HIS ONE WEAK SPOT.

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

O. C. Hayden, of O. C. Hayden & Co., dry goods merchants, of Albert Minn., says: "I was so lame



walk. There was unaccountable an. 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 un-

that I could hardly

derstand 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 read the phrase did not know that it meant,



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. On the boundless beam by day, on the cloud by night. I am riding hence away; who will chain my flight?

War his weary watch was keeping—I have crushed his spear; Grief within her bower was weeping—I have dried her tear; Pleasure caught a minute's hold—then I hurried by. Leaving all her banquet cold, and her gobiet dry.

And the roses on his brow withered as I passed.

I have heard the helfer lowing o'er the wild wave's bed; I have seen the billow flowing where the cattle fed; Where began my wanderings? Memory will not say!

Where will rest my weary wings? Sci-ence turns away! —Winthrop Mackworth Praed.

War and Weather.

The editorial in The Chronicle under the capion 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 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 chirup faintly, roosters crow, cows bellow, horses neigh and then all would be quiet and settle down for a morning nap. Soldiers on the picket, line had to keep moving in order to keep awake. Although raised on a farm, I then for the first time took notice how horses slept. Frequently a brigade of cavalry was near us and the horses would stand up and doze all night, but when the cool morning wave arrived they would lie down, place their under lip on the ground with their heads in a vertical position and when their heads wavered slightly from side to side we knew they were sleeping, but if their heads did not oscillate and their eyes

get a good look at the little cuas 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 cussed 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.'

"I regarded my Illinois friend with some suspicion, but when we came to Power had won a throne of glory; where is now his fame? Genius said. "I live in story"; who hat heard his name? Love beneath a myrtle bough whisperse "Why so fast?" And the roses on his brow withered as stretched in front of the General, peered about in a sort of personal inspection for half a minute, then took one of the General's hands from the pocket, kissed it in a caressing way, and put it back in the pocket with a satisfied, tender, reverent look on her face. The General looked down at her with a queer smile on his face and said quietly, 'Here, I will shake hands with you if I die for it. What is your name?

> "Thirty thousand people, within see ing distance, yelled and cheered as they saw the General take the little girl's hand and lower his head to her face. In the midst of the cheering my Illinois friend leaned forward on the rope and, holding out his hand, said: 'Here, Sis, give me that hand.' The girl, bewildered, tried to obey orders, and as the Twenty-first man caught hold of the hand and the General flinched (it had been shaken 10,000 times that day), the private of the Twenty-first said, with a chuckle: That's all right, General. I will handle it as I would a sick baby. I belonged to your old regiment. You tied me like a mule to the end gate of a wagon. Another time I carried a rail, and I cussed you up and down in a whisper.'

"The General looked annoyed and raised his eyes to those of Gen. Wilcox, in command of the special guard. Wilcox was raising his hand as a signal for interference when the Illinoisan, still caressing the hand, said with another chuckle: "That's all right, General. You made a man of me, and I never went into a fight but what I thought of you and wanted to tell you that I was trying to be a good soldier. I came to tell you this to-day, and, by George, I have done it.' Grant's hand closed about the hand of the other, and he said: 'I am very glad you spoke to me. I am always glad to ee the boys of the old regiment. Climb over.' And Private John crossed the rope and stood by the side of the Lieutenant General as the thousands marched by."

Ad on Tombetone.

This is from a tombstone in an glish church yard. It robs death of 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."

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.

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.

Beginning to Doubt. "Sometimes," said Uncle Jerry Pee-

bles, "when I see these stories about graftin' 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 mills tary sabers of Europe find their way to Germany. Thence they are dis-tributed all over the world-to the savage tribes of Africa, to Aral rebels in Yenem, even to Russian revo lutionists. One German firm ught in one lot 20,000 condemne French sabers.

"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.

People now demand the right to know exactly what they eat. To be told by maker or retailer that

the food is "pare" 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 boracic acid as a necessary preservative, which may agree with one and be harmful to another.

Wheat flour may contain a portion of corn flour and really be improved. Olive oil may be made of cotton seed oll. Butter may contain beef suct and yet be nutritious.

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 endless trouble to retailers. No gov't commission 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 re-(| 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

times try to force measures in their own interests, but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of that trust but directly contrary to the interests of the people as a whole. Wit-ness the anti-injunction bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is per-haps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a

strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interests of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privilege and duty you will at once-now-write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to

make a business of following it through the committee considering it. Urge its being brought to a vote and requesting that they vote for it. Some oppressively intelligent and

for just what it is, and not try to kill it | carping critic may say this is simply by a heavy tax. Manufacturers some | 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 illustre tions 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 \$20,500.00 to print this announcement in practically all of the great papers and maga-zines, in the conduct of what he chooses to term "an educational cam-paign," esteemed to be of greater direct value to the people than the estab-lishment 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.

. 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.



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.





RITZ



ed closed they were not ing but enjoying a much-needed rest. 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 slege 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. At the second battle of Bull Run when we were ordered to abandon our position long lines of infantry were sleeping on their arms. They had to be awakened as quietly as possible, which was a most difficult task. They were unusually tired on account of the previous day's fighting and many were furious at being disturbed and declared they were going to sleep even if they were taken prisoners by the confederates, but they had to obey orders and all got away at half-past 3 a. m.

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 Pourmac 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

Grant an Idol to His Men.

"I can call to mind," says a veteran, "my meeting with a member of the Twenty-first Illuois in 1865 or 1866. We were crowding toward the stair-way near which Gen. Grant was stand-ing, when the Illinois man said impa-tiently, 'Fush ahead, man; I want to

Chronicle.

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."

Being the junior and inferior officer of the crowd, I retired at once to the spar deck, when a shell came through our bulwarks and gave me a severe shake-up. Remembering the old adage that lightning never strikes twice in the same place, I went to the shattered port to look out and to continue my notes of the fight. As I leaned over, one of our own guns fired, and the grommet-a wadding of rope yarn-blew back into my long whiskers, and in an instant my face was in flames. It took me but a second to extinguish the conflagration; but it was too late to save even a respectable remnant of a beard whose glory had excited the envy of even the prince of Wales. I hurried below, took a pair of shears and trimmed my whiskers a la Grant. When I returned to the deck one of the officers said to me: .

"Well, sir, where in the devil did you come from?"

I saw in a moment that he did not recognize me, and I said:

"I came up from below, sir. My name is Osbon of the Wabash, sir."

The shells were flying about pretty thickly just then, and it was a poor time to discuss matters, but he stared at me for several seconds before he could take it in.

"In the name of heaven what is the matter with you?" he asked.

"I have been severely wounded," I replied, "in the whiskers."-From a Sailor of Fortune, in Pearson's.

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. 18, 1906. The citizens are already making every preparation and intend, if possible, to outdo any previous meeting of the

sealed, or in barrels, boxes or other-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 inclose 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 be-longs.

The remaining sections explain themselves.

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 por-tion 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. Re-member 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 sel.sh interests.

This pure food legislation is a pure movement of the people for public pro-tection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. There-fore, if your Representative in Con-gress evades his patriotic duty hold him to strict accountability, and if necessary demand equitable and honnecessary demand equitable and hon-est service. This is a very different condition than when a faction demands class legislation of the Congressman. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class leg-islation really unworthy of a free peo-ple. Work people wanted beef sust 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 pkgs. of oleomargarine bear the statement of ingredients and them let people who desire purchase it

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 Columbla, 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, of 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 Distrist 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 parment 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 conviotion 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 maliclously 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.