20 PER CENT

DISCOUNT

# PACIFIC COAST BAR ASSOCIATION

Organization Is Effected With Selection of Officers and Committees.

#### BANQUET AT THE FAIR

W. C. Borah, of Idaho, Makes a Stirring Address, in Which He Tells of the, Shame of the Nation.

Lawyers of note from all sections of the Pacific Slope to the number of several hundred assembled at Hibernia Hall yesterday morning for the purpose of organizing a Pacific Coast Bar Association. The meeting was called to order at II o'clock by Judge Alfred F. Sears, Jr., president of the Oregon Bar Association.

Several brief addresses of welcome were made by local attorneys. A committee was named to perfect plans for the proposed association, selected one from each state or territory having representatives at the meeting. This committee consisted at the meeting. This committee consisted of Judge Alfred F. Sears, Jr., of Oregon; Samuel P. Stern, of Washington; Warren A. Truitt, of Idabe; William H. Gorrill, of California, and W. A. Gilmore, of

After the naming of this committee, adjournment was taken until afternoon. Attorney-General Carson Speaks.

The session opened at 2:30 with an address by Hampton L. Carson, Attorney. General of Pennsylvania, who came from Philadelphia by special invitation, to be present and deliver the address of the occasion. Attorney-General Carson's speech was an eloquent effort and stamped him as an orator of splendid attainments. He spoke at length of the growth and development of American jurisprudence and while the address was in the main from the standpoint of a lawyer to lawyers, the speaker devoted considerable attention to the wonderful development of the Pacific Coast. He took occasion to denounce "graft"

After Attorney-General Carson had concluded, the assembly devoted itself to the business of organization.

It was decided that the constitution

and by-laws of the American Bar Association should apply to the Pacific Coast Bar Association with such alterations as were necessary to fit local conditions. It was the unanimous sentiment that annual meetings should be held, although the matter was left with the executive committee. About 200 signed the roll as charter members, and every state and territory west of the Rocky Mountains was represented except New Mexico and Arizona.

#### Officers Are Elected.

The following officers were elected: President, George H. Williams, of Port-land: vice-president for Oregon, John B. Cleiand, of Portland; for Idaho, Warren A. Truitt, of Bolse, California. John W. Burnett, of San Francisco: No. vada, H. R. Cook, of Reno; Alaska, W. A. Gilmore, of Nome.

C. Will Shaffer, of Olympia, was elect-ed secretary, and Lioyd C. Comegys, of San Francisco, treasurer. An executive committee was arranged for to be apointed by the president one membe from each state and territory repre sented. Various other standing committees were authorized to be named by the president and executive committee.

# Banquet at the Fair.

Yesterday was lawyers' day at the Lewis and Clark Exposition, but the attorneys did not appear in force at the Fair until in the afternoon. Last night should have been designated lawyers night, as it was then that the men of counsel and advice in all legal matters celebrated at the Fair. Their celebration was in the form of an claborate banquet in the American Inn.

The banquet began at 6:30 o'clock at night, and did not end until nearly mid-night. There were 145 places set at the tables. Among the guests at the ban-quet, which was given under the auspices of the Oregon Bar Association, were many of the most prominent and distinguished The management of the American Inn

took especial pains last night in entertain the lawyers. The banquets given in this elegant hostelry have always been delightful, but the one last night was particularly brilliant. The banquet-rooms were lavishly and beautifully decorated with flowers and evergreens of all de-scriptions. From the ceiling were hung huge bunches of green foliage, and on the tables were heafed masses of roses and other flowers. Oregon grape was also conspicuous in the decorations. The ment was elaborate in the extreme. It con sisted of anchovy on tomato, bouillon olives, pickles, nuts, fried sea bass, po-tatoes. Spring chicken, sweet potatoes, green peas, Roman punch, lettuce salad, ice cream, cake and coffee. Lionel R. Webster, of Portland, presió

ed at the banquet as toastmaster. Many impromptu talks were delivered besides the prepared speeches. The addresses deivered last night at the banquet were: "Practice in the West," Frederick Baus-man, of Seatile: "The Other Side." W. E. Borah, of Boise; "The Amateur Judge," T. L. Stiles, of Tacoma, "The Kerstone State," Hampton L. Carson, of Philadel-phia; "The Judiciary of the Pacific Coast," M. J. Gordon, of Spokane. Governor Chamberlain was present at the

# W. E. Borah's Address.

W. E. Borah in his speech said in part:

W. E. Borah in his speech said in part:
Since the reconstruction period following the Civil War these three mer in yunder can complicate the flower three mer in yunder can complicate the people have abdicated in their favor. By the time the idee of November roll around the people have come out on masse to ratify the act of the three men in casumas, but the seting of power are still in the hands of the three men. You cannot seeme a hearing upon a mensure in Conglication of the Bright polity through a period of the Bright polity through a period of shame and chaptin. In 26 states of the Union fraud and corruption hose uncertaint is easily an experience to the line fravor of the great departments at Washington are honeycombed with reterments. The great names of finance, those who count their wealth in millious-set tire and cease to count at all, are associated with organised pilifering from widows and orphans of the land. The great names of finance, those who count their wealth in millious-set tire and cease to count at all, are associated with organised pilifering from widows and orphans of the land. The guilty and the innocent are all in the occasion of the same and chaptin in the complete the plant when she took may need to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting wealth and too happy and contented to be casely called into the street—have forgotting the fortest of their crime—indifference to the obligations of citizenship, For 70 years the mass of the people—lousy in getting wealth and too h

peculators, and conservatism, of which the laughing fraud of New York was the most noted disciple, has been the cover for his pairty theft of \$20,000 a year.

Theodore Recesset's public life has been a marvelone one, crowded with stirring incidents and brilliant achievements; fate and genius have combined to make his career the most atriking and eventful of the age. Organizations against which side men have fought in vain have yielded to the sway of his hippacite power. Political bodies, strong in their rights and jealous of their power and dignity, have surrendered to his broad and fearless views. Vast corporate infusences in trenched and protected by time and custom have acceeded to his plans. The dead letter of the statute has felt the vitalizing touch of his restliess and searching energy. But when all the fruits of his matchless endeavous have been gathered, none will be ruched in benefit to the people at large than his words and acts putting behind him the false party standard which has obtained for 30 years—that the party men can do no words, and giving instead—that party loyalty is no less than citizenship with all its high obligations and duties. No organization, no false theory about party loyalty can relieve men from the full obligations of citteenship or excuse them for inefficiency. From those who opposed again that the people are not only capable, but sound and leyal.

#### CONFER ON IMPROVEMENTS

East Side Property-Owners to Meet Executive Board.

Arrangements were made yesterday for a special meeting of the property-owners on East Stark street and the street committee of the Executive Board Monday afternoon at 2 o'clock, to consider the l

**Detectives Make Six Arrests** on Suspicion.

#### FOUR MEN AND TWO WOMEN

They Are Supposed to Be Bunco Artists and Their Women Associates Are Accused of Robbery and Vagrancy.

Detectives worked overtime yesterday and last night in rounding up sus-picious characters and bunco artists and the "cappers." As a result of the work by Detectives Snow, Kerrigan, Carpenter and Sergeant Hogeboom, two women and four men, who are suspected of turning tricks, or as suspi-cious characters who should be driven out of town, were taken to the police

saulted her in September last. A few days ago her husband came home and said he had heard Berthwick was bragging about it, and then for the first time she consed to her husband that the story was

District Attorney Manning will investigate the matter thoroughly. Berthwick asserts that it is a blackmail scheme.

WIFE ASKS FOR SUPPORT. New Law Will Be Enforced Against

G. R. McLeran

Suit to compel her husband, Guy R. McLeran to contribute \$46 a month for the support of herself and child, 2 years old, was filed in the State Circuit Court yesterday by Alberta McLeran. She sets forth in her complaint that he left her in October, 1984, and since that

time has given her only \$5. He is a carpenter earning good wages. The statute under which the suit is brought was passed at the last session of the Legislature. It does not allow a nusband to put off supporting his wife until after a long-drawn-out litigation, but he must do so at once, and the fur-ther stringent provision is added: "And provided that as against the defendant of any such order, the defendant shall be barred from claiming any exemp-

The law was drawn by John F. Logan at the suggestion of Circuit Judge Cle-land and County Judge Webster, Mr. dation.

George Sing, a Chinaman, reported case for the plaintiff. He will apply

#### HOLD FAMILY REUNION IN FOREST GROVE AND PORTLAND



Reading from left to right-Occar A. Peterson, St. Paul. Minn.; Mrs. Hortense Hill, Los Angeles, Cal.; N. Q. Peterson, Telluride, Colo.; Mrs. Pauline Shogren, Forest Grove; J. E. Peterson, Grant's Pass; Mrs. Lizzie Hill, Los Angeles; Adolph P.

Peterson, Portland. During the past week there has been a happy family reunion in progress at Forest Grove and in Portland of seven brothers and sisters, who had not before gathered around the same fireside for 37 years, who have adopted reside widely separated sections of the country, all in comfortable circumstances and feeling a justifiable pride in their family

The reunion convened at the home of Louis Shagren, a retired farmer, residing at Forest Grove, Wednesday of last week, where incidents of their childbood home were recounted and reviews interchanged of their later years. It was on a Minnesota farm, near St. Paul, that the family grew and prespered, and when the Nation was rent by war almost a half century ago the father and two sider sons marched out under the guiden of a Wisconsin regiment and the father gave up his life in the fourth year of the conflict.

The brothers and sisters who met in Portland this work, whose portraits are presented herewith, are J. E. Peterson, a business man of Grant's Pass; Adolph Peterson, 807 Alder street, Portland; Oscar A. Peterson, of St. Paul, Minn; N. G. Peterson, of Telluride, Coio.; Mrs. Hortense Hill and Mrs. Linnis Hill; of Los Angeles, and Mrs. Pauline Shogren, of Forest Grove. There are two brothers who were not present, Theodore E. Peterson, of Durango, Colo., and Victor F. Peterson. The youngser of the family is 44 years of age and the eldest 64, and no death has occurred in this present generation.

pending improvement of that street. Mayor Lane and Chairman R. L. Sabin. of the Executive Board committee, will today make a personal inspection of East Stark street. The property-owners are anxious to have the street improved. but the big fills required between East Ninth and East Twelfth cost more than the property-owners think they can stand, and they want the city to help. The former Executive Board offered to contribute 5 cents per cubic yard toward the

Every property-owner on East Stark out to East Twentieth is earnestly re-quested to be present at the conference Monday afternoon, as it will then be de-Stark is considered the most important street on the East Side, connecting, as it does, with the Base Line road, which runs to the Sandy River, and the farmers, as well as residents, are anxious that it be improved and reopened to the public.

# YORK GOES TO THE SAVOY

Popular Attache of Portland Thea-

Charles W. York left vesterday afternoon on the 4:30 o'clock train for Tacoma, where he will act as manager of the Savoy Theater. He will play the Empire Wheel burlesque shows, and the Stair & Havlin attractions and others as may be secured as the senson progresses. The opening date is August \$1, and the opening play will be "Kentucky Bells" by the Steers-Co-man Company. Mr. York is a young man and has been connected in various capacities with the Marquam, Baker, Columbia and Empire Theaters. His rise to the position of manager is a source of congratulation to his many friends.

# Says Colored Woman Robbed Him

obbed of \$365 last night and he charges that the theft was committed by Emma Crawford, a calored woman 23 years of age, who runs a cigar stand at Second and Davis streets. Exton said that, the girl, who was a good friend of his and whom he loved like a daughter, extracted

to the police Wednesday that he had for an order of court directing Mcbeen invelgled into the Laurel lodg- Leran to pay \$40 to the Clerk of the ing-house by a woman, and that with the help of Jack Downer, her companion, he was robbed of \$5. When ar rested by Kerrigan, Snow and Hoge-boom last night, the woman gave her name as Grace McGinnis, of San Fran-cisco. The detectives have been shadowing the woman for two days, but were unable to get the man until last night. Downer is known all over the Coast as a prizefight promoter and a follower of the races. He was shipped out of Portland last Winter on suspicion of doing a victim out of a sum of money. The detectives say that he has been using the woman as a helper

or "capper, Tom Maloney and Maud Evans were also arrested yesterday by Snow and Kerrigan as vagrants. Maloney and the woman have been shadowed for three days in an effort to catch them in the act of turning a trick. The two are from San Francisco and came here during the race meet. They are looked upon by the detectives as suspicious characters, and the officers say that they will recommend that they be driven out of the city. They were released on \$50 bonds each.

Two men named McDonald and Green, arrested by Detectives Carpenter and Resing, are suspected of hav-ing buncoed C. Belyeu out of a gold watch on the Steel bridge. McDonald, it is charged, represented himself as a contractor who had the contract for painting the Steel bridge. He gave Beiyeu \$1.50 for his watch, as Belyeu said that he would like enough money for a meal. The watch was never re-turned. Green and McDonald were arrested on suspicion of having taken

# SEEKS MONEY FOR INJURY

GEORGE A. GREGORY DEMANDS IT AT REVOLVER'S POINT.

Accuses J. T. Berthwick of Intimacy With Wife and Asks Compensation in Coin.

Armed with two loaded revolvers and a knife, and carrying a bottle of whisky in his pecket, George A. Gregory, a garbage collector and poultryman, whose home is at Mount Zion, held up J. T. Berthwick and Joseph Tromble at the Hazelwild Lumber Company at Arleta on Wednesday evening. Gregory accused Berthwick of having rulned his home, and threatened to kill him unless 500 was paid to him at once by Berthwick Gregory said Berth-wick was the father of Mrs. Gregory's last child, now 3 months old, and Berthwick pronounced the accusation false and refused to pay the amount de-manded. Gregory offered to accept a note in lieu of the cash, and this was also declined him. An alarm was raised and Marshal Phillips arrived on the scene and placed Gregory under arrest, taking him to the County Jail. A charge of assault with a deadly weapon was filed against him yesterday in Justice Reid's court. He has engaged John F. Watts, attorney, to

defend him. Gregory is 45 years old and his wife is 23 and they have four children. He says that some time ago Berthwick roomed at their house at Mount Zion and became intimate with Mrs. Gregory, who, on Wednesday admitted it. Mrs. Gregory came to the city yesterday afternoon and eyes strong. Soothes eye pain; doesn't smart,

Court at once, for the benefit of his wife and child.

# Seeks Freedom by Divorce.

Because of desertion beginning in June, 1903, Alberta M. Proebstel begun sult yesterday against Henry O. Proob nial bonds. The litigants were married at Brush Prairie, Wash, in November, 1889. There are two children aged 9 and 4 years respectively, who are with the mother at her home in Arleta. She asks to be appointed their legal guar-

# Seeks to Recover Rent.

Mary Janz has sued W. J. Stillwell the State Circuit Court to recover \$33) rent for a 30-room lodging-house and dining-room at \$25 Water street. Stillwell leased the place on June 2 last for four months for \$600, expecting to make money during the Fair, it is alleged that he paid \$300 down and agreed to pay the remaining \$300 on August 6, but failed to do so, hence

# Husband Asks for Divorce

Suit for a divorce was commenced in the State Circuit Court yesterday by F. B. Herrington against Margaret J. Herrington because of infidelity. They were married in Tillamook in July, 1895, and have no children. Richard Wiseman is named in the complaint as corespondent.

# Incorporation Papers Filed.

N. J. Blagen, George W. Cone and C. G. Blagen yesterday filed articles of incorporation of the Oregon Fir Lumber Company, capital stock \$100,000. The objects are to operate a saw, planing

# MANUAL TRAINING SCHOOL

South Mount Tabor Pupils Will Have New Department.

Directors of the South Mount Tabos School, on the Section Line road, are having erected a building for the new manual training department, which will be inaugurated at the opening of school next month. This building will be about the size of the usual classroom, and will be equipped specially for manual instruc-Standing in one corner of the grounds, separated from the main school-house, the noise of saw and hammer will not disturb the classes.

this department, who is now preparing herself to take charge of manual trainsing. Generally, the work will be under the direction of Principal W. A. Law, who will also assist in certain lines of the work. This is the only school in the county outside of Portland that will have manual training.

SEWING MACHINES FOR RENT SEWING MACHINES FOR RENT
By week or month, at low rates. The
Singer is acknowledged the lightest-running and most convenient of any. Try
one and be convinced. Only at the Singer
stores. Look for the red B.
Est Morrison st.,
422 Washington st.,
549 Williams ave.,
Fortland, Oregon.
Main St., Oregon City, Or.

Furniture Coverings in the Northwest.

J. E. Young and Harry Pollock Thrown From Vehicle.

LITTLE GIRLS!

20 PER CENT

DISCOUNT

# WERE ON WAY TO FIRE

Bad Roads Cripple Department in Trying to Reach the Eastern and Western Mills, but Flame Is Subdued.

In a collision with a lumber wagon yesterday afternoon while going to a fire at the Eastern & Western lumber mills in North Portland, J. E. Young, district engineer of the fire department. and Harry Pollock, his driver, were thrown from their vehicle and slightly ajured. Young sustained an injury to a leg which will prevent him attending his duties for several days. Pollock re-ceived only a few bruises.

The fire at the Eastern & Western mills was of little consequence, but the department had considerable difficulty in traveling the streets to the scene. Chief Campbell said yesterday that if a big fire broke out near the mills that the department would have some difficulty in getting to it over the roads in the condition which they now The mill company, also, has obstruc-tions in the roads near the mills which would be an impediment to the depart nent. Complaint has also been made that combustible oil has been thrown on the river in such quantities that a light would likely start a fire on the water front among the big warehouses at any time. Steps will probably be taken by officials to have an ordinance introduced at a Council meeting to prohibit the throwing of oil on the

# Smyrna Figs Grown Here.

G. A. Goffe, residing at 837 Michigan avenue, Albina, has exhibited at the Oregonian office some samples of white Smyrna figs that were taken from two rees grown on his lot there, one of which is 12 and the other five years old. The fruit possesses an excellent flavor, and is of large size, three of the figs weighing fully a pound. They are grown in the open and no effort whatever is made to protect them through the Win-ter. Mr. Goffe says they have borne regular crops since coming into bearing. and he sees no reason why they cannot be cultivated with profit here, especially as there is such a sharp demand for the The oldest tree was set out from a cutting, and the other is an off-shoot of it, both being quite prolific in growth, the larger having attained a height of fully 20 feet. It produced up-ward of a bushel of fine figs this year,

#### White Ribboners Meet. The Central W. C. T. U. held the

ost enjoyable meeting of the season Wednesday, Several of the states were represented by distinguished white ribboners, New York, Kentucky, Missour!, Kansas, California, Hawaii and the mother country England. Brief speeches were made by each one. Mrs. Whitney, of Honolulu Union, gave a very interesting account of the work in that part of the world.

unanimously: Resolved by Central W. C. T. U. and its distinguished gueste, that we will suport the Minis-terial Association in its efforts to have the Lewis and Clark Corporation ad-here to its contracts and require the concessionaires on the Trail to keep their entertainments closed on Sun-

TULL & GIBBS.

ON ALL FURNITURE COVERINGS

DURING THE MONTH OF AUGUST

An opportune time to take advantage of this most liberal discount on all upholstery fabrics. To intending patrons of this class of work a selection of coverings is made pos-

sible in our upholstery department from the fact that we carry the most complete stock of

Our upholstery shop is the best-equipped in the Northwest. The most competent and skilled workmen are employed, under the supervision of a skilled foreman. No work is too difficult for us to undertake, and work done in this department is complete and guaranteed

We are pleased at all times to furnish estimates on cost of material and labor. A tele-

phone message will secure the services of an experienced upholsterer, who will look your furniture over, explain where repairs are necessary and also give cost of labor and material.

20 PER CENT DISCOUNT ON ALL UPHOLSTERY FABRICS

**OUR AUTO PARTY** 

all privileges connected with our auto party, which will be given on Saturday, August 19,

To all little girls who have registered with us, we wish to have call at our store on or before Saturday, August 12, and we will present you with ticket which will entitle you to

> A social hour over the ten cups was a fitting close of the afternoon. The state headquarters is the natural meeting place of visiting white ribboners, and a meeting of Central Union is held there every Wednesday

# GOOD MUSIC ENJOYED.

A large and appreciative audience en loyed the concert given by Ellers Plane House at the Massachusetts Building yes afternoon. throughout was entirely in keeping with the gristic character of the Ellers enterthe artistic character of the Enters enter-tainments and was just long enough to give fired sightseers a refreshing rest. In addition to the Pianoia numbers played upon a magnificent Chickering grand plane, some charming violin selections were played by Mr. S. J. Story, a rising

oung violinist.

Another interesting feature of the recital was the rendering of an old-fash ioned minuet upon the old square plano exhibited in the Massachusetts building. This instrument is the first Chickering plano ever made, and was largely the work of the hands of Jonas Chickering himself. Though more than SI years olf, while it lacks in volume, is still very mu sical and pleasing.

A charming entertainment has been arranged by Ellers Piano House for this afternoon's concert at the Illinois building. Mr. N. C. Zan, soloist.

#### Michigan Day at the Fair. PORTLAND, Or., Aug. 10 .- (To the

Editor.)—Permit me to extend the report of Michigan day at the fair by calling attention to what was not done, accord-

attention to what was not done, according to the published programme, and state the reasons why it was not carried out. In the first place the attendance was fairly good, but might have been better, as there were hundreds of Michigan people on the Fair grounds who went there to participate in the exercises and, who could not find an Auditorium on the grounds. The Fair management labeled the half Festival Hall, and the newspapers call it the Auditorium. It is newspapers call it the Auditorium, very misleading-indeed, who may mistake? The programme of Michigan day was very well executed by the Mich-tgan residents of Oregon and Washington, and much praise is due to the Mich igan Society of Oregon for the methods employed in fore-stalling the accidents on the programme. Failure of the Gov ernor and Mayor to be present, through pressure of business, was indeed to be regretted; but the people of Michigan, resident in Oregon will readily excuse them when they learn the true re which perhaps those gentlemen selves are not cognizant of. At the last sion of the Michigan Legislature, was introduced for the purpose making at least a small appropriation for an exhibit at the Lewis and Clark Expo-sition, and I am reliably informed that it did not even come up for consideration. It was squelched, not by the will of the people of the State of Michigan; but ...rough the political economy of its Why should the Governor of the State of Oregon, under such circu stances, refrain from attending to executive business on account of Michigan day? It was said that the Mayor of Portland was hobnobbing with railroad magnates, if his success in that line had any virtue, the Michigan people will for-give him, for he certainly had the same reasons to be absent that the Governor JOHN O'GORMAN.

# A Sympathetic Letter.

PORTLAND, Aug. 8 - (To the Editor.)ery interesting account of the work Having read in your paper this morning of the world.

The following resolution was passed atreet, where crowds are constantly passing. Wellville."

my sympathies so out to the poor woman so suddenly bereft of her savings. An invalid husband in the home adds to her bur-

LITTLE GIRLS!

dems perhaps more than any outsider will ever know.

In this magnificent city of so much prom-ise, where the people at large are so pros-perous and happy, it seems to me that some measures should be restricted to in giving measures should be resurred to relief to these parties in raising the most relief to these parties in raising the most gage on the home. If the good people will contribute but a mite from their abundance, the burden can soon be raised, and those assisting will have the assurance of lending their aid to what I believe to be a worthy case. I inclose a small sum.

C. E. STÜART.

The dollar which Mrs. C. E. Stuart ntributed to the fund was turned

#### over to the Evening Telegram. Run on Denver Bank Slackens.

DENVER, Aug. 10.-The run on the Denver Savings Bank, which began on Tuesday, continued today with diminish-ing force and the crisis appears to have passed. Application for the appointment of a receiver for the Western State Bank, which closed yesterday, was made today in the District Court by atterneys

# Travelers' Aid Reports.

The Travelers' Aid Association, which has for its aim the protection of girls and young women coming to Portland, will have full reports of the work secomplished read at the meeting in the Y. W. C. A. at 7:45 o'clock tor

# \$87.50-BUFFALO AND RETURN-887.50.

On August 14 and 15 the Great Northern Railway will sell excursion ticket Buffalo and return at rate of \$87.50 fo ound trip, tickets good going via Great Northern Railway, returning same or any rip. Hmit 60 days east of Chicago, 50 days west. For additional information call on or address H. Dickson, C. P. & T. A. Great Northern Rullway, 122 Third stret, Port-

Why don't you try Carter's Little Liver PHIST They are a positive cure for sick headache and all the His produced by disordered liver.

# GIVES "GO."

Food That Carries One Along.

It's nice to know of food that not only tastes delicious, but that puts the snap

and go into one and supplies staying power for the day.

A woman says. "I have taken enough modicine in my time to furnish a drug store, but in later and wiser years I have taken none, but have depended, for the backt. I see writer on unitable and sushealth I now enjoy, on suitable and sus-taining food, of which I keep on hand a tested variety, plain but nourishing.

"Of these my main dependence is Grape-Nuts, especially if I have before me a day of unusual effort either mental or physical. In this case I fortify myelf the first thing in the mornin about 4 teaspoonfuls moistened with cream and not mu for breakfast and the amount of work I can then carry through successfully without fatigue or exhaustion is a wonder to those about me and even

"Grape-Nuts food is certainly a wonderful strengthener and is not a stimu-lant, for there is no reaction afterwards, but it is sustaining and strengthening, as I have proved by long experience." Name given by Postum Co., Battle Creek,

Mich. There's a reason four teaspoonfuls of Grape-Nuts and cream will add more strength and carry one further than a plateful of coarse heavy food that is nearly sli waste. Grape-Nuts food is condensed, predigested and delicious ontains the parts of the Wheat and Ba ey grains that supply the rebuilding parts for Brain and Nerve Centers.