SCIENCE OF HEAL

By M. A. LANE, Sc. B.

The Natural Way to Eat



Man Should Live 120 Years

at is the natural age to which and your man will live 50 years toolid live if they were bleat with longer, sooned mind in the second of the se

KNEY! WHAT A LICENSE WAS ill Marjoria Ready With an Expla-nation That Threw Light on the Bubject.

PROPER TREATMENT OF COLTS DURING THE SUMMER'S HEAT

d Animals Have Been Aged and Made Dull by a Habit of Letting Them Run Unbroken Into ring When They Are Three or Four Years Old and Then Putting Them to Work.



ents need a strady, well-and at the same time a who, in order to do his GOOD TREATMENT

nimal Should Have Acces
Rock Salt at All Times
Should Not be Hurried
by Dog or Horse.

CHAMPION STEER SHAMROCK II. "That's



Leaving Him at Sea.
"Could you do something for a p
id satior." asked the seedy-look old sailor?" asked the seedy-looking wanderer at the gate. "Poor old sailor," echoed the lady at work at the tub. "Yes'm, I follered the wotter for 16

"Yes'm. I follered the woman, after ical look, "you certainly don't lo if you ever caught up with it."

Then she resumed her labora.

Examine carefully every bottle
CASTORIA, a safe and sure remedy for
fastants and children, and see that
Bears the
Signature of Castoria
In Use For Over 30 fair.
Children Cry for Fletcher's Castori

Trethrully Said.
"My friend, you should join the church. As the prophet says, 'Come thou with us and we will do thee good."
"You have already, parson. I was at your church fair last night."—
Smart See Magazine.

Time to Reorganize.
"I saked her to marry me, and she gave me a supreme court answer."
"What kind of an answer is that?"
"Said she would give me air months to readjust myself so as to be acceptable."—Puck. Happiness, at least, is not solitan it joys to communicate: it loves o ers, for it depends on them for existence.—Stevenson.

Hold fast to the highest ideal sh upon your vision in hou altation.—Francis C. Willard

Good" Is often said of

Post Toasties

when eaten with cream or rich milk and a sprinkle of sugar if desired.

That's the cue for house-keepers who want to please the whole family.

Post Toasties are ready to serve direct from the package—

Convenient

Economical Delicious

"The Memory Lingers' Sold by Grocers

TUM CEREAL CO., Led Bante Creek, Mick