

## FAVOR THE MERGER

Managers of Crittenton Home  
Decide on Change.

## RESPIRE GIVEN MRS. RIGGS

Her Champions Hope Mr. Crittenton  
Will Let Her Stay, but Commissioners Will Stop State Aid  
In That Event.

The managers of the Crittenton Home resolved yesterday to merge the local institution with the national Florence Crittenton Home Mission, provided the property of the institution is in such tenure that it can be transferred.

The meeting was tame compared with the momentous issues at stake. The Riggs affair was to have reached the climax, but the final has been staved off pending the arrival of Charles N. Crittenton or Mrs. Kate Waller Barrett, general superintendent of the National Mission.

Mrs. Riggs was improved in spirits as the close of the meeting, for she hopes to be retained by Mr. Crittenton as superintendent of the Home under the reorganization. If Mr. Crittenton will come to the rescue and put up as much or more money than does the State of Oregon, and if he will retain Mrs. Riggs, that lady will count herself wholly vindicated. But the fact is that Mr. Crittenton does not wish to lose the state money. He has instructed Mrs. H. H. Wolfe, National Organizer, who is in the city, to use all means to save the state funds to the Home.

**Not a Cent, If Mrs. Riggs Stays.**

However, the Home will not get another cent of the appropriation until Mrs. Riggs resigns. The State Commissioners are firmly resolved on this point. It is not believed that Mr. Crittenton has sided with the Riggs faction, but if he has done so, he must choose between keeping Mrs. Riggs and losing the state money.

If the reorganization should be effected, Mrs. Riggs will have to resign from the Presidency of the managers in order to be eligible for the position of Matron. The rules of the mission prohibit any person to hold a salaried office and a position on the Board at the same time.

It has transpired that Mrs. A. R. Riggs was not elected Superintendent of the Crittenton Home. She was elected President of the Board of Managers, but there is no record of her having been chosen to the other position. However, she has been drawing \$50 a month as Superintendent just the same.

**Plan to Save Dignity Fails.**

Mrs. Wolfe has proposed to the Commissioners that the trouble be smoothed over by Mrs. Riggs taking up her abode at the Home until the clouds have rolled by and that then Mrs. Riggs resign. By this plan the dignity of Mrs. Riggs would not be ruffled, and the Commissioners would win their point. But the Commissioners refuse. In the first place the compromise does not guarantee Mrs. Riggs' resignation and in the second place Mrs. Riggs must go; so go she must, say the Commissioners.

The two factions of the managers were evenly balanced yesterday, four women on each side. Mrs. Riggs had with her Mrs. Amos, Mrs. Kern and Mrs. Rankin, her full quota. The opposition was represented by Mrs. Hexter, Mrs. Crozier, Mrs. Meade and Mrs. Morse, only about half of its full number. E. C. Brownough was present to give advice as legal counsel and to present the resolution in favor of uniting the Home with the National Mission.

**Merger Is Recommended.**

The session was held in the Y. W. C. A. building in a class-room where young women study to be fine ladies. Mrs. Wolfe opened the meeting with prayer, in which she sought the spirit of Christian harmony to rule all brawls and to turn away wrath.

In the morning the Advisory Board had met for the first time in a good long while. William Wadham, M. J. Kinney and I. H. Amos were present and advised that the National Mission absorb the local Home.

The dispute therefore will not be settled until after the arrival of Mr. Crittenton or Mrs. Barrett.

Mrs. S. M. Kern was elected Treasurer to succeed Mrs. Shane.

PROTEST AGAINST BRIDGE  
Land-Owners Near Sullivan's Gulch  
Object to Expense.

A protest of much vigor of phrasing has been prepared for presentation to the Council by land-owners who are opposed to the construction of a steel bridge across Sullivan's Gulch at East Everett street and Union avenue. The protest acts out that the expense of putting in this new steel bridge would be much greater than the worth of the service it would render. It is also urged that a dirt fill could be made to serve as the foundation for a substantial bridge that would serve all purposes. The theory is advanced in the remonstrance that the steel bridge idea is the conception of someone who does not own property in the vicinity and would accordingly be immune from assessment. The petition urges the most careful consideration of the matter, setting out that the \$58,000 required to build the bridge would be no small strain upon the purses of property-owners who will have to pay the bill.

"We are advised," say the petitioners, "that the method of assessment proposed by you does not inform the property-owner what his probable assessment will be, and therefore deprives him of the knowledge necessary to determine whether his assessment will be excessive and beyond the special benefits. Your discretion in making the assessment, not being fixed by any legal rule, is so wide that no property-owner can make even an estimate of his probable assessment. That is, the method of assessment undertaken by you leads to a legal absurdity. The contractor must look to a fund created by the assessment for his pay and makes his bid upon that assumption. Nevertheless, his fund, if the law be followed, is subject to diminution upon a remonstrance of any property-owners. The contractors must lose a part of his fund or the property-owner must be assessed under the special benefits. In either case, the method leads to injustice. Such a construction upon the law cannot be right."

The remonstrance is headed by the Oregon Real Estate Company. The other signers are: C. H. Prescott, Ellis G. Hughes and Leah Buckman, all heavy property-owners in the district.

FEWER FREIGHT TRAINS  
Southern Pacific Reduces Service on  
Oregon Lines.

In accordance with instructions received from headquarters of the road in San Francisco, the local officials of the Southern Pacific reduced the freight service on the Oregon section of the line yesterday. The orders were received a few days ago, and since that time the local officials have been preparing a schedule that would be as convenient and serviceable as possible to the districts affected. According to the present schedule, only one train a week will run for freight purposes between Junction City and Ashland, in place of a train a day as heretofore.

The number of train agents on the passenger trains between Portland and Eugene has also been reduced. The agents

## THE OHIO CAMPAIGN

PICTURESQUE ACCOUNT OF CON-  
TEST BETWEEN THE PARTIES.A Vast Entanglement, but Predic-  
tion of Republican  
Success.

## PALLIUM IS CONFERRED.

Archbishop Orth, of Vancouver, Re-  
ceives Insignia of Office.

Right Reverend Bertram Orth, D. D., formerly pastor of St. Lawrence Church, in this city, received the pallium, the insignia of archiepiscopal dignity, at St. Andrew's Cathedral, Victoria, last Sunday morning. Most Rev. Archbishop Sharnett, apostolic delegate for Canada, officiated at the solemn pontifical mass, conferred the pallium, which had been sent by the late Pope Leo to Archbishop Sharnett at Ottawa and by him brought to Victoria. Archbishop Christie, of Ore-

DISTINGUISHED CATHOLIC PRELATE ON WHOM  
PALLIUM WAS CONFERRED.

ARCHBISHOP BERTRAM ORTH.

gon, owing to sickness, was not able to attend, and therefore the pallium was occupied by Rt. Rev. Bishop Brondel, of Helena, Mont. Among the other prelates present in the sanctuary were the Rt. Rev. Bishop O'Donnell, of Seattle, and the Rt. Rev. Bishop O'Reilly, of Baker City, Or. The Victoria Colonist has this to say of Archbishop Orth:

"The present head of the archdiocese of Vancouver, Rt. Rev. Bertram Orth, D. D., is a worthy successor to Most Rev. Alexander Christie, D. D., now archbishop of Oregon. Possessing an attractive personality, a broad, scholarly mind and a genial disposition, truly a happy combination, he has won a high place in the esteem of Victorians, whether members of his denomination or not. The authorities of the Roman Catholic church are not for the mere show which they make appointments and promotions. The sphere to which a dignitary is appointed is carefully studied, and its various characteristics, as well as the qualifications of the prospective appointee, are thoroughly weighed before the selection is made. In Archbishop Orth they made a wise choice, as his record thus far demonstrates."

Father Orth is widely known throughout Oregon, where since 1872 he has served as teacher, missionary and church pastor, besides being twice for a considerable period editor of the Catholic Sentinel. His name is one to conjure with in St. Lawrence parish, this city, where he left a record which will long be cherished. He was duly consecrated bishop of Vancouver in St. Andrew's cathedral, Victoria, on June 10, 1899, by Most Rev. Archbishop Christie, the able prelate whom he succeeded.

The diocese of Vancouver was established in 1897, and was created archdiocese in May of this year. It comprises Vancouver and adjacent islands. The former bishops were: Right Rev. Modeste Demers, Right Rev. Charles J. Seghers, Right Rev. John B. Brondel, Right Rev. J. N. Lemmens, Right Rev. J. Loutens and Most Rev. Archbishop Christie.

## BUNCOED STOREKEEPER.

E. W. Bates in Jail for Claiming to  
Be Federal Officer.

E. W. Bates, who claims to be a civil engineer, is in the Multnomah County Jail, serving a 30-day sentence because he defrauded Charles Lablanch, a storekeeper of McEwen, Or., out of \$30 by falsely representing himself to be a collector of United States internal revenue. Bates pleaded guilty to the serious charge against him, and gave as his excuse that he was drunk when the offense was committed.

The information filed in the Federal Court against Bates is to the effect that on May 18 last he appeared at the store of Lablanch, in McEwen, accused him of selling liquor without a license, and under the pretense of being a collector of internal revenues, took \$30 from the storekeeper, in return for which he promised him immunity from the law. The story told by Lablanch is that Bates and a man who was driving him went into the store and asked for whiskey. Lablanch informed them that he did not sell it, and they took a drink from a bottle which Bates had in his pocket. Afterward Lablanch sold them a glass of beer. Then, as it is claimed, Bates informed Lablanch that he was a collector of revenues and would have to arrest him for selling liquor without a license. Lablanch protested that he had a license, and Bates, it is alleged, asked him how much he had realized from liquor sales during the month. Lablanch exhibited \$30 in bills, and Bates is alleged to have taken the money, informing the storekeeper that the law would not bother him again. After Bates left, Lablanch began to realize that he had been "buncoed," and made complaint. Bates was arrested at Baker City and brought to Portland yesterday. He was given a hearing before the United States Commissioner and pleaded guilty. He declared that he was drunk when the affair happened, and was not responsible for what he did. The Commissioner accordingly let him off with a sentence of 30 days.

**If Tired, Restless, Nervous.** Take Horford's Acid Phosphate. It quiets the nerves and restores the appetite and induces refreshing sleep. Strengthens permanently.

## THE OHIO CAMPAIGN

PICTURESQUE ACCOUNT OF CON-  
TEST BETWEEN THE PARTIES.A Vast Entanglement, but Predic-  
tion of Republican  
Success.

## PALLIUM IS CONFERRED.

Archbishop Orth, of Vancouver, Re-  
ceives Insignia of Office.

Right Reverend Bertram Orth, D. D., formerly pastor of St. Lawrence Church, in this city, received the pallium, the insignia of archiepiscopal dignity, at St. Andrew's Cathedral, Victoria, last Sunday morning. Most Rev. Archbishop Sharnett, apostolic delegate for Canada, officiated at the solemn pontifical mass, conferred the pallium, which had been sent by the late Pope Leo to Archbishop Sharnett at Ottawa and by him brought to Victoria. Archbishop Christie, of Ore-

DISTINGUISHED CATHOLIC PRELATE ON WHOM  
PALLIUM WAS CONFERRED.

ARCHBISHOP BERTRAM ORTH.

gon, owing to sickness, was not able to attend, and therefore the pallium was occupied by Rt. Rev. Bishop Brondel, of Helena, Mont. Among the other prelates present in the sanctuary were the Rt. Rev. Bishop O'Donnell, of Seattle, and the Rt. Rev. Bishop O'Reilly, of Baker City, Or. The Victoria Colonist has this to say of Archbishop Orth:

"The present head of the archdiocese of Vancouver, Rt. Rev. Bertram Orth, D. D., is a worthy successor to Most Rev. Alexander Christie, D. D., now archbishop of Oregon. Possessing an attractive personality, a broad, scholarly mind and a genial disposition, truly a happy combination, he has won a high place in the esteem of Victorians, whether members of his denomination or not. The authorities of the Roman Catholic church are not for the mere show which they make appointments and promotions. The sphere to which a dignitary is appointed is carefully studied, and its various characteristics, as well as the qualifications of the prospective appointee, are thoroughly weighed before the selection is made. In Archbishop Orth they made a wise choice, as his record thus far demonstrates."

Father Orth is widely known throughout Oregon, where since 1872 he has served as teacher, missionary and church pastor, besides being twice for a considerable period editor of the Catholic Sentinel. His name is one to conjure with in St. Lawrence parish, this city, where he left a record which will long be cherished. He was duly consecrated bishop of Vancouver in St. Andrew's cathedral, Victoria, on June 10, 1899, by Most Rev. Archbishop Christie, the able prelate whom he succeeded.

The diocese of Vancouver was established in 1897, and was created archdiocese in May of this year. It comprises Vancouver and adjacent islands. The former bishops were: Right Rev. Modeste Demers, Right Rev. Charles J. Seghers, Right Rev. John B. Brondel, Right Rev. J. N. Lemmens, Right Rev. J. Loutens and Most Rev. Archbishop Christie.

## BUNCOED STOREKEEPER.

E. W. Bates in Jail for Claiming to  
Be Federal Officer.

E. W. Bates, who claims to be a civil engineer, is in the Multnomah County Jail, serving a 30-day sentence because he defrauded Charles Lablanch, a storekeeper of McEwen, Or., out of \$30 by falsely representing himself to be a collector of United States internal revenue. Bates pleaded guilty to the serious charge against him, and gave as his excuse that he was drunk when the offense was committed.

The information filed in the Federal Court against Bates is to the effect that on May 18 last he appeared at the store of Lablanch, in McEwen, accused him of selling liquor without a license, and under the pretense of being a collector of internal revenues, took \$30 from the storekeeper, in return for which he promised him immunity from the law. The story told by Lablanch is that Bates and a man who was driving him went into the store and asked for whiskey. Lablanch informed them that he did not sell it, and they took a drink from a bottle which Bates had in his pocket. Afterward Lablanch sold them a glass of beer. Then, as it is claimed, Bates informed Lablanch that he was a collector of revenues and would have to arrest him for selling liquor without a license. Lablanch protested that he had a license, and Bates, it is alleged, asked him how much he had realized from liquor sales during the month. Lablanch exhibited \$30 in bills, and Bates is alleged to have taken the money, informing the storekeeper that the law would not bother him again. After Bates left, Lablanch began to realize that he had been "buncoed," and made complaint. Bates was arrested at Baker City and brought to Portland yesterday. He was given a hearing before the United States Commissioner and pleaded guilty. He declared that he was drunk when the affair happened, and was not responsible for what he did. The Commissioner accordingly let him off with a sentence of 30 days.

**If Tired, Restless, Nervous.** Take Horford's Acid Phosphate. It quiets the nerves and restores the appetite and induces refreshing sleep. Strengthens permanently.

might carry the Legislature, although losing the Governorship by a substantial plurality. In Ohio the Legislative ticket is elected by counties, and if the Democrats should carry Cleveland, Toledo, Columbus and Dayton, they might pick up enough rural counties to give them the Legislature. The present body stands 90 Republicans to 54 Democrats, and there are no hold-overs. The solid Cleveland delegation of 14 is now Democratic, and the Cincinnati delegation of 13 is Republican. No one doubts that the two cities will make similar returns this time. It is in the next grade of municipalities, Dayton, Toledo, etc., that the real battle will be fought. The Legislative ticket is everywhere stronger than the gubernatorial because John H. Clarke, the Senatorial candidate, has the confidence of the old-line gold-standard element, while at the same time the Legislative ticket will get the socialist element on the franchise issue. It is the Legislative battle that the politicians here are chiefly watching.

## Johnson's Eccentricities.

Johnson did not originally want the nomination for Governor, but went into the contest when he found he was the only man who could defeat Zimmerman, something that seemed essential to continuing his control of the party and being able to name its delegates to the coming National convention. Johnson accomplished this victory by high-handed methods with which the public is already familiar. Now that he is the nominee he does not want to spend much money on it, and a few weeks ago his state chairman proposed to General Dick, the Republican chairman, that each side should publish a statement on the Saturday before election of the amounts expended and how it had been done. Mr. Dick declined; he did not care to accommodate Mr. Johnson by giving him an excuse with which to turn off impatient Democratic county chairmen who are pressing their candidate for funds. This is what the request was supposed to mean.

Johnson's selection of John H. Clarke as the Senatorial candidate is one of the extraordinary moves of his campaign, and one that shows the contrasts between accurate rule and direct primaries. Clarke has received a very small support from the rank and file of the Ohio Democracy. He is a railroad attorney, who has often opposed the particular issues too far in the pursuit of his personal interests, have given Johnson the only valid issue he has, as well as ministered to the growth of socialist sentiment. It comes about in this way. Senator Foraker has been largely interested in the street railroads of Cincinnati, while Senator Hanna has much of his money invested in street railroads of Cleveland. The Ohio Legislature passed a law which attempted to extend the life of the Cincinnati street railroad franchise for 44 years; these already had six years to run, on a 5-cent fare, and wanted to make it 50. On the strength of that extension the Cincinnati crowd pumped water enough into the franchise to float a battleship, as the saying goes, and then sold out to well-known Philadelphia interests, but not until they had disposed of millions of dollars' worth of bonds. Senator Foraker's slice in this transaction was very handsome. But the Supreme Court of Ohio declared the act unconstitutional. But the street railroad magnates wanted to have this law passed to quiet the bondholders and to help the stock. So the plant Legislature passed the curative act. It has since been overthrown by the lower courts, but because of this was done the bonds had been disposed of and the financial harvest reaped. Now, whether the franchise is good for six years or 50 is something that the courts will have to pass upon. Nine Republicans would not vote for this curative act, while eight Democrats, breaking party lines, did vote for it. Tom Johnson, at the time that he would not politically every one of them, and he has done so. He went into the counties and made a campaign against those who were candidates for re-election, defeating them; others he frightened off so that they made no attempt for a nomination.

Senator Hanna, on the other hand, went down to Columbus at the special session and in talking with some of the Republican leaders declared that he wanted a perpetual franchise for his roads in Cleveland, and when the political danger of this request was suggested, he replied in effect that street railroads were his savings-bank and that when he could not, by being in politics, run his business as he wanted to, he would get out of politics. The question has been raised as to whether the control which he and Mr. Foraker exercise in politics has not been an adjunct to the successful running of their business, and it is this question which Mr. Johnson is taking before the voters of Ohio. He tells them that if the Republicans get the next Legislature they will give universal franchise and all other concessions that the capitalistic interests may desire.

Meanwhile there is an extraordinary socialist growth in Ohio, which is giving old-line politicians considerable discomfort. Last year it did not show itself heavily at the polls, because Rev. Herbert S. Bigelow, of Cincinnati, the young Congregational clergyman, who headed the Johnson ticket, was so socially in his views that there was little room for a special movement on that side. Socialist tickets even in these circumstances polled 17,000 votes, and in the municipalities they are much stronger. The sentiment they represent this year goes to Johnson, whose canvass without doubt attracts strong support in most of the cities, with the exception of Cincinnati. Johnson will be overwhelmingly defeated, however. This will be because of the Ohio farmers and the John R. McLean interests in Cincinnati. Johnson has against him of his own party the single tax, and Democratic beneficiaries of the interests in politics which he attacks. These constitute a very substantial combination and one that will by no means be made good by any Republican defection now in sight. The Republican plurality in the state last year was 90,481.

It is conceivable that the Democrats

overthrow of Zimmerman in the convention. Johnson's demand for 3-cent street-car fare in the cities and two cents per mile steam car fare are both "popular," however disastrous they may be to legitimate investing interests. Another point of which he has made some use in a prohibition on the issues of railroad passes to members of the Legislature. This is naturally complimentary to his other proposal, for little adverse to railroad interests would be accomplished with a law-making body the pockets of whose members were lined with corporation favors. He has also made an issue of opposing the fee system for the payment of the county officers. An attempt in this direction was made some years ago by the Republican Legislature and would have prevailed so far as the rural counties were concerned, but the holders of the fat-fief offices of the big cities brought influence to bear which prevented. On such state issues as these Johnson is trying to make his campaign, while Clarke, the rival of Senator Hanna, is confining himself to National interests. Personally he does not much sympathize with Johnson's state issues.

The Republican convention this year declared in favor of a constitutional amendment giving the Governor the veto power. The Democrats refused to indorse it, but Johnson promptly came out in its favor. The Governor of Ohio has never had the veto power since Western reserve days when Arthur St. Clair was the Federalist Governor of the territory, with a Democratic Legislature. He angered the people by vetoing so many bills that the first constitution of the state omitted this provision from the Governor's powers, and it has never been restored. Johnson announced that, in spite of the action of the convention of his party, in refusing to indorse the amendment, he would do all he could to secure its adoption. He likes to do things which seem nonpartisan in effect.

In Toledo Johnson has tried his best to bring about the withdrawal of the regular Democratic Legislative ticket in order to secure the success of "Golden Rule" Republican ticket, composed of Republicans, Democrats and miscellaneous, but all safely anti-Hanna. Johnson has also said that he does not ask anybody to vote for him for Governor, and has, in fact, asked some men not to do so. His attack upon the avenues by which he has made his own wealth has become historic. His speech in Congress against the steel schedules of the tariff law, when he was himself a steel manufacturer, is well remembered. His theory has been so long as laws offered opportunity for profit he was at liberty to take advantage of them. He is a singular combination of philanthropy and demagoguery, of audacity and cunning.

## Lining Up for Battle.

The anti-Johnson forces of the Ohio Democracy have determined to wipe him out this year, and so put an end to his leadership. This feeling is particularly strong with the McLean interests of Cincinnati, which control several newspapers, as well as the Democratic farmers. Mr. Zimmerman, for example, the defeated candidate for Governor, said in a recent interview that he was going fishing on election day. He had tried his best to save the party, but it had insisted upon

**Seeing is Believing**

It is hard to believe an Evaporated Cream can make so many delicious dishes until you try it yourself. When you do, be sure you get

**Economy Brand Evaporated Cream**

heavy and constant consistency. It delights the cook and tickles the palate. Be sure you see the cap label on the can before you buy. It is the cap of merit—the sign of honest goods.

**HELVETIA MILK CONDENSING CO., Highland, Illinois.**

## WILL PACK HOGS.

Rhea Packing Company to Begin  
Operations Next Week.

A plant which will be devoted exclusively to the packing of hogs has been added to Portland's industries. The Rhea Packing Company, a newly organized concern, has bought the Pacific Packing Company's property on Columbia Slough, and will begin active operations next week.

The Pacific Company's plant is situated on Columbia Slough, and has been idle for three years or since the company passed into the hands of a receiver. The new owners have for some days had a number of men at work painting the structures and making minor alterations. C. A. Rhea, a banker, of Heppner, is president of the new company, and P. Conrad and J. Seiling, both of Portland, are respectively treasurer and secretary.

"We expect to pack an average of 50 hogs a day," said Mr. Rhea, at the Perkins Hotel yesterday. "Our supply of hogs will come largely from Eastern Oregon, where there is a surplus of these animals raised. We will sell the packed product, chiefly hams, bacon and lard, to the local trade and hope shortly to be able to ship considerable quantities to outside points. Alaska alone makes a market for the entire output of many packing houses, and we will enter this field as soon as we can. We will pack nothing but hogs, and while in the past the demand for fresh pork has consumed most of these animals offered for sale in Oregon, the growth of the industry may be judged from the fact that more than 100,000 hogs were shipped through Portland last year, while the only firm here that now packs pork took 30,000 of this number; the remainder went to Forest Sound."

## WILL PACK HOGS.

Rhea Packing Company to Begin  
Operations Next Week.

A plant which will be devoted exclusively to the packing of hogs has been added to Portland's industries. The Rhea Packing Company, a newly organized concern, has bought the Pacific Packing Company's property on Columbia Slough, and will begin active operations next week.

The Pacific Company's plant is situated on Columbia Slough, and has been idle for three years or since the company passed into the hands of a receiver. The new owners have for some days had a number of men at work painting the structures and making minor alterations. C. A. Rhea, a banker, of Heppner, is president of the new company, and P. Conrad and J. Seiling, both of Portland, are respectively treasurer and secretary.

"We expect to pack an average of 50 hogs a day," said Mr. Rhea, at the Perkins Hotel yesterday. "Our supply of hogs will come largely from Eastern Oregon, where there is a surplus of these animals raised. We will sell the packed product, chiefly hams, bacon and lard, to the local trade and hope shortly to be able to ship considerable quantities to outside points. Alaska alone makes a market for the entire output of many packing houses, and we will enter this field as soon as we can. We will pack nothing but hogs, and while in the past the demand for fresh pork has consumed most of these animals offered for sale in Oregon, the growth of the industry may be judged from the fact that more than 100,000 hogs were shipped through Portland last year, while the only firm here that now packs pork took 30,000 of this number; the remainder went to Forest Sound."

## About Brain

To get results  
you must  
FEED it.

The average man pays some little attention to food that builds muscle but NEVER GIVES HIS THINKER A THOUGHT.

Why?

Because he has yet to learn that Brain wastes away daily (exactly like muscle) and must be rebuilt daily by food selected for that purpose—The only way

Else Brain Fag and Nervous Prostration sets in

The things in food that make Brain and Nerve matter are Albumen and Phosphate of Potash and are found in such perfect proportion in

## GRAPE-NUTS

That even a 10 days trial of this scientific food will show in renewed vigor and energy in the brain—clearer thinking powers—better memory—sharp, snappy ideas. These are the reasons why

You can do things on  
a Grape-Nuts diet

The chance to give Grape-Nuts a fair trial is denied to none, for the weakest stomach can handle this food without trouble or effort. It is toothsome and delicious and is fully cooked at factory so it is ready for immediate service with rich cream or in a great variety of dishes described in the recipe book in each package. See also the little book in each package "The Road to Wellville."

There's a Reason