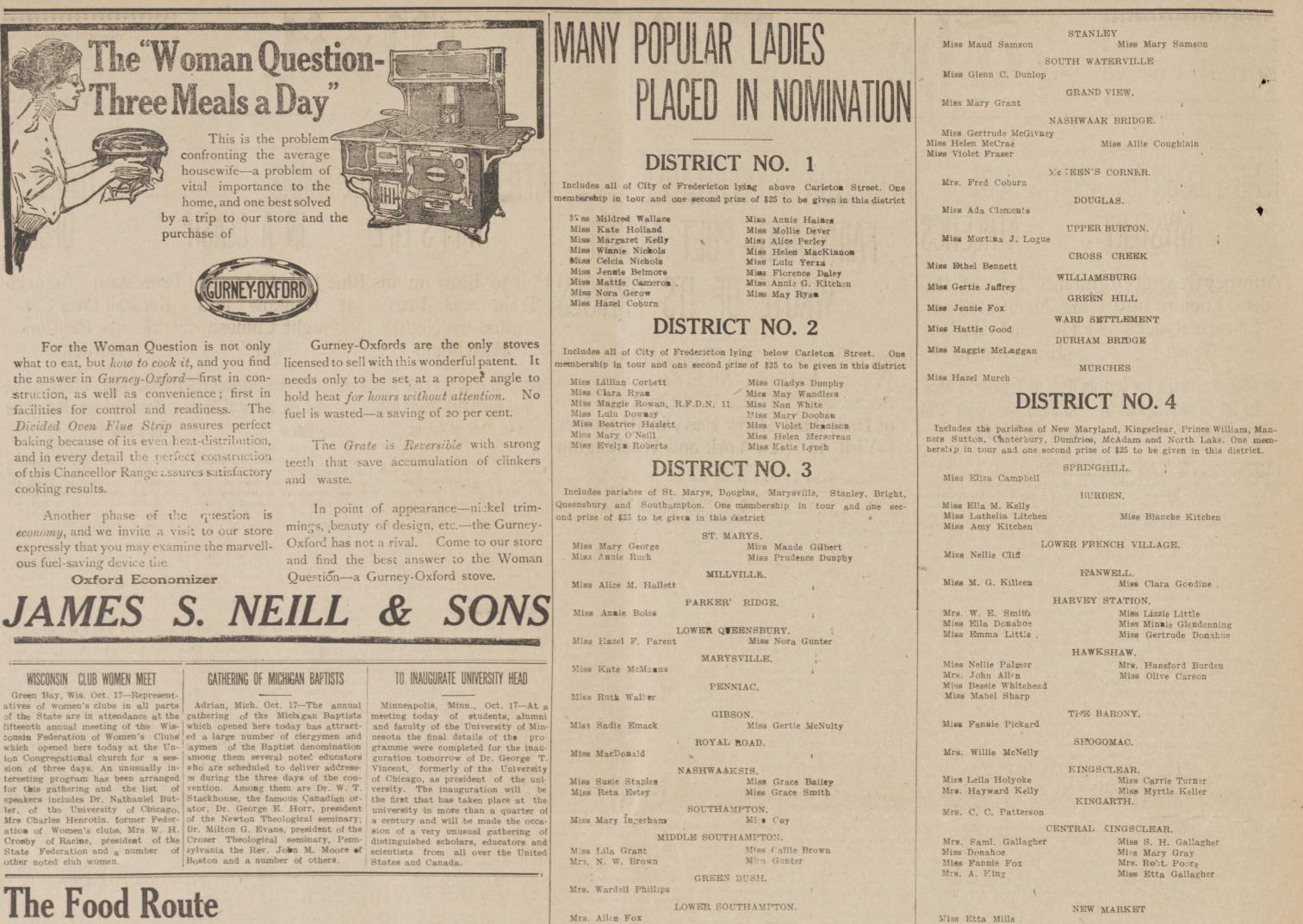
## THE DAILY MAIL, FREDERICION, N. B. TUESDAY, OCTOBER 17 1911



(Continued on page three.)

## Is the Safest Way To Steady Health BIG LINE CAMPAIGNERS NOW ON THEIR

## SUPPORTED HIM

Food That Saved When Everything Else Failed.

The food route is a safe and very sure road back to health.

"For six years I was a serious sufferer from indigestion and general stomach troubles, from the improperly cooked food in boarding houses and restaurants of which I was a victum.

"During three of the six years, I was so bad off nervous prostration set in and I sought relief of a specialist without success. I had gotten so that I could eat almost nothing and was steadily losing flesh.

"Many different foods and preparations were recommended for a trial, without success, and I had become indifferent to all food. "Some months after seeing your ad in the daily papers about the scientifically prepared food, Grape-Nuts, and its good qualities, and being driven almost to despair over my plight, I skeptically resolved to give Grape-Nuts a trial as a last resort.

And I thank God that I did. "From my first meal of Grape-Nuts I felt a great change for the better; the knot that arose in the chest after meals disappeared; stomach ceased its uneasiness and gradually the nervousness disappeared.

"For about a year I ate Grape-Nuts and cream three times a day and have gained 54 pounds of lost weight and weigh 5 pounds more than I ever did and now do not find any trouble in us ng my old-time relishes with my Grape-Nuts.

"I expect to be married soon and I do not expect Grape-Nuts to be el minated from my bill of fare as long as I live. If my testimony will help some poor mortal, place my letter conspicuously where it can be read. I will gladly answer letters." Name given by Canadian Postum Co. Windsor, Ont.

'Grape-Nuts contain all the constituents of a complete food and in a highly assimilable state," says the "London Lancet."

Boston, Oct. 16-With the close of the Lexington meeting last Saturday afternoon all except a very few of the trotters and pacers who have appear. d on the big line ended their 1911 campaign and are now headed for Winter quarters.

Ed Greers will take the Harvester and Ess H. Kay of his own string and Branham Baughman for Walter Cox to the big meetings of the Southwest, Dallas and Phoenix. The balance of his string is now on its way to the home training track in Memphis.

Mrs. Woodford Wright

NOW ON THEIR WAY

TO WINTER-QUARTERS

UPPER SOUTHAMPTON.

The Murphy "all-winning" stable goes to Poughkeepsie for the eight months' layoff, with the exception of Charlie Mitchell and Longworth B, who race over the new mile track at Laurel, Md., this week.

Lon McDonald ships to Indianaolis, where he will remain until midwinter. The Cox horses, with Branham Baughman and Earl Jr., missing, reach Dover tomorrow. Baughman has two stake engagements at Phoenix that look like sure money, while the gray race horse races in Maryland before going to his far away home in Manitoba.

Dickerson goes to Hillanddale Farm on the shores of Long Island Sound until after the holidays; Snow to Hornell, N. Y.; McMahan to Libertyville, Ill.; Miller to Dromore Farm, St. Clair, Mich.; Andrews to Buffalo; White to Ideal Farm, East Aurora, N. Y.; McDevitt, Pennock and Shank to the Cleveland track; Tallman to Attleboro, and the Benyons to Memphis.

The trainers from the half-mile tracks who cut in at Detroit, Columbus and Lexington will continue their season a bit longer, racing this week either at Rockport, O. or Laurel.

Havis James will winter the Mackenzie hotses in California. Rythmic, 2.06%, gets his first 2.10 trotter in Arthmic Queen, 2.091. The turf needs tracks that can be raced over in rainy weather.



Many people are kept ill because they do not know how to select food that their own particular bodies will take up and build upon.

What will answer for one will not do for another.

If one is ailing it is safe to change food entirely and go on a plain, simple diet, say.

> Cooked frnit Dish of Grape-Nuts and Cream 2 Soft eggs 1 Cup Postum Slice of Crisp Toast,

> > no more

Man! But a diet like that makes one feel good after a few days use.

The most perfectly made food for human use is

**Grape--Nuts** 

"There's a Reason"

Get the little book, "The Road to Wellville," in pkgs

Canadian Postum Cereal Company, Ltd., Windsor, Ontario, Canada.