

## WORK DON'T HURT.

### Poor Selection of Food is the Cause of Break-downs.

Many men, and women, too, feel that their work is the cause of symptoms of nervous break-down, but work is not the cause, as anyone can prove to their entire satisfaction by leaving off the food they have been trying to subsist on, and taking in its place food made for the express purpose of rebuilding the brain and nerve centers in the body and supplying other portions with sufficient nourishment, and keep right on with the same work and get well and strong.

An illustration is given in the case of F. A. Whitely, Superintendent of the Public Schools at Excelsior, Minn. He is also a student and teacher of hygiene. He says: "This spring, at the beginning of the last month of school, I was very much run down, and, since my duties are quite confining, I naturally ascribed my condition to that.

"I discovered that I made the same mistake that many do. It is not work, but a lack of proper food that causes break-down. Wife went visiting at this time, and I concluded to get my own meals for a time. The grocer suggested that I use a ready cooked food known as Grape-Nuts. I found the food delicious, requiring no cooking. I simply poured milk or cream over it, and had it in that way.

I used Grape-Nuts for breakfast, dinner and supper, and, liking it so well, I simply lived on it for the next three weeks. My work continued quite as arduous and confining as before, but I experienced a decided rise in spirits and vitality as well as in general health. Found I did not tire as before, and entirely lost that worn-out feeling which seems to take the heart out of one.

I am satisfied the change was due to my change in food, and I have been so greatly helped, and have been taught so valuable a lesson in food as related to the human body, that I wish to express my appreciation in this manner."

It will pay any brain worker to discontinue with a part of the ordinary diet and use Grape-Nuts once or twice a day at least, for the food is made by food experts, for a purpose, and that purpose is to furnish the human system with the elements, in a concentrated form, required for rebuilding the brain and nerve centers throughout the body. There is no sort of question of the truth of the statement and value of the food, as can be demonstrated by anyone.

is the author of several books and is an authority on English grammar.

The Blanche Walsh company jumps from Duluth direct to Montreal, over the South Shore road, and thence to New York. The company makes only one stop between Duluth and New York.

The Epworth League of the First M. E. church, has elected the following officers for the year: President, Paul M. L. Thompson; first vice president, W. F. Moore; second vice president, Miss Anna Grace Robinson; third vice president, Miss Ethleen Fee; fourth vice president, Miss Alice Jones; secretary, Gaylord T. Shannon; treasurer, Jesse Bradley; pianist, Miss Florence Mickelson; assistant, Miss Nellie Ober; chorister, Mr. W. I. Thomas.

Seekins has an expert soda dispenser. All the latest fancy mixed drinks.

Mrs. William Gomberg, 1912 Dingwall street, received a dispatch yesterday afternoon notifying her of the death of her sister's husband, Louis Aronheim, at Toledo, O. Mr. Aronheim was a resident of Duluth for a number of years and was engaged in the cigar business. He left here for Toledo last June.