## "Where Is Depew?" Eager Gallery Asks

lations for the new champions.

### Asked for Depew.

and peace between the Administration and the railroads by convincing the latter that it isn't worth their while to right. Modestly he wears the mantle which Quay handed down to Penrose life for control of the Legislature. and which the latter, none too willingly, turned over, somewhat the worse for A most interesting group of public

estate. The late upheavals in Pennsyl-vania and Maryland left their status sadly disturbed, much as Senators Dick

### A Great Physiologist

Once Said That the Way to Keep the Stomach Healthy Is to Exercise It.

which he has been so relentlessly subjected by the women's organizations of the country. He is the object of eager representative and prototype of the There was much inquiry in the gal- requests by ladies to have him pointed White Mountains, is in danger of los-

Penrose and Gorman were pointed out men includes those vigorous statesmen as among the mighty who had fallen in Elkins. Foraker. Aldrich. and Kean mild article of defiance against the Administration plan of railroad control It is up to them to prove whether Senatorial rules and courtesy can again serve the purpose of defeating the legislation on which the President, the House, and a mapority of the Senate are bent. They are masters of the arts of legislative manipulation, and whether they with or least the section. they win or lose it is certain they will force their opponents to use every re-source at command in order to pass the bill.

has furnished Presidents, Senators, am has a surnished Presidents, Senators, am hasadors and Cabinet officers ever since. When the Spanish was broke out, though sixty-two years old, he be

ame major general and went to the ront, or as far toward it as most of he volunteers of that war got. And

New York Senator Was Chief Object of Interest in Spectator's Examination at First Session of Fifty-ninth Congress.

The usual interest in a new Congress Is accentuated this year by the fact that the Pffty-ninth is the first Roose In the same electrated this year by the fact that the Pffty-ninth is the first Roose Is the first Roose Is the same electrated this year by the fact that the Pffty-ninth is the first Roose Is the same electrated this year by the fact that the Pffty-ninth is the first Roose Is the same electrated this year by the fact that the Pffty-ninth is own right.

The Senate includes & Republicans, two of them under conviction of crime and not present. La Pollette, if he takes his seat, will make 30. Dehaware has a vicaney, and there are \$20 Democrats. The House roll shows III Democrats and \$22 Republicans, with two of the Republicans, with two of the Pine Tree State, Pfyshing and Dilagley and Hamilia, is fittingly represented. They can be provided the Pffty Price Tree State, Pfyshing and Pffty Price Tree State, Pfyshing Pffty Pff

### May Top Sulloway.

"Cy" Sulloway, of New Hampshire, There was much inquiry in the galleries for Senator Depew. He was out.

A much misunderstood man who is fast coming into his own by reason of his real merits, is Tiliman of South Carolina. He has made his mistakes be reformed that he is the past and he has his political solutions of the splitting of a hair.

to the country of the

# OFFERS HER CHILD TO AGAIN BE FREE

### Wants Husband to Get a Divorce.

NEWARK, Dec. 4 .- Replying on the But He Did Not Tell How to Make It

Healthy.

One of them, Foraker, is included in the lists of Presidential possibilities. His chance, of course, being dependent on the possibility of a complete revolution inside the Republican party, which would thouse of wrongdoing and said he had

One of them, Foraker, is included in the lists of Presidential possibilities, and for divorce. Mrs. Clara May deared by exercise until their strength and the lists of Presidential possibilities. The muscles of the body can be developed by exercise until their strength and the lists of Presidential possibilities. The lists of training case, day will accomplish this result, but it is somewhat doubtful whether you can be assumed the possibilities of training case, day will be complish this result, but it is somewhat doubtful whether you can be assumed by eating indigestible food in order to force it to work and with a stomach by eating indigestible food in order to force it to work. They need the possibility of the weight a man can lift, and there is also a limit of the business required of them. They need business of the possibility of the possibility of the business required of them. They need business required of them. They need the possibility of the business required of them. They need the possibility of the business of the possibility of the business of the possibility of the business of the possibility of the possibility of the business of the possibility of the possibility of the business of the possibility o

cribe them.

The Tablets are pleasant to the taste, and are composed of fruit and vegetable extracts, golden seal, and pepsin.

At all drug stores—50 cents per pack—

Clining a regular army commission at the Martin, a lock-tender. Nothing the war's end, and going home, to become an Ohio legislator; thence going to Congress four terms, in the third of which ha was Speaker and presided the Little Schuylkill river during the last few days.

# COFFEE WAR

The Coffee Importers and Roasters are Attacking

# POSTUM FOOD COFFEE

All Along the Line.

### "THERE'S A REASON"

Many people have found out the truth about old fashioned coffee. | the deleterous effects of coffee and its potency as a factor in the production They have overcome disease caused by it.

The plan was easy and sure.

Onit Coffee and use Postum.

Proof with one's self is stronger than any theory.

The Postum army grows by hundreds of thousands yearly.

the papers.

Because their pocketbooks are hurt, they would drive the people

One coffee prevaricator says: "It (Postum) has lately been exposed and found to contain an excess of very ordinary coffee.' Another that "it (Postum) is made from a small amount of parched

peas, beans, wheat, dried sweet potatoes, and paste of wheat mid-

Here's to you, oh faithful followers of the tribe of Ananias.

### \$100,000.00 CASH

liquidation for the infamous insult to our business.

business having been built upon absolutely pure food products, made on scientific lines, "for a reason" and the plain unvarnished truth told every coffee one morning that was fully up to her ideal, and which, although I day and all the time. These factories are visited by thousands of people every month. They are shown into every cranny and examine every ingredient and process. Each visitor sees Postum made of different parts of the wheat berry treated by different mechanical methods and one part blended with a small part of pure New Orleans molasses. So he knows Postum contains not one thing in the world but Wheat and New Orleans molasses.) It took more than a year of experimenting to perfect the processes and learn how to develope the diastase and properly treat the other elements in the wheat to produce the coffee-like flavor that makes suspicious people "wonder." But there never has been one grain of old fashioned or drug coffee in Postum and never will be.

Another thing, we have on file in our general offices the original of every testimonial letter we have ever published. We submit that our attitude regarding coffee is now and always has been absolutely fair. If one wants a stimulant and can digest coffee and it does not set up any sort of physical ailment, drink it.

some.)

Or if it causes weak eves, (and it does with some.)

Or if it causes nervous prostration, (and it does with many.)

Then good plain old fashioned common sense might (without asking permission of coffee merchants) suggest to quit putting caffeine (the drug of coffee) into a highly organized human body, for health is really wealth and the happiest sort of wealth.

Then if one's own best interest urges him to study into the reason and "There's a reason," he will unearth great big facts that all of the sophistries of the coffee importers and roasters cannot refute. Take time to read the following from the famous Dr. B. F. Underwood in The Ameri-

### Coffee as a Factor in the Production of Gastric and Cardiac Disorders.

BY B. F. UNDERWOOD, M. D.

The pathogenetic properties of coffee have received but scant attention from medical authors, although, it is not doubtful, I think, that, more than any other single substance, coffee is responsible for the great prevalence of nervous, gastric, and cardiac diseases at the present time, and that the great increase in sudden deaths from heart affection in recent years may be justly set down to the use or abuse of coffee as a

Shoemaker, in his "Materia Medica," treating upon coffee, says: "Used in excess it disorders digestion and causes functional disturbance of the nervous system, shown by headache, vertigo, mental confusion, and palpitation of the heart. It increases secretion, blunts sensation, exalts reflex excitability, increases mental activity, and may produce insomnia and great nervous restlessness," and this is as much as any medical author has to say upon the subject.

In my case it may be merely the zeal of the recent convert which inspires me, but I feel strongly from both my personal and professional experience that there is so much more that could and should be said about

of disease. This has been so strongly impressed upon me the past winter that I am impelled to make a contribution to the subject, by reporting a few cases in which coffee was so manifestly causing or continuing the dis ease that it could not be ignored.

Case I. In the latter part of December, 1903, I had under treatment, an old lady, 74 years, who was convalescing from an attack of pneumonia The old fashioned Coffee Magnates are now deriding Postum through She had responded favorably to the treatment and was doing nicely except for a peculiar rise and fall of the temperature and an irregular action of the heart. She had been troubled more or less with weakness of the heart and at this time its action was giving me a good deal of concern, its beat being irregular and feeble, at times much more so than at others. A study of conditions and causes threw no light on the case until I found that the irregularity was more marked on the mornings when she had coffee, which she did not have every morning. As I could not discover any other cause I advised that she should not take the coffee. After some demur on the part of the patient she acceded and Postum Cereal was substituted for the coffee. A favorable effect was almost immediately apparent, the irregular action gave place to a steady, regular beat, the pulse became fuller and stronger, the temperature became normal and the case went on to uninterrupted recovery.

Case II. The result in case one set me thinking. For some years I had been troubled with nervous dyspepsia, with cardiac irritability, and will be deposited with any reputable trust company (or a less amount at times, great irregularity in the action of the heart, intermittent beat of if desired) against a like amount by any coffee roaster or dealer. If the pulse and much nervous depression, all of which, in spite of treatment the charges prove true we lose, if not we take the money as partial was steadily getting worse. I had had light enough thrown on the cause, if I had not been so blinded by prejudice that I could not see. As, for in-The Postum Pure Food factories are the largest in the world, the stance, on one occasion, when the cook, who did not believe that coffee was any good unless it rivaled in color her ebony face, gave me a cup of noticed that it possessed nearly the strength of Samson, I drank without

I had been feeling rather better than usual for a day or two, but soon after breakfast I was attacked with such peculiar sensations that I was unable to go out, and was obliged to call upon a colleague for treatment. Singularly enough, although I had the feeling that I was under the influence of some drug, it was not until some time afterward that I realized that I had been poisoned by the coffee. Under strong tonic treatment I grew better for a time, but in December, 1903, I began to grow worse again, and treatment failing to effect any improvement, it began to look as if I was in danger of a complete breakdown.

ease, but a urinary analysis cleared up that point, but I did not improve. It was at this time, as I have said, the result in case No. 1 set me thinking, and I found from a study of the modalities, that I was worse and more depressed after taking coffee, and it finally penetrated into my inner consciousness that possibly coffee was the cause of my But, if coffee overtaxes and weakens the heart, (and it does with condition. I took my own prescription and gave up coffee, with the result of an almost immediate change for the better. The depression Or if it sets up disease of the stomach and bowels, (and it does with disappeared, the cardiac disturbance ceased, and the dyspeptic symptoms lessened and a steady improvement set in.

Case III. About the same time I had under treatment a young lady suffering from chronic nephritis who presented an almost endless variety of symptoms, which would yield to treatment for a time, only to return in an aggravated form. Among the more persistent and annoying of these was a gastric irritability with an absolute refusal of the stomach to digest or absorb any food, progressive emaciation with great weakness, and a constant sensation of hunger with nausea and frequent spells of vomiting, when the food taken would be returned unchanged; palpitation of the heart, oedema, hectic fever, colliquative sweats, etc. Under treatment and a most rigid diet the mitigation of the symptoms was

I had advised her that coffee was injurious and should be given up, but it was not until her condition was almost hopeless that she could be induced to follow my advice and refrain from coffee. The beneficial effect of this was apparent at once; the stomach began to recover its tone, the irritability ceased, the vomiting stopped, and the food taken was digested and absorbed; the sensation of continual hunger disappeared, the emaciation lessened and her strength slowly returned. Of course, the disease has not been cured, but a cure which seemed hopeless before

As a result of these experiences, to which more could be added, in all cases of intractable nervous or gastric diseases I have come to regard coffee as an incitant, and an important, if not the chief, factor in the production of the disease, and to insist upon its discontinuance as a part of the treatment, and, I may add, with uniformly good effect. I have found also that, although the giving up of coffee has been in many cases done only under protest and with great reluctance, it has been attended with but little difficulty when a palatable and satisfactory substitute was provided. In my own case and in that of the others descrabed I used the Postum Cereal and found it entirely satisfactory. Even the most inveterate coffee drinkers after a short use of the Postum seem to lose all desire for coffee and to be perfectly satisfied with the Cereal.

Study the subject and apply the facts to yourself. There's a Reason for

# **POSTUM**