

THE SUNFLOWER

AN EXPONENT OF THE SPIRITUAL PHILOSOPHY; ITS SCIENCE, AND ALLIED SUBJECTS.

Volume 16.

Published by
The Sunflower Publishing Company.

LILY DALE, N. Y., MARCH 3, 1906.

Issued Every Saturday at
One Dollar a Year.

Number 257

VEGETARIANISM.

A Careful Consideration of the Matter by D. W. Hull, M. D., M. H.

I am now introducing a subject which by those who have not thought upon the matter will be termed a mere "fad." I shall expect but a few who read it to become Vegetarians on the moment. You will think, and think, and the thing will grow on you till after a little it will grow into you. At first you will think you cannot live without your meat, but the conviction will come to you more and more, and after a while it will cost you no effort to abstain. We are what we think we are. If you think you must have meat you will have it—you can't get along without it. When you have thought on the matter awhile, you will see no necessity for it and you will have no difficulty in abstaining from its use, and after you have been more highly spiritualized, or shall I say humanized, you will look upon a carcass with loathing.

The ignorance of the public on this subject is lamentable, as well as embarrassing to a vegetarian, whose finer senses are continually shocked by the appearance of flesh on every table; and still worse it is offered or passed to him, as if its presence on the table was not punishment sufficient for his eccentricity. Please understand, I am not blaming any one for this. It is the custom of the world, and no one sees anything either shocking or disgusting in it. I did not myself, until my eyes had been opened, and then it was several years before I came to the loathing I have for flesh, and the horror I have for murdering animals for food. People often banter and joke me on the subject. They have no idea how serious the matter is to me and other vegetarians, or they would not offer their playful remarks.

My first objection to flesh eating is that it is morally wrong. I am aware that the ordinary flesh eater never thinks upon the ethical phase of the question. If you refuse meat when it is presented to you, he will usually inform you that meat never hurt him, or something of that nature, just as if everything must be considered from a selfish standpoint. The love of life in the lower animals is never considered, nor does the moral effect on one's character trouble his mind. There is a question among Spiritualists, whether animals live after the demise of their bodies, I will not discuss it here. In either case I could not afford to destroy their present lives for my selfish gratification. Their present lives, for aught I know, are worth as much to them as mine is to me, and if they really have another life, they are my fellow creatures in all respect except intelligence, a gift that came to man by the advantage of his two hands and flexible palate and tongue. Probably I should be ashamed to meet in another life the brute I had eaten or killed, if chance should throw him across my path, on account of what he might think of me for what I had done; and I certainly would not like the reflection coming back to me that I killed that animal in earth-life. On the other hand, if there is no after life for the brute kingdom, they have a right to all of this life. I have no right to rob them of the only life they have. This is the first phase of the question that is presented to me. People often say, when flesh is refused, "Well, I don't think meat hurts me; if I did I would quit it," as if that was the only desideratum, as if we were actuated by no other than a selfish motive, as if one had never seen a poor calf going to its death, bleating piteously in the streets, or

a crazy steer becoming desperate as he senses by some sort of psychometric power which seems to be a gift of some animals, that he is being driven to his death. While I believe no one should eat of anything which injures them (and it will show later that flesh eating is pernicious to both health and morals.) I have a stronger motive for sechewing meat. I question my right to murder and devour animals. In 1859, I shot off the under jaw of a squirrel which was carrying a walnut in his mouth, the ball dropping a little from his head, which I aimed at. I shall never forget the pitiful cries of that poor creature as he moved to a limb of the tree and sat on it. The next shot I killed him, after which I went home, and never since that time have I shot at a creature of any kind. Such a lesson was needed by me.

2. My second argument is, that the structure of the jaws and teeth show that man is not a carnivorous animal. His jaws move laterally instead of perpendicularly as in the carnivora, showing that in the process of mastication nature intended he should grind his food, but flesh never should be ground. The carnivorous animals always chop their food.

3. All animals are subject to disease, and we can't always tell when an animal is in a poor state of health. Often a great many persons are taken violently sick with the same symptoms, simultaneously, in a village or city. All the physicians are called out. There is one thing a physician never does—that is to confess his ignorance of the name or nature of any case he is called to diagnose and prescribe for. He can't hold his patronage and be honest with his patrons, and he knows it. He is not really to blame, since the ignorance of the public forces him to take this line of action. The fact is, the public pays a premium on hypocrisy and charlatanism, and an honest physician cannot succeed. He looks wise when called to the bedside of the family, nearly all of whom are sick; gives the disease a name and prescribes a placebo—that is an assumed remedy—probably bread pills, or writes a prescription of p. bark and chilo-sodium ssgr. ij. aqua oz iv. M. teaspoonful every 30 min., and goes home to study his books, from which he derives no information. The trouble is the butcher killed a diseased beef, probably an angry steer. Anger is insanity, and insanity is always a disease. In all cases of anger the blood is poisoned, and as the blood goes to all parts of the system the entire system is poisoned and unfit for food. A mother may poison her babe by allowing it to nurse while she is in a passion of anger.

As remarked a little while ago, all animals are liable to disease and it is difficult to tell when an animal is entirely clear of disease. At least nine out of every ten hogs slaughtered for food are unhealthy, and the healthiest hogs, on account of their uncleanness, are entirely unfit for food, or even for soapgrease. Runts and infants of all kinds are healthier and more cleanly, but how are we to be assured of their perfect health? 4. All flesh is necessarily nasty and unfit to eat. Every moment of the life of every living animal there is a process of elimination of excrementitious matter. This matter is on its way to the exterior of the animal, and the moment the blood ceases to circulate that matter is arrested in its movement to the surface. This matter is of a mucus nature, the same as one gets

up from the lungs, or rubs from beneath the surface of the skin when bathing. Having served its purpose as living tissue, it died and was being moved to the surface to be dumped overboard as it could not be absorbed within the system without danger to health. But this cadaverous matter, in its dejection, is arrested in our system, and is one cause of the contents of this fact over another. Heat is more than I can describe.

5. The prevalence of rheumatic disorders in the world is flesh eating. Vegetarianism will render the human immune from rheumatism, and cattle sometimes have rheumatism, but I do say, that flesh eating is rheumatism; and not only rheumatism, but also any other disease. You know it is a popular belief, even for the most ignorant, that there is too large a quantity of acid in the blood, and the common idea is that the kidneys are not doing their duty, and medicines are given to take them out of the work. Now nature has made provision for the conversion of about four grains of uric acid into urea a day, and this passes through the kidneys, and if more than that amount of acid finds its way into the human system, nature makes provision for its elimination. What is to be done? Well, the doctor, toward the extreme, makes a desperate effort to eliminate it through the hands and feet, by blotting in its way: the joints, and the muscles. Sometimes rheumatism, sometimes catarrh of the bladder, and sometimes the kidneys, and sometimes the bowels, are the result. If you eat meat a day, you are about to suffer from uric acid, unless you take its way to the exterior means. It accumulates in the life of the animal, and is more rapidly for the first few years of its death. No body eats more than a pound of meat a day. If they did they would take into their system ten grains more than the average system is enabled to eliminate. Even if you eat one ounce of meat a day, you have imposed on nature one extra fourth of a day's work. This consideration, alone is all the argument necessary for a vegetarianism.

6. Now we come to a very strong objection to flesh eating. I is a psychological objection. I do not believe people are assimilated by what they eat; if I did I should certainly favor putting some of our trust in a pork die till they became as good as the hogs they eat; nor can persons as always assume that they eat. But the meat people eat must naturally have a malignant effect upon the more sensitive of our people. We are all conversant with the fact that a psychometrist will take up a fragment of a rock, and if a murder had been committed near it, locality where the rock is found will get from the vibrations around it, a history of the tragedy. A piece of wood from the gallows where a man had been hung was once displayed at a camp-meeting where I was, and some of the mediums present could venture to retain their hands, but here is a calf hauled in a wagon trembling every part, and bleating piteously as if someone abuses that it is to be slaughtered to satisfy the depraved appetite of humanity. It is taken to the slaughterhouse and smelted, and other things that are done to it, and the knife passes to its throat the next day, and up among the townspeople, every sensitive villager, and we have as many nervous diseases in the course of their lives as proportion of them are found in the life of the sensitive people. The same is true of the sensitive people eating meat.

UNCOOKED FOODS.

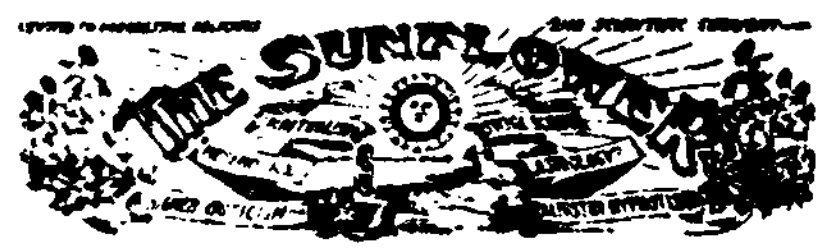
A Menu for Eight Days, With Recipes for Preparing the Dishes by H. S. Robinson.

- | | |
|------------------------------------|-------------------------------------------------|
| 1. BREAKFAST. | LUNCH. |
| Raw Egg in Orange Juice. | Schmearcase. |
| Oranges. | Bread and Butter |
| Bananas. | Olive. |
| Dates Stuffed with Nuts. | Honey. |
| Whole wheat bread and butter. | Swedish Fruit Soup. |
| LUNCH. | DINNER. |
| Whole Meal Salad. | Nuts. |
| Bread and Butter. | Celery, Apple Salad. |
| Apple Juice. | |
| DINNER. | 8. |
| Hazlenut Soup. | BREAKFAST. |
| Olives. | Banana Nog. |
| Nut-Lettuce-Cream Sandwiches. | Bread and Butter. |
| Apricot Puff. | Raw Oats with Cream. |
| | Milk. |
| 2. BREAKFAST. | LUNCH. |
| Shredded Wheat Biscuit with Cream. | Nut Sandwiches. |
| Bananas. | Cress with Oil and Vinegar. |
| Milk to drink. | Oranges and Bananas sliced with Grated Coconut. |
| LUNCH. | DINNER. |
| Cream Cheese. | Milk Soup. |
| Crackers. | Sanatorium Baked Beans. |
| Apples and Pecans. | Celery Salad. |
| DINNER. | Bread and Butter. |
| Tomato and Nut Soup. | Shredded Pineapple. |
| Lettuce with Salad Dressing. | |
| Bread and Butter. | |
| Apitexo Pudding. | |
| Walnut Creams. | |

RECIPES FOR THE RAW FOOD MENUS

1. The egg is to be put in the juice of an orange without being beaten. Whole Meal Salad: Soak over night a tablespoonful of split or green peas or until they are soft. Also the same amount of oatmeal. To them add half a cupful or so of raw cauliflower, cut fine an onion and a tomato. Put in half a cup or more of nuts broken up coarsely. Pour over all a dressing made of a tablespoon of oil, a tablespoon of sugar, a teaspoon of salt, a dash of tobacco and the juice of a lemon. Mix well and let stand several hours before using. Hazlenut Soup: Chop half a cupful of hazlenuts, blanching them if desired, add an onion, a tomato, both chopped fine, a quart of milk, a teaspoon of salt and the same of butter. Make hot and add a well beaten egg. Thicken with cracker crumbs. Nut-lettuce-cream Sandwiches: Chop lettuce up into fine shreds and add an equal quantity of chopped nuts, mix together with whipped cream. Spread between slices of whole wheat bread, piling it up almost an inch. Apricot Puff: Soak half a pound of apricots until soft. Chop fine and add six bitter almonds, pounded fine, one cup of powdered sugar and the yolks of three eggs. Beat this very light, then add the whites, beaten stiff with a tablespoonful of sugar and one teaspoonful of almond flavoring.
2. Cream cheese does not mean schmearcase or as it is variously called, cottage cheese or cream cheese. This means the Blue Label Cream Cheese that comes in little cakes, wrapped in tin foil for ten cents. It is very delicate and nourishing and may be eaten with a little mustard if liked. Tomato and Nut Soup: Half a can of tomatoes, half a cup of chopped walnuts, a tablespoon of cracker crumbs, a teaspoonful of salt and sugar, one small onion chopped fine. Add a cupful of hot water and let stand for two or three hours. When needed make very hot, add a cupful of cream and an egg well beaten. Serve with croutons. Apitexo Pudding: A cup of apitexo crumbled fine, half a cup of blanched and chopped almonds and the same of figs. In the dish from which it is to be served, put a layer of the apitexo moistened with grape juice, then a layer of the almonds mixed with sweetened whipped cream, then a layer of figs. Con-

(Continued on Page 5.)



PUBLISHED EVERY SATURDAY BY THE SUNFLOWER PUBLISHING CO., Lily Dale, N. Y.

Entered at Lily Dale, N. Y., as second-class matter. If you do not receive your paper promptly, please write to the publisher immediately in order that the fault may be corrected and the cause removed. When you want the address on your paper changed, always give the address to which it has been changed, as well as the new address, or we cannot find the correct one. If you have a change of address, please send your subscription list to make the change. We are not responsible for, and do not necessarily receive, the opinions expressed by correspondents. We do not accept responsibility for any correspondence which they will be destroyed. No manuscript will be returned unless stamps to prepay postage are enclosed.

SUBSCRIPTION RATES. Single copy, 10 cents. Three months, \$2.50. Six months, \$4.50. One year, \$8.00. All payments in advance. If you are unable to pay in advance, you may pay by instalments, but you must send 50 cents when you get up the club.

ADVERTISING RATES. One inch insertion, 10c; three insertions, \$1.00. One week, \$3.00. One month, \$10.00. One year, \$30.00. Display notices, 15c a line; 20 lines, 10c a line. Discount for Time and Space.

REMITTANCES. All communications and make all money orders payable to The Sunflower Publishing Co., Box 100, Lily Dale, N. Y. Send your full name and address plainly in all communications. Don't send your personal check unless you enclose 15 cents to collect it, and we must deduct it from the amount you send.

W. H. BACH, Managing Editor.

VEGETARIANISM.

Its Effect on Inebriates.

Staff-Captain Hudson, the matron of the Inebriates' Home at S. Newton, was the second Salvation Army representative. Of her experience and work among those who have been drink-bound, she spoke as follows:

I have been asked to come here today to say a few words as a result of having adopted this special diet in our Home for Female Inebriates.

Speaking generally, the benefits are incalculable and cannot be done justice to in fifteen minutes.

About three years ago I was induced by Mrs. Booth to try this diet.

Let me say here that I had been working the Home for four years previous to this, with the usual mixed diet—joints, bacon, salt fish, pickles, pepper, mustard, oysters and vinegar, etc., and that I was very sceptical about this new idea.

Since that time one hundred and ten women of all shades of society have passed through the Home. Two-thirds of these have been so far as the drink and the drug habit are concerned the worst possible cases, the majority of ages being from 40 to 60, most of them habitual drunkards of 10, 15, and 25 years standing; some so bad that other Homes would not receive them!

There were those suffering from tremors, there were morphia maniacs, having periods of three craving for the drug, at times amounting to madness.

Others were so unnerved, and such physical wrecks (not having even had of any description for weeks and even months,) that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work on. Now for results!

Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work (matters) gave place to a much more restful and peaceful state of mind; also that we could think and sleep better. This was a great gain for us, especially for myself, since I was beginning to find the work very trying. Some of us had suffered from severe headaches for years, which gradually disappeared. This was splendid.

We also found less need for medicine, and that was a new idea for me, swearing by the doctors as I had done all my life, entirely due to my bringing up and my nursing work. So much for us.

But what was taking place with us, was rapidly developing in the inmates: only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women, heavy with years of soaking; who had hitherto needed weeks, and even months of nursing and watching, to my astonishment and delight, under this new treatment, made rapid recovery, assuming a fairly normal condition in about ten days or a fortnight.

Mrs. W., who had been drinking hard for sixteen weeks—twenty-five years a drunkard—came to us on a Thursday, and was up and about on the next Monday.

Within four months we had practically abolished the meat diet! The people, as a whole, are much happier. We do not have violent outbreaks of temper as we used to, they are more contented, more easily pleased, more amenable to discipline. One serious difficulty with them has been their variable moods, in consequence of the terrible depression from which they suffer. We have now much less of this than ever before.

The general health of all is an increasing wonder to me. We have no sickness (as our medical men can testify,) and we have had only one serious case at Hillsboro' House in nearly four years, and that was an officer! We have never had a death in the home the whole seven years I have been in charge, and this does not mean that they were dispatched to the infirmary in order to avoid it!

Many of our people who have passed out are still Vegetarians, and trying to introduce the diet into their own homes; sending to me for recipes, cookery books, etc. Let me finish by giving you in a few words six little instances of this:

1.—Left us intending to indulge largely in pork chops and rump steaks, but found all appetite for such things gone. Wrote for cookery book.

2.—Very prejudiced, but, since leaving, has written for Vegetarian recipes, owning that our diet was best, and that she was better when taking it.

3.—Would as soon take whiskey as meat.

4.—A sensual, gluttonous woman, lived on steak and half-cooked chops and whiskey, openly rebelled against Vegetarianism, now sees the value, and wishes for recipes that she may continue.

4.—A convinced Vegetarian—lady's maid to a lady-in-waiting abroad—sends to say that her ladyship would like to know something about the diet, would I send information?

6.—A lady, who since leaving us two years ago, has become a worker, is trying to induce all around her to adopt this diet. She is, herself, a marvel of success.—The Herald of Health, London, England.

Expression of a Veteran Spiritualist.

I do not know as I can write you a proper article for your Vegetarian Edition, but I am not an extremist, so I will try a hand in a moderate way.

An extreme person on the one hand would advocate that he would eat nothing but that food that was supplied by nature. Well, as all food and all vegetation is a product of the earth, I would advise him to go way back and partake of the earthy matter before it is converted into either vegetable, fruit or flesh. Let the extreme party try that for a steady diet—then let the fellow at the other extreme partake of the concentrated extract of real life of vegetable or animal, i. e. alcohol, and see which could stand the racket the longest.

In my moderate way I am willing to allow the animal to condense the grasses and vegetable matter into a good beefsteak and give it to me in that condition; and I am also willing to allow the pear tree the peach and the apple to condense my food and let the extremist eat earth or alcohol just as he chooses. You will find me fat and jolly while the other fellow will growl with the empty belly ache.

J. W. DENNIS.

Battleships or Merchant Ships.

We have given considerable attention to the question, How can our foreign trade be increased? It is quite clear that we have only a small fraction of merchant ships in comparison with those of some other nations which are our rivals, and it seems to us that what is wanted today, a hundred times more than an increase of battleships, is a vast increase of merchant ships, and to obtain them we should not have to wait for their building, but be permitted to buy them wherever they can be bought, and then place them under American registers and the American flag.

GEO. T. ANGELL.

Abstemiousness in diet may help one to keep the mind harmonious and clear; but fasting without making an effort to transform habitual modes of disordered thinking, will be but little help to one's spiritual unfoldment.

DIETETIC ADVICE.

As Given by Mrs. Leigh Hunt Wallace, of London, England

I know that dinner with you is a mid-day meal, and that you always commence it with soups. One of the leading fallacies of England is that a flesh-meat stock is necessary foundation for all soups. I have no difficulty in making French cook understand how vegetarians get on for soups, because they very often compose their soups, unless it is for those who expressly desire a too good a cook for you any special advice preparation of soups, but a few recipes at the end of this paper. I would say your dinner with soup as always been in a habit of doing, only now have a really good vegetable soup, which must be eaten slowly with biscuit or griddle bread, and never gobbled down as so much liquid, more important task of digesting solids. Accompanying the soup, on the table a good porridge from that which you had at breakfast, as vegetable soups are certainly not advisable for being taken and indeed the things that follow are sufficient: nitrogenous porridge (which is better for a naturally carnivorous animal, and this condition has to be changed before fruit can be properly relished and easily assimilated. In time it will be found that the amount of fruit taken will be gradually increased and will form an appreciable portion of the meal. Then those who feel they require more than three meals daily should make that extra meal of fresh fruit only. Should they find the fruit 'lie cold in the stomach' a home made wheaten biscuit should be slowly chewed with it. It is very important to take food on a clean

stomach, and very important that food taken on a clean stomach be absolutely pure, as blood poisoning from wrong food material is more likely to occur than at other times. New laid eggs stand very much in the position of milk, with regard to their being a passing necessity, i. e., under existing circumstances. Ducks not being clean feeders, their eggs should be excluded from your table, and turkeys' and hens' used in their stead. Pullets' eggs should always be chosen when obtainable. Some soft, easily appropriated farinaceous food should also invariably be present. I mean such things as wheaten or oat porridge, rice, sago, hominy, barley, etc. All these should be thoroughly cooked, and of such a consistency that if prepared over night and turned into a china mould, they will stand alone the next morning. They can be eaten warm or cold, according to the taste, and the season of the year; some take them with stewed fruit, jam, honey, or plain boiled milk; others prefer them sliced and fried in oil or butter. Fresh or stewed fruit should be a sine qua non, at the breakfast as well as at every other meal. To commence each meal with fresh ripe fruit is an excellent manner of establishing the fruit eating habit. The juices of the stomach of one who has been for years a flesh eater are similar to those of a naturally carnivorous animal, and this condition has to be changed before fruit can be properly relished and easily assimilated. In time it will be found that the amount of fruit taken will be gradually increased and will form an appreciable portion of the meal. Then those who feel they require more than three meals daily should make that extra meal of fresh fruit only. Should they find the fruit 'lie cold in the stomach' a home made wheaten biscuit should be slowly chewed with it. It is very important to take food on a clean

Diet and Cancer.

Of the 27,487 who died of cancer in England in 1901, probably the majority were operated upon by cutting out the diseased part. The expectations from radium and the x-ray will end in disappointment, because the sources and maintenance of cancer lie in the impurities of the blood, and can only be contended against by a process of purification. Cancer is not formed when the blood is pure, and will wither away when its impure sources are removed. Pure diet and not too much of it will cure cancer. This assertion is sustained by a case described by Mr. Sidney Beard, of Paignton, Devon, of a lady who "eighteen months ago was seen by two consulting surgeons, who declared that she was suffering from a typical undoubted cancer of the breast. An operation having been declined, the patient was induced to adopt an exceedingly limited and fruitarian diet. Gradually the activity of the growth ceased, absorption and the wasting of the tissues slowly occurred, and today its site is marked by a scar-like nodule of material presenting none of the signs of an active malignant growth. The surgeons are of the opinion that these results are due to dietetic treatment alone."—London News.

What He Threw.

Ma Twaddles—Tommy, what do you mean by coaxing this horrid dog home with you?

Tommy Twaddles—I didn't coax him, ma—honest, I didn't. I throwed things at him to make him quit follerin' me, but it didn't do no good.

Ma—What did you throw at him?

Tommy—Oh, bones an' things.—Cleveland Leader.

A SERIAL STORY.

Beginning with the issue of March 10th, we will begin the publication of a fine serial story, written by the late Samuel P. Putnam, entitled,

GOTTLIEB: HIS LIFE; OR LOVE TRIUMPHANT.

This is a most intensely interesting story, illustrating the power of love not only on earth, but the effects true love might even have in an orthodox heaven and hell.

Call the attention of your friends to this, and send in their subscriptions with your own. This story alone will be worth the price of a year's subscription.

Self-Filling Fountain Pen Free.

We want to give our patrons some more Fountain Pens during March. Everybody who has had one is well pleased with it, and this month we will give you a chance to get one.

ABSOLUTELY FREE.

TERMS: Extend your subscription to THE SUNFLOWER for one year, and send in one new subscriber, in addition to your own, with Two Dollars to pay for the two subscriptions, and state whether you prefer a fine, medium, coarse, or stub point, and we will mail you one of the

UNCLE SAM FOUNTAIN PENS FREE.



We Guarantee the Uncle Sam Fountain Pen

to be a 14 karat solid Gold Pen with Iridium points, Self-filling, (no dropper used) hard rubber holder, and that it is equal to any pen in the market that is sold at from \$2.00 to \$3.00 each. We are making this offer to help to introduce them to the people.

E. L. Griswold, P. M., at Lily Dale, says: "I have used a number of high priced fountain pens, but the Uncle Sam gives me as good satisfaction as any I ever used."

Elias Richards, Wellsville, N. Y., writes: "The two Uncle Sam Fountain Pens arrived and they are dandies."

It is of the latest pattern, does not drop ink all over everything, and we can furnish you either a fine, medium, coarse or stub point as desired. If the pen does not fit your hand, we will exchange it for you.

It makes no difference whether you are an old or a new subscriber or if your subscription has expired or not. It will be extended one year from the time it does expire.

If you wish it sent by registered mail, send 8 cents extra for registered fee.

Send your order today, then you will be sure of it.

The Sunflower Publishing Co., Lily Dale, N. Y.

LILY DALE NEWS.

Warm weather, doors open, fires kept at the lowest possible point, snow all gone, large patches of open water on the lakes, robins and bluebirds in the woods, all go to make a winter that is a marvel for this country.

With all this, Lily Dale items are exceedingly scarce. No one seems to be anxious to go away, and few come here, but the prospects now are that the summer season will open lively far earlier than heretofore.

Wm. Asncm and wife of Fredonia, visited Mr. and Mrs. Winchester.

Riley Johnson has returned from a visit to his brother at South Dayton.

Mrs. Pierce, who has been visiting Mrs. Nettie Bower, has returned home.

Our milkman, Benjamin Luce, has been quite sick for several days with symptoms of appendicitis. He is resting easier now and we hope for his immediate recovery. Dr. Hyde is in charge.

We understand that Mr. and Mrs. F. E. Evstaphie will be caretakers of the Leolyn for a time.

Mrs. E. P. Bach spent Sunday with her brother's family at Jamestown.

Miss Bertha Button, who has been employed at the Leolyn for several summers was a caller at THE SUNFLOWER office last week. She was visiting at Charlie Bard's.

Flossie Griswold is recovering from an attack of la grippe.

Mrs. Laura G. Fixen writes: Mr. and Mrs. Alfred Winchester have gone to Fredonia to meet Mrs. Winchester's daughter, who is returning from California.

Dr. George B. Warne will lecture at Lily Dale on Sunday, July 15th, subject, "Aspiration," July 17th, he will speak on "Telepathy," and the 19th on "The victors vanquished." Dr. Warne's lectures are gems of thought, he is intensely earnest, an interesting speaker, skillful in appealing to the deepest feelings, a superb orator, he gradually lifts his audience into high planes and holds them there.

Saturday, July 21st, will be National Spiritualists Association Day, in charge of Dr. Warne and Mrs. Carrie E. S. Twing, both members of the National Board.

CONFERENCE.

There was a good sized audience at Mrs. Hyde's Sunday evening, subject, "The use and abuse of mediums," was introduced by our President, C. D. Greenamyre, who entertains advanced views upon this line of thought, regarding it from a spiritual and not a commercial standpoint. Next Sunday evening, there will be a continuation of the same subject, at Miss Abbie O'neal's.

About Meat.

A little Meat now and then is relished by the best of men. If man is an omnivorous animal, then a mixed diet is best for him—not too mixed, however. More than three or four kinds of food at one meal are not good.

Now for a roast from our vegetarian friends; but read what Dr. Edwards, F. R. S. London, has to say on this subject, in his book on "Foods." He writes:

"Seeing moreover that the source of flesh in animals which are used as food, is vegetables, it follows that vegetables should have the same elements as flesh; and it is a fact of great intent, that in vegetables we have food closely analogous to the flesh of animals. Thus in addition to water and salts, common to both, there is vegetable jelly, vegetable albumen, vegetable fibrin, and vegetable casein, all having a composition almost identical with animal albumen, gelatine, chondrin, and casein. Hence our appetites and the bountiful provision made for us, extend our choice to both the vegetable and animal kingdoms and it is possible to find vegetable foods upon which man could live as long as upon animal food alone. Bread is in vegetarian foods what flesh is in animal foods, and each within itself contains nearly all the elements required for nutrition."

Vegetarian Economics.

After all the learned scientists and verbose physiologists have finished trying to demonstrate that a man can not live without meat and have decided that the proof is complete, they will be confronted with a fact that they do not seem to have taken account of as yet. When this United States becomes as thickly populated as the countries of Europe how will it be possible to produce this flesh which is so necessary (?) for the nourishment of the human animal?

Suppose we get a population of several hundred to the square mile as they have in some of those older countries, how much space would there be left for the growing of beef, mutton and pork? It would simply be impossible to devote any such space to such purposes. It is not so hard to support a large population on the soil if that means that the food used is to be vegetable, but when it is necessary for that people to have sirloin and chops it becomes a problem of a different sort.

An acre of good fertile soil will produce from 1,200 to 2,400 pounds of wheat in a six months' summer season. The average actually raised is much less as the following table of production will show:

Table with 2 columns: Crop and Yield. Wheat 900 lbs per acre, Corn 1,500 lbs per acre, Oats 1,800 lbs per acre, Legumes 1,200 lbs per acre, Peanuts 1,200 lbs per acre, Potatoes 10,000 lbs per acre, Strawberries 2,500 lbs per acre, Grapes 7,500 lbs per acre, Walnuts 15,000 lbs per acre, Apples 25,000 lbs per acre, Bananas 120,000 lbs per acre.

But even this low average has far more food value than could be produced by feeding these things or any product of the soil to flesh-producing animals. It has been estimated that the food production of the soil is twenty times as great when devoted to the raising of grains, nuts, fruits and vegetables as when devoted to the raising of animal products. That being true, we must admit that the future of the carnivorous man is not very bright. He will be driven perforce to a vegetarian diet whether he will or not. Increasing population makes it a necessity that he should take up a non-flesh diet. Statistics show, in fact, that he is already doing so, for recent statements show that the per capita consumption of meat is rapidly decreasing.

In the face of such things the argument that meat is a necessity seems foolish and superficial. The actual disappearance of the use of meat is now taking place and it seems to be only a matter of time until the majority of the so-called civilized part of the human race will be living entirely without meat. —Vegetarian Magazine.

Vegetable or Animal Food.—Which. I am surprised that anyone should think that the flesh of animals is cheaper and more easily digested than vegetable food.

I never need any physic if I have plenty of raw apples or similar fruit. I heard a laboring man say he could not afford meat more than three times a week; it was too expensive. I have heard other men say they could not buy beef at all; it was too expensive. If I wanted to live cheaply, I would adopt a vegetable diet exclusively. I have known wheat to sell at less than one cent a pound. There is certainly more nutriment in one pound of wheat than in a pound of beef. I find I can grind all the whole wheat I want, and do it well in a common coffee mill, then I know it is pure, and I eat it raw.

I can buy hulled, salted peanuts for ten cents a pound, retail. I would rather have a pound of peanuts than a pound of beef. A pound of sugar at five cents is worth more than a pound of meat. There is no better medicine than onions. Their odor is not so bad as that of tobacco. There is more nutriment in rice than in meat of any kind.

The strongest animals in the world; the horse and the elephant, eat no flesh. I think you will find it so with men, also, the healthiest, morally, intellectually, spiritually and physically.

O. L. HARVEY.

If we cannot tolerate the opinions of others we have no right to mention our own—we virtually have no right to our own.

ANOTHER VOLUME OF BIG BIBLE STORIES.

BY W. H. BACH.

I have received a number of letters asking for Volume II of Big Bible Stories. It appears that those who have the first volume want more.

I have the matter nearly ready for another volume about the same size as Volume I, but through the expense we have been on account of sickness and the fact that a Monotype type-casting machine I bought failed to do the work causing a loss of between \$1000 and \$1200. I have not felt that I could take the financial responsibility of getting out the new volume and taking the chances on its sales to pay the bills.

Recently I have had a number of letters asking for the volume. I will make this proposition: I have the matter ready so I can get the book out within the next two months. It will cost nearly if not quite \$300 to publish it, as he bill for the first volume was \$302.50. If enough people want this volume to subscribe for sufficient copies at 50 cents a copy, or five copies for \$2.50 paid, to pay the bill I will get it out.

From present indications it will make a volume of about 150 pages. Now if it is wanted send me your pledges. Do not send any money, but merely say how many copies you will take, and I will get the book out if I get a sufficient number of subscriptions to warrant me against financial loss.

The stories are as good as in Volume I. Some of the titles are as follows: "David and Goliath," "The Impossible Duties of the Priests," showing that each priest must have attended 79 funerals each day, made sacrifices for 827 births, or kill 827 lambs a day, and carry the rest out of the camp. To do this alone, which was only a small part of the work he had to do, they would have had to kill three and complete the sacrifice of one animal every 27 seconds, besides carrying the offal outside the camp of about five miles diameter. The total number of sacrifices daily for each priest was not less than 765.

"Gideon's Army and the Piece" comes in for a consideration. "The Fall of Man," and a number of others, while the book will be concluded by an article written by my father, E. Bach, now in a spirit life in which he pictured Adam and Eve inviting their descendants to a Thanksgiving dinner, showing what would have been the condition had not death entered into the world, showing the millions of tons of turkeys, barrels of cranberry sauce, etc. that would be required for Eve to give up the plan.

I present the matter to those who want the book. If you want it send in your pledge to take a certain number. I will not attempt it unless 600 copies are ordered. Address, W. H. Bach, Lily Dale, N. Y.

Governor LaFollette a Vegetarian.

Governor La Follette surprised the people at a big picnic in Wisconsin not long ago by refusing their ham sandwiches, roast beef and other flesh foods, and making a meal on nuts and fruit. The whole country has already discovered that Governor LaFollette is a man who has opinions of his own. He is one of the ablest platform speakers of the day, and a man of remarkable personality. As a factor in the politics of his state, he has shown his superiority to the political machine, and his ability to lead the people by the forceful reserations of practical ideas.

A Vegetarian Cycling Club member, G. A. Giley, is affirming the great cause for wonder. The Daily Chronicle (London, England) of July 24th, says:

"From many points of view, G. A. Giley, the Vegetarian long-distance cyclist, accomplishes on Saturday the most remarkable feat of his life. In the early hours of the morning he rode into London, having J. (L) Land's

End three days, twenty hours, fifteen minutes previously. "The previous best time for this 535 1-4 miles journey was four days, seven hours, twenty five minutes, accomplished by Dr. F. W. Wesley, of Nottingham, last year.

THE PAPER YOU WANT OCCULT SCIENCE.

J. C. F. GRUMBINE, EDITOR. It is a monthly devoted to magic, the mysteries, occult science, symbolism, rosicrucianism. Teachers how to develop occult power. Ready March 1. Subscription 50 cents a year. Address: The Occult Science, J. C. F. GRUMBINE, Chestnut Hill Station, Boston, Mass.

YOUR SOUL CAN NEVER DIE It Has Always Lived.

I can trace it through many planes. Knowing your soul's history will enable you to live better here and prepare for morerapid advancement and growth in Spirit life. My controls have revealed to me one of the great secrets of the ancient priests of India. Your soul from the time it left "Nevar" the Great, is fully and easily traced. Will only be in this country for a short time, then to India in search of more truths. Seven questions answered regarding the soul.

Full Tracing \$2.00. Mail Only. Failure impossible, as this is a GREAT TRUTH. Own hand writing, date of birth, hour and minute if known. B. H. NORMAN, 622 Liberty St., Pittsburg, Pa.

HARRIETT H. DANFORTH Psychic-Scientific Palmist.

Readings by mail \$1.00 and 4c stamp. Questions not limited. Full name. Own handwriting. Permanent address, Lily Dale, N. Y. 2521

PSYCHOMETRIC READING and Emblem Flower, 25c.

Send hand-writing and age. MRS. FRANCES F. SPANGLER, 232 North Highland St., Pittsburg, Kansas. 252-2.

GREAT SPIRITIST & ASTROLOGIST Myrtle Hyde Darling, 26 B. Shepard St., Cambridge, Mass.

Horoscopes for the year, \$2.00. Character Reading by Solar Biology, 40 cents. One question answered 25 cents. Send birth-hour, date of month and year.

FOR SALE 200 acres land, house, barn and out buildings. Plenty of fruit adapted to the climate. Situated in Oak Hill, 10 miles south of New Smyrna. A good location, to be sold very reasonable. Enquire of E. A. Marsh, Oak Hill, Volusia Co., Florida.

Mrs. A. G. Atcheson READINGS BY MAIL.

Ten questions answered for \$1.00 and a two-cent stamp. Will also officiate at Weddings and Funerals. 24 N. Division St., Buffalo, N. Y. 24-17

FREE HEALING Through Psychic Forces.

I will take ONE CASE in each neighborhood, no matter when or how serious the disease, and cure the patient FREE OF CHARGE. A healed person will give the best advertisement. Address with stamped envelope, EDITOR "OCCULT TRUTH SEEKER," LAWRENCE, KANSAS.

W. H. THOMPSON MAGNETIC HEALER

Successfully Treats All Diseases. Box 283, DUNKIRK, N. Y.

Madam Antoinette Muhlhauser MENTAL PSYCHIC HEALER

Will give absent treatment to persons depleted in vital or nervous force, or suffering with insomnia. Charges \$2.00 for first treatment, \$1.00 for each subsequent treatment. Chronic cases \$5.00 per month, two treatments a week. Address, naming your ailment, sex and age, with your name and address plainly written. Madam Antoinette Muhlhauser 110 Walton Ave., Cleveland, O. Only letters containing \$2.00 and 4 cents in stamps, will be answered or considered for first treatment.

DOCTOR OLIVER of Philadelphia

Presents to the readers of the world a book entitled "SCIENCE OF THE SPIRIT, SOUL AND BODY." It tells you what constitutes man's estate. This clairaudient transmission took four years of his life to obtain. The "Truth" as presented was formulated by extracted intelligence from the earth plain to the Fourth Assesment of progression in the world of spirit, up to the highest and most exalted souls in the Dominion of the Deity. The book is an educator of all souls ignorant and ignorant suffering in the lower states of servitude in spirit life, and a wonderful presentation of the value and fruit of man's future state of existence and progression after the change called death—explaining why there is no death. It is a classic portrayed in all its simplicity of the master of truth. Price \$1.00. Can be had at this office or direct from DOCTOR OLIVER Colwyn, Pa.

MEDIUMS' AND SPEAKERS' DIRECTORY.

Mediums and speakers frequently lose engagements because people do not know where to find them. To avoid this have your name and address listed in this directory, under the proper heading. Price, \$1.00 per year—payable strictly in advance. Those marked with a star will attend funerals.

TEST MEDIUMS. Mrs. E. W. Belcher, 235 Pleasant St., Malboro, Mass. C. Walter Lynn, 781 8th Street, Oakland, Cal. Miss Ella C. Preston, 2305 Morgan St., St. Louis, Mo. Mrs. O. W. Grant, 132 Prospect Ave., Buffalo, N. Y. Mrs. Edith McCrossman, 262 East First Ave., Columbus, O. Mrs. Elizabeth J. Demores, 309 Anderson St., Allentown, Pa. Alla A. McHenry, Excelsior Springs, Mo. HEALERS. Dr. C. D. King, Ourepore, Mass. Mrs. Frank E. Ellwanger, 1720 Willington St., Philadelphia, Pa. Mrs. Mattie Rector, 140 Hicks St., Utica, N. Y. Mrs. Dr. Dobson-Barber, 230 N. 6th, San Jose, Cal. Mrs. A. A. Cawcroft, 333 E. 2nd, Jamestown, N. Y. Vincel Drabos, Jim Block, Cedar Rapids, Ia.

LECTURERS. Mrs. B. Harris, 165 N. High St., Columbus, O. Rev. Dr. J. B. Geddes, 183 Lafayette St., Jersey City, N. J. Moses Hall, Whitewater, Wis. Mattie E. Hall, Whitewater, Wis. Hugh R. Moore, 120 W. 15th St., New York City. SPIRIT PHOTOGRAPHERS. Dr. W. M. Keeler, 138 Rossmore, Washington, D. C. A. Norman, 572 Elliott Ave., Minneapolis, Minn. Frank N. Foster, 91 Pittsburgh St., Grand Rapids, Mich. ASTROLOGERS. J. N. Larson, 23 Union St., Titusville, Pa. N. E. Edry, 26 Whitney Place, Buffalo, N. Y. Captain Geo. W. Walrand, box 201, Denver, Colo. TRUMPET MEDIUMS. Mrs. S. E. Pemberton, 407 Hancock St., Peoria, Ill. Frank McKinley, 1209 Harrison Ave., Toledo, O. Cora E. Moore, 120 W. 12th St., New York City. MATERIALIZATION. Cleon B. Nichols, Andover, O.

JOY TO THE WORLD.

JUSTS reviews his holding in a happy, discipline taught, converted, ordained to heal; healers educated, ordained and legally graduated. At American Health College, Cincinnati, Ohio. 252-17

C. A. Beverly, A. M. M. D. PHYSICIAN.

Trial Telepathic Treatments only \$1.00 per month. Vital Vibrations. Cure chronic cases. Mail time and Friday. Will answer any three questions Clairvoyantly. 44 E. 31st St., Chicago. 252-31

MRS. M. E. LANE Psychic.

Successful instructor of the laws of Health and Strength by Nature's Magnetic Methods, or medicine if necessary. Readings (by mail) \$1.00. Business advice or diagnosis. Send name, sex and own handwriting. 218 Virginia St., Buffalo, N. Y.

ASTROLOGY.

Prof. John N. Larson, the noted astrologist, will give business adaptation (invaluable to children.) Lucky years and dates for important business transactions. Can be consulted by mail. State date of birth, the hour if known, and correct address. COST OF HOROSCOPES. \$2.00 for Horoscope of five hundred words; \$1.00 for Horoscope of two hundred words; 25 cents for lucky dates for one year. SPECIAL: A 25 year forecast of your life, showing when fortune will favor you most, etc., \$5.00. PROF. JOHN N. LARSON, 28 Union Street, TITUSVILLE, PA.

LYDIA J. MAUL

Will give clairvoyant readings by mail for \$1.00 and a two cent stamp. 113 Burt St., Syracuse, N. Y. 243-56

MRS. O. W. GRANT READINGS BY MAIL.

Five questions answered for 50c and one 2-cent stamp. Full life reading \$1.00 and two 2-cent stamps. Mrs. O. W. Grant, 132 Prospect Ave., Buffalo, N. Y. 236-27

Magnetic Remedy for Piles.

An internal remedy prepared from a spiritual formula, that will cure the most obstinate and long standing cases. One Month's Treatment for One Dollar MRS. M. J. BARTLE, Lock Box 364, New Brunswick, N. J. 210-15

Trumpets.

The infallible FIBRETRUMPT is guaranteed better than metal. No. 1—25x5 in.—insulated top and bottom, cardinal colored enamel, \$1.50. Light weight Trumpet, \$2.00. Pamphlet with instructions for all kinds of development will be mailed on receipt of 12 cents in stamps. Trumpets will be sent on receipt of price. Manufactured by JAS. NEWTON, 423 Dorr St., Toledo, O.

YOUR Personality, Character, Talent and Future Read PSYCHICALLY from lock of hair for a dime and 2c stamp.

Prof. E. E. Gove, Lawrence, Kansas. 252-17

MRS. L. EVELYN BARR.

Trumpet and Trance Medium. All readings given in the light. 1926 Forbes St., PITTSBURG, PA.

METAPHYSICAL.

Conducted by EVIE P. BACH.

THE CATTLE KING.

In the dreary west the winter comes,
With sleet and hail and chills,
The wild winds blow a gale of snow
Over the frozen hills.

The snow-flakes fall in a blinding
cloud,
Covering all the land;
Leaving no trace of grass or tree
On the face of the prairie grand.

The herds of cattle shiver and moan
In the bitter winter air,
And search in vain for a blade of
grass

On the wide plains frozen and
bare.

Their master looks out on the desolate
fields,
Unheeding their piteous cries,
Wraps closer around him his fur-
lined coat.

And away to the south he flies.

In the balmy bush of the tropic air,
Midst the orange tree's sweet
perfume,
To forget the pain on that western
plain.

The winter's cold and gloom.

In a white-walled southern city,
Where beauty and pleasure dwell,
He spends his gold with lavish hand
On many a dark-eyed belle.

A king, they call him, a cattle king,
This man with the diamonds
grand;
Cattle he owns by the thousands,
A way in the western land.

A king without throne or diadem,
With no royal blood in his veins,
His subjects only the dying herds,
His kingdom the frozen plains.

"A murderer?" No, his hands are
clean.

He has no murder done;
He only lets his subjects die
In the fields near the setting sun.

But there is another monarch
Whose kingdom the whole world
is.

And the cattle on a thousand hills
Over all the earth are His.

When in the balance weighed,
God's cattle against his gold,
How will he stand, this self-made
king.

When all our acts are told?
How will he face the Master
Whom that last great day?

How make excuse for his base neg-
lect,
And the lives he has thrown away?
—Georgie Hay.

WHAT SHALL WE EAT.

The question of most importance
concerning diet, whether it be of a
vegetable or flesh nature, is, How
shall I eat?

While it is true that man is
affected mentally, morally and
physically by the kind of food taken,
he is much more affected by the
state of mind he is in during the
time of eating, and whether he is
eating in response to the demands
of hunger or to satisfy an abnormal
appetite.

It is quite essential in the begin-
ning that man fasts long enough to
find out his Real Need; the natural
cravings of his own system.

Second, it is quite necessary that
he separate himself from the influence
of other minds sufficiently to dis-
tinguish himself from the needs and
demands of those about him.

Third, it is very important that he
free himself from the many meth-
ods and ways and means employed
by others and which have a domi-
nant influence on the mind, in
order that he may really get
acquainted with himself, and thus
learn of his own need.

"Man, know thyself," was not
illy commented. No one can lay
down a rule of diet for another.
All food is good. Raw food and
cooked food, flesh, fruit and vege-
table food, all are essential to the
rounding out of man in his three-
fold nature. If he lives a true life
—by this I mean a life in conformity
with the indwelling spirit, rather
than an existence contrary to it; he
will always know just what kind of
food to select and how much is nec-
essary to maintain the body in

health and strength. He can only
know this as he seeks a union with
the inner life.

As he advances from the animal
man he leaves the fleshpots behind.
As he advances above the purely
intellectual life—the life of mere
ideas and opinions—he will discard
those highly seasoned foods whether
they be animal or vegetable, which
excite the mind and passions and all
productive of argumentation and
discussion, and he will take up those
milder grain and fruit foods which
nourish the mind and body without
clogging up its fine mechanism.

After man has become a master
of his condition he takes no thought
of his life, what he shall eat or what
he shall drink, for the life will
attract (without thought) just that
which is needful.

Man thinks too much. Spirit
knows, and it will appropriate from
the great store-house of God such
food as is necessary if man will but
remain passive.

Animals—considered beneath
man—do not have to learn what is
good for them.

Man, with all his so-called knowl-
edge, cannot convince swine that
beans are good eating or that soft
coal is an injury taken into the
system.

You cannot persuade a cat that
nice are harmful or that milk does
not act as an antidote for the vari-
ous poisons taken into the system.
The cat knows; and she knows just
what grass and herb is necessary
to adjust the disturbed condition of
the stomach.

Man may well ask why are ani-
mals endowed with a knowledge
superior to man? Because they
live in harmony with the law.

Some call this knowledge, instinct.
You may call it what you will, but
you cannot deny that it is an intel-
ligence sufficient to a good, healthy
life.

If you doubt this observe the life
of wild beasts whose beauty and
grace are equaled by this power of
endurance and longevity.

Men eat too much.
Observe the serpents which coil
themselves into great balls, twined
and intertwined one with another,
where they remain thru the winter
buried in the earth. Often wild
beasts fast for great lengths of time,
and many insects live thru the win-
ter in a torpid condition.

Fasting brings that rest which
enables all parts of the body to gain
freedom—to become normal—then
nature, unhampered, resumes her
natural functions, and draws to her-
self that which she needs. Even
so-called inanimate matter in the
form of machinery, performs better
work by "fasting"—by having
absolute rest.

If you have been eating much,
eat less, I say, and gradually you
will find your own.

The one addressing you recom-
mends Dr. Jackson's Granula. One
third of a teaspoon allowed to stand
25 minutes in a cup of milk, eaten
with a few dates or figs proves suf-
ficient food for one day. Taken at
noon, will enable those who have
reached spiritual understanding, to
accomplish a great amount of labor.
Too much cannot be said of this
wonderful wheat preparation. It
should be eaten slowly and quietly.

Later we may treat the other sub-
ject, How shall I eat? The aim of
The Circle of Light is to harmonize
man with the life of God—to help
him to become perfect even as his
Heavenly Father is perfect.

Peace and Blessings,
MOTHER VIRTUZIA.

LAUGH AND GROW HEALTHY.

It is good to laugh. There is
probably not the remotest corner or
little inlet of the minute blood ves-
sels of the body that does not feel
some wavelet from the great convul-
sion produced by hearty laughter
shaking the entire man. The blood
moves rapidly—probably its chemi-
cal, electric or vital condition is
distinctly modified; it conveys a dif-
ferent impression to all parts of the
body as it visits them on that pecu-
liar mystic journey when the man is
laughing. In time physicians may
perceive to patients so many peals
of laughter to be undergone each
day.—London Health.

HIS LAST DEER.

"I have slain my last deer," the
sportsman said,
And his eye was moist with a tear,
As he told in tones pathetic and low
The fate of that luckless deer.

And he went to the lakes on a hunt-
ing trip.

He found the old woods of Maine;
His companions, my trophic gains,
I was on my way home again.

"With a careless shot I missed my
mark
And wounded a beautiful doe.
Startled and lamed she fled away
To her mate was halting and slow.

"I followed her fell, and I hastened
on
And caught the hunter's wife
The deer was what I could not give,
The beautiful creature's life.

"I knelt by her side she said her
head
So confidently on my arm
And fixed her lustrous eyes on mine
With such a magic charm

"That I shrink from the deed, for
those pleading looks
With that trustful earnest look
Which said to me 'you are my
friend,'
Almost my courage shook

"I have made my last trip with in-
tent to kill,
And God's creatures have taught
me to fear
From me, who has promised and
mean to fulfil,
I declare I have shot my last
deer.

A. R. T.

A HEALTHY FAMILY.

CHARLES BARNER, Old Town, N. O.

I was born February 19th, 1817,
my wife was born March 17th, 1823.

We were married March 19th, 1840,
have lived in this vicinity ever since.

We have had eleven children, all
are living and enjoying the best of
health. Besides our own family we
raised six of other people's children.
They, too, are all living and have
good health. My oldest child is
still a young man of age.

When I was my longevity partly
to heredity as my grandmother
lived to be one hundred years old—
and my mother was over ninety
when she died.

Both my wife and myself have
good constitutions and have had
scarcely any sickness. I describe our
good health to our modern living.
We have lived and raised our fam-
ily on what might be called a "hog
and hominy" diet. We eat pork
three times a day the year around,
scarcely ever buying any beef. It
was universally known that we
butchered more hogs than any other
family in this part of the country,
never sold any, but consumed it all.
We never had many nick-nacks, but
good, solid, plain eating is what we
enjoyed. I have never used tobacco
in any shape or form, or whiskey.

We adopted the "early to bed and
early to rise" maxim, finding life in
the early morning on the farm, a
very pleasant one. Obeying the
Scriptural injunction "owe no man
anything," we had good refreshing
sleep without the nightmare of debt
disturbing our dreams.

I find that country life is con-
ducive to longevity, far more than
city life where all is hurry, worry
and work.

Death has never entered our fam-
ily circle but we are gradually be-
ginning to feel its inroads and real-
izing that it can't stay away much
longer. Our only hope and prayer is
that we may continue to be an un-
broken family in the life to come.

In view of the above statements,
which we guarantee are true in every
particular, what becomes of the
diets of vegetarians, no breakfast
fasting, frequent fastings, raw food,
and the like? How will such cults
explain the long life, good health
and iron constitutions of a large
family for three generations? Come
breakfast, we might as well
eat the figs.—Medical Talk for
the Home.

What are vegetarians going to do
with this?

T. S. LABORN.

Just so soon and so far as we
pour into all our schools the songs,
poems and literature of mercy to-
wards these lower creatures. Just So
Soon And So Far Shall We Reach
The Roots, Not Only Of Cruelty
But Of Crime." GEO. T. ANGELL.

BOOKS AND PAMPHLETS

—BY—
Moses and Mattie E. Hull.

The Old and the New;
or, The World's Progress in Religious Thought. In
this pamphlet Moses Hull shows the advancement of
the world from its infancy to its present maturity.
Price, 10 cents.

Spirit Echoes.
A collection of Mrs. Hull's latest and best poems,
neatly printed and bound in beautiful board. Espe-
cially fine to read from in opening meetings and on fi-
nancial occasions. It has Mrs. Hull's latest portrait.
Price, 25 cents.

Spiritual Songster.
By Mrs. E. Hull. Fifty-eight of Mrs. Hull's sweet-
est songs, adapted to popular music, for the use of con-
gregations, circles and families. Price, 10 cents, or
\$2.00 per hundred.

The Spiritual Birth; or, Death and Its
Tomorrow.
The Spiritual Idea of Death, Heaven and Hell. By
Moses Hull. This pamphlet besides giving the spiri-
tual interpretations of many things in the Bible
and the New Testament, explains the heavens and the hells
believed in by Spiritualists. Price, 10 cents.

The Spiritual Alps and How We
Ascend Them;
or, A few thoughts on how to reach that altitude
where the spirit is supreme and all things are subject
to it. With portrait. By Moses Hull. Just the work
to teach you that you are a spiritual being, and to show
you how to educate your spiritual faculties. Second
edition just published. Price, bound in cloth, 25 cts.;
in paper covers, 10 cents.

Swept Away.
A sermon by Moses Hull on some of the sins of our
awakened, in which the "Refuge of Life" heaped up
as reasons for staid legislation has been "Swept
Away." This pamphlet should be read by every one
interested in the condition of our country and how to
improve it. 25 pages. Only a few left and not to be
reprinted. Price reduced to 5 cents.

Our Bible; Who Wrote It? When—
Where—How? Is it Infallible?
A Voice from the Higher Criticism. The latest of
Moses Hull's Books, with portrait, 422 pages. While
this book furnishes a more definite inside knowledge
of the Bible and its contents, how and when it was
made, and how it is to be interpreted than any other
book in the line of Liberal Literature, it also gives a
brief history of the Canon, and of other Bibles and reli-
gions. Everyone needs it as a hand-book of definite
knowledge of Bible—its origin and contents. Price,
post-paid, \$1.00. A small edition has been printed on
thinner paper, which will be sent post-paid for 75 cts.

Joan, The Medium;
or, The Inspired Heroine of Orleans. By Moses Hull.
This is one of the most convincing arguments on Spiritu-
alism ever written. Victor Hugo said: "Joan of Arc
was the only woman who ever had control of an army
at the age of 18 years, and the only general who never
made a mistake." No novel was ever more interest-
ing or history more true than the pamphlet. Price,
cloth covers, 25 cents, paper 10 cents.

The Real Issue.

By Moses Hull. (Only a few left and not to be re-
printed.) A compound of two pamphlets, "The Irre-
pressible Conflict," and "Your Answer to Your Life."
With important additions making a book of 100 pages.
This book contains statistics, facts and documents on
the tendency of the times. Every one should have it.
Price, 10 cents.

Two in One.
A volume of nearly 600 pages, with excellent portrait
of the author. There is more spiritual, scientific and
historic argument for Spiritualism in this book than
any other Moses Hull ever wrote. It contains stores of
argument which cannot be gainsaid. Price, post-paid,
\$1.00.

All About Devils;
or, An Inquiry as to whether Modern Spiritualism and
other Great Reforms came from His Satanic Majesty
and His Subordinates in the Kingdom of Darkness.
By Moses Hull. 69 pages. Price 15 cents.

The Hull-Jameson Debate.
The Greatest Debate ever held on Spiritualism. Be-
tween Moses Hull, President Morris Pratt Institute,
Whitewater, Wis., and W. F. Jameson, Secretary of
the National Liberal Party, Cincinnati, O. Portrait
and full auto-biographies of the disputants, 412 pages.
This debate, held at Lily Dale, N. Y., July 10-20, 1901,
contains 32 speeches of from 20 to 40 minutes each, in
length. It contains the greatest store of facts and ar-
guments on every side of the great question of Spiritu-
alism that can be found in any one volume in the
world. It is a high-toned, polemic discussion, and in
no sense of the word, a fight or quarrel. Price, post-
paid, \$1.00.

The Christ of the Past and Present;
or, A Comparison of the Christ Work of Mediumship
or Biblical Messiah, and the Conditions they required,
with Similar Manifestations in Modern Spiritualism.
A revision and enlargement of "Jesus and the Medi-
um." A careful comparison of the Spiritualism and
Mediumship of the Bible with that of today. By Moses
Hull. An invincible argument, proving that Jesus was
only a medium, subject to all the conditions of mod-
ern mediumship. It also shows that all the manifes-
tations throughout the Old and New Testaments were
under the same conditions that mediums require to-
day; and that the coming of Christ is the return of
mediumship to the world. Price 15 cents. A few bound
in cloth, 25 cents.

Encyclopedia of Biblical Spiritualism,
With Portrait of the Author.
This is one of the most entertaining books that ever
came from the pen of Moses Hull. It contains refer-
ences to several hundred places in the Bible where
Spiritualism is proved or implied, and exhibits the
Bible in a new light. Besides this it contains a brief
sketch of what is known of the origin of the books of
the Bible. Ministers, doctors, lawyers, judges, con-
gressmen and senators read and grow enthusiastic over
this book. This Encyclopedia will work a revolution
in Bible interpretation. Price, post-paid, \$1.00.

THE SUNFLOWER


An Exponent of the Spiritual Philosophy; Its Sci-
ence, and Allied Subjects.
Published weekly at Lily Dale, N. Y., (City of Light
Assembly Grounds.)
\$1.00 PER YEAR. SAMPLE COPIES FREE.

\$2.00.

For a short time we will send
THE SUNFLOWER one year,
MEDIUMSHIP and Its Development,
PSYCHE to Assist Development.
All for

\$2.00

PSYCHE
PROVES
IMMORTALITY
AND GIVES



A MESSAGE OF HOPE

Students of Spiritualism and Psychic Phenomena
usually desire to make experiments for themselves. To such we
recommend PSYCHE as a neat and convenient device for that
purpose. It is constructed on the cabinet principle, entirely of
wood, and is intended to produce the maximum result with a
minimum power, and to develop anything from table-tipping and
raps to independent slate-writing and materialization.

Hundreds of people have successfully developed their latent
mediumship by its aid, and there is every reason for believing
it will do as much for you. It will cost you but a little time
and \$1.20 to make the experiment, and if successful you will
have demonstrated the grandest philosophy ever given to the
world—a positive demonstration of life beyond death, which
enables you to receive communications from your friends who
have gone before.

Price, \$1.20 prepaid to your nearest Express Office.

Complete directions accompany each one, but a copy of
"Mediumship and Its Development," which we can furnish you
for 25 cents postpaid, would be a great aid in starting right.

MANUFACTURED AND FOR SALE BY
The Sunflower Pub. Co., - - - Lily Dale, N. Y.

UNCOOKED FOODS.

(Continued from Page 1.)

... until the dish is filled, putting some whipped cream on top.

Creamed Walnuts: Take an amount of water equal to the white of an egg and beat it with the egg until stiff. Stir in enough powdered sugar to make a mass that can be pulled by the fingers into little balls and press the half of an English walnut on each side of the cream ball.

Raw Wheat:—To be palatable wheat must soak for 36 or 48 hours. If soaked for 24 hours it will cook soft in half an hour or so and may be served warm.

Banana Soup:—Use a can of Lima beans. Drain the liquor from them and chop up fine.

Salad:—Remove the backbone and tails from a can of corned beef and mash up with a fork.

Banana Nog: Sliced bananas with two eggs, beaten light and cream added, poured over them.

White Scotch oats are best. Treat same as wheat.

Nut Sandwiches: Grind nuts fine, salt, and mix with milk or cream until a soft mass.

Milk Soup: A quart of milk, half a cup of nuts, chopped fine, and the same of cracker crumbs. Salt and a dessert-spoon of minced parsley.

Sanatorium Baked Beans may be obtained from any Battle Creek agency. They are baked with nuts and are very nourishing.

Toast and Cocoa are not strictly cooked and may be omitted and nut and bread used instead, if desired.

Bananas in lemon juice: Slice bananas and put in layers with a sprinkling of powdered sugar and some lemon juice squeezed over each layer.

Chestnut Soup: Split twenty large chestnuts at both ends, drop in boiling water and boil 10 minutes.

Prune Pudding recipe you have already.

Bird's-nest Salad: To a cupful of cream cheese or cottage cheese, add enough cream to make it easy to handle.

Raw Custard: Beat very lightly the whites of the eggs, adding a teaspoonful of powdered sugar to each egg.

Celery-Banana-Nut Salad: Mix an equal quantity of each and pour over them cream salad dressing.

will be. I can live cheaper and with more variety as a vegetarian, and food is relished far better...

Inference to health I prove it largely a matter of suggestion. I live more and may not talk with any one for several days, and my digestive apparatus will work admirably on any bill of fare, which includes anything I choose to eat...

Swedish Fruit Soup: Two tablespoonful each of dried apples, prunes, raisins and currants. Soak the fruit over night or until tender.

Celery and apples put together in equal quantities and with a dressing of salt, sugar and lemon juice make a tasty salad.

Banana Nog: Sliced bananas with two eggs, beaten light and cream added, poured over them.

White Scotch oats are best. Treat same as wheat.

Nut Sandwiches: Grind nuts fine, salt, and mix with milk or cream until a soft mass.

Milk Soup: A quart of milk, half a cup of nuts, chopped fine, and the same of cracker crumbs. Salt and a dessert-spoon of minced parsley.

Sanatorium Baked Beans may be obtained from any Battle Creek agency. They are baked with nuts and are very nourishing.

Toast and Cocoa are not strictly cooked and may be omitted and nut and bread used instead, if desired.

Bananas in lemon juice: Slice bananas and put in layers with a sprinkling of powdered sugar and some lemon juice squeezed over each layer.

Chestnut Soup: Split twenty large chestnuts at both ends, drop in boiling water and boil 10 minutes.

Prune Pudding recipe you have already.

Bird's-nest Salad: To a cupful of cream cheese or cottage cheese, add enough cream to make it easy to handle.

Raw Custard: Beat very lightly the whites of the eggs, adding a teaspoonful of powdered sugar to each egg.

Celery-Banana-Nut Salad: Mix an equal quantity of each and pour over them cream salad dressing.

D. A. V. & P. R. R.

(Central Standard Time.) One hour slower than Eastern Time.

Table with columns: No. 1, No. 2, No. 3, No. 4, No. 5, No. 6, No. 7, No. 8, No. 9, No. 10, No. 11, No. 12, No. 13, No. 14, No. 15, No. 16, No. 17, No. 18, No. 19, No. 20.

SUNDAY TRAINS. Leave Danville 8:30 a. m., Falconer, 9:06; Lily Dale, 9:49; arrive Danville, 10:15.

Central Standard Time is one hour slower than Eastern Standard which is used by the towns along this line.

Lichtstrahlen.

A German Spiritualist weekly, published every Wednesday by G. G. Gutzke.

VOICES OF THE MORNING.

One criticism: This is a book of true poetry—subjects varied, styles philosophic, sentimental, lyrical and descriptive.

AN ASTONISHING OFFER!

Lock of Hair, Age, Sex, Name, and the Leading Symptom, and your disease will be diagnosed FREE by Spirit Power.

Mrs. Dr. Dobson-Barker, 230 N. 4th St., San Jose, Cal.

My dear Dr. Barker: I am very happy to write you this month that I am feeling very good.

Dear Dr. Barker: I am feeling fine now and don't think I will take any more medicine after my mouth is up.

Dear Dr. Barker: I must call you that, for you have been a friend indeed to me.

Dear Dr. Barker: I can never tell how thankful I am, and you can publish the letter if you like.

Dear Dr. Barker: I am feeling fine now and don't think I will take any more medicine after my mouth is up.

Arcana of Spiritualism—A Manual of Spiritual Science and Philosophy.

This book is intended by the inspiring spirit authors to be a complete, authoritative, and scientific work on the subject of spiritualism.

VIEW OF LILY DALE

12 views of Lily Dale, in a neat little album—photographs, not prints or kodak views—for 75 cents, postpaid.

THE OCCIDENTAL MYSTIC

A 32-page Monthly Magazine, devoted to the consideration of SPIRITUALISM and the OCCULT SCIENCES.

Light of Truth

Devoted to Spiritualism and Brotherhood. Weekly, 16 pages, \$1.00 a Year.

Psychology

YOU MAY BE GOING TO SLEEP—Ornamb's Simple Lessons on the Psychology of the Mind.

Now is the time to Subscribe.

HENSEY & COUGH

PATENTS

Any one sending a sketch and description of an invention, will be promptly advised, without cost, as to its patentability.

THE AMERICAN INVENTOR

A beautifully illustrated semi-monthly journal. Subscription, 50 cts. All newsagents, etc., a copy.

Success and How to Win It.

A Course of 25 Lessons on the Science and Art of Success, given to Summer Camp Classes and thru "Reason," by B. F. Austin, B. A., D.D.

THE JESUITS

Their Origin and History from authentic sources; Principles and aims; their Immoral Teachings; Comparison of the Order; their Expulsions from various countries.

BANNER OF LIGHT

The oldest Journal devoted to the Spiritual Philosophy in the world.

FRANK N. FOSTER. Spirit Photographer

Twenty-years experience. My work is favorably known in every state in the Union.

REASON

Formerly "The Sermon," a live 48 page monthly.

Rev. B. F. Austin, B. A., D. D.

My dear Dr. Barker: I must call you that, for you have been a friend indeed to me.

Eleanor Kirk's Books

Influence of the Zodiac on Human Life... \$1.00

or What the Stars Told Elizabeth... \$1.00

The Chist of the Red Planet... \$1.00

Perpetual Youth... \$1.00

The Bottom Plank of Mental Healing... 25c

For Sale at This Office.

In The World Celestial.

By T. A. Bland, M. D. Is a wonderful book, being a record of the actual experiences of a well-known literary man.

Now is the time to Subscribe.

Now is the time to Subscribe.

Now is the time to Subscribe.

RECIPES FOR VEG- ETARIAN DISHES.

RECIPE FOR CANNED ORANGE PEEL.

Soak the peelings in cold water for three days, changing the water each day. Cut in strips or pieces. Boil at simmer three hours in boiling water, changing the water every hour. Drain and weight. Then make a thick syrup with as much sugar as peeling by weight. Cook slowly until all liquid disappears.

I keep it covered the first part of the time, and as it is nearly done, add lemon juice, about one good sized lemon to a pound. Use a saucepan with curved side and when nearly done, keep turning it all the time, letting the strips fall over each other into the liquid, until it all disappears and begins to glisten a little or become waxy. When done, spread on plates and next day or two separate the pieces and roll in powdered sugar.

CHEESE SOUFFLE.

Make a white sauce of a tablespoon of flour and one of butter and half a cup or so of milk. When it is a thick cream add a couple of tablespoonsful of grated cheese. If the cheese is fresh and soft it may be merely broken into small pieces and it will melt just the same. More or less may be used as desired. Salt freely. Beat up the yolks of two or three eggs and add to the white sauce, and then beat the whites as stiff as possible and whip in lightly. Put on a buttered baking dish and brown nicely in a hot oven. It must be eaten immediately.

NUT LOAF.

Into two cups of bread crumbs mix a teaspoonful of salt, a tablespoonful of melted butter, a cup and a half of milk, (or milk and water) and two well beaten eggs. To this add a quart of roasted peanuts, or a pound of any other kind of nuts, which will equal about a cup and a half when shelled, skinned and ground fine. Shape the mixture into a loaf by hand and bake in a one-loaf bread pan, well greased, for about forty-five minutes. Serve with catsup, tomato sauce or any desired meat sauce. A gravy made of white sauce flavored with chopped parsley is very nice. It is rather too dry without anything of the kind.

GRAPE JUICE.

Use dead-ripe, blue, grapes. Wash, pick from the stems, and measure. Crush well with a potato masher and add one quart of water for every three quarts of grapes. Put over the fire in an aluminum or granite kettle and let boil for about five minutes, or until the skins shrivel up. Drain the juice off thru a sieve lined with cheese cloth. Then put the remaining solid part to drain in a cheese cloth bag and squeeze gently until all the juice is out, being careful not to let any of the thick part thru. Measure juice carefully. Put over the fire in the same kettle and when it comes to a boil add three level granite kitchen spoons of granulated sugar for each quart of juice. (One measuring cup equals six spoonful of sugar.) Let boil a minute to melt the sugar. Bottle boiling hot and have every utensil hot. If patent topped bottles are not used, cork immediately and dip in sealing wax or paraffine. Lay bottles on their sides and keep in a cool, dark place.

CHINESE BREAD.

Separate two eggs; add to the yolks one cup of sweet milk, one tablespoon of melted butter, one cupful of boiled rice, one cupful of cornmeal and a half a cupful of flour; mix and stir in the well-beaten whites of the egg. Pour into a shallow pan making the batter half an inch thick. Bake thirty minutes, cut in squares and serve.

EGG CUTLET.

Hard boil four eggs and chop fine. Cream two tablespoons of flour with one of butter; add a cup of milk and stir until it thickens; remove from the fire and add a tablespoon of minced parsley, half a teaspoon of onion juice, three-fourths of celery salt (or seed,) pepper and then the chopped eggs. Set away to cool, then shape into cutlets, roll in egg and cracker crumbs, and fry in deep fat. Drain and serve at once.

PLUM PUDDING.

Soak a pound of prunes over night

or longer, take out the stones, chop fine and stir in one-half cup of pulverized sugar. Beat the yolks of four eggs and put in a teaspoonful of vanilla and add to the prunes, also. This is extra nice if served with cream over it. Though called a pudding it is nourishing enough to form the chief dish of the meal.

CORN OYSTERS.

Eight ears of green-corn or a can of canned corn, three tablespoons of milk, one-half tablespoon of butter, one tablespoon of sugar, one teaspoon of salt, one-half teaspoon of baking powder, one egg well beaten, enough flour to make a batter. Cook on a well greased griddle, in tablespoonful. Bake on both sides.

BEAN ROLL.

Soak Lima beans over night or all day and then boil until tender, press thru a sieve, add salt, pepper, and a tablespoonful of butter to each pint of pulp; stir in two eggs well beaten, and half a cup of bread crumbs. Form into a roll and bake for twenty minutes in a quick oven. Serve plain or with the following:—
TOMATO SAUCE.— Make a tomato sauce by straining the juice from stewed tomatoes, seasoning it with onion juice, a little sugar, and salt and pepper to taste, finally stirring into it a generous lump of butter rolled in flour to thicken. Cook for five minutes, stirring frequently.

SCHMEAR CASE DUMPLINGS.

Use one cupful of schmeare case or cottage cheese prepared as for the table, salt, stir in a beaten egg and a cupful of flour. Mix well and drop by spoonful into boiling water. Boil ten minutes. Try one and if too soft add more flour. Beat two large spoonful of butter in a pan and add a cupful of bread crumbs. Turn the dumplings into the buttered crumbs. This is a German dish and is good and light if made right.

NUT TARTS.

Roll out on a marble slab half a pound of puff paste, and with a tart cutter stamp into any desired shape; then with a smaller round cutter cut half-way through the center of each, carefully removing the small pieces of paste. Arrange in shallow, greased baking pans and place directly on ice for one hour, when they should be placed immediately in a quick oven for about ten minutes. After removing, fill the depression with a meringue made from the whites of two eggs, whipped with two tablespoonful of crushed maple sugar and one tablespoonful of finely chopped nuts, and return to the oven for a moment to brown.

DUTCH LETTUCE.

Brown two tablespoonful of butter in a pan and add two tablespoonful of vinegar. Beat the yolks of two eggs, add to them half a cup of sour cream and mix with the hot vinegar; stir briskly until thickened, then add pepper and salt. Put the lettuce in another saucepan and pour over it the sauce. Put on the fire and stir until the leaves are slightly wilted. Serve immediately. This is a good way to use the large, outside leaves of lettuce, when the crisp, inner leaves of several bunches have been used for salad.

SALT POTATOES.

Scrub clean, medium sized potatoes and drop them in boiling brine. Cover and cook until a straw will pierce them, drain and serve immediately. The outside will be covered with salt crystals and the inside will be white and mealy. A pressure at the ends of the potato will burst it open.

BAKED PEANUTS.

Shell and blanch one pint of raw peanuts; add two quarts of boiling water and bake four hours in a covered vessel; season with a small teaspoon of salt; add hot water as needed, and one teaspoonful of butter one-half hour before serving. Do not stir or mash them. They should retain their shape and be perfectly tender.

BUTTERMILK OMELET.

Four eggs beaten light, one cupful of buttermilk, one-half teaspoon of soda, a scant teaspoon of salt, a pinch of pepper, and three-fourth cup of finely rolled cracker crumbs. Put two tablespoonful of butter in a frying pan and when it is hot pour in the omelet and fry to a delicate brown. Put in a hot oven for ten minutes and when firm fold and serve. Very tender and wholesome.

CORN PUFFS.

Take six ears of green corn, soak down the center of each row of

grains and with a dull knife press out the pulp. There should be about one and one-half cups. In the winter get the canned "cornlet." It is corn made very fine and ready to use. Add half a cupful of milk, the yolks of two eggs and half a teaspoonful of salt; then stir in a cup and one-half of flour thru which has been sifted one and one half teaspoonful of baking powder. Now fold in the stiffly beaten whites and bake in greased gem pans for twenty minutes.

TOMATO SOUP.

Boil slowly together for nearly an hour one-half can of tomatoes, a small onion, a stalk of fresh celery, cut fine, (or one-half teaspoonful of celery seed) a tablespoonful of minced parsley, and a quart of water. Put in a tablespoonful or two of sugar. Add two medium sized potatoes which have been peeled, chopped fine and partly boiled. When about half done add a teaspoonful of salt. When it is all done add a heaping teaspoonful of good butter and serve.

TOMATO PUREE.

Cook a can of tomatoes and rub them thru a sieve. Heat a quart of milk. Re-heat the tomatoes and add half a teaspoonful of soda dissolved in boiling water. Add to the milk and thicken with fine cracker crumbs. Season with a teaspoonful of salt and a pinch of red pepper. Just before serving add a heaping teaspoonful of butter.

LENTIL SOUP.

Soak one cup of lentils over night. The next day add to them one small onion chopped fine and a small stalk of celery cut fine (or one-half teaspoonful of celery seed) and boil all together slowly until the lentils are very soft. Rub them thru a sieve, add one-half teaspoonful of salt, and about a quart of milk or water. It may be made as thick or as thin as desired. Put back over the fire and when hot add half a teaspoonful of butter and serve.

Odor from Meat-Eaters.

Charles D. Kellogg, the naturalist, of Nature Studies magazine fame, created somewhat of a stir a year ago by declaring that to eat a "Bob White" or quail was cannibalism, as birds have souls, and their plaintive cries and songs are actually a language.

Sunday, at the Unity Club lecture, Mr. Kellogg declared that a carnivorous animal gives off an odor that warns the feathered denizens of the woods that an enemy is near. The same odor is given off by a person who eats meat, and birds are afraid of such persons. Birds will not fly from a vegetarian. Mr. Kellogg stated that he had never eaten meat in his life, and that he can pick up almost any bird and that a "katy-did" will rest in his hand without flying away. He has a dog, which he brought up from a puppy, which never ate meat and which does not know what it means to harm any living thing. Mr. Kellogg also claims that meat eating affects the sense of smell in humans. His imitations of the songs and calls of birds were wonderful. —Cincinnati Enquirer.

"Don't be for getting the good things of this world, and forgetting those of the next world."

PREMIUM BOOKS? YES.

We still have a few. They are well bound, most of them have gilt tops, and they are something everyone wants to read. They are yours for 25 cents each, one or all of them, when the order is sent with a year's subscription to THE SUNFLOWER.

SARTOR RESARTUS. This is Thomas Carlyle's great work on the Philosophy of Life. If you have not read it you have missed a treat that you now have an opportunity of enjoying for a very modest sum.

HEROES AND HERO WORKSHIP. A series of lectures by Carlyle on this interesting topic, given in the inimitable style of the author, and it makes an interesting book; one that is calculated to throw light upon the myths of the present and past. No verbiage is necessary regarding any of Carlyle's works.

ROMANCE OF TWO WORLDS. by Marie Corelli. One of the most interesting romances ever written and as it deals in a practical manner with many abstruse points in occultism, it becomes more than a story to the student of such.

BOYS! LOOK HERE!

WE WANT TO GIVE YOU

An Uncle Sam Fountain Pen
A Nickel-Plated Watch
A First-Class Jack-Knife.

Do you want one or all of them?

You can get them by doing a little work for us.

Take a copy of THE SUNFLOWER and show it to your neighbors. Get their subscriptions and send us TWO NEW YEARLY SUBSCRIBERS, or FOUR RE-NEWALS, or ONE NEW and TWO RE-NEWALS, at ONE DOLLAR EACH, our regular subscription rates, give them the advantage of any of our premium offers, and we will send you either one of the above articles for your trouble.

The Uncle Sam Fountain Pen is a self-filler, has 14 karat solid gold pen, with Iridium points, hard rubber holder, and is equal to any pen in the market.

The Watch is guaranteed to us to be a good time-keeper, and is stem-wind and stem-set.

The Jack-Knife is a Wadsworth & Son, best English steel, with four blades.

ARE THEY WORTH WORKING FOR?

If you send us enough subscriptions to get any two of the above articles, we will include an UNCLE SAM VEST POCKET TABLET for good measure, and if you send enough for all three we will include an UNCLE SAM STAMP BOX and TABLET both.

While we make this proposition especially to the boys, it is open to everyone who does not take cash commissions on subscriptions. Let us hear from you immediately as this offer is limited.

If you want sample copies to use for canvassing, we will send them to you free of charge.

The Sunflower Publishing Co.

LILY DALE, N. Y.

N. H. EDDY,
ASTROLOGER,
And Character Reader,

56 Whitney Place, Buffalo, N. Y.

Life Readings by mail, \$1.00 and upwards. Trial readings, 25 cents and 2 two-cent stamps. Send sex, time, place, and if possible hour of birth. These readings are of great benefit to business men, and to parents in dealing with their children. Many mistakes are avoided by having a horoscope of a child, showing its natural tendencies.

Circulars, with full explanation of different prices, or Detail Readings Sent Free Upon Application.

The Wonder Wheel. An Astrological Game. Anyone can give a most instructive and amusing device for an evening party or to mystify your friends. You ask them the date of birth, and in a few minutes you tell them all about themselves. Price, with book for instructions, \$1.00. Postage, 10 cents.

Tabula Magus. A pocket chart that tells you the best hours of the day to begin any venture. You should try to collect money when the money planet rules. Look for pleasure when Venus rules. Avoid anything likely to be unpleasant when Mars rules. Price, complete work, \$1.00; abridged work, 50 cents.

Astrology in a Net Shell. A book of 150 pages, fitted to overcome in Astrology. Tells how to read your own horoscope, logical instructions in Astrology. Tells how to read your own horoscope, and how to tell the favorable times in each year. 27 pages questions and answers. Price, postpaid, \$1.50.

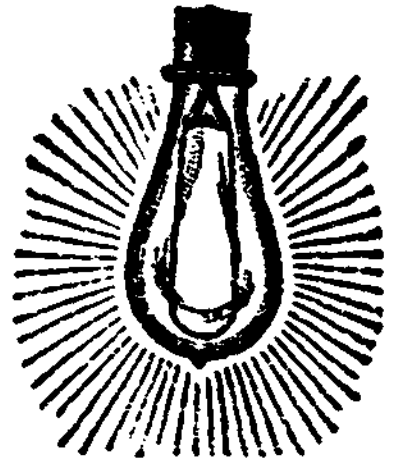
LIGHT FROM EVERYWHERE

EAST

NORTH

WEST

SOUTH



This department is conducted to enable Spiritualists to be in touch with each other... Send us notices of your engagements... We will adjust the amount of the space we have to use.

fat, that has more than meat value in protein, besides a generous allowance of ash, hence the peanut butter sandwich is bread and fat and nut meat.

There is peanut cream, delicious poured on nice toasted bread, nourishing, sustaining, and simply made. Put some peanut butter, made with water, in a granite pan and thin gradually with boiling water to the consistency of milk.

MACARONI AND PEANUTS. Break some macaroni into pieces and boil rapidly in salted water. When done, drain and serve immediately.

PARSNIPS. Try baking, boiled or steamed parsnips. Cut them lengthwise and remove the hard core. Place in strips on a buttered pan and thoroughly heat in the oven.

BEAN SAUSAGE. Take some plain baked beans, mash and season lightly with a dash of pepper, sage and summer savory.

PEANUT BUTTER. Put the shelled nuts in a pan and slowly roast in the oven till the raw taste is gone. Watch and turn the nuts so that they cook evenly and do not burn.

PRESSED BEANS. This dish can be made of stewed beans, drained and mashed, or baked mashed beans. Use both white and dark beans, cook and season separately, then press in a mold so that in cutting out, the slices will be marbled.

COOKING LENTILS. Lentils should be carefully looked over to remove all foreign substances, washed and soaked over night. In the morning stew gently till tender, when they are then ready to season for use, or combine with other materials.

LENTIL HASH. One cup stewed lentils. One half cup boiled rice. Two good sized baked potatoes. One medium sized onion. Salt.

RICE AND LENTIL OMELET. One cup boiled rice. Half cup stewed lentils. Two eggs. Half cup milk. Salt. Beat the rice, lentils, eggs and salt together, slowly adding the milk and mixing carefully.

Some much good Vegetarian matter having been received, and desiring to devote as much space as possible to that, editorials, correspondence, and everything else has been laid over on account of it.

LENTIL STEW. Lentils can be added to vegetable stew, thereby supplying the necessary nitrogen. Lentils can be scalloped, made into pot-pie and baked pies—using stewed lentils and putting them in the place of the discarded flesh.

MEAT ROASTS. Lentil loaves can be simply and easily made, and become an elaborate dinner according to the combination and variety of material used.

MEAT DIET CHEAPER THAN A MEAT DIET? Yes and no, according to the choice of materials and the way of preparing them. Coarse meat and potatoes cost less than carefully selected and deftly prepared vegetables.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) It is a vegetable diet more humanitarian than a meat diet? Decidedly yes! We know that animals are our humble brothers, way down in the scale of evolution.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) We have no doubt about much poisonous stuff entering the human system by the flesh of animals, sick or well.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? (Continued) There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? (Continued) There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? (Continued) There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? (Continued) There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

MEAT DIET CHEAPER THAN A MEAT DIET? (Continued) As we intended for a great or a vegetable diet? (Continued) There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet.

ditions, their bodies submitting at the same time to the necessary structural changes. Organisms are very flexible and far from being cast iron.

Does meat diet affect our nature? It cannot help affecting our moral nature; for in order to satisfy our craving for meat, we must disregard the claims of other creatures in our sympathies and wink at the cruelties inflicted upon them.

As recipes for vegetarian dishes many have been published already, and a number are used in our kitchens besides the meat, and might be sufficient, were it not for the prejudice in favor of meat, as a sine qua non.

As for fresh vegetables, the makers of pure blood, they simply need cooking in salted water, until soft, adding a piece of fresh butter before serving.

Finally let me mention something that is little used or understood in this country. I mean mushrooms. In some European countries, people of moderate means almost live on them and seldom eat meat.

As for preparation—here is a simple recipe: Melt in a pan a piece of butter, proportionate to the amount of mushrooms, after being washed and cut into slices, add to the butter and stir a few minutes, until heated thru.

A few words more, with kind permission. All Teutonic tribes, especially the Dutch and the Anglo-saxons, eat too much; people of the Latin tribes call them "gluttons."

Finally, the best argument in favor of vegetarianism is the fact, that our biggest and strongest animals, those living longest, are the ones who live on vegetable matter.

Already society numbers many converts to the new creed (vegetarianism), who have not only grown younger and fairer and stronger, but, low be it spoken—whose tempers have distinctly improved and whose society is much more agreeable since macaroni and muscats have been their portion and their pleasures of the table have been entirely confined to the kindly fruits of the earth.—The World, London, England.

piece of butter, proportionate to the amount of mushrooms, after being washed and cut into slices, add to the butter and stir a few minutes, until heated thru. Dust a little flour into them, some salt and pepper, then add by and by several spoonful of boiling water. Stir and cook slowly until gravy is just right, not too thick. Serve with mealy Irish potatoes.

A few words more, with kind permission. All Teutonic tribes, especially the Dutch and the Anglo-saxons, eat too much; people of the Latin tribes call them "gluttons."

Finally, the best argument in favor of vegetarianism is the fact, that our biggest and strongest animals, those living longest, are the ones who live on vegetable matter.

Already society numbers many converts to the new creed (vegetarianism), who have not only grown younger and fairer and stronger, but, low be it spoken—whose tempers have distinctly improved and whose society is much more agreeable since macaroni and muscats have been their portion and their pleasures of the table have been entirely confined to the kindly fruits of the earth.—The World, London, England.

Already society numbers many converts to the new creed (vegetarianism), who have not only grown younger and fairer and stronger, but, low be it spoken—whose tempers have distinctly improved and whose society is much more agreeable since macaroni and muscats have been their portion and their pleasures of the table have been entirely confined to the kindly fruits of the earth.—The World, London, England.



THE GREAT RESTORER OF DISEASE OF ANY KIND.

It matters not how long standing or how hopeless or how many doctors you have had.

This Great Remedy will Cure You.

Mr. ENRON—Dear Sir: I wish to say to your readers that I have taken treatment from Dr. F. P. Fellows, and am satisfied that he does all and more than he claims to do by way of healing the sick.

DR. FELLOWS, Vineland, New Jersey. As this Marvelous Remedy is a spirit prescription, the Spiritualists of the land who are sick, should send for it. They will find no earthly remedy can compare with its great healing power.

Some Plain Facts Regarding the Gold Eagle Mining Company of the Black Hills, So. Dakota. THERE can be no uncertainty in buying treasury stock from a company for the purpose of installing a reduction plant on a body of free milling gold ore, which is almost limitless and in the middle of the greatest ledges of gold ore in the world.

VEGETARIANISM.

(Continued from Page 1.)

It is well known that the killing of animals blunts all the higher senses and finer feelings. Butchers are from the nature of their business coarse people. A lawyer in defence of a murder trial can object a butcher off the jury merely because he is a butcher. If butchering makes a man less sympathetic, and puts him for dispassionate weighing of evidence in cases where the life of a prisoner is at stake, should we indulge a habit that makes such a business necessary? It may have been a coincidence that two sausage-makers in Chicago boiled their wives to pieces, but as each individual's character is shaped somewhat by his occupation, we should expect to find a greater percentage of murderers among animal slayers than any other class. In this estimate, to be fair, we should include wanton murderers of innocent animals and birds.

But the worst effect is that which it has upon the mothers of our country. A majority of the mothers of this country are the cooks in their respective families, and are required to cut up the meat in sections convenient for cooking, to dress and sometimes even kill fowls. Even though these mothers are not in process of maternity they may be throwing this condition on the next conception. The results may be a murderer is brought into the world.

At the age of 14 years Jessie Pomeroy murdered several of his playmates in the South Boston bottoms, cutting them to pieces and mutilating them in numerous ways. It was eventually discovered that he was the murderer, and he was sentenced at that young age to hang. The interest I took in the matter of a commutation of his sentence resulted in an acquaintance with his mother, who was highly esteemed and a well respected lady of that city. But how came this boy, this son of kindhearted parents to be a wanton murderer. He was made so by the conditions surrounding his mother previous to his birth. Mr. Pomeroy, the father of the boy, was a grocer in that part of Boston, where he lived, and as is customary in that city among grocers, sold meat. Occasionally when out of his store making deliveries of goods, Mrs. Pomeroy would be required to attend on customers, and one of her duties would be to cut off steaks for those requiring them. Under these conditions the boy was born, and that psychological mark for which all meat-eating customers of Mr. Pomeroy were innocently responsible, was placed upon him, and the State of Massachusetts is now punishing him for what the gastronomic habits of the people have made him.

Even our darling daughters are required to cut up meat, and often even sent to the butcher shop, where they see the butcher take from the hooks a part of an animal and cut from it the meat required. It may be many years after when the most fatal time possible the whole matter may be spread out and possibly exaggerated in a dream. The fatal work is done, the expected child has been marked for a murderer. I am led to this from the fact that I used to kill or assist in killing animals for family use. For years afterward and until I reformed my diet, I occasionally had dreams of killing a mutton or a beef, which in my dreams as I was dressing it became metamorphosed into a human which I was dressing with the purpose of eating it. Having had such dreams myself, I assume that others are likely to have the same kind, and among these may be some mothers whose dreams may be opportune for very bad results.

These are some of my strong objections to a flesh diet. I have other arguments, but in the light of what has been presented I deem them unnecessary. Of all the people in the world I believe Spiritualists should be the first in dietetic reform.

Hunting.

So long as it is necessary to kill animals for food it is necessary to have butchers; but it is not necessary, while there are so many more harmless amusements, that leading men of the country should become butchers for the fun of killing.

VEGETARIANISM CURED HIM.

Bad Effects of "Squealer."

I herewith send in my testimony in favor of Vegetarianism, and how I became a Vegetarian.

It was in the month of April, 1903, when I had a very severe attack of cramp-colic. While I was subject to this malady, the attack on this occasion was the most severe I had ever experienced. It was on Monday night and after trying all the different home remedies without any relief, an M. D. was sent for, and it was not until he had administered two doses of opiates that relief came to me.

This M. D. could not tell me the cause of my affliction, but on the following Thursday night my regular night to sit for development, I asked my guides if they could tell me the cause of me having cramp-colic, and if they could give me a remedy that would cure me of it, as I had previous to this received prescriptions from spirit Dr. Gray, and do now receive them. On this occasion a little Indian girl by the name of Wild Flower came to me, and gave me a very simple but very wise prescription. She told me if I would quit eating "squealer", I would have no more cramp-colic. Well, I took the advice, and followed it for three months, and suffered no attack of the malady during these three months. But on one memorable Sunday in August, the same year, I went out calling on some friends and took dinner with them, and together with some other things I partook of some "squealer" but dear readers of THE SUNFLOWER, I was sorry for it. Not long after my indulgence of "squealer," I felt the effects of my former malady creeping upon me, and I soon started on my journey home but how I got home I scarcely knew. Somehow I managed to get there. But Oh! the terrible pains I suffered, and as on the former occasion, after all home remedies had been exhausted, one of the regulars was sent for and after a somewhat hasty examination by the M. D. he pronounced it a case of appendicitis and told me that I would have to have an operation performed or I could not live long. "Well, whether I lived long or short I am still here. I told the doctor that I would never pass out under the doctor's knife for anything like that, for I well knew the cause of my suffering. And as my spirit guide Emma, who gave me such wise counsel, said then, "He that knoweth the master's will and doeth it not shall be beaten with many stripes," so of course I had to take my share of the stripes for eating "squealer" when I knew that it would hurt me.

That was a lesson for me, and for nine years after this, I ate no kind of dead carcasses, and dear readers of THE SUNFLOWER, I was benefited physically, mentally and spiritually. Physically I had more endurance. I then could work from morning till night without craving for something to eat, like I did formerly, from one meal to another. My mental organs became stronger, my spiritual nature became more unfolded, in fact I was changed thru and thru.

Up to this time I had been sickly, dyspeptic, etc., had become a slave to drug medicines such as quinine pills and other quackery. Since then I have abolished the entire use of drug medicines, all the remedies I have used since have been given me by spirit Dr. R. E. Gray who passed out from Dayton, Ohio.

Perhaps some of the readers of THE SUNFLOWER knew of Dr. Gray while here in earth life, if so, I would be glad to have them make it known thru the valuable columns of THE SUNFLOWER. I receive these prescriptions from spirit Dr. Gray, thru my mediumship, sometimes thru impression then again thru writing—that is, thru the independent use of my hand. Mostly, I receive thru impression.

But I am drifting away from my subject. When we eat the carcass of dead animals, we do not eat a natural diet, in fact animal flesh is not a diet but more of a stimulant. Hence the craving for more of it, in three or four hours after eating. It is something like all other stimulants; when the effect dies away there is a craving for more, so let us leave the flesh-pots of Egypt behind and live upon nature's resources, such as cereals in their various forms, vegetables, fruits and all kinds of nuts, for nuts will supply all the necessary

fats needed to supply the heat for the human body.

Why then should we murderers, or at least be guilty in a measure of the shedding of blood of our animals, whom we have in many instances reared as pets. How can we be so cruel and take the lives of these innocent creatures merely to satisfy our own selfish appetites? Let us then abandon the cannibalistic customs and become more humane, loving and kind to our fellow-creatures, and instead of taking their lives let us protect them.

Hoping to see all the best minds represented in the special edition of March the 3rd, I am yours for Vegetarianism.

R. T. LENDRICKS. 1600 Spring Garden St., Greensboro, N. C.

WOOD PIE A FUTURE DISH.

Great interest has been aroused in London, England by the report that John Maginn, once an inmate of the Mile End Workhouse, has found common deal wood to be "a valuable food and medicine, if cut small and eaten."

"Considering that some of our chief tonic medicines are derived from wood," said Dr. Forbes Winslow, "there is no reason why wood should not be used for food."

"I can quite understand the rationality, of this. It is worth investigating. Everything that crops up in medicine, every new treatment of disease, is looked upon with suspicion. It wants people with common sense and the courage of their convictions to establish something new."

"It is like the case of the man who ate the first oyster. He was regarded with suspicion—and so was the oyster."

"Is it possibly to use wood as a food? Certainly it is very open, and I believe that everything that is brought forward is worthy of investigation."

"Monkeys eat wood in the forests, and you can often see dogs gnawing it."

"Animals eat wood. The stomach of an animal is very similar to that of a human being, and I think wood satisfies them, why should it not satisfy us?"

"I see no reason why thin wood, chopped fine, should not be useful to us," Dr. Winslow concluded. "It is good for the animal world in the forests, it is good for us."

The further development of wood as a satisfying food may lead to the formation of a new series of wood-eaters or deal-devourers, and wood, served in various enticing forms, may soon figure on the menus of our restaurants.

An Opinion From England.

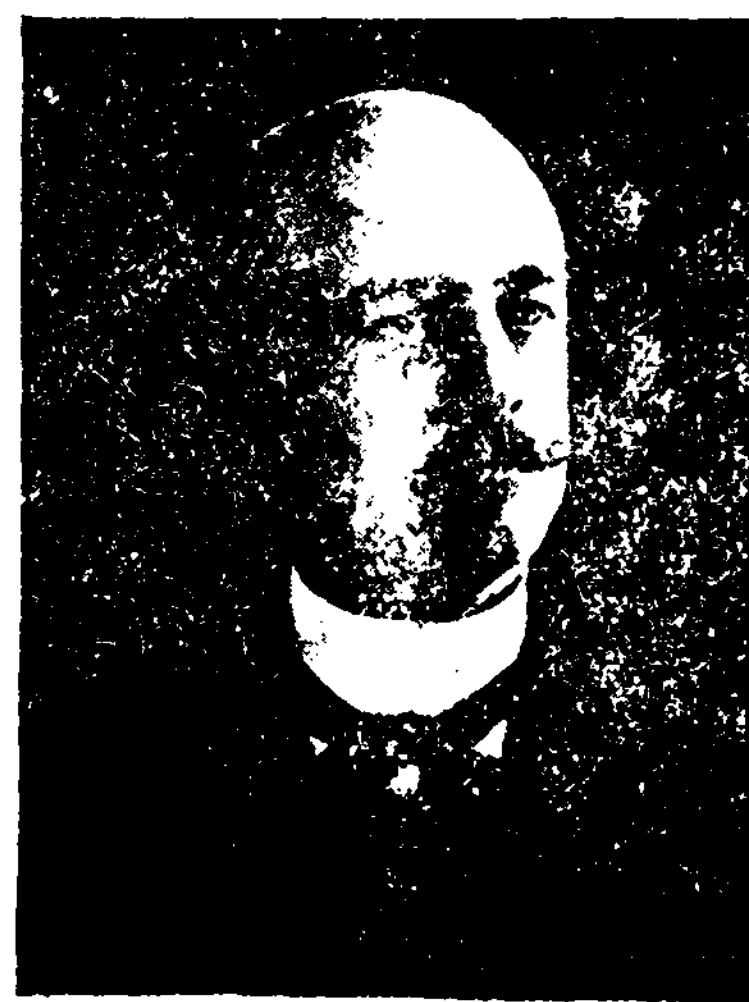
My attention has been called to the topic of vegetarianism in which I see you have been giving space in your bright paper, THE SUNFLOWER. The costliness of vegetarianism appears to be the great stumbling-block. Now my experience of eleven years' vegetarianism is that you can make it as expensive as you can make it. One starts, fearful of a breakdown through insufficient nourishment, but a complete and sustaining diet may be obtained from pure (without yeast or baking-powder) whole meal bread and one egg daily or a little lentils or haricots; and this last may be made very palatable with some chopped onion and a long pepper, and a piece of butter be added when cooked.

FLORENCE HIGGS. Sub. Editor, Herald of Health, London, England.

Is a Vegetarian and Works Hard.

I have been much interested in the vegetarian articles and would much desire to see you start a Vegetarian Department. I have been a vegetarian for the last seven years, and have been making all kinds of food experiments lately in order that I might be able to demonstrate to the world that the vegetarian diet is delicious and satisfying at a small expense. I shall not eat any cooked foods during this year to prove that I can keep well fed without them. I am working hard as a trucker in a Mail-order house and have been doing even harder work than that and had more endurance than my meat-eating neighbors.

GEORGE DREWS.



C. Walter Lynn, THE EMINENT Healer AND GIFTED PSYCHIC.

Address, 784 Eighth Street, Oakland, Cal.

Health and Strength Restored

Nature's Methods

FOR THE CURE OF

MENTAL AND PHYSICAL ILLMENTS.

OBSESSION CURED

For Free Diagnosis of Disease

Send five two-cent stamps, age, name and sex and own handwriting.

Readings and Business Advice By Mail, \$1.00 and two Stamps.

"I have never known a more competent, reliable and truthful medium for the Spirit World, than Chas. Walter Lynn."

108. RODES BUCHANAN.

Read This Splendid Fact.

"I am having," writes Mrs. L. Wilson, "Great success in healing, in both honesty and clairvoyance and hold meetings every Sunday in Bellaire, O., in G. A. R. hall—thanks to the College of Divine Science, J. C. F. Constance, president." This is one of thousands. Can you afford to go on day after day, neglecting your spiritual powers when by their cultivation you realize not only your mediumship and make it practical, but could learn to see clairvoyantly, come in touch with the spirit world, converse face to face in your own home with spirit friends. Avoid the snare of fake or bogus mediums.

J. C. F. GRUMBINE, (Specialist in Occult Science) CHESTNUT HILL STATION, BOSTON, MASS.

SPIRIT PHOTOGRAPHS.

ONE DOLLAR FOR TWO WELL FINISHED PICTURES taken from look back or your own photograph. With every order send us your kindest thoughts and best wishes to span the chasm, and your departed friends will make their way to crown your heart's desire, and these familiar and most dear may greet your sight from the fair summerland. We feel grateful to our many patrons who have made it possible for us to continue these sittings at ONE DOLLAR FOR TWO PICTURES.

THE SPEAKING DIAL.

A WONDERFUL SPIRITUAL INVENTION. Gives names, dates and circumstances. Speaks in various languages; answers mental questions, convincing the most skeptical. Has come to prove immortality and spiritual communion. Develops all phases of mediumship. Magnetized by a powerful spirit band, take from the late Hon. Jonathan Donnelly, former governor of Indiana.

Dr. W. M. Keeler

SPIRIT PHOTOGRAPHER 1343 Roanoke St., Washington, D. C. Sittings by photo or lock of hair, \$2.00.

Mrs. A. A. Cawcroft,

MAGNETIC HEALER. Diseases of the brain, heart and kidneys a specialty. 333 E. Second St., Jamestown, N. Y.

POOR MEMORY

positively cured at home by means of Dr. Lundquist's System of Memory Training. Dr. Lundquist is a mind specialist; his systems cure mental defects and he can prove it. Send ten cents for circulars and sample copy of HUMAN CULTURE, a \$1.00 monthly which treats of the laws of life, love, talent, money-making, character reading, self-improvement and soul culture.

HUMAN SCIENCE SCHOOL 130 DEARBORN ST. CHICAGO, ILL.

As a rule the man who prides himself on saying just what he thinks, does a good deal more saying than thinking.

BANGS SISTERS

PHENOMENAL PSYCHICS.

PORTRAITS OF DEPARTED FRIENDS A SPECIALTY.

Independent Slate and Paper Writing

Send 10c in stamps or silver for new booklet containing illustrations of our work and directions on home development of Mediumship.

652 W. Adams St., Chicago.

Telephone West 15,65.

MORRIS PRATT INSTITUTE

Founded by Morris Pratt. Chartered in 1902. A School under the auspices of Spiritualism established for the diffusion of general culture and the acquisition of useful knowledge. THOROUGHLY QUALIFIED TEACHERS. A Large and Beautiful Building. Steam Heat and Hot and Cold Water Throughout. A Two Years' Course. Prepares especially for Public and Private Work. Open to all of both sexes and of all ages over 18. ADMITTANCE WITHOUT EXAMINATION. Absolute Freedom of Thought and Expression encouraged. For thoroughness and the growth of individual and independent thinking, unequalled. Tuition per year, \$50. Tuition by the Week, \$1.75. Board with furnished rooms per week \$8 to \$10. Opens September 27th, 1904. Located at Whitewater, Wis., 60 miles north of Chicago. N. B.—All who decide to attend should be present at the opening when the Classes are formed and take the full two years' course. For Catalogues write to: MOSES HULL, Pres., Whitewater, Wis., or to CLARA L. STEWART, Sec'y., A. J. WEAVER, Principal, Old Orchard, Me.

The Horoscope of the Future.

A series of Classical Productions received from spirit realm, through the mediumship of Rev. Cora and Wm. Benton of Toledo, O., Inspirational Speakers and Spirit Astralographers. Designed to bring success to men, women and children. Price 25c. May be Ordered Through "The Sunflower."

The Uncle Sam Stamp Box.

The Stamps are carried in a neat, metal box, mounted on a cylinder, between two belts; they can not get to the belts, or to each other, and a single movement of the thumb feeds them in or out without handling. AGENTS WANTED. Price 25c. Uncle Sam Novelty Co., Dr B Lilly Dale, N. Y.

50 YEARS' EXPERIENCE

PATENTS TRADE MARKS, DESIGNS, COPYRIGHTS &c.

Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HANDBOOK on Patents sent free. Oldest agency for securing patents. Patents taken through Mann & Co. receive special notice, without charge, in the Scientific American. A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, \$5 a year; four months, \$1.50. Sold by all newsdealers. MUNN & Co 361 Broadway, New York Branch Office, 25 F St., Washington, D. C.