The Farmington Enterprise

C. E. RAMSEY, Publisher

FARMINGTON, MICHIGAN

WHAT WORRY DOES.

Dr. Snow, of London, the distinguished opponent of vivisection, says that worry is the most frequent cause of cancer. In times past this affliction, which is becoming increasingly prevalent, has been attributed to the excessive consumption of meat, to fish and even eggs. If worry predisposes humanity to such a scourge at this, in addition to all the other ills for which it is held responsible, it is plain that the earth has few evils so great or so general, says the New York Herald. Where contagion and heredity slay their thousands, worry kills its hundreds of thousands. Worry leads straight to insanity. It prepares the way for consumption and kidney trouble. It shatters the nervous system and thus is the forerunner of a hundred complaints which lower vitality, produce suffering and result in untimely death. Progress in sanitary science, in surgery and in medical practice has lengthened the average span of life in spite of conditions which undeniably increase the sum of worry. In fact, worry is the price that many pay for the advantages which they now enjoy. If mankind could have had the full benefit of the wonderful discoveries of the past century or more, with none of the drawbacks of increasing worry, the average of life would be much greater than it is.

The statement of Professor Kenneth G. Smith that for the average man a trade is better than a profession is absolutely true, yet there is on the part of some very average people a disrespect for labor, and a loathing for honest grime. A numerously represented class of young men on leaving high school yearn for employment in which they can wear good clothes and not soil their hands. They would sooner by clerks than mechanics. If their relatives will supply them with the means of further schooling they will proceed to be doctors or lawyers, thought without any special calling in the direction of a profession. Often it happens that individuals who might have been of use in the world in a mechanical pursuit are failures through life because nambypambyism caused them to make a wrong start.

President David Starr Jordan of the Leland Stanford university has decided that no more baseball shall be played by the students at that institution. His decision came as the result of his attendance at a game, which he says was characterized by "systematic muckerism." That is a phrase which sounds as if it might stick.

Charles W. Eliot, former president of Harvard, learned to ride a bicycle at 65. Thomas Huxley performed the more difficult feat of learning Greek at the same age, but was not watched by the small boys in the neighborhood.

Boston finds that unless congregations can pay more to preachers, pulpits, if filled at all, will be occupied by "fourthrate" men. Even "second rate" sounds rather distressing and not suggestive of active competition with the balmy Sunday.

A New York broker has been sued for $100,000 by the husband of an actress because her affections were alienated. This should make it possible for the lady to dispense with the services of her press agent.

It has been decided by a Chicago judge that a woman is not bound, morally, legally or otherwise, to shave her husband's neck. This should have a tendency to clarify the situation.

Four goats into which experimenters had injected 1,000,000,000 germs of various kinds have escaped and are astray in New York. This ought to bring about a lively movement in disinfectants.

According to a New York court decision the actor who falls into the orchestra pit, keeps eight balls in the air or clouts his partner with a newspaper of a Sunday evening is not taking part in a concert.

Tourists who are anxious to see the coronation procession will be able to do so for five dollars, says an exchange. We are still determined, however, to wait for the moving pictures.

A Cornell professor wants boys encouraged to study Greek to take their minds off moneymaking. But such theory is Greek to the modern business parent's mind.

A great scandal has been hushed in England because a woman has decided not to go into court and talk. But can a scandal be permanently hushed in that way?

FOREST FIRES CAUSE DEATH AND LOSS

FLAMES RAGING ALL AROUND LAKE SUPERIOR AND IN THE NORTHWEST.

VESSELS ON LAKES COMPELLED TO ANCHOR—SMOKE.

Bridges Destroyed, Telegraph Lines Leveled and Homesteads Are Wiped Out in the Canadian Northwest.

Forest fires surround the entire copper country and the forest rangers of the Northern Forest Protective association, a new organization, were sent out for first time from Ontonagon. In Ontonagon there is a continuous stretch of fire from Lake Superior to Channing, 90 miles. At Chassel, headquarters of the Worcester Lumber Co., the entire village has been out fighting fires since Sunday morning, keeping the flames away from the village.

State Game, Fish and Forestry Warden Pierce believes that forest fires raging in the upper peninsula, and in some sections of the northern part of the lower peninsula, are caused for the most part by farmers clearing land who do not take precautions.

A report from a deputy in Alcona county gives the information that several farm homes have been destroyed in that county, but a further spread of fires has been checked by the timely arrival of rain. The present damage to the state and private property owners cannot be estimated, owing to the meager reports received, but it is known that thousands of dollars worth of timber has been destroyed aside from the loss of other property.

At L'Anse, the John Moran Lumber Co. lost a large quantity of cordwood which was piled in the woods. At Otter Lake, a farming district in the southern portion of Houghton county, the farmers are in danger. It was reported that a farmer had been burned with his entire family. The Worcester Lumber Co. sent a rescue party to Otter Lake.

The forest fires are burning in hundreds of places on all sides of Lake Superior. The property loss already has been great. Vessels on Lake Superior are forced to anchor when near land, because of the clouds of smoke.

Great forest fires are still raging through northern Manitoba and Saskatchewan, and scores of small towns along the line of the Canadian Northern railway are in danger. Hundreds of men are fighting the flames. Fires are burning fiercely at Swan river, Dauphin, and at the foot of the Riding mountains. Many settlers have lost everything, bridges have been destroyed and miles of telegraph poles burned down. The situation in the Prince Albert district is grave. Fires on the Minnesota-Ontario border are gaining ground and threatening a number of settlements.

Slayer and Victims Buried in One Grave.

The last wish of Casey Van Lieren, of Luther, who shot his wife, son and daughter and took his own life, that he be buried with the victims in one grave, was complied with. Van Lieren left an unfinished note before blowing his brains out asking pardon for the deed. The parents of Mrs. Van Lieren objected but finally relented. The funeral was the largest ever held in Luther.

STATE BRIEFS.

Lansing does not hail with delight the news that Calhoun, Jackson and Genesee counties are to have saloons for two years, because the salt case brigades have already begun to pour in from Jackson, and the police are looking for much trouble from this source.

Under the commission form of government, Port Huron will raise $194,416 by tax levy for the fiscal year, beginning May 1, which is approximately $5,000 less than was raised under the old charter last year. The annual appropriations as decided upon are about the same as last year.

The Michigan Laundrymen's association closed a two days' convention in Kalamazoo by electing the following officers: President, Martin Kelly, Detroit; first vice president, John H. Ryan, Kalamazoo; second vice president, C. H. Chidsey, Detroit; secretary, Harry Mason, Detroit; treasurer, Eugene Stewart, Battle Creek. The convention will be held in Flint in 1912.

After the most successful and enthusiastic meeting in the history of the organization, the convention of the Osceola Association of the Baptist church closed in Ludington, to meet in Bear Lake next May. Rev. A. C. Lemon, of Ludington, will preach the annual sermon at that time. Dr. E. O. Dickinson, of Big Rapids, was elected director to represent the Osceola association in the state convention at Adrian in October.

When the stranger said with a wink, he had vinegar for sale, many dry residents of Ionia placed orders at $2.75 per quart. When the goods came it was surely enough vinegar!

Referring to his recent charges against Judge Bird of the supreme court, Gov. Osborn said: "I hold nothing against Judge Bird, am not worked out out a grudge because I do not know him, but a member of the court which lays down the law should obey it. I know not whether the law which compels judges of the supreme court to live in Lansing is constitutional, but until the law is found to be faulty he should reside there."

PRIMARY SCHOOL MONEY

Wayne, Kent, Marquette, Saginaw and St. Clair Counties Head List.

State Superintendent of Public Instruction L. L. Wright gives out the primary school money apportionment by counties, money being given to counties which have not had a surplus. The total amount to be distributed is $5,395,390. The number of school children in the state sharing in the apportionment is given at 770,770.

Wayne county leads in the amount received, with Houghton, Bay, Berrien, Kent, Marquette, Saginaw and St. Clair counties among those receiving the larger amounts. Oscoda, Luce, Roscommon, Crawford and Montmorency counties receive the smallest amounts. Roscommon county, being credited with but 661 school children, will receive only $4,557.

Following is the apportionment by counties:

Alcona	$ 12,670
Alger	12,342
Allegan	81,336
Alpena	46,347
Antrim	31,395
Arenac	24,469
Baraga	10,649
Barry	59,703
Bay	82,457
Benzie	12,767
Berrien	102,561
Branch	74,096
Calhoun	92,841
Cass	54,536
Charlevoix	40,055
Cheboygan	42,505
Chippewa	51,912
Clare	23,819
Clinton	45,726
Crawford	7,917
Delta	67,218
Dickinson	42,288
Eaton	90,351
Emmet	29,137
Genesee	95,870
Gladwin	20,622
Gogebic	31,337
Grand Traverse	42,953
Gratiot	57,778
Hillsdale	53,242
Houghton	130,271
Huron	62,959
Ingham	80,912
Ionia	75,729
Iosco	23,952
Iron	27,958
Isabella	47,411
Jackson	86,716
Kalamazoo	96,957
Kalkaska	16,555
Kent	297,431
Keweenaw	14,552
Lake	11,298
Lapeer	64,208
Leelanau	24,549
Lenawee	82,481
Livingston	71,717
Luce	6,680
Mackinac	16,179
Macomb	65,120
Manistee	63,077
Marquette	102,477
Mason	46,049
Mecosta	41,537
Menominee	67,347
Midland	32,835
Missaukee	20,075
Monroe	67,669
Montcalm	64,555
Montmorency	13,757
Muskegon	82,643
Newaygo	71,671
Oakland	77,651
Oceana	46,251
Ogemaw	19,767
Ontonagon	15,355
Osceola	29,484
Oscoda	4,669
Otsego	15,645
Ottawa	86,698
Presque Isle	26,152
Roscommon	4,557
Saginaw	151,881
St. Clair	102,754
St. Joseph	71,231
Sanilac	76,580
Schoolcraft	18,403
Shiawassee	77,251
Tuscola	71,481
Van Buren	60,311
Washtenaw	78,975
Wayne	566,992
Wexford	42,392

NEWS IN BRIEF.

The board of county commissioners has ordered cyclone cellars built under all school houses in Hiawatha, following fatalities in a recent tornado.

Margaret Anglin, the actress, was married to Howard Hull, a magazine man. They will sail this week for Europe and will motor through France.

The American financial commission selected by the Persian government to reorganize the finances has arrived at Enzeli, a Persian port on the Caspian sea.

In the Russian duma Premier Stolypin, in a long speech, defended the government against an interpellation on the promulgation of the Polish Zemstvo bill by administrative order.

The state board of railroad commissioners has refused to permit the Missouri, Kansas & Texas railroad company to issue $102,000,000 in bonds on the ground that the proposition is too indefinite.

Rev. Dr. Augustus A. H. Strong, for 39 years president of the Rochester Theological seminary, announced at a meeting of the trustees that at the end of next year he would resign the presidency.

After nearly 60 years of oblivion, the memory of Miss Anne Royall, first American woman publicist, was honored when a tombstone was erected on her grave in Congressional cemetery in Washington.

The Colombian government persists in its refusal to recognize the republic of Panama. Dr. Carlos Mendoza, special envoy from Panama, has given up after four months' work, the effort to negotiate a treaty.

Forest fires are raging in the northern part of Herkimer county, N. Y., and over 500 acres of timber have been destroyed in the towns of Russia and Ohio. Fire wardens say that unless rain comes at once the loss will be appalling.

President Taft has posed in his Masonic apron for a photograph. The picture is to be given to the Alexandria lodge of Masons. That lodge has a famous portrait of George Washington and wanted one of Mr. Taft to put by its side.

The damage done to timber in the Dauphin district, Manitoba, by forest fires is unprecedented. The range country is covered by fire fully 200 miles in extent. The territory covered includes Riding, Duck and Porcupine mountains, and the timber burned will total millions of feet.

President Taft has rewithdrawn from entry 23,000 acres of coal land in Western Wyoming for reclassification as to its coal value under the existing regulations. Under the old regulations this land was classified at values smaller than under the new regulations, and it also rated lower than adjacent lands of less value.

STANDARD OIL CO. ORDERED TO QUIT

GOVERNMENT'S BATTLE AGAINST CORPORATION ENDS WHEN OCTOPUS IS BRANDED CONSPIRACY.

SUPREME COURT GIVES SIX MONTHS' TIME FOR ACTION.

Chief Justice White Writes Decision in Which the Giant Corporation is Held to be a Monopoly Which Duly Restrains Trade.

The supreme court of the United States Monday ordered the dissolution of the Standard Oil Co. of New Jersey. In connection with this decree it also handed down its interpretation of the Sherman anti-trust law, long awaited by an anxious business world.

In this, the first of its big decisions in the anti-trust cases, the court holds that the Standard Oil Co. is a conspiracy in restraint of trade and a monopoly in contravention of the Sherman anti-trust law. Thus, after a fight of many years in which every obstacle known to the legal profession has been interposed, the federal government has succeeded in its effort to compel this giant corporation to cast off its holding company and, again to separate itself into its 33 constituent parts.

To accomplish this gigantic undertaking the court sets a period of six months. This is an extension of five months over the time alloted in the dissolution decree of the lower court. The decree of the circuit court was modified by the supreme court in only one other particular. The supreme court orders that the Standard Oil company and its subsidiaries shall not be excluded from interstate commerce pending the putting its house in order.

The decision of the court in regard to the general interpretation of the Sherman anti-trust law was awaited with greater anxiety by the business world than the finding of fact in the Standard Oil case. The court holds that it is necessary to distinguish between "reasonable" and "unreasonable" restraint of trade as covered by the Sherman anti-trust law.

The effect of the decision, as viewed by distinguished lawyers, is to insert the word "unreasonable" into the general prohibition in the Sherman anti-trust law against combinations in restraint of trade. The supreme court has thus eliminated the uncertainty with which all business combinations regarded, the Sherman anti-trust law, and in the future it will be up to the government to draw the line between good and bad trusts.

Madero and Orozco Friendly Again.

Notification from Madero to Senor Obregon that his presence in Juarez no longer was desired marked the culmination of what is believed to have been a general plot to influence the military chiefs of Madero to desert his standard. A large bribe is said to have been offered Gen. Orozco, but he indignantly refused it. Senor Obregon emphatically denied any connection with the affair.

Obregon had been one of the go-betweens in the peace negotiations. He was a candidate for president of Mexico in the last election on the anti-reelectionist ticket against Madero, but the supporters of that party since then have largely merged with the Maderists.

Gen. Orozco declared that no fixed price had been offered, but it had been discreetly indicated to him that he never would lack for money if he consented to do certain things. What these things were Orozco would not say.

The upshot of the affair is that Obregon has been banished from insurrecto territory and Orozco once more is in the good graces of his commander-in-chief. He had a long and cordial talk with Madero. He expressed to Madero his loyalty and tendered his regrets for Saturday's incident, in which Madero was temporarily arrested.

Labor Leaders Will Not Serve Jail Terms.

Holding that the imposition of jail sentences on Samuel Gompers, John Mitchell and Frank Morrison, president, vice-president and secretary, respectively, of the American Federation of Labor, was unwarranted by the nature of the contempt, and that the district supreme court should only have imposed a fine, the supreme court of the United States freed the labor leaders and directed that the case against them be dismissed.

The decision was that the case was one purely of civil contempt and only punishable by fines, and that since it was established that the Bucks Stove & Range Co. had patched up its differences with the American Federation of Labor, the case should be dismissed.

Anacleto Palabay, the young Filipino leper confined in a pest house, is to be returned to the Philippines by the war department, probably aboard some sailing vessel.

The hookworm disease has been discovered in various districts of the island of Jamaica. A large proportion of the convicts in the penitentiary are affected. A medical expert is making an examination.

The steamship Corwin, sailed from Seattle for Nome, the famous gold camp on Behring sea, where 1,500 people have hibernated since last October. The Corwin was loaded to full capacity with passengers and freight, including magazines, newspapers, fruit, vegetables and eggs. Except for game, fish, radishes and lettuce, all of Nome's food comes from the outside.

JUAREZ FALLS TO REBELS

Juarez is a Wreck After Assaults of Three Days and the Fires Started by Opposing Armies.

The tri-colored flag of the Mexican insurrectos floats over Juarez after two days and two nights of as fierce and destructive an attack as any city has been subjected to in recent years.

Gen. Navarro, the federal commander, hoisted the white flag above the barracks where he determined to make his last stand.

With Juarez and all its vast stores of rifles, ammunition and machine guns in the hands of the Mexican revolutionists, the rebel leaders turned to the task of forming their government.

Gen. Madero has established his headquarters in the one-story municipal building across the street from the big church which was the scene of the fiercest fighting and there the insurrecto chieftain conferred with the leaders and Senors Obregon and Braniff, who acted as go-between in the futile negotiations for peace, and Dr. Vasquez Gomez, confidential agent of the revolutionists at Washington, and their chief peace commissioner, who were at the Madero headquarters.

The first conference of Madero and his cabinet took up a plan for procedure for peace negotiations, looking toward their resumption.

State Increases Amount of Taxes.

Auditor General Fuller estimates the total state tax for the next two years will be $11,762,125.29.

The state tax for 1909 was $5,329,716.74, for 1910 it was $4,729,000.97, a total for the two years of $10,058,719.81. For 1911 the auditor general estimates the amount appropriated at over $6,250,000 and for 1912 at over $5,000,000.

The university is entitled to three-eighths of a mill and the agricultural college to one-tenth of a mill. Expecting that the equalized value of the state will be increased to $2,000,000,000, the tax levy will be increased $318,000 for the benefit of these two institutions.

THE MARKETS

DETROIT: Cattle—Market steady, best steers and heifers, $5 75@$5 85; steers and heifers, 800 to 1,200, $5 25@5 50; heifers, 500 to 1,000, $4 75@$5 25; butchers' heifers that are fat, 500 to 700, $4 25@4 65; choice fat cows, $4 50; good fat cows, $4 25@$4 40; common cows, $3 25@$3 50; canners, $2 50@$3; choice heavy bulls, $4 50@$4 75; fair to good bologna bulls, $4@$4 25; stock bulls, $3@$3 75; choice feeding steers, 800 to 1,000, $4 50@$4 75; fair feeding steers, 800 to 1,000, $4@$4 50; choice stockers, 500 to 700, $4@$4 50; fair stockers, 500 to 700, $3 50@$3 75; stock heifers, $2 25@$3 50; milkers, large, young medium age, $40@$65; common milkers, $25@$35.

Veal calves—Market 25c higher than last week; best, $6@$6 75; others, $4@$5; milch cows and springers steady.

Sheep and lambs—Good lambs, 25 to 35c higher than last week; common lambs and sheep steady to slow; best lambs, $8 75; fair to good lambs, $7@$8 50; culls to common lambs, $3@$6; spring lambs, $7@$8; fair to good sheep, $5 50@$6; bulls and common, $2 50@$3.

Hogs—Market 20c to 25c higher than last week; none sold up to noon. Range of prices, light to good butchers, $6 15@$6 20; pigs, $6 25; light yorkers, $6 10@$6 20; heavy, $6@$6 10.

EAST BUFFALO, N. Y.—Cattle, steady.

Hogs—Slow; heavy, $6 30@$6 40; yorkers, $6 55; pigs, $6 60.

Sheep—Steady; clipped lambs, $6@$6 35; yearlings, $4 50@$4 75; wethers, $4 25@$4 50; ewes, $3 25@$4.

Calves—$4 50@$7 75.

Grain, Etc.

WHEAT—Cash No. 2 red, 92c; No. 1 white, 92 3-4c.

CORN—Cash No. 2, 55c; No. 2 yellow, 55c; No. 2 yellow, 56c.

OATS—No. 2 white, 36 1-2c.

RYE—Cash No. 1 and 2, $1 01.

BEANS—Cash and May, $1 95; October, $1 85.

CLOVERSEED—Prime and spot, $9; October, 50 bags at $7 65; sample, 20 bags at $8 50. Alsike—Prime alsike, $5 75; sample alsike, 19 bags at $5 25, 5 at $7 50.

TIMOTHY SEED—Prime spot, $5 60 nominal.

FEED—In 100-lb sacks, jobbing lots: Bran, $27; coarse middlings, $26; fine middlings, $28; cracked corn and coarse cornmeal, $32; corn and oat chop, $29 per ton.

FLOUR—Best Michigan patent, $4 90; ordinary patent, $4 90; straight, $4 65; clear, $4 75; pure rye, $5 15; spring patent, $5 65 per bbl in wood.

Farm Produce.

STRAWBERRIES—$2 25@$3 50 per 24-quart case.

APPLES—New York state, fancy Baldwins, $6 50@$7; Steele Reds, $6 50@7; ordinary, $4 50@5 per bbl; western, $1@$2 per box.

HONEY—Choice to fancy comb, 15@17c per lb.

DRESSED CALVES—Fancy, 7@7 1-2c per lb.

POTATOES—Michigan, car lots, 48@50c; store lots, 55c per bu.

NEW MAPLE SUGAR—Pure, 11@12c per lb; in cakes, 15@16c.

EGGS—Market steady; receipts, 1,475 cases; current receipts, cases included, 16c per doz.

BUTTER—Market steady; receipts, 170 pkgs; extra creamery, 31c; first creamery, 29c; dairy, 26c; packing, 14c per lb.

LIVE POULTRY—Broilers, 28@30c; spring chickens, 25@26c; hens, 15@16c; old roosters, 10@11c; turkeys, 15@16c; geese, 11@12c; ducks, 15@16c per lb.

DRESSED POULTRY—Turkeys, 18@20c; chickens, 16@18c; hens, 15@16c; old roosters and stags, 11@12c; ducks, 17@18c; geese, 13@14c per lb.

CHEESE—Michigan, old, 17c; new, 13@14c; York state, old, 17c; new, 13@13 1-2c; Limburger, September, 16@17c; domestic Swiss, 16@18c; imported Swiss, 25@30c; cream brick, 14@15c per lb.

Vegetables.

Asparagus, $1@1 25 per doz; beets, 75c per bu; carrots, 50c per bu; cauliflower, $2 50@3 per doz; cucumbers, hothouse, $1@1 25 per doz; Florida celery, $2 75@3 per case; eggplant, $1 25@2 per doz; green onions, 15@20c per doz; green peppers, 60c per basket; green beans, $2 50@2 75 per bu; head lettuce, $1 50@3 per hamper; parsley, 25c per doz; parsley, 20@25c per doz; radishes, hothouse, 25@30c per doz; rutabagas, 40c per bu; watercress, 25@30c per doz; wax beans, $2 50@2 75 per bu.

The U. S. Steel corporation announces that its unfilled tonnage on the books on April 30, totaled 3,218,604 tons as against 3,477,301 on March 31.

An apparatus for launching aeroplanes from the decks of warships without elaborate special rigging and without interfering with the firing of the guns is being perfected by Lieut. Theodore G. Ellyson, U. S. N. The new apparatus, primarily the invention of Glenn Curtiss, may be rigged up in five minutes and will make it possible for a war vessel to carry a fleet of aeroplanes.

"All Run Down"

Describes the condition of thousands of men and women who need only to purify and enrich their blood. They feel tired all the time. Every task, every responsibility, has become hard to them, because they have not strength to do nor power to endure.

If you are one of these all-run-down people or are at all debilitated take

Hood's Sarsaparilla

It purifies and enriches the blood, and builds up the whole system.

Get it today in usual liquid form or chocolated tablets called Sarsatabs.

DR. J. D. KELLOGG'S

ASTHMA

Remedy for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. Write for FREE SAMPLE. NORTHROP & LYMAN CO. Ltd., BUFFALO, N.Y.

A Strong Preference.

"She is literary, isn't she?"

"Yes, indeed; she'd rather read than do housework any day."

Not Particular.

She—I heard Freddy Fickle has decided to marry and settle down to a particular girl.

He—Huh! She can't be.

Local Color.

"I understand that sixteen different women have brought suit for breach of promise against Riter. What's his defense?"

"Oh, he claims that he was simply getting material for his annual output of summer love stories."—Puck.

His Wurst.

The German proprietor of a Brooklyn delicatessen store has got far enough along to pun in English. A writer in the New York Sun reports the fact.

Hanging in the window of the little shop is this advertisement:

"The Best You Can Do Is Buy Our Wurst."—Youth's Companion.

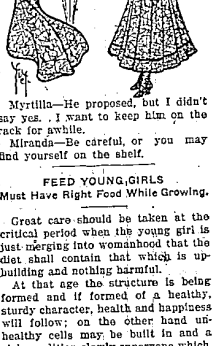
A Poetic Prosecutor.

John Burns, city prosecutor of St. Paul, was trying to show Judge Finehout why some young men ought to be fined for tearing pickets off the fence of Mrs. Joe Goesik. Mr. Burns said:

"I know Mike Chicket tore off that picket, and the lady took offence."

"No lady is charged with taking a fence," replied Judge Finehout, "and, besides, this is no place for poetry."

"SHE WHO HESITATES IS LOST."



Myrtilla—He proposed, but I didn't say yes. I want to keep him on the rack for awhile.

Miranda—Be careful, or you may find yourself on the shelf.

FEED YOUNG GIRLS

Must Have High Food While Growing.

Great care should be taken at the critical period when the young girl is just merging into womanhood that the diet shall contain that which is upbuilding and nothing harmful.

At that age the structure is being formed and if formed of a healthy, sturdy character, health and happiness will follow; on the other hand unhealthy cells may be built in and a bad condition slowly supervene which, if not checked, may ripen into a chronic condition and cause life-long suffering.

A young lady says:

"Coffee began to have such an effect on my stomach a few years ago that I finally quit using it. It brought on headaches, pains in my muscles, and nervousness.

"I tried to use tea in its stead, but found its effects even worse than those I suffered from coffee. Then for a long time I drank milk at my meals, but at last it palled on me. A friend came to the rescue with the suggestion that I try Postum.

"I did so, only to find at first, that I didn't fancy it. But I had heard of so many persons who had been benefited by its use that I persevered, and when I had it made according to directions on the package—I found it grateful in flavour and soothing and strengthening to my stomach. I can find no words to express my feeling of what I owe to Postum!

"In every respect it has worked a wonderful improvement—the headaches, nervousness, the pains in my side and back, all the distressing symptoms yielded to the magic power of Postum. My brain seems also to share in the betterment of my physical condition; it seems keener, more alert and brighter. I am, in short, in better health now than for a long while before, and I am sure I owe it to the use of your Postum." Name given by Postum Company, Battle Creek, Mich.

"There's a reason."

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