



little plot altogether,' he said smiling, | would necessitate his leaving England She was all right, Mrs. Markham;

and kissing her.

for a time very shortly, suggested that | for I saw her an hour or two before She believed him implicitly, of he would let her decide whether the she came to you, and she was aleourse, and was flattered at the little | marriage should take place before his together in her usual spirits.' He attention which the imaginary act | departure or after his return. implied.

The widow on her side was all de Montalt, he repeated his question. 'I can't help wondering where on eagerness, and they were in close earth that child Dessie has got to,' consultation when Tom Cheriton was you know nothing at all of the cause she said, after a pause. 'It's such an shown in. extraordinary thing to have done.'

He glanced round the room in 'I have replied once. I am not evident disappointment at not seeing accustomed to be questioned in this Dessie there, and his first question | way. I am not responsible for this was for her young lady's eccentricities,'

'It is most unaccountable, Mr. 'Well, we shall see. You will ex-Cheriton,' said Mrs. Markham. 'But cuse me now, Mrs. Markham. Desfirst let me make vou two gentlemen sie says in her wire that she is writ ing to my chambers, and I will go known to one another.' and she introduced them. The impression there. I am not at all satisfied; and know," she said, shaking her head which each formed of the other was must look into things at once.' With

'Then in that case, why not accept exceedingly unfavourable. her explanation? She implies she

has gone away on Lusiness.' 'But she doesn't say where. Be sides, she's been so peculiar the las mured a word or two of civility.

'She is a woman journalist, Dora

'Not in the least. She's the most

level-headed little soul on the face of

the earth-at least she used to be."

She made the qualification, remember-

ing the girl's unaccountab'e dislike of

There is an explanation of any amoun

of eccentricity in that.'

de Montalt.

Sait Rheum • On the Hand

Yielded only to the soothing, healing influence of DR. CHASE'S OINTMENT.

'Strange,' he said thoughtfully. In addition to the suffering and She brought me up on purpose to annoyance caused by eczema and salt rheum there is always danger of the trouble spreading and becoming see her. Do you know anything of this, sir?' he asked de Montalt, chronic. For this reason the use of this, sirr ne asked de Monta Dr. Chase's Ointment should be regu-abruptly with a sharp keen glance.

lar and persistent until the cure is thorough and complete. '1? Certainly not. How is that possible?'

tents.

Mrs. John J. Delory, Linwood, Antigonish county, N.S., writes:-"'I 'Anything is possible, as an Old want to say that Dr. Chase's Oint-Bailey practice soon teaches you," ment has proven a great blessing to me. I had salt rheum on one hand, returned Cheriton, brusquely. 'What and could not get it healed up. The is your opinion of her sudden step, itching was most distressing at times. Two boxes of Dr. Chase's Ointment has cured me completely, and I glad-Mrs. Markham? You know her well."

12 46

'I can't understand it at all,' was ly recommend it to every sufferer." In every home there is a demand the reply. Mrs. Markham was netfor Dr. Chase's Ointment. It is par-ticularly useful where there are chiltled at Cheriton's tone towards her

are relieved at once and eczema is that it's a sudden commission of that it's a sudden commission of

ment. 60 cents a box, at all dealers, work. But I am bound to say I can't obtained in Dragee (Tasteless think that's all. She's been very form.

小 生素素 如何

or Edmanson, Bates & Co., Toronto.

that, he left, shaking hands with Mrs. 'A scoundrel,' was Cheriton's in- Markham and bowing very stiffly to ward verdict. 'A buildog,' was the her companion.

other man's thought, while both mur-BROKEN-DOV N SYSTEM. T^{i} is a condition for discuss) to which do tors to many names, but which few of them really do t tand. It is simply weakness—a break-down, in were of the vital forces that sustain the system; to matter what may be list causes (for they are al-out numberless), its symptoms are much the same brock numberless), its symptoms are much the same . There is a telegram for you, Mr. cheriton,' sa d Mrs. Markham, handing it to him. 'We've no doubt it's pre prominent being sleeplessness, sense o tion or weariness, depression of spirits and f energy for all the ordinary affairs of life that alone is absolutely assortion is all from Dessie.' He tore it open quickly, and a glance told him the con-VITAL®STRENGTH & ENERGY

of this absence, sir?

oves that as night succeeds the day this may b ore certainly secured by a course of the cele THERAPION No.3

as it is taken in accordance with the printed directions accompanying it, will the shattered health be restored THE EXPIRING LAMP OF LIFE

THE EXPIRING LAMP OF LIFE LIGHTED UP AFRESH, and a new existence imparted in place of what had so lately seemed worn-out, "used up," and valueless. This wonderful medicament is purely weersable and innocuous, is agreeable to the taste -surtable for all constitutions and conditions, m either sor; and it is difficult to imagine a case of disease or decangement, whose main features are those of debility, that will not be speedily and permanently benefited by this never-failing recu-perative essence, which is destined to cast into all vion -wrything that had preceded it for this wide-preasuant numerous class of human ailments. THERAPION is sold by

9 and 4/6. Purchasers should see that the w THERATION' appears on Br tiste Governm unt which it is a for Therapion may now also be

and on asking for Nurse Morland, she was shown up to a room, where, in stead of her sister, the matron, very sharp-eyed, clever, quick-look paused, and then wheeling round on ing, little woman, received her, and Cuddihy, Richard, St. John's House, Miss Minnie, poured in a volley of questions 'And are you quite sure still that shrewdly and somewhat brusquely put to a ascertain her business. Dessie listened quietly, and an swered very generally, parrying the questions deftly. She was moved by a sort of antagonism until her questioner let out that her motive was fear lest Dessie had perhaps come to try and take Nurse Morland away, Arnebury, H. S. while the matron did not want to lose her. B "You're the first friend that's been Ayers, Simeon to see her for a very long time, you and looking as though the fact was very suspicious; "and I think well enough of her to wish to keep her." "I haven't the remotest thought of enticing her away." answered Dessie smiling at the matron's manner. "It s many years since I saw Nurse Mor-

bour she returned to the Infirmary

and. We are very old friends; and t occurred to me to come and see her all unexpectedly." At this moment Nurse Morland entered the room. A quick glance shot rom her eves to Dessie's face, and the latter read it as a warning. Then, a somewhat formal manner, but in voice of exquisite sweetness and epth, she said, putting out her

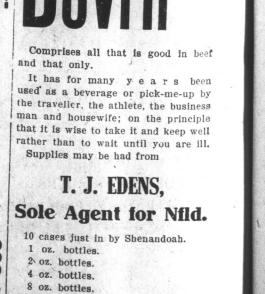
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Job



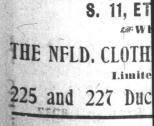
Oliver, Miss Mary, Cooper, Edward, Scott St. Westbrook, George Horwood, Frederick, Spencer Street Whelan, Miss Lizzie Connors, Theodore, card Cooper, Mrs. Adara, Irs. Adara, care Miss Crocker Hollett, Miss E. J., card, Hollett, Miss E. J., card, Care G. P. O. P Wiltshire, Samuel, Parsley, Miss Maggie, Springdale Street Cluney, Miss Aloysius. Livingstone Street Wersall, K. Bond Street Parsons, Frederick, retd. Middle Street Whitefield, W. J. Pardy, Eli White, T. H. care Miss Andrews, Patey, Miss Laura, White, E. R. care Gen'l P. Office Forest Road Wilkinson Dawe, Miss Win, card Hall, Miss Mary, Parsons, Miss L. Feanywell Road Williams Miss M Dawe, Gordon, Gower St. Avenue - 7 White, Miss Thelominic Dwyer, Miss Sarah, Hubley, Miss Ada, Peach, Miss Charlotte, care P. J. Shea Cowan Mission Cochrane Street Yetman, Moses, George's St. SEAMEN'S LIST. Ford, James, schr. Inga Hann, Arthur, schr. Corona Hobbs, Capt. Robert J., schr. A. K. MacLean Blagdon, Silas, schr. Vaudeville Butler, Lewis, schr. Glide schr. Portia W Mosher, Wesley, Johns, Capt., s.s. Whitefield s.s. Beatrice Parks, Capt., schr. Inga schr. Portia Rowe, J., s.s. Whitefield G. P. O., May 3rd, 1911. II. J. B. WOODS, Postmaster General. JUST ARRIVED-A LARGE SHIPMENT OF Empire and Massey-Harris Plows!

House, Fred., retd.



Prescott Street Wheeler, Elizabeth, G. P. O.

16 oz. bottles. Virol, Marrol, Vimbos, Invalid PRINTING MARTIN HARDWARE COMPANY. Job Printing of all kinds,



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REGISTERED B

THIS BRAND is d

seam, S. B. Vest and

very popular with all cl

packed in stock boxes,

compelled to build a new

MAsk your Dealer

TRUEFIT, AMI

FITREFORM

STILENFIT

crease our output.

OUR SUCCESS with

JOB PRINT





visory Imperial Conference. The man has jumped into the water with Tremier expressed his appreciation of | in the last few days. the signatures appended to the

memorial before the Conference when New Zealand moved the resolution in favour of an Imperial Advisory Council. Mr. Asquith stated that nothing of a practical nature could be done without the fullest concurrence and consent of the Over-Seas Dominions. On the matter of Imperial Defence

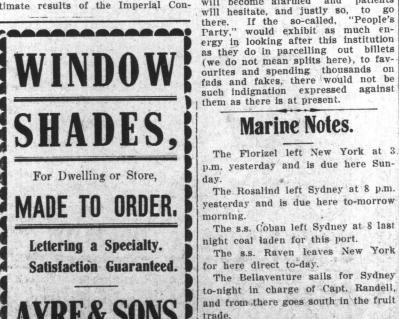
the Whitehall correspondent of the Military Mail says:-

"There are signs that the military trouble he was manacled and was questions to be debated during the then placed on a flat car and brought forthcoming Imperial Conference will, to the station, where the officers had turn very largely upon the great idea | to get their uniforms cleaned of the of bringing the whole of the land mud, which besmeared them, and othforces of the Empire under one su- erwise repaired. prme command.

"More interesting still is the re- Diphtheria in the port, which appears to be well founded, that the new command will devolve, should the proposal find favour among the assembled Premiers, upon

Lord Kitchener, the one man who is looked upon by everyone at home and be suffering from diphtheria and was abroad as being particularly fitted for removed quickly to the fever hospital, outbreaks of this disease in the genso important a post. eral hospital are all to frequent of

"The future of Lord Kitchener rests late and something should be done to to a very great extent upon the ul- corect this evil or the whole public timate results of the Imperial Con- will become alarmed and patients





o-night in charge of Capt. Randell he bunkers at Sydney and then pro eds south in the fruit trade.



interest in the goods as claimed. Sir J. S. Winter, K. C., and F. A row at the foot of Barter's Hill, and when officers Lee and Faraday went Mews for plaintiff and Mr. Furlong, K. C., for defendant. to arrest him he attacked them fierce-A special jury was sworn in. ly. He tore the tunic off the first Mews states plaintiff's case. Mr. Josnamed officer and the men and their eph Bonavisky was sworn and examprisoner rolled over the street until ined. Recess was taken till 2.30 p.m.

other officers came. After much Train Notes.

The 8.45 train took out this morning Rev. Fr. Fyme, Rev. Fr. Power, Messrs. Ryan, Curtis, Parsons, Graham, White, Nolan, Burke, Brien,

would exhibit as much en-

Marine Notes.

Tapp, Ross, Rourke, Carroll and 40 others. The west bound express left Ben General Hospital. ton at 8 a.m. to-day. The express at Port aux Basques will leave there on arrival of the s.s. Yesterday evening a boy, a patient. of the General Hospital was found to Invermore.

PERSONAL NOTES.

Rev. Canon Smith, the beloved pastor of Portugal Cove, was in town today. Rev. Fr. Fyme returned to St. Bride's by this morning's train. Mr. Louis Mullowney, of Witless

in looking after this institution as they do in parcelling out billets Bay, is in town to-day. Rev. Fr. Power went out by this we do not mean splits here), to favurites and spending thousands on morning's train to Placentia en route fads and fakes, there would not be such indignation expressed against to Harbor Breton.



the patient in. owned by Capt. Larder, is taking supplies at Bowring Bros., and goes up to the wreck of the S. S. Delano which went ashore some years ago near Cape Ballard. She will take



The man whose name is Dwyer. ed it badly. and who assaulted and heat a man named Elliott, of Bell Island, a few

and from there goes south in the fruit days ago, has quit the place and cun't be found. The police have a warrant The Bonaventure sails Saturday for for his arrest, but it is thought he Sydney in charge of Capt. W. Cross. is gone to the United States.

ly wrought both as to form and color, Ginard's Lipiment Cures Colds, Etc. and nestled within the scarf.

St. John's at 1.30 p.m. to-day. CHIMNEYS SWEPT. All orders will receive prompt attention. WM. WEATHER UP COUNTRY .-- Along the line to-day the wind is light, dull, GARDNER, 14 Wickford St., off Carraining in places; temperature 39 to ter's Hill .- ap17,1m,eod fence that the plaintiff had not the 45 above. FOGOTA GOING NORTH .-- The s.s. FOR LUNATIC ASYLUM. - Two Fogota arrived at Wesleyville at 5.30 patients for the Lunatic Asylum are a.m. to-day and sailed at 6.30. She coming on the s.s. Prospero. One is left Newtown at 9 a.m. for the north. from Indian Burying Place and the Stafford's Liniment will cure all other is from La Scie. aches and pains, etc. Buy a bottle et ball will be presented to-night by for 14c. and prove it. Postage 5c. ex- the committee in charge of the DIVER DOWN - Diver Squires went down at Mullaly & Co's. wharf tra-ap5 tf vesterday and cut the spar out of a A. B. MORINE COMING. - Word sunken schooner there which was a was received in town last mail that serious obstruction to vessels coming Mr. A. B. Morine is coming here in there. July next. He has engaged a dwell-VESSELS AND STEAMERS DUE. ing in the city. -The Cordelia and Nellie Louise from ARRIVED WITH LUMBER. - The Barbadoes, and the Benedick and Batschr. Maggie, Skipper Stone, arrived tenburg from Cadiz: the two former here from Rocky Bay, T.B., this mornmolasses laden and the latter with ing with a load of lumber to G salt are due to Bowring Bros. Browning & Son. FOR POOR ASYLUM. - William HE WAS ACQUITTED .- The man Brushett, of Baine Harbor, came charged with stealing lumber from along here yesterday in the schr. the new Methodist school, to which Rodway, J. Rodway, master, to go to we referred yesterday, was before the Poor Asylum. The place is filled the court there yesterday and was and he is waiting on board the released as the evidence produced schooner at Bowrings' wharf till a was not strong enough to convict vacancy occurs. him. PATIENTS FOR HOSPITAL. - A female patient is coming from Port joyable dance was held last night on

The local via Broad Cove arrived at

DANCE LAST NIGHT .-- A very en-Rexton on the s.s. Prospero to go to Mullock Street at the residence of Hospital. A patient also came in Mrs. Murphy. The merriment was from Port de Grave to-day to have kept up till 4 a.m. The music was an operation performed for an intersupplied by Mr. Whitten on the vional complaint. Rev. F. Severn sent | lin. The event was very enjoyable.

Co. Capt. Wakeham is in charge.

DIED HIS THUMB CRUSHED .- Stepner Passed away, at 4.30 this morning, Hannaford, working with Robert Katherine, beloved wife of Jas. J. Tobin, and daughter of the late Denis Templeton, had his thumb crushed this morning at the R. N. Co. freight and Mary Dooley; leaving a husband, 3 sons and 3 sisters to mourn their shed when helping to unload molasses at the premises. A tierce of loss. Funeral on Friday, at 2.30 p.m. from her late residence 178 Duckthe "linked sweetness long drawn worth St. out" rolled on his thumb and crush-On the 9th inst., of brain fever, Bea-

trice, darling child of Charles and Laura Garf, aged seven years. Funeral at 3 p.m. Thursday, from her late residence, 30 South Side. Gone The very latest Paris modification of the artificial corsage bouquet is of the artificial corsage bouquet is the single flower, an orchid, a chry-tend. Halifax and St. John, N.B., papsanthemum, or what not, worked in ers please copy. delicate shades of fine wool, wondrous-

KEEP MINARD'S LINIMENT IN THE HOUSE.

ran away when the party came near to see what they were doing.

DATE.

corps.



ST. ANDREW'S CHURCH will hold a and its suburbs, the Directory con

1i.

sailings;

GRAND SOCIAL, with concert and ists of

competitions, on Tuesday evening,

MAY 30th, in Presbyterian Hall.

Tickets 25 cents. REMEMBER THE

DANCE AND SUPPER.-The C. C.

supper to-night at Smithville when

about 40 couples will participate. The i

medals won at field hockey and bask- Kingdom.

. will hold their annual dance and

forwarded, freight paid, on receipt of Postal Order for 20%. Dealers seeking Agencies can advertise their trade cards for £1, or large adver People returning from a dance at tisements from £3. o'clock this morning saw two boys THE LONDON DIRECTORY Co. Ltd about 14 years of age trying to get 25, Abchurch Lane, London, E. C into a shop on Alexander Street. They MINARD'S LISTHENT CURES DAF-"RUFF. COME IN AND LOOK AT THE

complete commercial guide to I

and Foreign Markets they supply

EXPORT MERCHAN

with the goods they ship, and th Colonial

STEAMSHIP LINES

sail, and indicating the approximate

PROVINCIAL TRADE NOTICES

of leading Manufacturers, Merchants,

etc., in the principal provincial towas

and industrial centres of the United

A copy of the current edition will be

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A COMPANY RECEIPTING PROPERTY PARTY

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and lasts for

Black or tan.

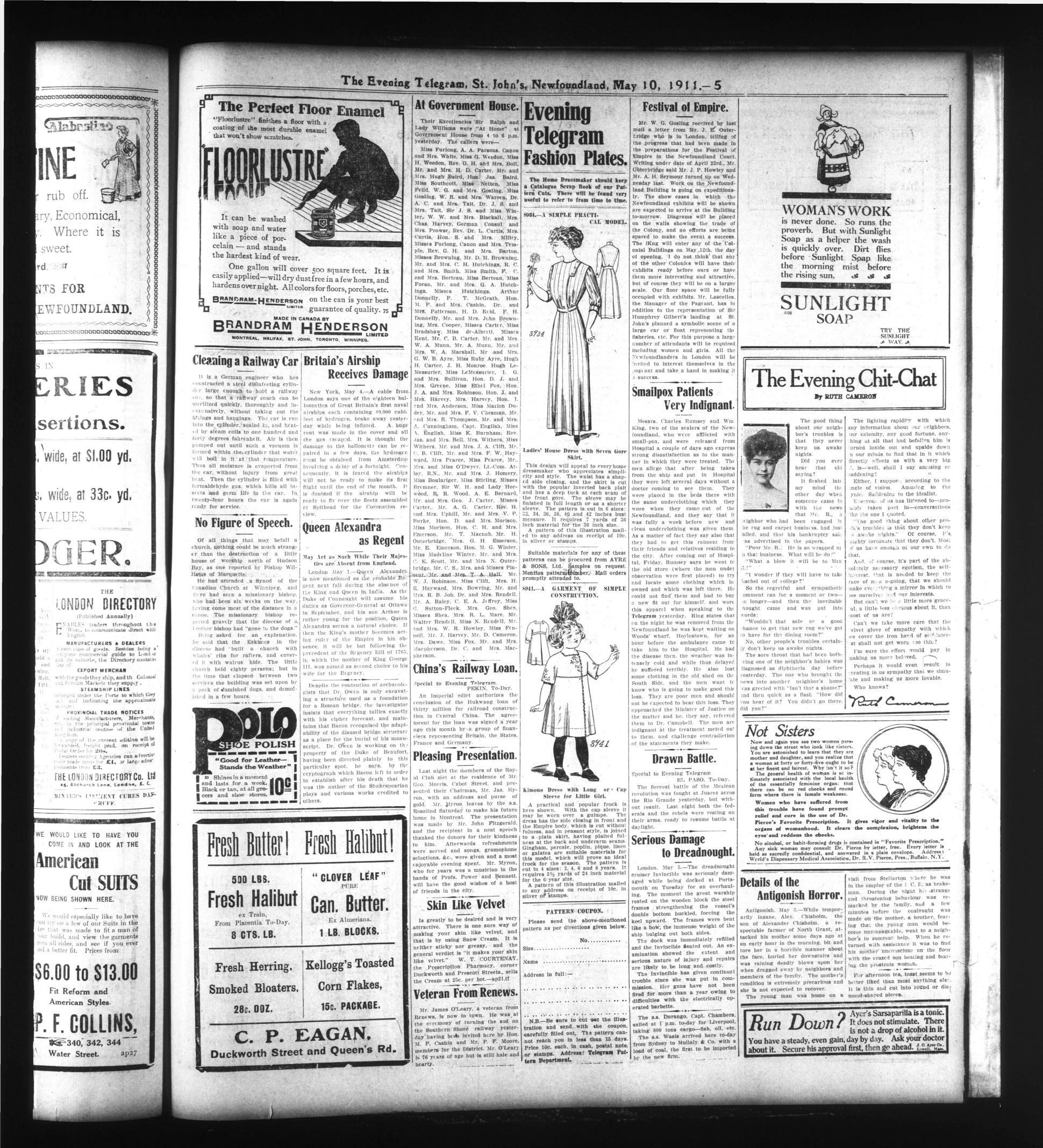
cers and sho

your build, and view the garments from all sides, and see if you ever \$6.00 to \$13.00 Fit Reform and American Styles

340, 342, 344

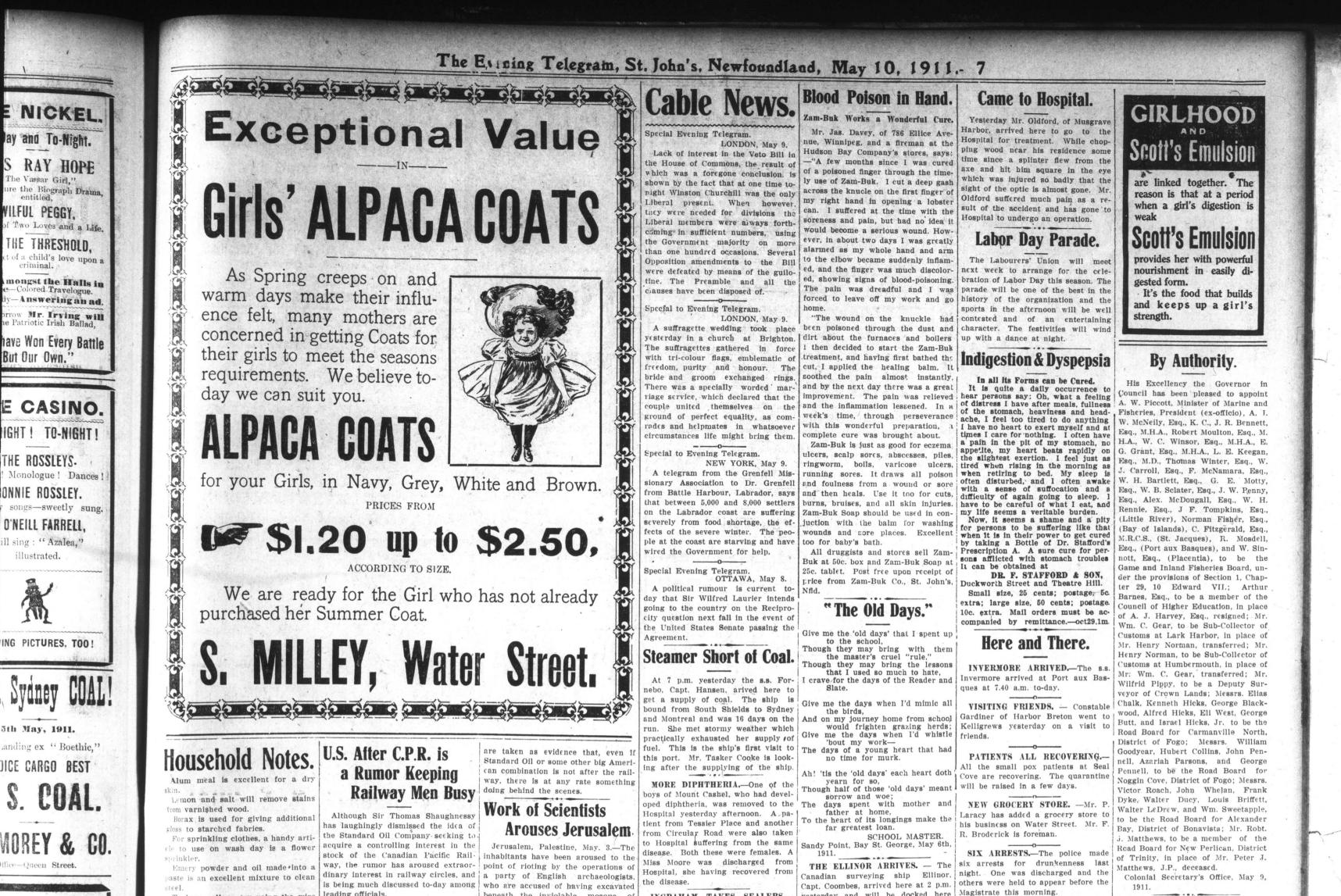
ap27

Water Street.









taste such as milliners use for stiftening bows. PHONE 608. s wedges. lipping a band of elastic tape over EW DOZEN CHOICE each roll. FRESH LOCAL lust. Instead, cut them. asily as old ones. Use borax. for softening the water for the bath. It is also a MARTIN, AGENT. valuable disinfectant and antiseptic. 'Phone 608 by rubbing them with a woolen cloth saturated with ammonia. Do not use ammonia to clean black sowns; this is a common cleanser, Build Houses but it makes woolens look rusty.

n you can do Better wrchasing from me?

many houses to sell on as. They are located in parts of the city. Prices m \$500 to \$3,500. Ap-

HNSON, Prescott Street; or 'Phone 657. W.LI

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Stocks, and are deliverstrictly first-class con-

ort Orders are given best m, and shipped with the romptness trat once, the quanlimited. ne 197: P. O. Box 792.

NEIL, Rawlin's Cross.

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PRINTING

To bone collars, try using the wire leading officials. fact that ever since the reciprocity include the ark of the covenant, the the northward taking the crews of repairs. She left Halifax Saturday THE FIRST CODFISH.-Yesterday young man residing on Goodview St. An easy way to stop windows from agreement has been in the air the censor and other sacred vessels which the Diana and Erik to Wesleyville afternoon and had a good run to the first, codfish was taken by boats is of late conducting himself in a disattling is to use broken clothes pins, price of the C. P. R. stock has been belonged to the tribes of Israel. steadily advancing, until now it is A Sem Bey, the Turkish Governor, Rolls of pieces may be kept neat by considerably higher than at any time was mobbed on the streets for sup- press. All have made fair wages this dock will go on her surveying mis- Shore and at Blackhead. The fish say that if he doesn't mend his ways in its history. posed complicity in the profanation "About the quickest way in which and hooted as "a pig."

Do not tear carpet rags as the the United States could annex Can- The Mosque has been closed and is dges will be rough and will catch ada," said one official to the Star to- closed and guarded pending the arday, "would be for the great Ameri- rival from Constantinople of officials Rub new shoes over with a slice of can trusts to get control of Canadian of the Government, who will make an haw potato, and they will polish as railways. If they did they would investigation. The expedition worked bave such a hold on the country that for two years on a large scale, bethe Canadian people would be help- ginning at the village of Siloam, less. Look at what the Standard Oil which lies at the southeast end of and the Rothschilds have done for our Jerusalem on the southern slope of Nickel and silver may be kept bright Nickel industry. They hold the con- the Mount of Olives overlooking the trol of it, with the result that while a Valley of Kedron and the Pool of certain amount of refining is done in Siloam.

Canada, all the expensive work in con- The explorers are credited with nection with the nickel mined in Can- having excavated a passage from the ada is done in the United States. Can- Pool to Siloam toward / the place ada is simply left with the hole in the where once stood Solomon's Temple, Large eyelets in embroidery will keep their shape better if they are not ground, and is helpless to make her built in 1012 B.C., pillaged and robjenormous nickel deposits contribute bed and finally destroyed by Titus out until the embroidery is done. A little mashed potato is a great as they should contribute to the A.D. 70. Failing to reach the relicts approvement when making suct crust wealth of the country. sought in this manner, the explorers. "There is not the slightest doubt according to the alleged confessions for puddings of meat and fruit. that the United States are after our of the guards of the mosque, bribed natural resources with a view to the guards, entered the mosque, and

a view to getting control of the enor- | cept God and these English."

mous influence exercised by those Mystery surrounds the expedition,

That there is something big doing magnitude as to make evident that

in connection with C. P. R. stock is a large sum of money was invested.

shortly before Sir Thomas sailed for NOR .- There are 11 Newfoundlanders

England this spring he took the un- on the Ellinor, all of whom belong

precedented course of issuing a cir- to Rose Blanche and who were en-

cular to shareholders advising them gaged there and proceeded to Halifax

to hold on to their stock, and promis- to join her. Mr. W. Day, of the Naval

Sir Thomas pins his faith to the bosun on the ship and has been on

harbor front.

whose operations have been of such

NEWFOUNDLANDERS ON ELLI-

Reserve, and formerly of this city, is

MORE THEFTS OF CASKS. -

working them up in American factor- after digging on six nights, spirited The Open Door for Consumption ics. They are coveting our country, away the treasures. And How "Father Morriscy's No. 10" and I believe American trusts already "The whereabouts of which," says have their eyes on our railways with an Arab paper, "no one knows ex-(Lung Tonic) Closes it.

railways."

the opinion of most officials consulted

on the matter. It is pointed out that

PHYSICIANS.

A low run-down condition, with perhaps a neglected cold and a little cough, is a cordial invitation to the White Plague, Consumption, to come in and make itself at home. And it seldom

verlooks the invitation. In such a case there is no time to be ost. The door must be promptly closed. This can be done by taking a complete rest, with plenty of fresh air, and "Father Morriscy's No. 10" (Lung Tonic). This medicine clears out the bassages, relieves the cough and heals the delicate membrane of lungs and air

ing them still better things to come. passages. But perhaps most important of all, it builds up the whole system, giving Nature the needed assistance in wide distribution of C. P. R. stock | her for some time past. among thousands of small shareholdghting off the dread disease.

Though other remedies may have failed, don't give up. Try "Father Morriscy's No. 10", combined with fresh air and exercise, and even though you are in the first stages of consumpthe control of the company from ever Sergt. Byrne yesterday afternoon arers. This, he thinks, will preserve passing into the hands of a small rested a resident of the West End, group of men. At the same time the who is charged with the larceny of advancing price of the stock and his oil casks from Geo. Neal's and other tion there is hope of a permanent cure. Sample bottle 25c. Regular size 50c, at your dealer's, or from Father Morriscy Medicine Co., Ltd., appeal to the shareholders to hold on places. A number of young chaps of

MINARD'S LINIMENT USED BY ages from various wharves along the 14 Montreal, Que.

beneath the inviolable mosque of INGRAHAM TAKES SEALERS .- yesterday and will be docked here It is pointed out as a remarkable Omar and removed relics reputed to The tug Ingraham sailed to-day for for a clean up and some necessary

> and other places. The Kite's crew port. The ship will make her winter which went out from Quidi Vidi. Cod graceful way. He has repeatedly proceeded home by yesterday's ex- quarters here, and after coming off were also caught on the Southern threatened his mother, and neighbors

sion. spring.

Can't Get Away

Is it possible to nourish, strengthen and Rebuild the Brain by Food

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each day.

If he builds a little less than he destroys, brain fag and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? om air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink.

That also is sure.

Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all.

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make healthy bone structure in a growing child.

Likewise if we would feed in a skilfull manner to insure getting what the brain re-quires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than $on\epsilon$) that contain these elements.

Analysis of brain by an unquestionable authority, Geoghegan, shows of mineral Salts, Phosphoric Acid and Potash com-bined (Phosphate of Potash) 2.91 per cent. of the total, 5.33 of all mineral Salts. This is over one-half.

Beaunis, another authority, shows "Phos-

From It phoric Acid combined" and Potash 73.44 per cent from a total of 101.07. Considerable more than one-half of Phosphate of Potash.

were of fair size.

Analysis of Grape-Nuts shows: Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potas-sium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law-of affinity, all things needed to manufacture the elixir of life.

Further on he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetabes, fruits and grain. To supply deficiencies-this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral ment in brain and you use food which does not contain it, you have brain fag because its daily loss is not supplied.

On the contrary, if you eat food known rich in this element, you place before the life forces that which nature demands for brain-building.

Mind does not work well on a brain' that is broken down by lack of nourishment. A peaceful and evenly poised mind is necessary to good digestion

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive juices of stomach and pancreas.

SHOULD BE CAREFUL.-- A certain

he will find himself before court.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

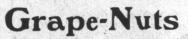
Grape-Nuts contain that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world. A man who sneers at "Mind" sneers at

the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found



"There's a Reason"

and and

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