

HIS ONE WEAK SPOT.

Prominent Minnesota Merchant Cured to Stay Cured by Doan's Kidney Pills.

O. C. Hayden, of O. C. Hayden & Co., dry goods merchants, of Albert Lea, Minn., says: "I was so lame that I could hardly walk. There was an unaccountable weakness of the back, and constant pain and aching. I could find no rest and was very uncomfortable at night. As my health was good in every other way I could not understand this trouble. It was just as if all the strength had gone from my back. After suffering for some time I began using Doan's Kidney Pills. The remedy acted at once upon the kidneys and when normal action was restored the trouble with my back disappeared. I have not had any return of it."



For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

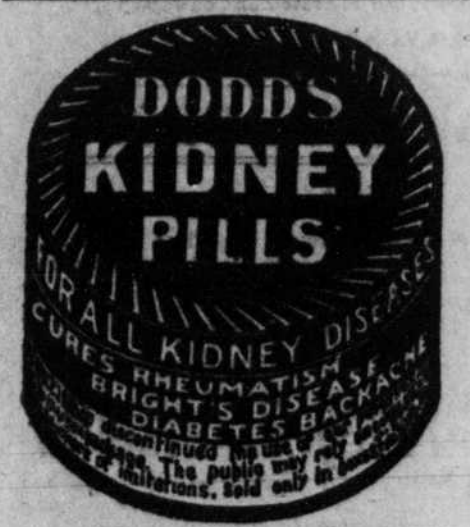
CHESTNUT FLOUR OF CORSICA.

Much Used but Produces Inferior Kind of Bread.

The chestnut is the wheat of Corsica, and its flour is used in the form of bread or polenta by the peasants throughout the island. The chestnuts are slowly dried over a small wood fire and stored until required for grinding. The mills are of the simplest construction, and consist of a wooden water wheel whose axis turns a millstone which crushes the shelled chestnuts against a fixed stone. The cheaper grades of flour are of a dirty color owing to the presence of particles of the shells and contain between 11 and 12 per cent of moisture. The composition of different varieties of the flour has been determined recently by M. Comte, who finds that chestnut flour closely approximates wheat flour in its food value. It contains about the same amount of starch, more fat and cellulose, but less nitrogenous substances (7 to 9 per cent, as against 12 to 16 per cent in wheat flour). Chestnut flour attracts moisture very rapidly, and therefore soon becomes mouldy unless kept in air-tight vessels. It has also the drawback of not being easily influenced by the action of yeast, and thus produces an inferior kind of bread.

Before the Age of Buttons.

Persons who read much of historic romance cannot fail to recognize the request, "Truss my points," which has been used by every writer of English from the time of Chaucer. Perhaps everyone who reads the phrase did not know that it meant, in common parlance, "lace up my clothes," but that is what it did mean, and the reason it ceased to be used in actual conversation resulted from the invention of the button and the passing away of the custom of fastening the clothes by lacing.



In the Spring

a young man's fancy often turns to thoughts of Engagement Rings. We have said before we are ring leaders. Big values for small prices.



HOWARD E. BURTON, ASSAYER AND CHEMIST. B.C. MORRIS FLORAL CO. DEAFNESS CURED FREE.

TOLD OF THE VETERANS

Time's Song. O'er the level plains, where mountains greet me as I go, O'er the desert waste, where fountains at my bidding flow.

War his weary watch was keeping—I have crushed his spear; Grief within her bowers was weeping—I have dried her tear.

Power had won a throne of glory; where is now his fame? Genius said, "I live in story"; who hath heard his name?

I have heard the heifer lowing o'er the wild wave's bed; I have seen the billow flowing where the cattle feed.

War and Weather. The editorial in The Chronicle under the caption of the "Winter Solstice" and the sudden drop of the temperature at the break of day was of deep interest to me from the fact that I gave the subject a great deal of attention during the civil war and formed a theory as to the cause of the early morning cold air, as it was called by the young soldiers in the Army of the Potomac.

In the months of June, July and August the first streak of light would appear in the east at ten minutes past 3 a. m. Fifteen minutes later the cool air so grateful to us after a warm night could be felt and always came from the upper air from the fact that the leaves on the trees would rustle and bend toward the earth, also standing grass, grain and growing corn. The birds would chirp faintly, roosters crow, cows bellow, horses neigh and then all would be quiet and settle down for a morning nap.

At the commencement of the battle of Fredericksburg I noticed a brigade of cavalry in line about ten yards to the rear of a battery of heavy siege guns. All were standing and dozing with their riders leaning against them. At half-past 4 a. m. the heavy guns opened fire on the city across the Rappahannock river and at their first discharge all the cavalry horses dropped to their knees. Some were prostrated and quite a number of the cavalry men were injured. This event occurred at the commencement of the drop in temperature and it was bitter cold while it lasted.

I noticed many times that while men were sleeping at sunrise their respirations would be long and deep, or about seventeen to the minute and the action of the heart would decrease from seventy-six to sixty-five per minute. On the night of the 3d and the morning of the 4th of July, 1863, at the battle of Gettysburg, the wounded between the opposing lines were crying, groaning and calling for water. Suddenly at 3 a. m. their crying ceased and one of my comrades remarked that they must all be dead. I answered him by saying they were not dead but were sleeping from the effects of the cool morning drop in temperature we then felt. The wounded slept for one hour and then resumed their cries for help and water. The sun was then rising and at that moment it was discovered that General Lee, with his army, was gone and out of sight. Then perfect bedlam broke loose among our boys. They shook hands and hugged each other. Some turned somersaults and danced and stood on their heads and others would twirl their hats aloft on the points of their bayonets. The color bearers waved their flags and with thousands of others cheered till they were exhausted. And it can be truly said that the grand old Army of the Potomac had gone mad with joy. General Mead immediately ordered a detail of 5,000 men to care for the wounded of both sides, who were soon made as comfortable as circumstances would admit.—Communication to Chicago Chronicle.

Grant an Idol to His Men. "I can call to mind," says a veteran, "my meeting with a member of the Twenty-first Illinois in 1865 or 1866. We were crowding toward the stairway near which Gen. Grant was standing, when the Illinois man said impudently, 'Push ahead, man; I want to get a good look at the little cuss who beat our regiment into shape the first year of the war. He tamed us by marching us across the country and by disciplining every man who disobeyed orders. He was our colonel then, and how we cursed him for his persistence in beating us into shape. Now, here he is the biggest man in the whole country and I want to tell him what I think of him.'"

A Painless Wound. It was about this time that I was wounded—most strangely, in the fact that while my wound was severe it was wholly painless. The fire of the enemy had become exceedingly accurate and the shells were bursting all around. With the flag officer and his staff I was standing on the bridge and our group made a pretty target for the gunners on shore. Dupont in his polite manner said presently: "Gentlemen, I would suggest that some of you had better leave the bridge. If our friends over there should drop a shell among us, we might lose some valuable officers."

Next National Encampment. Commander-in-Chief James Tanner and the Executive Council of the Grand Army of the Republic met the Citizens' Local Committee of Minneapolis in that city last month, and it was decided to hold the national encampment in Minneapolis during the week beginning Aug. 13, 1906. The citizens are already making every preparation and intend, if possible, to outdo any previous meeting of the National Encampment in the lavishness of their entertainment, and they are securing the best rates from the railroads and the hotels.

Traveling in India. Notwithstanding the great distances covered the railways of India carry no sleeping cars. The seats can be converted into berths, but travelers have to provide their own bedding. Nor are there any dining cars.

People now demand the right to know exactly what they eat. To be told by maker or retailer that the food is "pure" is not satisfactory. Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boric acid as a necessary preservative, which may agree with one and be harmful to another.

The person who buys and eats must protect himself and family, and he has a right to, and now demands, a law under which he can make intelligent selection of food. Many pure food bills have been introduced and some passed by State legislatures; many have been offered to Congress, but all thus far seem objectionable.

It has seemed difficult for politicians to formulate a satisfactory bill that would protect the common people and yet avoid harm to honest makers and prevent needless trouble to retailers. No government commissioner or officer has the right to fix "food standards," to define what the people shall and shall not eat, for what agrees with one may not agree with another, and such act would deprive the common citizen of his personal liberty. The Postum Cereal Co., Ltd., perhaps the largest makers of prepared foods in the world, have naturally a close knowledge of the needs of the people and the details of the business of the purveyors (the retailer and grocer), and guided by this experience have prepared a bill for submission to Congress which is intended to accomplish the desired ends, and inasmuch as a citizen of the U. S. has a right to food protection even when he enters another State, it is deemed proper that the gov't. take control of this matter and provide a national law to govern all the states. A copy of the bill is herewith reproduced.

Sec. 1 governs the maker whether the food is put up in small packages sealed, or in barrels, boxes or otherwise. Sec. 2 governs the retailer who may open a barrel and sell the food in small quantities. When he puts the goods into a paper bag he must also include a printed copy of the statement of the maker which was affixed to the original pkg., and inasmuch as the retailer cannot undertake to guarantee the statement of ingredients he must publish the statement of the makers and add his own name and address as a guarantee of his selling the food as it is represented to him, which relieves the retailer of responsibility of the truth of the statement and throws it upon the maker, where it properly belongs.

The Postum Cereal Co., Ltd., for example, have from the beginning of its existence printed on the outside of each and every pkg. of Postum and Grape-Nuts food a truthful and exact statement of what the contents were made of in order that the consumer might know precisely what he or she was eating. A person desiring to buy, for instance, strictly pure fruit jelly and willing to pay the price has a right to expect not only an equivalent for the cost, but a further right to a certainty as to what he eats. Or he may be willing to buy at less cost a jelly made part of fruit juices, sugar and a portion of glucose. But he must be supplied with truthful information of the ingredients and be permitted to use his personal liberty to select his own food accurately.

The people have allowed the slow murder of infants and adults by tricky makers of food, drink and drugs to go on about long enough. Duty to oneself, family and nation demands that every man and woman join in an organized movement to clear our people from this blight. You may not be able to go personally to Washington to impress your Congressmen, but you can, in a most effective way tell him by letter how you desire him to represent you. Remember the Congressman is in Congress to represent the people from his district and if a goodly number of citizens express their views to him, he secures a very sure guide to duty. Remember also that the safety of the people is assured by insisting that the will of the people be carried out, and not the machinations of the few for selfish interests.

This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. Therefore, if your Representative in Congress evades his patriotic duty hold him to strict accountability, and if necessary demand equitable and honest service. This is a very different condition than when a faction demands class legislation of the Congressmen. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class legislation really unworthy of a free people. Work people wanted best sweet butter because it was cheap and better than much unclean milk butter, but the dairy interests organized and forced the legislation. The law should have provided that pigs of oleomargarine bear the statement of ingredients and then let people who desire purchase it

Ad on Tombstones. This is from a tombstone in an English church yard. It robs death of its sting and the grave of its victory: "Sacred to the memory of Nathaniel Godbold, esq., inventor and Proprietor of that excellent medicine The Vegetable Balsam, for the Cure of Consumptions and Asthmas."

Beginning to Doubt. "Sometimes," said Uncle Jerry Peebles, "when I see these stories about graft in high places I begin to think, by gun, that there ain't any such thing as honor, even among thieves."

Sabers for the Savages. It appears that the discarded military sabers of Europe find their way to Germany. Thence they are distributed all over the world—to the savage tribes of Africa, to Arabian rebels in Yemen, even to Russian revolutionists. One German firm bought in one lot 20,000 condemned French sabers.

Expensive Birthday. "It is a lucky thing for Methuselah's relatives," remarked the Observer of Events and Things, "that his last birthday occurred before candles were introduced."—Yonkers Statesman.

NEW FOOD LAW

For a Weak Heart. A warm footbath is very helpful for a weak heart. Pain in the heart from organic heart disease will frequently be very much relieved by simply placing the feet for a short time in a moderately warm footbath. It does not need to be so hot that the patient can scarcely bear it.

Text of Pure Food Bill. If it meets approval cut it out, sign name and address and send to your representative in congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

carping critic may say this is simply an advertisement for Postum and Grape-Nuts. It is true that these articles are spoken of here in a public manner, but they are used as illustrations of a manufacturer seeking by example, printing on each pkg. a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods, hence this effort to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about \$20,000.00 to print this announcement in practically all of the great papers and magazines, in the conduct of what he chooses to term "an educational campaign," esteemed to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things. C. W. POST.

A BILL TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2, That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3, That it shall be unlawful for any person or persons to purposely, wilfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4, That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employees, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price samples of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Sec. 5, That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6, That any person, firm, or corporation, who shall wilfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7, That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8, That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9, That all acts or parts of acts inconsistent with this Act are hereby repealed.

Sec. 10, That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his State to support this measure.

Signed _____ City _____ State _____