and Charles H. Treat, Treasurer of the United States, and the portraits of Lewis and Clark.
The bill is poorly printed and its number is A 2725778.
Mark Twain's Treasures Sold.
New York.—Literary treasures of the late Samuel L. Clemens (Mark Twain) are to be sold at auction and among them will be many manuscripts and documents, the contents of which have never been published. Mr. Clemens' house, "Stormfield," near Redding, Conn., is to be sold and his daughter, Mrs. Ossip Gabrodovitch, has decided to sell the bulk of the library, retaining only such books as have intimate family associations and signed volumes from living authors.
Looking For Economy in Government
Washington.—The appointment by Postmaster General Hitchcock of a committee to co-operate with Dr. Frederick A. Cleveland, of New York, who was recently appointed by President Taft to devise some plan by which the business of the executive departments could be conducted with greater efficiency and economy will serve to determine whether or not Senator Aldrich was bluffing when he said he could save the government \$300,000,000.
Padded Census Returns.
Washington.—Census Director Durand gave out a statement charging a gross effort to pad the census returns of Tacoma, Wash., and other cities including Seattle and Aberdeen, Wash.; Portland, Ore.; Minneapolis, Boise, Idaho, and Fort Smith, Ark.
In giving out the figures for Tacoma, Director Durand issued a statement to the effect that originally the enumerators padded to the extent of 33,294 names, and a second enumeration was necessary.

SPEECHLESS FOR THANKS
Arkansas Lady Cannot Say Enough in Praise of Cardui, Which Did Her a World of Good.
Mena, Ark.—"I find Cardui to be all you represent," writes Mrs. H. B. York, of this city. "I suffered for nearly two years, before I tried your remedy. I have been so relieved since taking Cardui. I cannot say enough in its praise. It has done me a world of good, and I recommend Cardui to all women."
Similar letters come to us every day, from all over the country, telling the same story of benefit obtained from Cardui, the woman's tonic.
This great remedy is over 50 years old, and is more in demand today than ever. Cardui has stood the test of time. It is the standard, tonic medicine, for women of every age.
The first thought, in female ailments, "Would you like to be well and strong again? Then take Cardui. It can't possibly harm you, and its record indicates that it ought to help you. Have you poor health? Cardui has assisted thousands of women to glowing good health.
Do you lack strength? Cardui is a strength-building tonic for women. Over a million women have benefited by its use. Can you think of any good reason why you should not try?"
Ask your druggist. He knows.
N. B.—Writers: Ladies' Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn., for Special Instructions, and 64-page book, "Home Treatment for Women," sent in plain wrapper on request.
Completely Pauperized.
Albert W. Hebbard, New York's charity expert, said at a recent dinner:
"The great danger of charity is its pauperizing effect. This effect must be avoided, or the recipients will all become Jack Hanches."
"Jack Hanch, on the score of bad health, never worked, and the pastor of the Methodist church, a man whose heart sometimes outran his head, sent the idler and his family weekly gifts of food and clothing—supported the whole crew, in fact.
"A church visitor, after listening to Jack's complaints one day, said:
"Yes, of course, you have had bad health, we know that; but one thing at least you ought to be thankful for, and that is our pastor's kindness in sending you all this bread and meat and jelly and blankets, and so on. Don't you think it is good of him to look after you so well?"
"Good of him?" said Jack, impatiently. "Why, what's he for?"
Wrong Guess.
It was exhibition day at No. 3, and as the parents of Jack Grady, the dullest pupil, were listening hopefully, the teacher tried her best to help the boy. "How did Charles I. of England die?" she asked, assigning the easiest question on her list to Jack. As he looked at her, with no indication of a coming answer, the teacher put her hand up to her neck. Jack saw the movement and understood its meaning, as he thought, "Charles I. of England died of cholera," he announced briskly.—Youth's Companion.
Deadlock.
"Who is that man who has been sitting behind the bar day after day?" inquired the stranger in Crimson Gulch.
"That's Stage Coach Charley. He's in a peculiar predicament. He went to town last week and got his teeth fixed. Then he came here, and, bel'n' broke, ran up a bill on the strength of his seven dollars' worth of gold fillin'. Charley won't submit to havin' the nuggets pried out an' the proprietor won't let him git away with the collateral, and there you are!"
A Perennial Mystery.
Average Man—These Sunday papers just make me sick! Nothing in them but commonplace personal items about a lot of nobodies no one ever heard of.
Friend—I saw a little mention of you in the Sunday Gammon.
Average Man (half an hour later, to messenger boy)—Here, rush around to the Gammon office and get me forty copies of the Sunday edition.
Her Tribute.
Randall—How did you like the military parade, Ida?
Miss Rogers—Glorious! I never saw enough men in all my life before.—Harper's Bazar.
WISE WORDS.
A Physician on Food.
A physician, of Portland, Oregon, has views about food. He says:
"I have always believed that the duty of the physician does not cease with treating the sick, but that we owe it to humanity to teach them how to protect their health, especially by hygienic and dietetic laws.
"With such a feeling as to my duty I take great pleasure in saying to the public that in my own experience and also from personal observation I have found no food equal to Grape-Nuts, and that I find there is almost no limit to the great benefits this food will bring when used in all cases of sickness and convalescence.
"It is my experience that a physical condition forbids the use of Grape-Nuts. To persons in health there is nothing so nourishing and acceptable to the stomach, especially at breakfast, to start the machinery of the human system on the day's work.
"In cases of indigestion I know that a complete breakfast can be made of Grape-Nuts and cream and I think it is not advisable to overload the stomach at the morning meal. I also know the great value of Grape-Nuts when the stomach is too weak to digest other food.
"This is written after an experience of more than 20 years, treating all manner of chronic and acute diseases, and the letter is written only on my part without any regard to the little book 'Read the Little Book Wellville,' in plain wrapper on request.