











# ROOSEVELT BAGGING

## The GNUS OF AFRICA

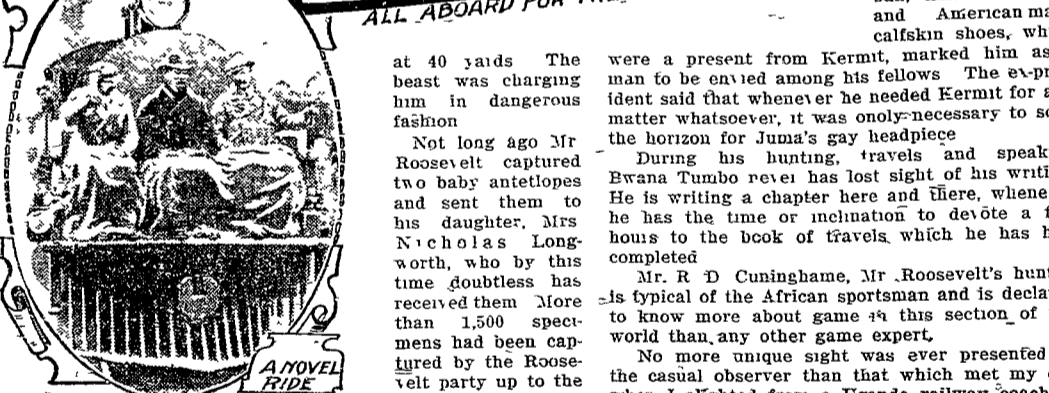
Nairobi, British East Africa.—I guess everybody in the civilized world knows that ex-President Theodore Roosevelt of the United States is getting two American dollars for every word of "copy" he writes for a certain New York publication. Therefore the business of bagging the gnus in this lonely spot on the world's map has a double meaning.



ROOSEVELT IN HUNTING COSTUME



Spelling it gnus or news—suit yourself—they are pronounced alike. The only difference is that you get one with a rifle of heavy bore and the other by means of mental ingenuity.



Mr. Roosevelt will tell his hunting experiences, his views on world politics and lots of other things which will astonish his staid British hosts and will set them to thinking. The world at large is getting little Roosevelt "stuff," as the editors call it. The reason for it is said to be the hunter's desire to pursue the life of a nimrod undisturbed by eager newspaper men. They are on his trail every day, but they keep out of sight.

at 40 yards. The beast was charging him in dangerous fashion. Not long ago Mr. Roosevelt captured two baby antelopes and sent them to his daughter, Mrs. Nicholas Longworth, who by this time doubtless has received them. More than 1,500 specimens had been captured by the Roosevelt party up to the time of this writing. The labor union instinct is second nature with the attaché of the African hunting expedition. Let a gun bearer try to do the work of a porter or bush beater and there is war in camp at once. Neither may the game carriers beat the game into sight. Perhaps this system is for the best after all for the reason that every man specializes and therefore is able to do his own allotted work to a better advantage.

### The Kitchen Cabinet

"SQUEAKING DOORS."  
HEY say I'm rather delicate and puny-like and pale. I'm always rather poorly; my constitution's frail. But I have noticed all my life that folks with aches and twinges, live ages! It's the squeaking door that jangles long on its hinges!  
There was my Uncle Reuben, always seemed so strong and well. But people say he can't live long, since that pneumonia spell. And Cousin John—he's always bragged about that wife of his. So healthy till she up and died with sudden rheumatiz.  
No, sir, of hale and hearty folks we can not be too sure. "The good die young," said nobody by rights can feel secure. Of folks that seem so gay and peart, we can't be certain, ever. But sickly ones, like squeaking doors, will crack and squeak forever.

The Banting System.  
This scheme of diet was first popularized by William Banting of London, England, who addressed to the public a letter on Corpulence, in 1863. Banting suffered from surplus flesh so extreme as to force him to "go downstairs backward." He tried various medicines and forms of exercise without success, until finally advised to abstain from "bread, milk, butter, sugar and potatoes."  
In lieu of these he adopted a diet of lean meat; fish; any vegetable (except potatoes), and a limit of one ounce of bread at a meal.  
On this regimen Banting reduced his weight marvelously. He found sugar to be the most fattening—five ounces in one week adding one pound to his weight. "Milk, sugar, and butter are the human beams," he said because he found them to have the same effect that a diet of beans have upon a horse; very fattening.  
The characteristic of the Banting diet is the great predominance of proteins. Carbohydrates, of which sugar and potatoes are so largely composed, are strictly forbidden.  
Every scheme of diet for the reduction of flesh includes advice against variety in food, as that tends to increase appetite.

### A NEW "FEAT."

BACK HOME.  
AST summer I made up my mind I'd take a holiday and go back to the home I had.  
Not seen for many a day. But people said "You're foolish, Jane. It's such a wild-goose chase."  
Your family and friends are dead—Why, you won't know the place!  
But all the same, I went, and my I had a splendid time! I started when the bloom and blush of summer was in prime. 'Tis true, my girlhood friends were gone. But every stick and stone was full of them—with memory. You know, we're not alone.  
The children all were gone, but there The old brick school-house stood. The little bridge, the crooked path; To get them? Ah, who could! The trees, the everlasting hills. The book the sky for frame. All these were there and to my eyes The old home was the same.

Laymen Combat White Plague.  
According to recent figures published by the National Association for the Study and Prevention of Tuberculosis, nearly 50 per cent. of those enlisted in the active campaign against consumption are laymen, and the percentage of laymen has tripled in the last four years.

### Keenest Delights of Appetite and Anticipation

are realized in the first taste of delicious

## Post Toasties and Cream

The golden-brown bits are substantial enough to take up the cream; crisp enough to make crushing them in the mouth an exquisite pleasure; and the flavor—that belongs only to Post Toasties—

"The Taste Lingers"

This dainty, tempting food is made of pearly white corn, cooked, rolled and toasted into "Toasties."

Popular pkg; 10c; Large Family size 15c

Made by  
POSTUM CEREAL CO., LTD.,  
Battle Creek, Mich.

### SHE HAD HIM ON THE HOOK.

Maiden Well Knew Lover Could Not Resist Culinary Bait She Had. So Cleverly Cast.  
Janet had molded the domestic affairs of the family with whom she lived for so many years that the news of her intended marriage had much the effect of an earthquake. "Have you and David been engaged long?" ventured the mistress of the household.  
"One week when next Sabbath comes," stated Janet briefly.  
"And—and had you any thought of marrying before that?" asked her mistress.  
"Times I had and times I had not," said the imperturbable Janet, "as any person will. But a month ago when I gave David a wee bit of the cake I'd been baking and he said to me: 'Janet, have you the recipe firm in your mind, lass, so you could make it if Mrs. Mann's book would be far from your reach?' I knew well the time was drawing short."  
"And when," said Janet, closing her eyes at the recollection, "I said to him, 'David, lad, the recipe is copied in a little book of my own, and I saw the glut in his eye I reckoned 'twould be within the month he'd ask me.'"  
After Specialist Failed to Cure Her Intense Itching Eczema—Had Been Tortured and Disfigured—But Was Soon Cured of Dread Humour.  
"I contracted eczema and suffered intensely for about ten months." At times I thought I would scratch myself to pieces. My face and arms were covered with large red patches, so that I was ashamed to go out. I was advised to go to a doctor who was a specialist in skin diseases, but I received very little relief. I tried every known remedy, with the same results. I thought I would never get better until a friend of mine told me to try the Cuticura Remedies. So I tried them, and after four or five applications of Cuticura Ointment I was relieved of my unbearable itching. I used two sets of the Cuticura Remedies, and I am completely cured. Miss Barbara Kra', Highlandtown, Md., Jan. 9, '08."  
Potter Drug & Chem. Corp., Sole Props., Boston.



