MESSAGE TO SIXTY-THIRD CONGRESS

Departs in Some Degree from the Usual Custom of Giving a Formal Review of Departmental Work

MEXICO IS THE ONE CLOUD UPON THE HORIZON

Hopes to See Constitutional Order Restored by the Concert and Energy of Such of Her Leaders as Prefer Liberty to Ambition—Urges Senate to Concentrate Upon Currency Bill Until Passed — Rural Credits to Farmers Advocated.

Washington, D. C.—The annual address of President Wilson, delivered at a joint session of the two houses of Congress at the beginning of the second session of the Sixty-third Congress, was as follows:—

Address of the President.

Gentlemen of the Congress:—

In pursuance of my constitutional duty to "give to the Congress information of the state of the Union," I take the liberty of addressing you on several matters which ought, as it seems to me, particularly to engage the attention of your honorable bodies, as of all who study the welfare and progress of the Nation.

I shall ask your indulgence if I venture to depart in some degree from the usual custom of setting before you in formal review the many matters which have engaged the attention and called for the action of the several departments of the Government or which look to them for early treatment in the future, because the list is long, very long, and would suffer in the abbreviation to which I should have to subject it. I shall submit to you the reports of the heads of the several departments, in which these subjects are set forth in careful detail, and beg that they may receive the thoughtful attention of your committees and of all Members of the Congress who may have the leisure to study them. Their obvious importance, as constituting the very substance of the business of the Government, makes comment and emphasis on my part unnecessary.

The country, I am thankful to say, is at peace with all the world, and many happy manifestations multiply about us of a growing cordiality and sense of community of interest among the nations, foreshadowing an age of settled peace and good will. More and more readily each decade do the nations manifest their willingness to bind themselves by solemn treaty to the processes of peace, the processes of frankness and fair concession. So far the United States has stood at the front of such negotiations. She will, I earnestly hope and confidently believe, give fresh proof of her sincere adherence to the cause of international friendship by ratifying the several treaties of arbitration awaiting renewal by the Senate. In addition to these, it has been the privilege of the Department of State to gain the assent, in principle, of no less than 31 nations, representing four-fifths of the population of the world, to the negotiation of treaties by which it shall be agreed that whenever differences of interest or of policy arise which can not be resolved by the ordinary processes of diplomacy they shall be publicly analyzed, discussed, and reported upon by a tribunal chosen by the parties before either nation determines its course of action.

There is only one possible standard by which to determine controversies between the United States and other nations, and that is compounded of these two elements: Our own honor and our obligations to the peace of the world. A test so compounded ought easily to be made to govern both the establishment of new treaty obligations and the interpretation of those already assumed.

There is but one cloud upon our horizon. That has shown itself to the south of us, and hangs over Mexico. There can be no certain prospect of peace in America until Gen. Huerta has surrendered his usurped authority in Mexico; until it is understood on all hands, indeed, that such pretended governments will not be countenanced or dealt with by the Government of the United States. We are the friends of constitutional government in America; we are more than its friends, we are its champions; because in no other way can our neighbors, to whom we would wish in every way to make proof of our friendship, work out their own development in peace and liberty. Mexico has no Government. The attempt to maintain one at the City of Mexico has broken down, and a mere military despotism has been set up which has hardly more than the semblance of national authority. It originated in the usurpation of Victoriano Huerta, who, after a brief attempt to play the part of constitutional President, has at last cast aside even the pretense of legal right and declared himself dictator. As a consequence, a condition of affairs now exists in Mexico which has made it doubtful whether even the most elementary and fundamental rights either of her own people or of the citizens of other countries resident within her territory can long be successfully safeguarded, and which threatens, if long continued, to imperil the interests of peace, order, and tolerable life in the lands immediately to the south of us. Even if the usurper had succeeded in his purposes, in despite of the constitution of the Republic and the rights of its people, he would have set up nothing but a precarious and hateful power, which could have lasted but a little while, and whose eventual downfall would have left the country in a more deplorable condition than ever. But he has not succeeded. He has forfeited the respect and the moral support even of those who were at one time willing to see him succeed. Little by little he has been completely isolated. By a little every day his power and prestige are crumbling and the collapse is not far away. We shall not, I believe, be obliged to alter our policy of watchful waiting. And then, when the end comes, we shall hope to see constitutional order restored in distressed Mexico by the concert and energy of such of her leaders as prefer the liberty of their people to their own ambitions.

I turn to matters of domestic concern. You already have under consideration a bill for the reform of our system of banking and currency, for which the country waits with impatience, as for something fundamental to its whole business life and necessary to set credit free from arbitrary and artificial restraits. I need not say how earnestly I hope for its early enactment into law. I take leave to beg that the whole energy and attention of the Senate be concentrated upon it till the matter is successfully disposed of. And yet I feel that the request is not needed —that the Members of that great House need no urging in this service the country.

I present to you, in addition, the urgent necessity that special provision be made also for facilitating the credits needed by the farmers of the country. The pending currency bill does the farmers a great service. It puts them upon an equal footing with other business men and masters of enterprise, as it should; and upon its passage they will find themselves quit of many of the difficulties which now hamper them in the field of credit. The farmers, of course, ask and should be given no special privilege, such as extending to them the credit of the Government itself. What they need and should obtain is legislation which will make their own abundant and substantial credit resources available as a foundation for joint, concerted local action in their own behalf in getting the capital they must use. It is to this we should now address ourselves.

It has, singularly enough, come to pass that we have allowed the industry of our farms to lag behind the other activities of the country in its development. I need not stop to tell you how fundamental to the life of the Nation is the production of its food. Our thoughts may ordinarily be concentrated upon the cities and the hives of industry, upon the cries of the crowded market place and the clangor of the factory, but it is from the quiet interspaces of the open valleys and the free hillsides that we draw the sources of life and of prosperity, from the farm and the ranch, from the forest and the mine. Without these every street would be silent, every office deserted, every factory fallen into disrepair. And yet the farmer does not stand upon the same footing with the forester and the miner in the market of credit. He is the servant of the seasons. Nature determines how long he must wait for his crops, and will not be hurried in her processes. He may give his note, but the season of its maturity depends upon the season when his crop matures, lies at the gates of the market where his products are sold. And the security he gives is of a character not known in the broker's office or as familiarly as it might be on the counter of the banker.

The Agricultural Department of the Government is seeking to assist as never before to make farming an efficient business, of wide co-operative effort, in quick touch with the markets for foodstuffs. The farmers and the Government will henceforth work together as real partners in this field, where we now begin to see our way very clearly and where many intelligent plans are already being put into execution. The Treasury of the United States has, by a timely and well-considered distribution of its deposits, facilitated the moving of the crops in the present season and prevented the scarcity of available funds too often experienced at such times. But we must not allow ourselves to depend upon extraordinary expedients. We must add the means by which the farmer may make his credit constantly and easily available and command when he will the capital by which to support and expand his business. We lag behind many other great countries of the modern world in attempting to do this. Systems of rural credit have been studied and developed on the other side of the water while we left our farmers to shift for themselves in the ordinary money market. You have but to look about you in any rural district to see the result, the handicap and embarrassment which have been put upon those who produce our food.

Conscious of this backwardness and neglect on our part, the Congress recently authorized the creation of a special commission to study the various systems of rural credit which have been put into operation in Europe, and this commission is already prepared to report. Its report ought to make it easier for us to determine what methods will be best suited to our own farmers. I hope and believe that the committees of the Senate and House will address themselves to this matter with the most fruitful results, and I believe that the studies and recently formed plans of the Department of Agriculture may be made to serve them very greatly in their work of framing appropriate and adequate legislation. It would be indiscreet and presumptuous in anyone to dogmatize upon so great and many-sided a question, but I feel confident that common counsel will produce the results we must all desire.

Turn from the farm to the world of business which centers in the city and in the factory, and I think that all thoughtful observers will agree that the immediate service we owe the business communities of the country is to prevent private monopoly more effectually than it has yet been prevented. I think it will be easily agreed that we should let the Sherman antitrust law stand, unaltered, as it is with its debatable ground about it, but that we should as much as possible reduce the area of that debatable ground by further and more explicit legislation; and should also supplement that great act by legislation which will not only clarify it but also facilitate its administration and make it fairer to all concerned. No doubt we shall all wish, and the country will expect, this to be the central subject of our deliberations during the present session; but it is a subject so many-sided and so deserving of careful and discriminating discussion that I shall take the liberty of addressing you upon it in a special message at a later date than this. It is of capital importance that the business men of this country should be relieved of all uncertainties of law with regard to their enterprises and investments and a clear path indicated which they can travel without anxiety. It is as important that they should be relieved of embarrassment and set free to prosper as that private monopoly should be destroyed. The ways of action should be thrown wide open.

I turn to a subject which I hope can be handled promptly and without serious controversy of any kind. I mean the method of selecting nominees for the Presidency of the United States. I feel confident that I do not misinterpret the wishes or the expectations of the country when I urge the prompt enactment of legislation which will provide for primary elections throughout the country at which the voters of the several parties may choose their nominees for the Presidency without the intervention of nominating conventions. I venture the suggestion that this legislation should provide for the retention of party conventions, but only for the purpose of declaring and accepting the verdict of the primaries and formulating the platforms of the parties; and I suggest that these conventions should consist not of delegates chosen for this single purpose, but of the nominees for Congress, the nominees for vacant seats in the Senate of the United States, the Senators whose terms have not yet closed, the national committees, and the candidates for the Presidency themselves, in order that platforms may be framed by those responsible to the people for carrying them into effect.

These are all matters of vital domestic concern, and besides them, outside the charmed circle of our own national life in which our affections command us, as well as our consciences, there stand out our obligations toward our territories over sea. Here we are trustees. Porto Rico, Hawaii, the Philippines, are ours, indeed, but not ours to do what we please with. Such territories, once regarded as mere possessions, are no longer to be selfishly exploited; they are part of the domain of public conscience and of serviceable and enlightened statesmanship. We must administer them for the people who live in them and with the same sense of responsibility to them as toward our own people in our domestic affairs. No doubt we shall successfully enough bind Porto Rico and the Hawaiian Islands to ourselves by ties of justice and interest and affection, but the performance of our duty toward the Philippines is a more difficult and debatable matter. We can satisfy the obligations of generous justice toward the people of Porto Rico by giving them the ample and familiar rights and privileges accorded our own citizens in our own territories and our obligations toward the people of Hawaii by perfecting the provisions for self-government already granted them, but in the Philippines we must go further. We must hold steadily in view their ultimate independence, and we must move toward the time of that independence as steadily as the way can be cleared and the foundations thoughtfully and permanently laid.

Acting under the authority conferred upon the President by Congress, I have already accorded the people of the islands a majority in both houses of their legislative body by appointing five instead of four native citizens to the membership of the commission. I believe that in this way we shall make proof of their capacity in counsel and their sense of responsibility in the exercise of political power, and that the success of this step will be sure to clear our view for the steps which are to follow. Step by step we should extend and perfect the system of self-government in the islands, making test of them and modifying them as experience discloses their successes and their failures; that we should more and more put under the control of the native citizens of the archipelago the essential instruments of their life, their local instrumentalities of government, their schools, all the common interests of their communities, and so by counsel and experience set up a government which all the world will see to be suitable to a people whose affairs are under their own control. At last, I hope and believe, we are beginning to gain the confidence of the Filipino peoples. By their counsel and experience, rather than by our own, we shall learn how best to serve them and how soon it will be possible and wise to withdraw our supervision. Let us once find the path and set out with firm and confident tread upon it and we shall not wander from it or linger upon it.

A duty faces us with regard to Alaska which seems to be very pressing and very imperative; perhaps I should say a double duty, for it concerns both the political and the material development of the Territory. The people of Alaska should be given the full Territorial form of government, and Alaska, as a storehouse, should be unlocked. One key to it is a system of railways. These the Government should itself build and administer, and the ports and terminals it should itself control in the interest of all who wish to use them for the service and development of the country and its people.

But the construction of railways is only the first step; is only thrusting in the key to the storehouse and throwing back the lock and opening the door. How the tempting resources of the country are to be exploited is another matter, to which I shall take the liberty of from time to time calling your attention, for it is a policy which must be worked out by well-considered stages, not upon theory, but upon lines of practical expediency. It is part of our general problem of conservation. We have a freer hand in working out the problem in Alaska than in the States of the Union; and yet the principle and object are the same, wherever we touch it. We must use the resources of the country, not lock them up. There need be no conflict or jealousy as between State and Federal authorities, for there can be no essential differences of purpose between them. The resources in question must be used, but not destroyed or wasted; used, but not monopolized upon any narrow idea of individual rights as against the abiding interests of communities. That a policy can be worked out by conference and concession which will release these resources and yet not jeopard or dissipate them, I for one have no doubt; and it can be done on lines of regulation which need be no less acceptable to the people and governments of the States concerned than to the people and Government of the Nation at large, whose heritage these resources are. We must bend our counsels to this end. A common purpose ought to make agreement easy.

Three or four matters of special importance and significance I beg that you will permit me to mention in closing.

Our Bureau of Mines ought to be equipped and empowered to render even more effectual service than it renders now in improving the conditions of mine labor and making the mines more economically productive as well as more safe. This is an all-important part of the work of conservation; and the conservation of human life and energy lies even nearer to our interest than the preservation from waste of our material resources.

We owe it, in mere justice to the railway employes of the country, to provide for them a fair and effective employers' liability act; and a law that we can stand by in this matter will be no less to the advantage of those who administer the railroads of the country than to the advantage of those whom they employ. The experience of a large number of the States abundantly proves that.

We ought to devote ourselves to meeting pressing demands of plain justice like this as earnestly as to the accomplishment of political and economic reforms. Social justice comes first. Law is the machinery for its realization and is vital only as it expresses and embodies it.

An international congress for the discussion of all questions that affect safety at sea is now sitting in London at the suggestion of our own Government. So soon as the conclusions of that congress can be learned and considered we ought to address ourselves, among other things, to the prompt alleviation of the very unsafe, unjust, and burdensome conditions which now surround the employment of sailors and render it extremely difficult to obtain the services of spirited and competent men such as every ship needs if it is to be safely handled and brought to port.

May I not express the very real pleasure I have experienced in co-operating with this Congress and sharing with it the labors of common service to which it has devoted itself so unreservedly during the past seven months of uncomplaining concentration upon the business of legislation? Surely it is a proper and pertinent part of my report on "the state of the Union" to express my admiration for the diligence, the good temper, and the full comprehension of public duty which has already been manifested by both the Houses; and I hope that it may not be deemed an impertient intrusion of myself into the picture if I say with how much and how constant satisfaction I have availed myself of the privilege of putting my time and energy at their disposal alike in counsel and in action.

Wanted Information.

Half an hour after Mrs. Richly had given her new maid an order she became uneasy and went to investigate. "Well, Mary, what has detained you? Have you found my Keats, as requested?" "Lor', mum," Mary apologized, "I was just comin' back to ask what is a Keats."

Modesty.

Some folks who can't play a hand organ in this world expect to give harp-playing instructions in the next.—Atlanta Constitution.

Hin for Young Musicians.

Begin your practice with enthusiasm. Don't put your practice off because you have "plenty of time." You cannot know your piece too well, but remember that one hour of steady, concentrated practice is better than four hours of careless strumming at the piece.

Nuf Sed.

Helter—"What sort of town is New York?" Skelter—"Judge for yourself. Two of its burroughs are named after cocktails."—Judge.

Feared to Lose Sawdust.

One day small Oscar was playing with a doll and some of the sawdust leaked onto the floor. Soon after Oscar's mother called him to her to trim his finger nails and Oscar said: "Don't trim so short, for all the sawdust will come out."

Another "Limit."

The stingiest man in Jamestown, the Optimist says, loafs around the drug store in the hope that the odor of the drugs will cure his cold.—Kansas City Times.

Children and Their Pets.

Never give a child any pet and let things "sort themselves out." It is futile to think children can manage pets by their own instinct; they must be taught how to do things in the right way.

Removing a Cork.

To take a cork out of a bottle when there is neither a corkscrew nor a knife at hand, stick two safety pins together diagonally through the cork, opposite to each other. By pulling on the upper part of the two pins you can remove the cork easily.

NEED FOR CARE IN SWEEPING

Effective Removal of Dust Without Unpleasant Results Requires Care in Operation.

Sweeping should be a process of complete and careful removal of dirt, its purpose being to geather the coarse dirt with the attached dust, and its aim to scatter as little of this dust as possible into the air, in order to prevent a transfer of dirt from one place to another. In order to sweep carpets and rugs effectively a somewhat inflexible, stiff broom is best, because it reaches into the depressions and among the fibers to dislodge the dirt, says Mother's Magazine. If the broom is too dry it will snap and throw off a great deal of dust, consequently it is always best to have the broom a little damp so that it will hold the dirt down and keep it all together.

The raising of dust is always more or less of a problem. But with short, light, wiping, overlapping movements, and then by the stopping of the broom on the floor instead of in the air, most of the inertia of the rising dust current may be overcome. In removing the gathered dirt from the floor to the dustpan, which is another occasion for dust to find its way back to the carpet, if a newspaper dampened can be fitted over the dustpan and made to stand up as far as possible at the back and sides a surprising amount of flying dust will be collected in this way. —Mother's Magazine.

HOUSEHOLD HINTS OF VALUE

Best Method of Sweetening Jars or Tins—How to Ascertain if Coffee Is Pure.

To sweeten jars and tins which have contained tobacco, onions or anything else of strong odor, wash the article clean, then fill it with fresh earth, cover it and let it stand for 24 hours. Then wash it and dry it and it will be quite sweet and fit for use.

If you wish to know whether your coffee is pure sprinkle a small quantity on the surface of a tumbler of water. Pure coffee floats; the adulterated article sinks to the bottom and discolors the water. This is a simple but effective test.

To remove fruit stains from tablecloths, cover with powdered starch and leave this in the stain for a few hours. All the discoloration will then be absorbed by the starch.

In cases of illness where ice is not procurable for cooling the head of feverish patients, cut a strip of cucumber, peel rather thick and lay the inner part on the forehead. It is deliciously cool and remains so for a long time.

Kitchen Basket.

Have you ever thought of the convenience a kitchen work basket might be? If not, do arrange to have one at once. The moments you will save by its installment will be many. Place a comfortable, low rocker in the brightest corner of the kitchen and near by make a nook for your work basket. Into it drop such sewing as requires no machine work, the stockings to be mended, the bit of darning and unfinished garments which require a little hand sewing to complete them. While waiting for a cake or a pudding to bake or the kettle to boil many odd stitches may be taken and much accomplished.

To Make French Pancakes.

Take two ounces of butter, two ounces of flour, two ounces of sugar, two eggs, a little baking powder and half a pint of milk. Beat the butter with a wooden spoon until creamy, all the eggs slowly, also the sugar, flour and baking powder, and when quite smooth stir in the milk. When well mixed turn the mixture into saucers which have been previously rinsed in hot water, so that they do not crack. Have them well buttered, and put in the mixture about half an inch thick. Bake in the oven a nice crisp brown, and when done put a little jam in each pancake, fold once and serve.

Lemon Apple Pie.

Grate the rind and strain the juice of two lemons. Pare, core and chop fine one large tart apple. Round two crackers very fine. Mix with two teaspoons of melted butter. Mix the lemon juice and rind and apple with two scant cups of sugar. Beat the yolks of two eggs to a thick froth and the whites stiff, mix and beat together and mix with the lemon, apple and sugar and add crumbs and butter. Beat thoroughly and line two pie tins as for custard pie. Pour in filling and bake until crust is done.

Grape Jam.

Wash Concord grapes and press the pulp from the skins into a saucepan. Put the skins into another saucepan. Boil the pulps until the seeds come out. Strain out the seeds, rubbing the pulp through the strainer. To each cupful of combined skins and strained pulp add one cupful of sugar. Put it on a moderate fire and let it come to a boil. Keep it barely simmering for fifteen minutes, then put it into jelly glasses or jam pots. When cold seal it with melted paraffin.

Beef Roll.

Run one pound of lean beef through the meat chopper, add one-half pint of dry bread crumbs, a level teaspoonful of salt, a dash of pepper, a little minced onion, if liked, and one egg; mix these ingredients thoroughly and shape into a roll about six or eight inches long and three inches in diameter; wrap in a piece of oiled paper; put into the baking pan, add one-half cup of water and bake 45 minutes, basting over the paper occasionally.

Beet and Bermuda Onion Salad.

Cut into slices and then into strips two beets, slice a medium-sized onion, quarter and separate the sections. Add as much celery as you have onion, one-half teaspoon of capers or chopped pickles, salt and white pepper. Mix and serve with your favorite dressing.

Thoughtful.

"Whenever I finish reading one of my poems," said the poet, "I always leave the platform on tiptoe." "How thoughtful!" remarked his friend. "To avoid waking the audience, I suppose."

Vacuum Theology.

A colored Baptist was exhorting. "Now, breddren and sistern, come up to de altar an hab yo' sins washed away."

All came but one man.

"Why, Brudder Jones, don' yo' want yo' sins washed away?"

"I done had my sins washed away."

"Yo' has! Where yo' had yo' sins washed away?"

"Ober at de Methodist church."

"Ah, Brudder Jones, yo' ain't been washed; yo' jes' been dry cleaned."—Lippincott's Magazine.

DISFIGURED WITH PIMPLES

R. F. D. No. 2, Box 46, Matthews, Ga.—"For three years or more I was troubled with pimples and blackheads. At first my face would itch and burn and then the pimples would break out. They looked almost as if I had measles, causing great disfigurement. They would make my face very red and sore. Then they festered and came to a head and large boils would come on my chin and nose.

"I also had dandruff which caused my scalp to itch and burn. It itched and burned so that I had to scratch it until it was irritated. The dandruff scaled off and showed plainly in my hair. It also caused my hair to break off and become very thin. I used several remedies which did not cure and gave but little relief. After I received a free sample of Cuticura Soap and Ointment I began using them according to directions. I secured two cakes of Cuticura Soap and two boxes of Cuticura Ointment, which cured me perfectly." (Signed) Miss Willie M. Walker, July 31, 1912.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

Too Much.

"What's the trouble here?"

"The bellboys are on a strike."

"Want more pay, I suppose."

"No. A man came in a little while ago and asked to have Wladislascz Szcbnrczs paged."

FAR BETTER THAN QUININE.

Elixir Babek cures malaria where quinine fails, and it can be taken with impunity by old and young.

"Having suffered from Malarious Fever for several months, getting no relief from quinine and being completely broken down in health, 'Elixir Babek' effected a permanent cure."—William F. Marr.

Elixir Babek, 50 cents, all druggists, or Kloczewski & Co., Washington, D.C. Adv.

No Joke.

"The drama in America is still in its infancy," said the producer.

"You mean its second childhood," corrected the critic.—Cincinnati Enquirer.



Baby Has Nerves Like Grown Folks—

Respect them. Baby can not tell you what is the trouble. Soothe the restless infant with

DR. FAHRNEY'S TEETHING SYRUP

and he will sleep well, eat well and act well. This famous remedy is mother's best friend. It prevents Cholera Infantum, cures bowel complaints and Colic, makes Teething easy and safe. Can be given to babe one day old. 25 cents at druggists. Trial bottle free if you mention this paper.

Made only by DRS. D. FAHRNEY & SON, Hagerstown, Md.

A poor man makes a good philanthropist—in his mind.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.Adv

Most of Them Are.

"How do you like her imitations?"

"Splendid. Aren't they wonderful—and so original?"—Detroit Free Press.

The Natural Course.

"Our boat was arrested in her speed by the water coming in."

"Then why didn't you bail her out?"

Both Affected It.

She—You really should give up smoking; it affects the heart.

He—By that reasoning, I ought to give up you, also.

Affirmative Answer.

She—Has Jack's auto got him into any serious trouble yet?

He—Well, I understand he has become engaged to the girl he's been taking out in it.—Boston Evening Transcript.

Kind to the Actors.

"You are going to fiddle while Rome burns?"

"Yes," replied Nero.

"But you can't play the fiddle."

"That's all right. The fact won't be noticed in the moving pictures."

His Proposition.

He was not very sober and had ridden for an hour or two in the taxicab when the chauffeur stopped.

"How much do I owe you, driver?" asked the passenger.

"Ten dollars and eighty cents, sir."

"Well, say, driver," was the reply, "just back up and keep going backward until you come to 30 cents, will you? It's all I've got."

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Grape-Nuts a Perfectly Balanced Food.

No chemist's analysis of Grape-Nuts can begin to show the real value of the food—the practical value as shown by personal experience.

It is a food that is perfectly balanced, supplies the needed elements for both brain and body in all stages of life from the infant, through the strenuous times of active middle life, and is a comfort and support in old age.

"For two years I have used Grape-Nuts with milk and a little cream, for breakfast. I am comfortably hungry for my dinner at noon.

"I use little meat, plenty of vegetables and fruit, in season, for the noon meal, and if tired at tea time, take Grape-Nuts alone and feel perfectly nourished.

"Nerve and brain power and memory are much improved since using Grape-Nuts. I am over sixty and weigh 155 lbs. My son and husband seeing how I had improved are now using Grape-Nuts.

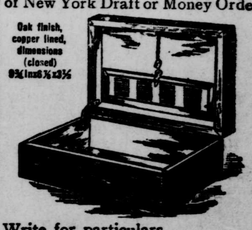
"My son, who is a traveling man, eats nothing for breakfast but Grape-Nuts and a glass of milk. An aunt, over 70, seems fully nourished on Grape-Nuts and cream." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

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"Print Shop Talk" Tells how to imitate steel die engraving; make embossing compound; gives many useful helps for country printers; all on platen press. Worth $2, sent pp. for 10 now. Address Shop Talk, B. 78, Rock Hill, S. C.

Ladies $50 worth of goods for $35 and a talking machine free. Write for our 68 page catalog. Poole Mail Order House, Newport News, Va.

Chewing Gum Direct from the manufacturer, as good as the best. Box of 20-5c pkgs. sent pp. for 50c. Dept. 6, Colonial Gum Co., Waltham, Mass.

CHEER UP! Send Today for Free ECZEMA Sample "QUICK." It stops Itch. EURECASOL CHEMICAL CO., G't's, Phila. Pa

W. N. U., BALTIMORE, NO. 48–1913.

The pessimist's idea of a good time is to sit down and think about the good times he might have had.

This Will Interest Mothers.

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