RUSSIAN VESSEL MAKES FAST TRIP

TIME RECORD NEAR BEST

Crown of Seville, With Cargo of Lumber, Flour and Grain Valued at Over \$80,000, Loses No. Time in Getting to Sca.

Though she has been listed on the board at the Merchants' Exchange for several months, having been chartered early for lumber loading, the Russian bark Mariechen redeemed herself as a slow starter by finishing strong on the run from Callao, as she was towed into the river yesterday after a voy-age of 42 days, which is but three days in excess of the best time made from the Peruvian harbor in recent seasons, the Inverlogic having made it in 23

The Mariechen is under engagement to the Pacific Export Lumber Company and was taken for United Kingdom leading at 80 shillings for one port or 82s 6d, for two ports; 80 shillings for a Cape Town option; 65 shillings for Valparaiso or 60 shillings for a direct nitrate port. She will be towed to Linnton to discharge ballast and then working lumber

The British steamer Crown of Seville, which left the harbor early Monday afternoon with lumber, grain and flour for Manila, lost no time getting to sea, as she was reported crossing out at as she was reported crossing out at 6-45 o'clock yesterday morning and had a draft of 26.4 feet. The vessel had nearly 4,500,000 feet of lumber the coast. Officers of the Dollar have aboard and with other freight the value been communicated with at Seattle, and it is thought funeral arrangements will made today.

of her cargo was over \$80,000.

The achooner Philippine has finished discharging hardwood, brought from Sava and will be lifted on the Oregon the Dodge line is the steamer Washingdrydock today for cleaning and paint-ing and an inspection will be made of hull tomorrow to determine caulking is required. When affort again she will load lumber for the West Coust.

BIG LOG RAFT SCATTERED

Zealous Crew Gets Setback When in Fine Time for Game.

Just as the steamer Shaver was towing logs, in that she navigated from nouth through the O.-W. R. & N. bridge in less than an hour with 200,-980 feet of timber trailing astern, a boom chain parted and a portion of the raft, thoroughly disorganized, started on a return trip down stream. What was left was moored to the east bank, and with the gasoline tug Echo.

bank, and with the gasoline tug Echo, the Sharer headed through the lower harbor and overtook the runaways.

It may have been that her remarkable showing was due to the hope of her crew that the raft would be delivered so they could at least anchoral light and the specific as score board uptown and thereby keep in touch with the opening balgagne, or showing the steamer would be facility and the steamer would be

FLINTSHIRE IS ON THE WAY

Waterhouse Completes Arrangements Abroad for Royal Mail.

With the British steamer Flintshire having sailed from Singapore for Hong-kong March 29, on her way from Eu-rope to Portland, as the leader of the Royal Mail carriers in the new Portland-Oriental European service, and Frank Waterhouse, agent in the Northwest for the big line, planning to leave London for his Scattle headquarters to-morrow after a conference with the Royal Mail heads, details as to schedand other routine have been de-

The British steamer Harpagus, which takes the first cargo from here, is due April 26 and the British steamer Falis of Orchy sailed from the Sucz Canal March 20 for the North Coant, she and the Harpagus being chartered vessels, and while the Harpagus will return to the Coast from the Orient, having been taken only for the round voyage, the Falls of Orchy will be loaded for the Orient and Europe. Vessels of the regular fleet include the Monmouthire. Vestalia, Den of Ruthven, Den Crombie. Den of Glamis, Glenlogan and Glenstrae.

WOMEN TRAVELERS NUMEROUS

Exodus to Southern California Helped by Convention.

Of 60 passengers to embark yesterday aboard the steamer Multnomah, of the McCormick fleet, headed for Callfornia harbors, 23 were women, which is a larger average than usual on steam Of the list but 11 persons were to disembark at San Francisco, the others having transportation for

Los Angeles.

There has been increased travel during the past week to Southern Callfornia, owing to a convention to be held there of the Apostolic Faith Church Many have passed through Pertland from points in Washington. and more are looked for. In addition to the express steamers, the Willam-ette, Klamath, Multnomah, Northland and Camino have been posted to sail this week, and, while all will not have full lists, they will be above the average, and northbound business is show-

MIMI INQUIRY NOT CLOSED

Investigation Covering Loss of Bark

Held in Private. Testimony in an investigation of the loss of the German bark Mimi and the death of 16 persons aboard, was not loss of the German bark Mimi and the death of 16 persons aboard, was not closed yesterday and the hearing is to be resumed at 16 o'clock this morning. The public is excluded from the inquisitorial proceedings, but Mrs. E. O. Estes, widow of the engineer of a donkey engine who lost his life, was admitted, also one of her counsel.

Captain Westphal, master of the bark, was the principal witness and he was on the stand during a large portion of the afternoon session. Charles S. Fisher, who was interested in the contract for floating the vessel and was saved with Captain Westphal and two sallors, Johannes Kuhcard and Price Ludwig, is attending the hearing.

Mariechen Starts Slowly but was filed by the Hamburg - American line, which offered to accept the business at rates prevailing when shipments were made. The business will probably be handled via San Francisco and the probably be handled via San Francisco and the past.

and Puget Sound, as in the past. Through identification made by Cap-tain Robert Adamson, the body of a third mate of the British steamer Robert Dollar, which came to the surface at Portsmouth Monday, was found to be that of Robert Frazer, who left the Dollar here and was seeking a berth on one of the oil tankers operating on

A COLUMN TO SERVICE STATE OF THE SERVICE STATE STATE OF THE SERVICE STATE STATE OF THE SERVICE STATE STAT		
STEAMS	R INTELLE	GENCL
	Due to Arrive,	
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Roznoke	Sun Diego.	Indef te
	Coos Bay	
Alltance	.Eureka	Apr. 16
Bear	Los Angele	. Apt. 17
Geo. W Elde	r. San Diego.	Apr. 17 Apr. 20 Apr. 22
	re. Tillamook.	Apr. 20
	Los Angele	. Apr. 22
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Rose City..... Los Angeles. . Apr. European and Oriental Service.

Kentra Vancouver April 22
Stheols Hamburg Asy 13
Kina Llondon June 5
Falls of Orchy London June 20
Garonia Hamburg June 25
Cr'n of Catle Antwerp Aug. 15
Kentra Harpagus Orient May Sithonia Hamburg May Falls of Orchy Orient June Saxonia Hamburg Jur

ton, a coaster that was a familiar fig-ure in the harbor in the past. She is due today with cement and general cargo from San Francisco, and will load back with lumber.

Bound for Los Angeles, the steamer Tahoe, Captain A. Donaldson, cleared yesterday with 756,000 feet of lumber. and the steamers Saginaw and Aurelia and the steamers Saginaw and Aurelia cleared for San Francisco, the former with \$10,000 feet and the latter with \$75,000 feet. The steamer Dalsy Freeman, arriving from the south yesterday, went to Wauna to load and the Quinault steamed to Knappton for the same purpose. same purpose.

Captain Percy Davis has been signed on the steamer Geo. W. Simons, succeeding Captain George Nelson.
It was learned at the Merchants' Exthe raft, thoroughly disorganized, that was tearned at the Moroughly disorganized, that was teft was moored to the east town, and sailed March 21, so it is assumed that she met with an accident on the voyage from here. The vessel was howing was due to the hope of the March 11, so it is assumed that she met with an accident on the voyage from here. The vessel was loaded with grain and under charter to M. H. Houser.

though testimony may be confined to members of the crew, as the examination is reputed to be only preliminary to one that will be held in Germany.

Marine Notes.

Marine Notes.

One tender was opened yesterday at the office of Lieutenant-Colonel A. W. Yates, Quartermaster Department, U. S. Yates, Quartermaster Department, U. S. A., for transporting supplies from Portland to the Hawalian Islands, Guam, Negasaki and the Philippines of Columbia River. Salled last right-Steamer Shasta, for Portland; at 7 A. M.—Steamer Johan Poulsen, from Portland to the Hawalian Islands, Guam, Negasaki and the Philippines for Columbia River. Salled last right-Steamer Shasta, for Portland; steamer Paralso, for Columbia River, via Grays Harber.

Taiso, for Columbia River, vis Grays Harbor.

Auckland. April 14.—Sailed—Schooner Kono. for Portland.
Barbadoss, March 31.—Sailed—Norwegian bark Valerie, from Portland, for Queenstown.
Honolulu, April 14.—Sailed—Japanese steamer Koju Maru, from Portland, for Newcastie, N. S. W.
Seattle, Wash. April 15.—Arrived—Steamers Dirigo, from Southwestern Alaska; Capitain A. F. Lucas, from San Francisco; Santa Cruz, from New York eta San Francisco; barkentine Coronade, from Los Angeles: Barge 91, from San Francisco. Sailed—Steamers Admiral Sampson, for Southwestern Alaska; Curscao, Northland, for Southeastern Alaska; Curscao, Northland, for Cook Inlet; Minnesota, for Hongkong; bark Guy C. Goss, for Nushagak.

Columbia River Bur Report. Condition at the mouth of the river at 5 P. M., smooth; wind south, 12 miles, weather, cloudy.

5.57 A. M. . . 7.5 feet 3:16 A. M. . . 3.3 feet 10:07 P. M. . . 7.6 feet 3:47 P. M. . . 0.6 foot

MAN SAYS WOMAN IS WRONG 'Mistaken Identity." Declares Frank

Sundberg, Bank Employe.

An aged mother in Moline, Ill., is asserting a Portland man is her son,

Attorney Scores McPherson's Stand on Charter.

"DIATRIBE WASTE OF TIME"

Czar-Like Power of Mayor and Questions Validity of Primary Abolition.

John F. Logan, a prominent Portland lawyer, who recently raised a question as to the right of the city to abolish the direct primary nominating law by the adoption of the proposed togan says:

The accuracy of the assertions of Mr. Mc-Pherson in his effort to uphold the proposed charter amendments are about as correct as his statement that Mr. Montague has not been an aspirant for office. My attempt and its result as an applicant at the ple counter, just equals that of Brother Montague, and the record of W. B. Ayer, as the Warwick of several administrations and the holder of appointive offices, far outshines the record of even McPherson himself.

serting a Portland man is her son, from whom she has not heard for over four years, but the man is positive that there must be a mistake of identity, as, he declares, his mother has been dead for 20 years. This simple state of affairs becomes complicated when the Illinois woman displays a familiarity with his family history which makes the mistaken identity theory seem untenable.

Frank Sundberg, an employe of the George W. Bates bank, living at 985 East Eleventh street North, is the man who is sought. The occasion is a letter of the charter board which embedded the same election principles wronged by the same election required the same election principles wronged by the same e

matters entirely unfamiliar to him. The strange state of the case will be explained to the Illinois inquirer.

ART EXHIBITION TO OPEN

Display of Drawing and Arts and Crafts Work Begins Saturday.

The annual exhibition of the art department of the Portland public schools will open on Saturday evening at the Museum of Art, Fifth and Taylor streets, and will continue until May 5. The exhibition includes work in elementary trades and blick work in elementary trades and blick work in the meantime, will pick up the sleeping-cars from Portland in his statement. I take no stock in the saserted cara-like bugshoo raised in the asserted cara-like be asserted to those portions which I think utopian on the one hand or illegal on the other. In the direct primary law it is provided that the direct primary rule stall apply to all cities having 2000 or more inhabitants. This is the general state law, acting uniformly upon all cities having them back here, where the lumberment, will be abated by one jot or tittle. I am not, however, so all-fired ensured of any charter that I will subscribe to those portions which I

from them, instead of indulging too stron-uously in the gentle art of making enemies. There are too many citizens who look askance at the printed hodge podge, and re-luctantly acknowledge a feeling best de-scribed in the old saw:

"I do not like thee, Dr. Fell;
The reason why I cannot tell;
But this I know, I know full well;
I do not like thee, Dr. Fell."

EILERS MUSIC HOUSE SUED

Advertising Man Asserts He Was Not Paid All Due Him.

Arthur A. Schell has started suit in Circuit Court to collect extra compensation to which he declares he is en titled from Ellers Music House. He says that it was agreed that he should have, in addition to his salary of \$350 a month, 1 per cent of the profits of the Portland and branch houses and an amount equivalent to the earnings on \$50,000 worth of stock the first year, \$100,000 worth of stock the second year and \$150,000 worth of stock the third year, the life of his contract being three years, from October 7, 1912. Mr. Schell asks for an accounting to determine what is due him, asserting that his resignation was a direct re-sult of contract violation.

commission charter, has issued a statement replying to W. G. McPherson's interview of yesterday morning. Mr. and its predecessor, the Ellers Piano House, from 1905 to 1911, and consente to go back only after it had been agreed that he was to handle the advertising to suit his views, and that it would not be necessary for him to work overtime and on Sundays.

OWL TRAIN SERVICE DUE WORLD

Grays Harbor Cities to Get Innovation by May 10.

HOQUIAM, Wash., April 15.— (Special.)—Announcement was made yesterday, following a conference between officials of the O.-W. R. & N., and representatives resentatives of the Hoquiam Commer-cial Club and Aberdeen Chamber of Commerce that an owl train service, with sleeping-cars for Puget Sound cities and Portland would be inaugu-

George W. Bates bank, living at 988 East Eleventh street North, is the man who is sought. The occasion is a letter from the Chief of Police at Moline, who says that Mrs. Sundberg is growing eld and wishes to hear from ber home. The writer gives the correct address and the number of children in the family and their ages.

The letter was turned over to Patrolims Burstow, who found Sundberg at moline and much surprised, and asserted most possible it was a mere section of clanidates as officers who received a plurality of the votes. In the present chairs are should be separated. One bearing the Charles that there was a mistake. As his mother has been dead many years. He says that mall addressed apparently to him has reched him frequently but when opened has proved to be about matters entirely unfamiliar to him. The strange state of the case will be explained to the Illinois inquirer.

Mr. McPherson in Error.

Mr. McPherson is proved to many and the first of the charter board which embedded the same election principles proposed by the present charter under discussion. In this is again in error. The charter submitted for movation in train service which the Hoquiam consistently toward for more than a year.

The letter was turned over to Patrolima Burstow, who found Sundberg at the selection of clanidates as officers who received a plurality of the votes. In the present proffered charter the whole scheme of election and the selection and the selection and the selection of clanidates as officers who received a plurality of the votes. In the present proffered charter the whole scheme of election and the selection and the selection and the selection and the selection of the selection of the selection and the selection of the selection and the selection and the selection of the selection and the selection of the selection and the selection in the selection of the selection of the selection of the selection in the selection of the selection

CONSTIPATION



Pillsare unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken: but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and

corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

tained stoutly that tramps had placed the ties on the track. The train stopped in response to his waving of a red flag just as the motor struck

TRAVELERS' GUIDE.



WORLD'S LARGEST SHIP will make her first trip from HAMBURG May 24, arriving here May 31. Sailing from here June 7, 11 A. M. Books now open for season. LONDON, PARIS, HAMBURG

Cincinnati. April 24, 11 A.M. S†Pennsylvania April 26, 12 noon Kals'n Aug. Vic., Apr. 30, 2 P.M. Pres. Lincoln. May 3, 3 P.M. SPAtricis. May 14, 1 P.M. AMERIKA. May 22, 10 A.M. *SPRETORIA. May 28, 1 P.M. KAIS, AUG. VIC. May 29, 1 P.M. KAIS. AUG. VIC. May 29, 1 P.M. *Will call at Bologne, †Hamburg direct, \$2d cabin only

MEDITERRANEAN Gibraltar, Naples and Genoa S. S. Hamburg (11,000 tons) May 20, 9 A. M. S. S. Moltke (12,500 tons) June 3, 8:30 A. M. S. S. Hamburg. . July 1, 3 P. M S. S. Moltke. . July 15, 3 P. M

CRUISE AROUND THE WORLD THROUGH THE PANAMA CANAL "CLEVELAND" (17,000 TONS) Leaving NEW YORK

JANUARY 27, 1915 NOW. Good rooms will soon be

Write for information. HAMBURG-AMERICAN LINE

COOS BAY and EUREKA Steamer Alliance Sails Friday, April 18,

NORTH PACIFIC STEAMSHIP CO., 122-A Third St., Near Washington.

SYDNEY SHORT LINE—San Francisco to Australia, 19 days via Honolulu and Samon, the attractive and pleasant route, winter or summer. Splendid 10,000 ton straners (classed by British Lloyds 100 A1). 8 Henolulu - first-class round trip - Sydney \$300, \$325 - GRAND TOUR SOUTH SEAS - \$325 onoiulu, Samos, Australia, New Zealand, Tahiti, etc. 5500 1st Class Round the World; 2nd Class \$350 Visiting 5 continents and world's great cities (stop-overs) Honelulu — Sallings April 8, 22, May 6, etc. Sydnay every 28 days, Apr. 8, May 6, etc. Sond for folder. Oceanic 5, 5, Co., 673 Market St., San Francisco

To San Francisco and Los Angeles Direct

Steamer Sails FRIDAY, APRIL 18, 6 P. M. NORTH PACIFIC S. S. CO., 122 A Third, Near Washington

EAPRESS STEAMERS FOR
San Francisco and Los Angeles
WITHOUT CHANGE
S. S. Beaver sails 9 A. M. April 17.
S. S. Bear, April 22,
THE SAN FRANCISCO & PORTLAND S. S.
CO., Ticket Office 3d and Washington (with

COOS BAY LINE salls from Ainsworth Dock, Portland, at 8
A. M., April 17, 23, 30, May 5, 10, 15, 20, 25, 30, thereafter every five days, 8 A. M. Freight received daily until 5 P. M. except day previous to sailing, previous day 4 P. M. Passenger fares: First-class, \$10, second-class, \$7, including berth and meals. Ticket office at Ainsworth Dock.

PORTLAND & COOS BAY S. S. LINE, L. H. KEATING, Agent, Phone Main 300e, A 2832. STEAMSHIP "BREAKWATER"

O.-W. R. & N. Co.) Phone Marshall 4500, A 612L

STEAMER HASSALO For Astoria



Leaves Portland 9:30 P. M. dally, except Saturday. Leaves Astoria 10:00 A. M. daily, except Sunday. Get Tickets Ash-Street Dock or City Ticket Office. Third and Washington

NEW YORK - PORTLAND REGULAR FREIGHT SERVICE. Low Rates. Schedule Time. AMERICAN-HAWAIIAN S. S. CO.

with rheumatism, and be all crippled up, and bent out of shape with its eart-wrenching pains, when you can custly avoid it. Rheumatism comes from weak, inctive kidneys, that fail to filter from the blood, the poisonous waste matter and uric acid; and it is useless to rub on liniments or take ordinary remedies to relieve the pain. only prolongs the misery and can't

CURES RHEUMATISM

Quickly Eases Stiff, Sore, Swol-

Drives Rheumatic

Pains Away.

It is needless to suffer any longer

len Joints and Muscles

cossibly cure you, The only way to cure rheumatism is to remove the cause. The new disovery, Croxone, does this because it eutralizes and dissolves the poiso substances and uric acid that lodge in the joints and muscles, to scratch and irritate and cause rheumatism, and cleans out and strengthens the stoppedup, inactive kidneys, so they can filter the poison from the blood, and drive it on and out of the system.

Croxone is the most wonderful nedicine ever made for curing chronic rheumatism, kidney troubles, and bladder disorders. You will find it lifferent from all other remedies. There is nothing else on earth like it. It matters not how old you are, or how long you have suffered, it is prac-TONS tically impossible to take it into the human system without results. You will find relief from the first few doses, and you will be surprised how quickly all your misery and suffering will end. An original package of Croxone costs but a trifle at any first-class drugstore. All druggists are authorized to sell it on a positive money-back guarantee. Three doses a day for a few days is often all that is ever needed to cure the worst back-ache urinary disorders.



San Francisco \$6, \$10, \$12, \$15 Los Angeles \$11.35, \$21.50, \$23.50, \$26.50

Meals and Berth Free. S. S. BEAVER SAILS 9 A. M., THURS-DAY, APRIL 17. S. S. BEAR, APRIL 22.

Daylight Voyage Down the Columbia

and Through the Golden Gate, Forty-Six Hours to San Francisco. Through Tickets to All Points by Water and Rail.

THE SAN FRANCISCO & PORTLAND S. S. CO. Third and Washington. (With O.-W. R. & N.)

A Wonderful Tonic

Marshall 4500, A 6121.

That Aids Digestion Thousands are unable to digest certain kinds of food. In most cases it is not the fault of the food, nor the stomach, It is probable that the stomach has been abused. Many resort to predigested foods and various kinds of medicines to get relief from dyspepsia, indigestion and hearthurn, but without

indigestion and heartburn, but without permanent benefit. If your stomach was in perfect condition, you would not need medicine to digest the foods you eat. Jayne's Tonic Vermifuge is a stomach regulator. It Vermifuge is a stomach regulator. It gets the stomach in such a condition that it will digest food without other assistance. It overcomes the acidity and stimulates the coating of the stomach and intestines so that they will properly absorb and assimilate the nutriment from the food eaten. Sufferers from dyspepsia and indigestion will discovere the contract of the will find permanent relief in a short time after beginning the use of the tonic. For children, the addition of a little sugar will make it most pala-

Many forms of supposed indigestion are the result of intestinal parasites, for which Jayne's Tonic Vermifuge is unsurpassed. Insist upon Jayne's, accept no other. Millions have praised it for more than eighty years. Sold by fruggists everywhere. Dr. D. Jayne & on, Philadelphia, Pa.

Indigestion Causes Many Ills

The hurry and hustle of modern life n cities and villages and in the busy seasons on farms leads many people to indigestion. Impaired digestion lies at the bottom of most human ills, because lack of proper nourishment reduces the natural disease resisting powers of the Poor digestion affects all relations

in life, including earning power. Impoverished blood follows if food is not thoroughly digested and poor blood results in physical weakness and re-duced nervous energy. There is no reserve store of energy and strength reserve store of energy and strength which is required to push ahead and accomplish the things desired. Success depends upon good health.

Duffy's Pure Malt Whiskey when taken just before meals stimulates the secretion of saliva for the digestion of starches and the secretion of gastric jules for the digestion of other foods, thereby improving the digestion and assimilation of the food and giving to the system its full proportion of nourishment. This action upon the digestive process is of great importance as it brings to all the tissues and organs of the body the nutriment necesorgans of the body the nutriment necessary to their sustenance and indirectly to the whole system strength and



vigor.

Get Your FREE Copy Of This Classy Book Contains a choice collection of witty, sparkling toasts-flashes of humor and bits of sentiment appropriate for all social occa-sions. Also many excellent re-cipes for cocktails and fancy mixed drinks, best made with

Quaker Maid WHISKEY

"The Whitsey With A Reputation"
The stimulant of supreme quality—Gold Medals from three great expositions back its claim as the world's finest whiskey.
Quaker Maid Whishey is guaranteed by us under the National Pure Food Law. At all first class Bars, Cafes, Clubs and Drug Stores. Send name and address today for your copy of Toasts and Cochtails.
S. Hirsch Distilling Co.
Kamas City, Mo.

Can't Get Away From It

Is it possible to nourish, strengthen and Analysis of Grape-Nuts shows Potassium Grape-Nuts contain that element as more Rebuild the Brain by Food?

Every man who thinks uses up part of the brain each day. Why doesn't it all disappear and leave an empty skull in say a month of Dr. Geo. W. Carey, an authority on the brain work? Because the man rebuilds each constituent elements of the body, says: "The present in order to blend the more bulky ma-

be in the food and drink.

That also is sure.

able proportion in all. To illustrate: we know bones are made would hardly feed only sugar and fat to make it, you have brain fag because its daily loss is

healthy bone structure in a growing child. If we desire to keep brain strong and healthy we would use food known to contain be rich in this element, you place before the to act, and Nature has defined a way to make the things Nature uses for the purpose.

True, Nature provides these elements in a variety of edible things. We submit the following facts for those who care to know something definite on the subject:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, interfere with or stop the flow of Ptyalin, Phosphoric Acid and Potash combined (Phosthe digestive juice of the mouth, and also increase of Potash) 291 per cent of the total true with the flow of the digestive juices of Grape-Nuts 5.33 of all Mineral Salts.

This is over one-half.

Beaunis, another authority, shows "Phos- has much to do (more than suspected) with phoric Acid combined" and Potash 73.44 per digestion. cent from a total of 101.07.

and water.

and Phosphorous (which join and make Phos- than one-half of all its mineral salts. We phate of Potash) is considerable more than must remember that nearly 95% of the brain one-half of all the mineral salts in the food, is composed of water and albumen, but the

gray matter of the brain is controlled entirely terials into useable form. by the inorganic cell-salt, Potassium Phosbrain fag and nervous prostration result sure. with albumen and by the addition of oxygen If he builds back a little more each day, the creates nerve fluid or the gray matter of the brain grows stronger and more capable. That brain. Of course, there is a trace of other salts also is sure. Where does man get the material and other organic matter in nerve fluid, but to rebuild his brain? Is it from air, sky or Potassium Phosphate is the chief factor and the ice of the Arctic sea? When you come to has the power within itself to attract, by its

facture the elixir of life." Further on he says: "The beginning and end of the matter is to supply the lacking Are the brain rebuilding materials found in principle, and in molecular form, exactly as all food? In a good variety but not in suit- Nature furnishes it in vegetables, fruits and grain. To supply deficiencies-this is the only

law of cure." largely of lime and magnesia taken from food; The natural conclusion is that if Phosphate therefore to make healthy bone structure we of Potash is the needed mineral element in must have food containing these things. We brain and you use food which does not contain not supplied.

> On the contrary, if you eat food known to life forces that which nature demands for a healthy brain and renew it day by day as

Mind does not work well on a brain that is broken down by lack of nourishment. sary to good digestion.

Worry, anxiety, fear, hate, etc., etc., directly phate of Potash) 2.91 per cent of the total, terfere with the flow of the digestive juices of stomach and pancreas.

Brain is made of Phosphate of Potash as Considerable more than one-half of Phos. the principal Mineral Salt, added to albumen

Therefore, the mental state of the individual

little worker Phosphate of Potash must be

If he builds a little less than he destroys, phate (Phosphate of Potash). This salt unites Potash is more than one-half of all the mineral salts, but the total volume of those elements is exceedingly small as compared with the greater bulk of other food elements contained in Grape-Nuts.

We should also remember that this small think about it, the rebuilding material must own law of affinity, all things needed to manu- ingredient should not be put into the food in the form it might come from a chemist, because man cannot produce these elements in as digestible a form as Old Mother Nature, when she puts them in the wheat and barley from which Grape-Nuts is made.

> A healthy brain is important, if one would "do things" in this world.

> A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

> Mind asks for a healthy brain upon which it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain A peaceful and evenly poised mind is neces- rebuilding material is certainly found in a very natural and perfect form in

'There's a Reason'

Postum Cereal Co., Ltd., Battle Oreek, Mich.

phate of Potash.