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ISAAC S. LONDON, PROPRIETOR.

A FAMILY NEWSPAPER FOR THE UPLIFT OF CHATHAM COUNTY

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NO. 44.

WILL MAKE CLEAR NEED FOR MARINE

McADOO EXPECTS PAN-AMERICAN FINANCIAL CONFERENCE TO DO THIS.

MAY 10 DATE OF MEETING

Bankers of Central and South America Will Meet in Washington.

Washington.—President Wilson has selected Monday, May 10, as the date for the Pan-American financial conference here, at which the Ministers of Finance and leading bankers of Central and South American countries will meet to discuss the establishment of more satisfactory financial and commercial relations between the Nations of the Western Hemisphere.

In a statement announcing the date Secretary McAdoo said all the foreign Governments had responded favorably when approached informally regarding the conference and that formal invitations would be sent them immediately. Congress authorized the conference and appropriated \$50,000 for expenses.

"The Secretary of the Treasury," said Mr. McAdoo, "is given authority to invite, in his discretion, representative American bankers to participate in the conference. This discretion will be exercised so as to secure the attendance of as large a number as practicable of our representative financiers in order that a thorough and comprehensive discussion may be had of existing financial conditions throughout the Western Hemisphere and of the measures that should be adopted to strengthen financial and trade relations between the United States and our Central and South American neighbors. A suitable program will be carefully studied and announced in due time.

MEDICAL BOARD ORGANIZED.

Rockefeller Foundation Undertakes Improvement of China.

New York.—The Rockefeller Foundation announced that it had decided to undertake a comprehensive plan for the improvement of medical and hospital conditions in China.

Mad Georgian Kills Six.

Brunswick, Ga.—Armed with an automatic shotgun, a mad Georgian, a real estate and timber dealer ran amuck in the business district here, killed six citizens, wounded 32 and was himself shot dead. Of the wounded Gunner Tolmas, a bank collector, probably will die. The dead are: Harry F. Dunwoody, prominent attorney.

William M. Hackett, undertaker. R. M. Deaver, policeman. George W. Asbell, motorman. Ernest McDonald. Monroe Phillips, real estate and timber dealer.

Bernhardt's Condition Good.

Bordeaux, via Paris.—A bulletin by Dr. Denuce, attending Mme. Sarah Bernhardt, who is fighting leg was amputated recently, says Mme. Bernhardt's condition continues satisfactorily.

Portuguese Minister Resigns.

Paris.—A Havas dispatch from Lisbon says the Portuguese minister of finance has resigned and that the minister of foreign affairs has taken over his department.

Horne A Federal Prisoner.

Machias, Maine.—Werner Horn, the German reservist, who attempted to blow up an international bridge at Vanceboro early last month and asserted that he did so "as an act of war" against Great Britain, has become a Federal prisoner. He will be taken to Bangor tomorrow for arraignment on indictments charging illegal transportation of explosives. Horn finished a sentence of 30 days in jail here on account of property damage caused in Vanceboro by the explosion.

781,000 Prisoners in Germany.

Berlin.—By wireless to Sayville.—Items given out by the Overseas News agency included: "Members of the Prussian Diet who have been visiting prison camps at present there are 751,000 prisoners interned in Germany an increase since the end of 1914 of more than 200,000. The newspapers continue to devote their attention to the bombardment of the Dardanelles. The latest reports from Constantinople say no damage has been done and that shooting is from a longer range."

Walker, Outlaw, Is Taken.

Wilmington.—Cassie P. Walker, aged 45, who was outlawed soon after his escape from jail at Southport where he was awaiting trial charged with the murder of Sheriff Jackson Standland of Brunswick six years ago, and for whose capture dead or alive there was a reward of \$500, was taken into custody here by police and county officers working under direction of Justice George Horsey, to whom the presence in the city of Walker was first reported. Walker was overpowered before he could offer resistance.

WILSON STUDYING MEXICAN QUESTION

DRASTIC MEASURES MAY BE NECESSARY TO PROTECT MEXICO CITY.

REFUSES THE AID OF ALLIES

But Virtually Tells the Starving People to Help Themselves to Anything in Sight.

Washington.—President Wilson faced one of the most serious and perplexing developments that has arisen in the Mexican situation. Mexico City is on the verge of starvation. General Obregon, the Carranza commander, refuses to permit an international relief committee, composed of wealthy members of the foreign colony to succor the needy. "Mexico needs no foreign aid," the general is reported to have said.

All merchants who closed their stores have been ordered to reopen. Three hundred of them, Mexicans, have been imprisoned. The population is in terror since Obregon has announced he will not prevent looting or pillaging for food or money.

The Brazilian, British, Spanish and Italian ambassadors give the state department pessimistic reports of the situation, which correspond to reports already received.

Secretary Bryan announced that he had telegraphed American Consul Stillman to lay the situation earnestly before General Carranza, so that General Obregon might be directed to accept aid proffered by foreign residents. Freight services is suspended between Mexico City and Vera Cruz and transportation facilities for relief purposes are being withheld by General Obregon on the ground of military necessity.

President Wilson was advised of all the facts. A suitable program will be carefully studied and announced in due time.

PRESIDENT POSTPONES TRIP.

Washington.—Vice President Marshall will go to San Francisco to represent President Wilson at the formal dedication of the Panama-Pacific Exposition March 20. The President still hopes to visit the exposition later.

The Vice President will go to Cleveland and later will go to Indianapolis before leaving for the coast. Assistant Secretary Phillips of the State Department, chairman of the Government Exposition Board, also left for San Francisco to take part in the exercises in honor of representatives of foreign governments.

President Wilson reluctantly gave up his plans for going to the coast this month, but decided he was needed in Washington to direct the negotiations for the protection of American interests during the war. He may go later.

President Wilson conferred with Secretary Bryan and Mr. Phillips, who discussed the trip with the President. The invitation to the Vice President to represent the President at the exposition followed and he accepted.

IMPORTANT NEWS BRIEFS

Col. George W. Goethals has been nominated to be a major general in recognition of his services in building the Panama canal.

Alfred Hampton, youngest son of Gen. Wade Hampton, of South Carolina, was appointed assistant commissioner general of immigration by Secretary Wilson to succeed F. H. Larnes who will be transferred for duty at Ellis Island.

Representative Joseph T. Johnston of Spartanburg has been selected by President Wilson to represent the Federal Government in South Carolina, created by congress shortly before adjournment.

The Standard Oil Company steamer Plutonia, bound for Malmo, Sweden, has been detained at Kirkwall, Scotland, pending investigation.

The Commercial Bank of Pittsburgh did not open its doors for business. A notice on the door said it had been closed by order of the controller of the currency.

T. R. Manning, formerly vice-president of the North Carolina Press Association and until four years ago secretary of the Henderson Gold Leaf, died at Henderson, N. C. He was 58 years old and had been confined to his bed for three years.

"Unless neutral nations are prepared to assist in throwing the Germans out of Belgium, no suggestion of preventing further devastation of that country are wanted," said Foreign Secretary Grey in the house of commons.

Chicago cattle shippers and railroad representatives asked state authorities to permit shipment of cattle eastward through Pennsylvania in sealed cars. They said the order promulgated recently against shipments from Chicago because of foot and mouth disease was depriving New York of its meat supply. The request was denied.

Investigate Dum Dum Manufacture.

Washington.—Investigation of the alleged manufacture of dum dum bullets in the United States for use by Allies has been undertaken by the State Department as the result of the submission of new evidence by German Embassy, Secretary Bryan announced that such an inquiry had been ordered. When the Embassy sent a protest with exhibits to the department some weeks ago Mr. Bryan said that if this fact could be established the President would try to stop it.

IN DANGEROUS STRAITS



NOTHING FOR WARSHIPS

RESOLUTION PASSED BY HOUSE TO PREVENT ANY AID TO WARSHIPS.

Suspected Ship Would Not Be Granted Clearance Papers.—Departments Want More Authority.

Washington.—A resolution drafted by the Department of Justice for the State Department was passed in the House, designed to prevent vessels from leaving American ports with coal and supplies for belligerent warships at sea.

The resolution would authorize the President to direct customs collectors to withhold clearance from any vessel of American registry or license which he has reason to believe has any intention to carry such supplies.

The resolution was passed by Democratic Leader Underwood and Republican Leader Mann. It was put through after Mr. Underwood had presented a letter from Robert Lansing, Counselor of the State Department, saying that the Government had been hindered by lack of sufficient legislation to prevent vessels from leaving American ports with coal and supplies for warships. The Department of State heartily supports the proposed resolutions," the letter continued, "and desire to emphasize the great urgency and need of its immediate passage that the Government may not be bound internationally and yet have its territorial waters as a base of operations for the armed forces of a belligerent, contrary to the obligations imposed by the law of Nations."

By unanimous vote the Senate late at night adopted with amendments a substitute for the joint resolution passed earlier in the House enjoining the power of the President to prevent infringement of American neutrality by vessels leaving ports of the United States with men or supplies for belligerent warships.

Great Britain's reply will depend to some extent on the attitude of her Allies. There have been official intimations however, that she would flatly reject the proposal for the shipment of foodstuffs and conditional contraband to Germany.

The Anglo-French note outlining the Allies' intention to stop all commerce in the hands of their neutral countries occupied the attention of official Washington. President Wilson told inquirers he could not define the attitude of the American government because he had not thoroughly digested the contents of the communication.

At the request of Republican Leader Mann, Speaker of the House, turned the chair over to Progressive Leader Murdock. The republican leader then eulogized the "able and loved speaker," and the house passed with a cheer a resolution thanking Speaker Clark on behalf of the entire membership for his services during the congress.

The speaker then resumed his place and began a speech of thanks.

"The multiplicity of honors and kindnesses that this house has heaped on me goes straight to my heart," he said, but got no further for his voice broke and his eyes filled with tears.

CLARK HONORED.

After his return to the White House President Wilson dictated the following statement:

"A great congress has closed its sessions. Its work will prove the purpose and quality of its statesmanship more and more, the longer it is tested. Business has now a time of calm and thoughtful adjustment before it, disturbed only by the European war. The circumstances created by the war put the nation to a special test, a test of its true character and of its self-reliance."

"The constant thought of every patriotic man should now be for the country. Its peace, its order, its just and tempered judgment in the face of perplexing difficulties, its dignity and its strength alike will appear not only to the eyes of the world, but also to its own people, and to act with patience, with disinterested fairness, and without excitement, in a spirit of friendliness and enlightenment which will firmly establish its influence throughout the world.

For many minutes before adjournment there was a lull in the senate. Senator Simmons paid a tribute to Senator Perkins of California, whose term ended at noon. Senator Perkins sat for a moment in contemplation of the tribute. Then he slowly half rose from his seat and turned his hand toward the North Carolina senator and his colleagues in a gesture of farewell, and took his seat again too overcome with emotion to speak.

Senator Gallinger offered a resolution of thanks to Vice-President Marshall for his services as presiding officer of the senate.

Forewell Addresses.

In the senate, some of the senators who are retiring from public life, made forewell addresses.

President Wilson meantime worked steadily in his room consulting members of his cabinet and senators, and briefly about each bill, and signed many measures in quick succession. The most important were the neutrality resolution, a resolution giving medals to the "A. B. C." medallions for their work at the Niagara conference and the regular appropriation measures.

Two Judges For South Carolina.

Washington.—A bill dividing South Carolina into Eastern and Western judicial districts and providing for the appointment of an additional district judge passed the senate. It now goes to the president. The bill requires the president to make public the names of sponsors for any applicant for appointment. The present district judge resident in eastern South Carolina will be judge in that district but will retain control of any cases in the Western district that have already appeared before him.

Anarchists Form Desperate Plot.

New York.—The discovery of an anarchistic plot aiming at the assassination of Andrew Carnegie, Cornelius Vanderbilt, John D. Rockefeller and his son, and other wealthy men, and the inauguration of a reign of terror and looting in New York City, was announced by the police after they had arrested a man as he placed two bombs in St. Patrick's Cathedral, where several hundred persons were worshipping. The sensational development was the culmination of months of work by detectives.

MUCH LEGISLATION BY 63D CONGRESS

TOTAL APPROPRIATIONS OF SESSION AMOUNTED TO APPROXIMATELY \$1,120,484,324.

IMPORTANT MEASURES FAIL

Including Ship Bill and Rural Credits Bill.—Two Appropriations Fail Passage.

Washington.—After two years of almost continuous session the Sixty-third Congress, which revised the tariff and the currency system of the Nation, supplemented the trust laws, created an income tax and demonstrated the first popular election of United States senators, has adjourned.

When gavels fell in the House and Senate signaling the adjournment they marked the close of half of President Wilson's Administration, the first under domination of the Democratic party since 1885.

The House adjourned on the session were approximately \$1,120,484,324 several millions under the record of previous congresses.

TWO BILLS FAILED.

Two appropriations bills failed. Current appropriations for the postal service and the Indian office were extended for another year.

After refusing to accept the Indian bill the senate reversed itself and passed it, but the house refused to agree to minor amendments added at the last moment.

Ship Bill Signed.

In the closing hours, President Wilson signed the seaman's bill, the neutrality resolution, empowering him to prevent ships leaving American ports with supplies for belligerent warships. Promoted Colonel Goethals to be a major general for his services as builder of the Panama canal, and gave promotions to other officers associated with the work.

The administration ship bill, the Philippine bill, the conservation bills, the rural credits provision of the agricultural bill and ratification of the treaties with Colombia and Nicaragua—all had passed administration measures, fell by the wayside.

In the senate several members, long prominent national figures—among them Senators Root and Burton, stepped back into private life as the curtain fell. In the House Democratic Leader Underwood said good-bye, to sit in the next senate, and three score or more of his members retired.

Last Hour in House.

In the house, the last hour was devoted to tributes to Speaker Clark, Representative Underwood and Republican Leader Mann. Representative Palmer announced presentation of a portrait of Mr. Underwood to be hung in the hall of the ways and means committee. In doing so Mr. Palmer said:

"There is no doubt Mr. Underwood soon will be the leader in the senate. He is one of the greatest Americans of his time."

Clark Honored.

At the request of Republican Leader Mann, Speaker of the House, turned the chair over to Progressive Leader Murdock. The republican leader then eulogized the "able and loved speaker," and the house passed with a cheer a resolution thanking Speaker Clark on behalf of the entire membership for his services during the congress.

The speaker then resumed his place and began a speech of thanks.

"The multiplicity of honors and kindnesses that this house has heaped on me goes straight to my heart," he said, but got no further for his voice broke and his eyes filled with tears.

PROTEST MADE TO ALLIES

IF IT IS INTENTION TO INTERRUPT COMMERCE WITHOUT DECLARING BLOCKADE.

United States Will Ask Great Britain How They Intend to Carry Out Their Policy.

Washington.—While President Wilson indicated that the United States would inquire of Great Britain and France as to how they propose to carry out their announced determination to prohibit commercial intercourse by sea with Germany, such action. It was stated later, probably would be deferred until replies were received from Great Britain and Germany to the American proposals looking to a cessation of the German submarine warfare on merchant ships and unrestricted passage of foodstuffs to civilian populations of the belligerent nations.

The resolution, to take effect immediately and to continue while the war lasts, is designed to "prevent violation of the United States neutrality by the use of its territory, its ports or its territorial waters as a base of operations for the armed forces of a belligerent, contrary to the obligations imposed by the law of Nations."

By unanimous vote the Senate late at night adopted with amendments a substitute for the joint resolution passed earlier in the House enjoining the power of the President to prevent infringement of American neutrality by vessels leaving ports of the United States with men or supplies for belligerent warships.

CZARS TROOPS ADVANCING

Furious Attacks Fall to Break Lines of Russians.

London.—In their determination to leave Przemysl and drive the Russians out of Galicia, the Austro-German armies which for some weeks have been on the Galician side of the Carpathian mountains, have made repeated attempts the last few days to break through the Russian trenchments but without success.

Since in massed formation they threw themselves against Russian troops holding strong positions, the Austro-Germans have attacked again and again in spite of heavy losses.

According to the Russian official account, the Austrians delivered furious, but unsuccessful attacks between the San and Ordava Rivers, while the Germans made fruitless attempts around Kozlowka and Rojanka. At Rojanka they lost two companies, which were surrounded and annihilated.

Guard lines have been established about the workings and only workers are permitted within them. Company officials refuse to give out any information. Most of the entombed miners are of foreign birth, but many are Americans.

Hugh R. McMillen, assistant mine boss, is among the missing.

Surplus For Postoffice.

Washington.—The Treasury Department received a check from Postmaster General Burleson for \$3,500,000, representing the surplus in the revenues of his department for the fiscal year which ended June 30, 1914. For the fiscal year of 1913 the postal revenue surplus was \$3,800,000, which also was turned over to the treasury. In acknowledging the receipt of the check, Secretary McAdoo said these payments were the first representing actual surpluses made by the Post-office Department since 1838.

Foreign Trade for January.

Washington.—An analysis of America's foreign trade for January issued by the department of commerce, showed the amount of the tremendous increases in exports to many European nations and the decrease of exports from the principal countries of Latin-America compared with January, 1914. No American products reached Austria during the month, but shipments to Germany showed increases. The total trade balance in favor of the United States for the month was \$145,506,996.

LAND SEGREGATION BILL VOTED DOWN

AMENDED ANTI-JUG BILL HAS EASY SAILING THROUGH SENATE.—MANY BILLS PASS.

DISPATCHES FROM RALEIGH

Doings and Happenings That Mark the Progress of North Carolina People Gathered Around the State Capitol.

Raleigh.

The senate listened for half an hour to arguments by Senator Majette and others on the Majette bill for a constitutional amendment to allow a system of rural land segregation between the races, as endorsed by the State Farmers' Union, and then voted 17 to 15 against the bill on second reading, killing the bill for the session.

The vote was first postponed and then Mr. Majette urged reconsideration of this with the fatal result for his bill.

The senate passed without opposition a bill agreed upon by the joint conference committee as a substitute for the anti-juug bill that the senate had amended to require a referendum and the measure went to the house, where its passage is assured. This means that prohibition legislation is terminating in a bill that will limit saloons to "agricultural lands" to one quart within 15 days to one person and not over five gallons of malt liquors with not over 5 per cent alcohol within a 15-day period when the bill had been passed without amendment.

Senator White, who had offered much the same bill early in the contest over the original bill in the senate, took occasion to especially thank Senator Gilliam and Senator Nash for their support of the substitute bill in the conference committee and on the floor of the senate. Both had opposed the original bill and worked for the referendum amendment that finally worked its defeat through the senate amendment.

House and Senate Very Busy.

There was favorable report from committee for the Darden bill to allow commissioners of counties to pay \$10 reward for information to convict blind tigers and blockaders.

Doctor Carr pleaded for a bill for inspection of hospitals, convales, reformatories and the like, and it was passed with an amendment fixing it on his county of Duplin only on motion of Representative Vann; Representative Hutchison's bill to amend the law as to bills-of-lading as evidence; require telephone companies to render statements.

The house concurred in the Senate substitute for the bill amending the pharmacy law and the amendment to the bill to give peanut pickers a lien on peanuts picked.

The Senate passed the bill to increase the fees of solicitors on a scale of running to \$25 instead of \$20. It being estimated that the bill will give an increase of about 30 per cent in the revenue of these officers. There were numbers of amendments offered, and voted down, notably one by McLabor relating to machinery as to child labor regulations as approved by the Committee on Manufacturers and this immediately concurred in by the House.

The Senate passed with only one dissenting vote the Gilliam bill to amend the Constitution so as to restrict local and special legislation. It is a duplicate of that amendment lost at the last election and will now be submitted, if the House concurs.

The senate passed the bill to require railroad employees in shops to be paid of semi-monthly.

Senator Gardner got up his bill to amend the law as to hours of labor in mills and remedying defects in the present law, fixing 60 hours and requiring better machinery as to child labor regulations as approved by the Committee on Manufacturers and this passed in second reading after an explanation by Senator Gardner.

Regulate Importation of Cattle.

The Senate took up the bill of Senator Miller to authorize the Governor and Commissioner of Agriculture to stop or regulate the importation of feedstuffs and cattle into the state at their discretion, the purpose being in his position to take prompt and effective steps to prevent or stay invasion of the foot-and-mouth disease which has recently appeared in Virginia.

Fish Commission Bill Passed.

The state fish commission bill completed its running of the gauntlet being passed by the House by a vote of 53 to 51 after an especially spitted final argument, then had its amendments concurred in by the Senate and order made for its enrollment for ratification.

Woman Reformatory Bill Passed.

The McRae bill to establish a reformatory for fallen women was passed by the senate.

Bynum Divorce Bill Killed.

The House reopened the matter of the passage of the Bynum bill for allowing absolute divorce after five years separation where some one of the statutory cases is involved and killed the bill by a vote of 50 to 42.

The calendars in both houses are terribly congested and committees are reporting great numbers of additional bills at the opening hour of every session in preparation for the final deluge that can be characterized the last hours of the session.

Senate Considers Machinery Bill.

The senate spent some time considering the machinery bill and voted down a substitute embodying the 1913 machinery act offered by Senator Muse because he opposed the tax assessment feature of the new bill with its county assessor feature with as he charged, tax assessments as to sheriff settlements, and listing town property in May, and all were accepted and the bill passed in final reading to go back to the house for concurrence.

Education Bill in House.

The house took up the omnibus education bill prepared by the committee to generally amend the public school laws and more particularly empowering the board of education of any county to raise the age limit for compulsory school attendance to 14 years. The provisions of the bill were explained by Chairman Mintz of the committee on education. There was considerable discussion and then the bill was referred to the committee on appropriations.

Workmen's Compensation Bill Killed.

The Nettles workmen's compensation bill was laid before the house and Mr. Nettles spoke vigorously for it, meeting in fearless manner a bombardment of questions from numbers of the lawyers and others. At the conclusion of his speech Representative Douglass declared the bill too far-reaching to undertake to consider in these last days of the session, and his motion to table did the work; the measure being killed by a large majority.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely. A child simply will not stop playing to empty the bowels, and the result is they become "cross" because it perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children and adults. Buy it because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

True Humility.

The late Thomas Flint, professor of divinity in Edinburgh university, was the son of a Dumfriesshire shepherd. When he moved to Edinburgh, his father went with him and remained the head of the house. In this circumstance, says the Springfield Republican, Professor Flint's biographer finds "something touching and beautiful: "One of the greatest scholars of his day, a man of world-wide reputation, the leading theologian of Scotland, sits humbly at the family table and kneels reverently at prayer while his aged father, a simple peasant, conducts the devotions of the household."

DRINK LOTS OF WATER TO FLUSH THE KIDNEYS

Eat Less Meat and Take Salt for Backache or Bladder Trouble—Neutralize Acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headaches, dizziness, spots of vision, tongue coating and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also to neutralize the acids in urine, as to no longer a source of irritation, thus curing bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts, who believe in overcoming kidney trouble while it is only trouble.—Adv.

All for the Ladies.

Churches, I see Bonny will erect road mirrors at dangerous street intersections to warn traffic of vehicles approaching from around corners.

Go them—But how will they know the mirrors are there?

"By seeing all the women around 'em."

Not by a Long Way.

"Let me see, now," said the minister at the christening, dipping his pen into the ink to record the event. "Isn't this the 27th?"

"It should be 26," returned the indignant mother; "it is only the ninth!"

An Illustration.

"A shoemaker is a good instance of the kind of man the masses wish to meet in the masses."

"Why a shoemaker?"

"Because the sole purpose of his labors is to support his uppers."

STRENGTH.

Without Overloading The Stomach.

The business man, especially, needs food in the morning that will not overload the stomach, but give mental vigor for the day.

Much depends on the start a man gets each day as to how he may expect to accomplish the work on hand.

He can't be alert with a heavy, fried-meat-and-potatoes breakfast, requiring a lot of vital energy in digesting it. A Calif. business man found a food combination for producing energy. He writes:

"For years I was unable to find a breakfast food that had nutrition enough to sustain a business man without overloading his stomach, causing indigestion and kindred ailments.

"Being a very busy and also a very nervous man, I had about decided to give up breakfast altogether. But luckily I was induced to try Grape-Nuts."

"Since that morning with a heavy, fried-meat-and-potatoes breakfast, my head is clear and my nerves strong and quiet.

"I find that Grape-Nuts, with a little sugar and a small quantity of cold milk, makes a delicious morning meal, which invigorates me for the day's business."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Well-being" in pkgs. "There's a Reason."

"Ever read the above letter? A new one comes from time to time. They are genuine, true, and full of human interest."