

# REPORT *of* PROGRESS



THE SOUTHERN

UNION CONFERENCE

Vol. 4

NASHVILLE, TENN., JANUARY 11, 1910

No. 2.

## THE BOY OF THE FAMILY

Now, if any one has an easy time  
In this world of push and pull,  
It is not the boy of the family,  
For his hands are always full.  
I'd like to ask who fills the stove?  
Where is the girl that could?  
Who brings in water, who lights the fire  
And splits the kindling-wood?

And who is it that cleans the walks,  
After hours of snowing?  
In summer, who keeps down the weeds  
By diligently hoeing?  
And who must harness the faithful horse  
When the girls would ride about?  
And who must clean the carriage?  
The boy, you'll own, no doubt.

And who does the many other things  
Too numerous to mention?  
The boy is the "general utility man,"  
And really deserves a pension!  
Friends, just praise this boy sometimes,  
When he does his very best;  
And don't always want the easy chair  
When he's taking a little rest.

Don't let him always be the last  
To see the new magazine;  
And sometimes let the boy be heard,  
As well as to be seen.  
That boys are far from perfect,  
Is understood by all;  
But they have hearts, remember,  
For "men are boys grown tall."

And when a boy has been working  
His level best for days,  
It does him good I tell you,  
To have some hearty praise.  
He's not merely a combination  
Of muddy boots and noise,  
And he likes to be looked upon  
As one of the family joys.

—Sel.

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## A DIVINE EXAMPLE

FROM the earliest times the faithful in Israel had given much attention to the matter of education. The Lord had directed that the children, even from babyhood, should be

taught of his goodness and his greatness, especially as revealed in his law, and shown in the history of Israel. Through song and prayer, and lessons from the Scriptures adapted to the opening mind, fathers and mothers were to instruct their children that the law of God is an expression of his character, and that as they received the principles of the law into the heart, the image of God was traced on mind and soul. In the home much of the teaching was oral, but the youth also learned to read the Hebrew writings; and the parchment rolls of the Old Testament Scriptures were open to their study.

In the days of Christ the religious instruction of the young was thought to be so important that the town or city which did not provide schools for this purpose, was regarded as under the curse of God. Yet, in both the school and the home the teaching had become mechanical and formal. Since "in all things it behooved him to be made like unto his brethren" (Heb. 2:17) and Jesus gained knowledge as we may do, the intimate acquaintance with the Scriptures which he evinced in his ministry, testifies to the diligence with which, in those early years, he gave himself to the study of the Sacred Word.

And day by day he gained knowledge from the great library of animate and inanimate nature. He who had created all things, was now a child of humanity, and he studied the lessons which his own hand had written in earth and sea and sky. The parables by which, during his ministry, he loved to teach his lessons of truth, show how open his spirit was to the influence of nature, and how, in his youth, he had delighted to gather the spiritual teaching from the surroundings of his daily life. To Jesus the significance of the Word and the works of God unfolded gradually, as he was seeking to understand the reason of things, as any youth may seek to understand. The culture of holy thoughts and communings was his. All the windows of his soul were open toward the sun; and in the light of heaven his spiritual nature waxed strong, and his life made manifest the wisdom and grace of God.

Every child may gain knowledge as Jesus did from the works of nature and the pages of God's Holy Word. As we try to become acquainted with our heavenly Father through

his Word, angels will come near, our minds will become strengthened, our characters will be elevated and refined, and we shall become more like our Saviour. And as we behold the beautiful and grand in nature, our affections go out after God; while the spirit is awed, the soul is invigorated by coming in contact with the Infinite through his works. Communion with God through prayer develops the mental and moral faculties, and the spiritual powers strengthen as we cultivate thoughts upon spiritual things.

The life of Jesus was a life in harmony with God. While he was a child, he thought and spoke as a child, but no trace of sin marred the image of God within him. From the first dawning of intelligence he was continually growing in heavenly grace, and knowledge of truth.—Mrs. E. G. White.

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## SILVERHILL, ALABAMA

It is now over seven months since we came into this conference. We have enjoyed good health, and our work and present environments are very pleasant.

Most of my work has been in new fields. In the companies visited I find some very earnest and devoted people. Quite a few have spent their best years and the most of their property in the cause in the North, and have now come South to spend their declining years. We also find a competent and devoted corps of laborers in this conference.

I have been connected with two tent efforts during the summer, and there are some fruits at both places. There is a small Scandinavian settlement near Mobile Bay, and arrangements were made for me to go there when the last tent effort closed. We began meetings October 29, and closed December 11. I preached thirty-five sermons, gave fifty-six Bible readings, and made ninety-six calls. God blessed our efforts and eight persons accepted the truth. Sabbath, December 11, I baptized five persons in a small open stream. Six united with the Marlow church and others are about ready to do so. A Scandinavian Sabbath-school with eighteen members was organized. Brother Paulson gave valuable assistance in music and singing. We took thirteen yearly

subscriptions for our different papers, and distributed a large amount of reading matter. Our collections more than covered all expenses of the meetings.

I have been home now for a short rest. Our courage is good, and we are very thankful to God for what he is doing for us daily.

A. E. CHRISTIAN.

## LOUISIANA

THE stirring articles for the week of prayer were a precious uplift to the church here. We had two services each day. Last Sabbath we had our quarterly meeting. The testimonies were full of courage and determination to step forward onto "higher ground" for 1910.

At our business meeting, last Sunday, all were surprised and encouraged. The tithe for the year was more than double that of last year. The tithe for this quarter, ending December 26, was \$479.23. The Sabbath-school offering for foreign missions, for the same time, was \$43.30—not one penny used for expenses. All the funds had made substantial gains. The full amount collected this quarter was \$764.62. To the Lord be all the praise. "Those churches which are the most systematic and liberal in sustaining the cause of God are the most prosperous spiritually."—*Testimonies for the Church, Vol. V.*

Dr. A. J. Hetherington and wife are spending a few months with us. He is taking a postgraduate course.

The Lord is soon to do great things for his people. Pray for the work here.

W. H. SAXBY.

New Orleans, La., Dec. 28, 1909.

## A VISIT TO THE HAZEL SCHOOL

It was my privilege to visit the Hazel Academy recently, and I am glad to be able to say that I was much pleased with what I saw and heard while there.

While at the time of my visit not all the pupils had returned from their Christmas vacation, the school seemed to be reasonably full, and notwithstanding the fact that school work had been resumed only two days before, there was nothing to indicate that there had been a vacation. A real wholesome school atmosphere pervaded not only the school but the school home, and it was evident that the students had a mind to work.

The work done at Hazel is of a most practical character. There is no cramming, and yet the lessons given are such as to require close application and hard work. I was especially interested in the classes in spelling, in plain geometry, in general history, in Bible, and in English literature.

Few of us probably really appreciate at their full value such schools as the one at Hazel.

C. P. BOLLMAN.

JESUS tells us to let the morrow take care of itself, and merely meet the evils of the present day. Real foresight consists in reserving our own forces. If we worry about the future, we destroy that strength which will enable us to meet the future.

## ALABAMA

REMEMBER the Canvassers' convention and institute to be held at Marlow Feb. 4-13. All who expect to attend will please let me know, so that all necessary arrangements can be made for you.

The railroad fare of the regular canvassers and those going into the work from the institute, will be paid by the conference. Board will be furnished for the actual cost of the materials. Last year it averaged seven cents per meal for each person. Room will be provided, but it will be necessary to bring bedding along with you.

Get off at *Summerdale*. Please plan to get there *Thursday afternoon or Friday forenoon*. Arrangements will be made to have some one meet the trains at the times mentioned, and carry those who come to the institute.

Remember to bring your Bible and a notebook; as there will be many points that should be noted down and committed to memory.

R. I. KEATE.

## A RECORD COLLECTOR

JOHN WESTCOTT BUCHANAN is only 7½ years of age, and yet for the last four years he has been an exceedingly active and successful collector in connection with the Campsie Methodist Juvenile Missionary Society. Though he was so young when taking up this work, only 3½ years old, his total collections for the four years amount to \$152.54, his yearly collections being as follows: first year, \$26.86; second, \$30.88; third, \$33.96; and fourth, \$60.84.

This last year's record surely constitutes a record for a juvenile collector, and it is undoubtedly a fine effort. It is, too, the result of hard and persistent work, for that large amount is gathered mostly in the usual two-cent subscriptions, helped out by a little trading, and it might be emphasized that "Jack's" own personal contribution averages about twelve cents per week, and he acquires that sum by disposing of old newspapers, rags, bones, bottles, and jam jars. I believe it is extremely difficult to find a bone in any one's yard within a very wide radius of Jack's home.

It can easily be seen, therefore, that the little fellow's heart is in the work, for his payments are regularly made each week; and his efforts, backed up by very faithful and creditable work upon the part of the other collectors, resulted last year in the Campsie society being placed in the second-class honor's list.

It is hoped that this brief record may prove an incentive to many of our boys and girls to go and do likewise, for the cause is worth it, and the work results in so much blessing in so many directions.—*Missionary Review.*

## CANVASSING ITEMS FROM KENTUCKY

WE have four good, faithful all-the-year-round canvassers to begin the new year with.

Brother H. E. Beck will work Monroe County for "Daniel and the Revelation." He has already made one delivery in the county, and only lost one order. The people seem eager for their books.

Brother M. Wheeler will work Hart County

for the same book. His family has gone to Nashville for the winter.

Brother M. J. Weber has just finished Adair County, and will canvass Clay County next.

Brother Landon will begin canvassing this week. He will join Brother Weber in Clay County.

Watch for the yearly report of the canvassing work in Kentucky. It will soon be out.

What are you doing with "Ministry of Healing"? Let us push this work and get our quota off our hands.

C. F. DART.

## JACKSON, MISSISSIPPI

I WILL give you an idea of what our school is doing. I took charge of the school work in February, with about fourteen pupils. The Master has wonderfully blessed me in this good work. I have enrolled at the present forty-one pupils. They all love to learn some thing about the Word of God, and to sing, "Standing on the Promises of God." I pray that they may ever love the blessed Word of the Master, and that some of these dear children will be workers for him. I pray that the Lord will continue to bless me in this work, and help me to be faithful and of good courage. I wish to be remembered in your prayers.

DELIA WILSON.

## THE WORLD'S YOUNGEST ENGINEER

I THINK the following interesting news for our boy and girl readers will be a help to them to be ambitious, and push forward to make themselves something in the Master's work, because if a boy who works for worldly gain can do this, why not Christian soldiers?

"Steve Edwards, who is only fifteen years old, about four feet ten inches high, and weighs ninety-five pounds, is stationary engineer for a land and lumber company at Chicora, Miss., and has been running their engine, which propels the planing-mill machinery, for more than a year. He is also electrician for the planing-mill plant, doing all kinds of electrical work in the way of installing new lights, repairing, etc.

"He is smart and energetic, and is just as manly a little man as there is to be found anywhere. His ambitions are beyond the work that he is now doing, as he is saving his money to take a course in some good school. If all of our boys were as smart and energetic as Steve is, we would certainly have a nation of young men that could very readily and easily take the places of our great men of to-day, who are dropping out one by one."

## WHY NOT SHOW IT?

MANY a young man would give his week's wages to feel his father's arms thrown over his shoulder once in a while, and hear him say, "Well my boy, how goes it to-day?" Oh, we are too sparing of our cordialities, too much afraid of being thought demonstrative or gushing. For our part, we had rather people would gush a little than let their love or kind feelings just drip, like icicles under

compulsion of a winter sun. How much happier we should all be if we thought more about making others happy! "Let your light shine?" yes—but also let your heat be felt.—*Christian Herald.*

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**READ—AND THINK—AND PRAY**

1. DOES my life please God?
2. Do I enjoy my Christian life?
3. Do I cherish in my heart a feeling of dislike or hatred for any one?
4. Am I studying my Bible daily?
5. How much time do I spend in secret prayer?
6. Have I ever won a soul to Christ?
7. Have I ever had a direct answer to prayer?
8. Do I estimate the things of time and eternity at their real value?
9. Am I praying and working for any one's salvation?
10. Is there anything I cannot give up for Christ?
11. Where am I making my greatest mistake?
12. How does my life look to those who are not Christians?
13. Do I place anything before my religious duties?
14. Am I honest with the Lord's money?
15. Have I neglected any known duty?
16. Is the world better or worse for my living in it?
17. Am I doing anything I would condemn in others?
18. Do I have a clear conception of my place in the Lord's work?
19. What am I doing to hasten the coming of the Lord?
20. Am I doing as Christ would do in my place?

"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you except ye be reprobates?" 2 Cor. 13:5.

"I am crucified with Christ; nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." Gal. 2:20.

"And ye shall seek me, and find me, when ye shall search for me with all your heart." Jer. 29:13.

"And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Luke 11:9.

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**THE SINGING RING**

SIR RICHARD TEMPLE, who lived in the time of the French Revolution, recovered a ring that was a family relic. In it was a very delicate musical box, and whenever a little spring was touched, a beautiful tune was rendered.

The owner of this ring was arrested and imprisoned. During his lonely hours he could touch the spring, put the ring to his ear, and be cheered by its old sweet song. When his head was placed on the guillotine, the spring

**LOUISIANA CANVASSING REPORT**

For Month Ending Dec. 31, 1909

| NAME          | Book   | Hours | Value    | Deliv'd  |
|---------------|--------|-------|----------|----------|
| John Harzman  | MofN   | 176   | \$102 50 | \$ 98 00 |
| W M Olmstead  | MofN   | 148   | 106 50   | 145 90   |
| C L Collison  | D&R BR | 130   | 54 75    | 79 50    |
| I T Reynolds  | GC BFL | 190   | 163 00   | 220 20   |
| J N Steel     | GC     | 80    | 59 60    | 11 85    |
| Mrs A E Frank | H&H    | 32    | 43 00    | 4 75     |
| G Jorgenson   | BFL    | 132   | 61 50    | 20 25    |

Totals ..... 888 \$580 85 \$580 45  
I. T. REYNOLDS, State Agent.

was touched and the song began. Upon the death of the owner, the ring was lost, and long afterwards, when recovered, it would not sing—the song had ceased. Sir Richard took it to a jeweler in London, who discovered a tiny blood-clot in the minute mechanism of the ring. This being removed, the song began again.

The Christian heart filled with the love of Christ has its joy and peace. But sin—a very small sin—will silence that song. If we would have it begin again we must bring our sinful heart to Jesus who can remove the clot of sin.—*Homiletic Review.*

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**PEOPLE LIVE IN A MINE**

DEEP in the salt mines of the hamlet of Villiczka, in Austrian Poland, some eleven miles from Cracow lies a veritable underground village, which dates 'way back to the days when the slaves first opened these mines in 1334. It was a busy subterranean human hive, all the busier in contrast with the sleepy hamlet above. In fact, all life of the settlement is concentrated below ground. The air is clean and the temperature that of a warm spring day.

The center of the mine is situated in a sort of court which forms a railway station. Here all the railway lines which intersect this huge mine meet. Men and women go above ground to do their marketing, and meet in this court to gossip and compare their bargains. Children play about in the shade of the grottos, and sail boats in the gutters, running with salt water. These gutters were made hundreds of years ago to get rid of the moisture which runs from the upper floors of the mine, and lead down to the very bottom, forming a huge salt lake, the water of which is gradually pumped off and distilled to obtain salt. So difficult and expensive is it to light up the whole mine, that visitors must make up a party of at least thirty, and pay various sums according to their number. No less than 260 steps lead down to the second floor of the mine, just over the salt lake, and it is there that the chapel of St. Anthony stands.—*Selected.*

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"THE cross and the crown are so woven in one,

Can he who refuses the former to bear,  
Or trust in aught else but the Saviour alone,  
Expect in the high world the latter to wear?"

**CANVASSING REPORT**

Southern Union Conference

For Week Ending Dec. 25, 1909

| NAME               | Book | Hours | Value   | Deliv'd |
|--------------------|------|-------|---------|---------|
| ALABAMA CONFERENCE |      |       |         |         |
| E A Keate          | BFL  | 33    | \$46 50 | \$11 00 |
| R T Jacks          | BFL  | 18    |         | 31 50   |
| I W Peevy          | BFL  | 30    | 6 00    | 6 00    |
| Geo W Brown        | BFL  |       | 2 35    | 12 25   |

KENTUCKY CONFERENCE

|                |      |    |      |        |
|----------------|------|----|------|--------|
| H E Beck       | D&R  | 49 |      | 113 25 |
| M J Weber      | BFL  | 42 | 1 15 | 100 25 |
| H C Carmichael | DofA | 83 |      | 99 65  |
| M Wheeler      | D&R  | 37 | 1 50 | 81 25  |
| R W Harris     | BFL  | 20 |      | 27 00  |

MISSISSIPPI CONFERENCE

|                   |      |    |        |        |
|-------------------|------|----|--------|--------|
| J S Fry           | D&R  | 80 |        | 105 25 |
| Virgil Smith      | D&R  | 7  |        | 13 25  |
| W H Daniels       | D&R  | 25 | 13 25  |        |
| Cora Smith        | BFL  | 6  |        | 7 00   |
| Emily Billups     | BFL  | 50 | 30 00  | 30 00  |
| J P Campbell      | sofP | 20 | 28 50  | 28 50  |
| Eld M C Whitmarsh | MISC | 60 | 150 00 | 150 00 |
| Eld W S Lowry     | MISC | 15 | 14 00  | 14 00  |
| Eld F R Shaeffer  | MISC | 15 | 30 00  | 30 00  |
| T P Coltrin       | MISC | 10 | 12 00  | 12 00  |
| Louise Jackson    | stoc | 24 | 4 00   | 7 00   |

TENNESSEE RIVER CONFERENCE

|                |      |    |       |        |
|----------------|------|----|-------|--------|
| H C Balsbaugh  | GC   | 41 |       | 117 95 |
| C H Chenault   | D&R  | 49 | 12 00 | 12 00  |
| R H Hazelton   | MISC | 35 |       | 70 00  |
| J G Marlatt    | D&R  | 28 |       | 13 40  |
| J S Moore      | MISC | 24 |       | 29 85  |
| Mamie Moore    | D&R  | 28 | 7 25  | 100 70 |
| C H McColrey   | D&R  | 50 | 3 15  | 83 15  |
| G W Powers     | CK   | 45 | 33 40 | 12 25  |
| Christine Ross | MISC | 9  | 6 50  | 9 75   |

For Week Ending Jan. 1, 1909

LOUISIANA CONFERENCE

|              |             |    |       |        |
|--------------|-------------|----|-------|--------|
| John Harzman | 2 w. MofN   | 76 |       | 31 50  |
| W M Olmstead | 2w. MofN    | 85 |       | 111 50 |
| G Jorgenson  | 2 w. BFL GC | 45 | 17 35 | 4 25   |
| I T Reynolds | 2 w. GC BFL | 90 |       | 218 50 |

SUMMARY

|                        |     |        |        |
|------------------------|-----|--------|--------|
| Alabama Conference     | 81  | 54 85  | 60 75  |
| Kentucky Conference    | 231 | 2 65   | 421 40 |
| Louisiana Conference   | 296 | 17 35  | 416 75 |
| Mississippi Conference | 312 | 281 75 | 397 00 |
| Tennessee River Conf.  | 309 | 62 30  | 449 05 |

Totals ..... 1229 \$418 90 1744 95

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**LOUISIANA CONFERENCE**

Tithe for December, 1909

|                    |          |
|--------------------|----------|
| Individuals        | \$ 11.50 |
| Jennings           | 50.35    |
| New Orleans        | 310.79   |
| Welsh              | 133.95   |
| Lake Arthur, 2 mo. | 30.32    |
| Hammond            | 30.00    |
| Hayes, 2 mo.       | 181.00   |
| Lake Charles       | 29.70    |

Total ..... \$777.61

MRS. C. A. SAXBY, Treas.

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ALL the doors that lead inward to the secret place of the Most High are doors outward—out of self, out of smallness, out of wrong.—*George Macdonald.*

# Report of Progress

PUBLISHED WEEKLY

By The Southern Publishing Association of Seventh-day Adventists, 24th Ave. North and Howard Street, Nashville, Tenn.

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Editor: Mrs. W. M. Crothers

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## NOTICE

NOTICE is hereby given that the biennial meeting of the Southern Union Conference Association of Seventh-day Adventists will be held at the church-school building, Twenty-third Ave. North and Seifried Street, Nashville, Tenn., on Wednesday, January 26, 1910, at 10 A. M., for the purpose of electing a board of directors for the ensuing biennial term. Also to take into consideration the advisability of revising the constitution and by-laws of said association, and for the transaction of such other business as may properly come before the meeting.

Dated Nashville, Tennessee, November 30, 1909.

Signed,—

C. F. McVAGH, *President*,  
W. A. WILCOX, *Secretary*.

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## SPECIAL NOTICE

WE have decided to extend our freight-paid proposition to February 15th, that more of our people may be able to take advantage of this liberal offer. These excellent foods at such low prices ought to go into every Seventh-day Adventist home in the United States on this freight-paid plan. The purpose of the Southern Union Conference in operating this factory is simply and only to supply our people with real health foods at prices that will encourage and permit their liberal use in preference to other foods. As a people we should follow more conscientiously the health reform light with which we have been blessed. Begin now by sending in your orders. We want to help you.

NASHVILLE SANITARIUM-FOOD FACTORY.

Nashville, Tenn.

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## NOTICE

THE fourth annual meeting of the Nashville Sanitarium Association will be held January 24, 1910, at 9 A. M., at the office of the Southern Union Conference, 85 Arcade, Nashville, Tennessee. The purpose of this meeting will be to elect the officers for the ensuing year, and to transact such other business as may properly come before the association at that time.

Signed,— B. W. SPIRE, *Secretary*.

## NOTICE

NOTICE is hereby given that the second annual meeting of the constituency of the Southern Publishing Association of Seventh-day Adventists will be held Thursday, January 20, 1910, at 11 A. M., at the Seventh-day Adventist church, on Twenty-third Ave. North and Seifried Street, Nashville, Tenn., for the purpose of electing a board of directors for the ensuing year, and for the transaction of such other business as may properly come before said meeting.

C. F. McVAGH, *President*,  
R. HOOK JR., *Secretary*.

Dated Nashville, Tenn., Nov. 29, 1909.

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## NOTICE

NOTICE is hereby given that the biennial meeting of the Southern Union Conference of Seventh-day Adventists will be held at the church-school building, Twenty-third Ave. North and Seifried Street, Nashville, Tennessee, on Thursday, January 20, 1910, at 9 o'clock A. M., and continue till January 30 for the purpose of electing officers for the ensuing biennial term, and for the transaction of such other business as may properly come before the meeting.

Each State conference will be entitled to one delegate at large, and one delegate of each fifty of State membership organized into churches.

Send names of delegates to the secretary as soon as possible.

Signed,—

C. F. McVAGH, *President*,  
S. B. HORTON, *Secretary*.

Dated, Nashville, Tenn., Nov. 30, 1909.

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## TO OUR WORKERS

WE must again remind our workers of the necessity of supplying us regularly with reports of their doings and the progress of the different lines of work in their respective fields, or in which they are personally engaged. We are anxious to make REPORT OF PROGRESS what its name indicates; but we must depend upon you for the matter, or else fill it with general articles, such as our other papers contain. Which shall it be?

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## TELL EVERYBODY

A DISTINGUISHED London oculist once took a poor blind man sitting on a curbstone, and restored his sight. Overwhelmed with joy and gratitude, the man exclaimed, "Doctor, I haven't a farthing in the world with which to pay you."

Said the Doctor, "There is just one thing I want you to do to repay me; it is very simple. Tell it. Tell everybody whom you meet that you were blind; that you see; who healed you."

The restored man willingly made this return, and in a little while the oculist had more patients than he could attend to. Suppose that we all repaid Christ in this way?—*Exchange*.

## "RATS" ABOLISHED

THE thirty nurses at the Mullanphy Hospital, St. Louis, began their labors last night, November 27; with only their rooted hair on their heads, following the orders of Sister Gabriel that all "foreign material" should be abolished. The injunction prohibiting "rats" was issued for sanitary reasons.

The tiny cap perched on a "ratted head," said one of the sisters, looks like a flower on a dishpan.

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WHAT is causing the great increase in the number of pale-faced, nervous people in our cities and towns? Dr. Kress answers this question in the January number of *Life and Health*.

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THE January number of *Life and Health* is replete in general instruction that will admit of practical application. It teaches that health can be maintained only by an all-round observance of everything that makes for health.

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## BAKED BEANS

OUR Baked Beans contain no pork, lard, or other animal fat.

We have now added to our excellent list of health foods BAKED BEANS that are as high in quality and delicious in flavor as are our other products to which we owe our reputation for producing the BEST foods.

Our Baked Beans are prepared from the very finest grade of Michigan-grown, hand-picked beans, with and without Tomato Sauce. These beans are really baked in a bake-oven until thoroughly cooked, not simply boiled or steam cooked as some are. "Nashville Sanitarium Baked Beans" is a clean, highly nutritious, wholesome food seasoned with Nutfoda, with which we are sure you will be well pleased.

We are in business for no other purpose than to supply the people with real health foods at greatly reduced prices—prices which they can afford to pay, that they may have them more abundantly. Accordingly our prices for these Beans are 10 cents a can, and \$1.00 a dozen, instead of 15 cents a can straight. They are the regular full-size cans.

## NOTICE

We cook our beans in Distilled Water before baking in the oven. According to scientific authority, and proved by actual test, the gas usually produced in the process of digestion is thus eliminated. The mineral in hard water uniting with different elements in beans produces this unpleasant and unhealthful result.

All our foods are guaranteed by us under the Food and Drugs Act, June 30, 1906. Serial Number 27488.

NASHVILLE SANITARIUM-FOOD FACTORY.  
Nashville, Tenn.

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"A GREAT deal is learned by being too busy to hear busybodies."