

# The Indicator.

"ARISE, SHINE ; FOR THY LIGHT IS COME, AND THE GLORY OF THE LORD IS RISEN UPON THEE."

VOL. V.

ROME, N. Y., AUGUST 28, 1895.

No. 35.

## ROUTE TO THE CAMP-GROUND AT AUBURN, N. Y.

ALL persons coming to the meeting from Stations on the Rome, Watertown, and Ogdensburg railroad will purchase tickets from their home station to Auburn, N. Y., just the same as though no return certificates were to be used, and at the camp the secretary will give to each person who has paid full fare from any point on that road, in coming to the meeting, a certificate which will allow them to buy a return at Syracuse for their home station at one cent per mile. There will be a change of cars at Syracuse for those coming from the R. W. & O. road ; but no change of depots, and your baggage can be checked from your home station through to Auburn.

All arriving at Auburn on the New York Central road will bear in mind that there are two stations on that road in Auburn. One at the Lehigh Valley railroad, and the main station at State Street. Let all get off at the main depot, and you will find a street car there once in fifteen minutes which will take you to the camp-ground. If those coming over the Lehigh Valley road will walk about two blocks to State Street, they can get a street car direct to the camp.

A. E. PLACE.

## Field Reports.

### DICKINSON CENTER.

PERMIT me to say through the INDICATOR that last fall Elder S. M. Cobb and H. L. Bristol pitched their tent here, and preached to a good congregation for about seven or eight weeks. They presented an unbroken chain of proofs of God's will concerning his creatures, which was received personally into the hearts of more than a score of their hearers who to-day are keeping the commandments of God prompted by the

love and faith of Jesus, We have a membership of eighteen or twenty, with several under the watch care of the church. We have many here that are in deep sympathy with us of whom we have hopes, also those who give us the cold shoulder.

We have meeting Friday evening, on the Sabbath, and a Bible reading on Sunday evening. The meetings are well attended by the church members and others. The good Lord meets with us and the hearts of the brethren and sisters are filled with the love of God, and while we thank the Lord for all spiritual and temporal good, yet we desire to thank the New York Conference and Elder S. H. Lane, Elder S. M. Cobb, H. L. Bristol, and J. R. Calkins for their assistance in building our house of worship. Elders Lane and Cobb donated liberally from their private funds. Elder Cobb was more especially connected with the building of our church as he had all the charge of the building affairs. He labored hard and fervently prayed that he might see God's cause prospered here, and his labors have been blessed and his prayers answered ; and now the prayer of this church is that his labors and the labors of all the good brethren may be blessed in other fields.

"Hasten, Lord, thy glorious coming,  
When in majesty divine  
Thou shalt summons all thy people  
To a heavenly, peaceful clime.

Banished then thy peoples' sorrow,  
Vanquished every earthly foe,  
Joy supreme shall be our morrow,  
Then God's love we'll fully know."

L. J. KINGSLEY.

### NATURAL BRIDGE.

WE closed our meetings at the Aldrich Settlement Sunday evening, Aug. 18. At first there seemed to be some interest to hear ; but as the result of an under current of opposition

it became somewhat abated, so that we thought it wise to close after a little over two weeks. The effort there resulted in two more taking hold of the truth. Since we closed our meetings, and Brother Kinne returned home, we have spent the time as best we could in trying to help others here. Some are meeting with considerable opposition; but one more family has decided for the truth, making twelve at this place and eleven at the settlement who are trying to walk in the light. To the Lord be all the praise.

There are still several others for whom we hope and pray. The Lord is working for them although Satan is becoming enraged, and doing his best to discourage them. Our trust is in Him who is the Captain of our salvation, and we know that with Him there is no defeat. We expect to return home the first of next week to prepare for Camp-meeting. Brethren and sisters, remember the people here at the throne of grace.

H. L. BRISTOL.

Aug. 25.

#### GERMAN TENT WORK.

SOME time has elapsed since we last reported the progress of the cause among the Germans. We pitched our tent here at Lancaster, July 12, and began meetings the following night. We had meetings nearly every night, two on the Sabbath, and two on Sunday. Our German brethren have met with us nearly every Sabbath, although they had a distance of six or seven miles to come. Our attendance has been small. The people of Lancaster are given to pleasure more than to the things of God. With its less than two thousand inhabitants, this town is said to maintain over sixty saloons. There are five churches here, and they also are in a deplorable condition.

Sister Laughoff, who lives here, has been a great help to us with her influence, and also in supplying us with eatables. There are a few who have been faithful in attending our meetings regularly, and we believe they will come out firm in the truth. We must always remember that the German people are slow to move in these matters, from the fact that they are kept in such terrible ignorance. This is an obstacle that we have to meet everywhere, of which our English ministers know but little.

So it takes perseverance and patience to fully establish them in the truth; then they generally make as good Seventh-day Adventists as can be found. This is fully demonstrated in our German church that has lately been organized.

Our work this summer has been hard, and yet as we look back we cannot help but say, "What hath the Lord wrought for us?" We have been enabled by the help of God to preach this solemn message with freedom and power. We expect to have baptism soon. Brother Lesch will follow up the interest here and elsewhere, while I go to attend the Auburn camp-meeting. We close our work here Tuesday evening.

J. P. LORENZ,  
GEORGE LESCH.

Aug. 18.

#### ROOMS AT CAMP-MEETING.

SEVERAL have written for rooms at Auburn located near the camp-ground, if the price is not too high, and desire to know what the rent will be? Will it be cheaper than a tent, etc.? In reply we will state that we cannot at present give prices of rooms, neither can we promise to fill all the orders sent in; but we will do our best to make satisfactory arrangements for all. The prices last year ranged from \$2.00 to \$3.50, according to circumstances, i. e. quality of room, nearness to ground, and generosity of owners.

From those we are able to secure, each one can make such selection as best suits them when they arrive. As to the difference in expense, we will say that the rooms, when they can be rented for a reasonable price, are probably some cheaper so far as dollars and cents are concerned; but we would strongly advise, however, that those who are physically able, and desire to get the most good of the camp-meeting, make their plans to tent on the grounds.

A. E. PLACE.

—WORDS come from different parts of the State like this: "We expect a large camp-meeting this year, and the best one we have ever held in the State of New York." May the Lord grant that Sept. 5-16 may prove these expectations true.

# SUPPLEMENT

# The Indicator.

VOL. V.

ROME, N. Y., AUGUST 28, 1895.

No. 35.

## Health Food Extra.

It is some time since anything has been said through the INDICATOR on the subject of Health Foods. We know that its readers are still interested in a healthful diet, by the orders that are constantly coming in from all parts of the State. Some may think that nothing more need be said for the benefit of readers; but there are still many who have not given these foods a fair trial, some no doubt have never seen them and know little about their value, others are using a few kinds, and should have their attention called to others. Several new foods of exceptional value have recently been introduced to our lists; and we hope many new readers have been added to the list of INDICATOR subscribers.

We have some new offers to make and old ones to make over again; so we venture to ask your attention a few moments.

### HEALTH FOODS; WHAT ARE THEY?

FIRST of all, they are what the human system requires to build up and keep all its faculties in perfect working order. They are foods with food value; not made merely to please the palate but to give strength and health to the body and to the mind. No lard, cotton-seed oil, suet, or any other animal fat than good butter and sweet cream are used for shortening, and no baking powder or amonia or other unwholesome substance are used in any of these products. They are made from the best flour, the best material all the way through, and thoroughly baked.

### WHO SHOULD USE THEM?

Those in health who wish to retain it. Dys-

peptics, diabetics, and all invalids,—those who have lost their health wholly or in part. The food that is seen mostly upon our tables now is of little food value; it is hard to digest, too much of it is not far from being indigestible. What wonder that a perfect stomach is a rare thing? Roller process flour removes from the wheat the parts most needed by the system; our tables are loaded with bread and pastries made from this starchy flour.

Our catalogues describe our various foods and tell for what cases they are each especially intended. Some foods are for general use, other are for special cases. By consulting our circulars you can tell just what foods would be best adapted to your needs. Catalogues mailed to any address upon application. Below we give a complete list of our foods with a brief description and outline of their uses, also prices per pound.

### SANITARIUM HEALTH FOODS.

- |   |     |
|---|-----|
| <i>No. 1 Graham Crackers</i> , shortened and slightly sweetened, excellent for general family use,  | .10 |
| <i>No. 2 Graham Crackers</i> , shortened but not sweetened,   | .10 |
| <i>Plain Graham Crackers</i> , no shortening, no sugar, made for the dyspeptic,   | .10 |
| <i>Oatmeal Biscuit</i> , shortened, sweetened, and slightly raised with yeast, crisp and tender, excellent coffee cake, nice for lunch and general use. | .12 |
| <i>Oatmeal Wafers</i> , same as the Biscuits only thin, in 2 lb. packages, per lb.,   | .15 |
| <i>Medium Oatmeal Crackers</i> , shortened and sweetened the same as No. 1 Graham,  | .10 |
| <i>Plain Oatmeal Crackers</i> , liked by dyspeptics and good for relief of constipation,  | .10 |

THE INDICATOR.

<i>White Crackers</i> , butter shortened, crisp and tender, nice toasted, .10	flavor, in lb. packages, .20 ; in bulk, .15
<i>Fruit Crackers</i> , toothsome and wholesome, .10	<i>Infant Food</i> , in tin cans, of great value, has saved many lives, .50
<i>Whole Wheat Wafers</i> , shortened with sweet cream, no sugar, rich in Gluten, try them toasted ; put up in two lb. packages at 12 cents per lb.; in bulk, .10	<i>Wheat Charcoal</i> , 2 oz., 20; 4 oz., .30
<i>Gluten Wafers</i> , 60 per cent. Gluten, for diabetes, acid dyspepsia, weak digestion and nervous debility, in one pound box, .30	<i>Granose</i> , the new food cure for constipation, a delicate and delicious food. It is new but no experiment, come to stay, try it, a large package, .25
<i>Rye Wafers</i> , slightly shortened, excellent for persons suffering with inactivity of the bowels, .12	<b>OUR FLOURS.</b>
<i>Carbon Wafers</i> , immediate relief for a sour stomach, for acid dyspepsia, .15	WITH PRESENT MARKET PRICES.
<i>Granola</i> , the Gem of Health Foods, for everyone, the sick, the well, the old, the young, nothing better for infants, in bulk, .10 ; in packages, .12	<i>Eureka Health</i> , the best entire wheat flour, over 20 per cent. Gluten, makes the sweetest bread, the best gems, biscuit, and griddle cakes, should be the staple flour in every family ; delivered by freight prepaid to any railroad station in the State, per bbl., \$6.00
<i>Wheatena or Wheat Granola</i> , in bulk, .10 ; in packages, .12	Per $\frac{1}{2}$ bbl. in wood, f. o. b. Lockport, 3.00
<i>Avenola</i> , in bulk, .10 ; in packages, .12	Per $\frac{1}{2}$ bbl. in cotton, 2.90
<i>Maize Gofio</i> , parched corn, a meal, .10	Per $\frac{1}{4}$ bbl. in paper, 1.50
<i>Wheat Gofio</i> , parched wheat, a meal, .10	Per $\frac{1}{8}$ bbl. in paper, .75
<i>Zwieback No. 1</i> , "twice baked bread," made from graham flour, in bulk, .10 ; in packages, .12	Per 10 lb. sack, .30
<i>Zwieback No. 2</i> , rye, excellent for constipation, in bulk, .10 ; in packages, .12	<i>Angelus</i> , the best white, bread flour, makes more and better bread than any other white flour we have met ; per bbl. freight prepaid on all main lines of railroad, 4.75
<i>Zwieback No. 3</i> , made from the best white flour, tender and delicious, in bulk, .10 ; in packages, .12	Per $\frac{1}{2}$ bbl. in wood, f. o. b. Lockport, 2.40
<i>Zwieback, No. 4</i> , made from whole wheat flour, in bulk, .10 ; in packages, .12	Per $\frac{1}{2}$ bbl. in cotton, 2.30
<i>Caramel Coffee</i> , a harmless but very acceptable table beverage, in one pound packages, .10	Per $\frac{1}{4}$ bbl. in paper, 1.25
<i>Caramel Cereal</i> , the new Coffee, improved, .15	Per $\frac{1}{8}$ bbl. in paper, .65
<i>No. 1 Gluten Biscuit</i> , pure Gluten, for worst cases of diabetes, .50	<i>Pride of Niagara</i> , the best pastry flour, may be used for bread, per bbl. delivered freight prepaid on all main lines of railroad, 4.55
<i>No. 2 Gluten Biscuit</i> , 60 per cent. Gluten, for weak digestion, nervous debility and diabetes, .40	Per $\frac{1}{2}$ bbl. in wood, f. o. b. Lockport, 2.30
<i>No. 1 Gluten Meal</i> , pure Gluten, for same cases as No. 1 Biscuit, .50	Per $\frac{1}{2}$ bbl. in cotton, 2.20
<i>No. 2 Gluten Meal</i> , 60 per cent. Gluten, for same cases as No. 2 Biscuit, .40	Per $\frac{1}{4}$ bbl. in paper, 1.10
<i>No. 3 Gluten Meal</i> , 25 per cent. Gluten, for general use and mild cases of diabetes, also excellent for all invalids on account of its great nutriment and ease of digestion, .20	Per $\frac{1}{8}$ bbl. in paper, .60
<i>Water Biscuit</i> , plain and healthful, of delicate	<i>Graham Flour</i> , a fine article, per bbl. delivered freight prepaid to any part of the State on main lines of railway, 4.75
	Per $\frac{1}{2}$ bbl. in wood, f. o. b. Lockport, 2.40
	Per $\frac{1}{2}$ bbl. in cotton, 2.30
	Per $\frac{1}{4}$ bbl. in paper, 1.20
	Per $\frac{1}{8}$ bbl. in paper, .60
	Per 10 lb. sack, .25
	Per 5 lb. sack, .13
	<i>Gluten Flour</i> , 30 per cent. Gluten by special process of grinding, used for bread, biscuit, gems, or for puddings, just the flour for dyspeptics and all but the worst cases of diabetes. Its advantage lies in its adaptability for all culinary uses as well as in the low price.

*The Canvassing Work.*

Report for the Week Ending August 23.

Post-office.	County.	Agent.	Hrs.	Days.	Ords.	Value.	Miscel.	Del.	Val.
Bible Readings.									
Auburn,	Cayuga,	J. S. Fritts,	43	5				87	\$173.00
Rome,	Oneida,	N. S. Washbond,	6	1	3	5.25	1.75		
Canajoharie,	Montgomery,	Wm. Seewald,	74	9	31	57.25	6.75		
Rome,	Oneida,	F. G. McAlister,	39	4			14.25	64	134.75
Spring Mills,	Allegany,	Fritz A. Evans,	20	3	6	11.75	.25		
Canastota,	Madison,	H. M. Johnson,	45	5	40	100.25			
Canastota,	Madison,	J. A. L. Derby,	40	5	29	46.50	2.95		
Johnstown,	Fulton,	A. K. Baker,	48	5	32	70.75	2.80		
Syracuse,	Onondaga,	J. S. Delano,	7	1	7	17.25			
Buffalo,	Erie,	Chas. H. Harris,	23	3	5	9.75	1.75	9	16.75
Charlotte,	Monroe,	Horace Church,	43	5	15	25.00	.75	41	63.50
Charlotte,	Monroe,	Mrs. Horace Church,	2	1	1	1.00			
Utica,	Oneida,	Norman Kling,					8.25		
Dickinson Center,	Franklin,	S. E. Hyatt,	20	3	12	21.00	1.00		
Gerry,	Chautauqua,	J. F. Wait,					8.75	31	61.25
Rochester,	Monroe,	O. E. Tuttle,		3	6	12.00	28.00	1	2.00
Great Controversy.									
Kingston,	Ulster,	J. E. Frazee,	28	4	9	21.50		22	51.00
Binghamton,	Broome,	I. Deeley,	37	4	7	14.00	1.25		
Canajoharie,	Montgomery,	E. S. Popoff,	26	5	9	22.00	.75		
Patriarchs and Prophets.									
Binghamton,	Broome,	J. Deeley,	31	4	18	39.85	4.50		
Rochester,	Monroe,	M. A. Millington,	30	5	14	30.75	2.25		
Prophecies of Jesus.									
Ridgeway,	Orleans,	R. F. Cottrell,	20	3	3	6.25	3.50		
Miscellaneous sales,						89.50			
Totals,			581	78	247	\$601.60	\$89.50	255	\$502.25

HANDS OFF.

IN the large cities, in places where choice fruit is exposed for sale, the above words are placed on the fruit. Men and women are so lawless now that this has to be done. I notice in the grocery stores that wire screens are placed over the goods to keep the fingers out. Some persons will walk into stores and help themselves to apples or other fruit, taking out a few berries from the already small measure, or helping themselves to peanuts, candy, crackers, or cheese, and any other articles they see. Or they will handle over the goods and thus injure them. The store-keeper is disgusted as he sees his goods disappear without pay; but he is afraid to say anything.

When a person takes out fruit from the little basket, the person that buys that basket loses so much. Another objectionable thing I notice

is to see persons assume too much familiarity in offices and stores. Here to it would sometimes be proper to say, "Hands off."

J. R. CALKINS.

APPOINTMENTS.

By request, Elder E. W. Whitney will speak again in the Ingerson Hall, at Williamstown, Friday evening, Aug. 30. He will also meet with the brethren and sisters of the Williamstown, Pulaski, and West Monroe churches, in their Union meeting at Brother Newell Wright's near Parish, Sabbath, Aug. 31. Wednesday night he will meet with the Lincklaen Center church. We trust that these meetings may be well attended, and of much interest and blessing to all.

A. E. PLACE.

# The Indicator,

PUBLISHED WEEKLY BY THE

NEW YORK TRACT AND  
MISSIONARY SOCIETY,

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Officers of the New York Tract Society,  
A. E. PLACE, President.  
W. A. WILCOX, Secretary and Treasurer.  
J. R. CALKINS, State Agent.

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## VACATION EXPERIENCE.

By the advice of the president of the Conference, and a felt need of rest, as a result of oft repeated visits of "la grippe," together with a very cordial invitation from friends in Broome County (where I taught school for some time, for some years ago) to spend some weeks with them, I left Albany July 17, and arriving safely enjoyed a cordial reception, and very many pleasant visits. Also, after speaking in a familiar way of present truth, I found an interest in various families to have some Bible readings, in which they expressed much interest. I afterwards felt that it would be a good place for a tent company to go. Brother J. Deeley canvassed them, and left an excellent impression. An unbeliever said he took the book because "that canvasser did not get angry at his rude talk." Afterwards when I was visiting at the post-master's home, they inquired of me if I knew anything of the book. Upon my speaking highly of the book (as indeed it deserves) they seemed relieved and gratified, as he said he took the book simply because of the agents excellent canvass for it.

One Sunday I was invited to give a Bible

reading at the Baptist church in the absence of the pastor. A member expressed much interest in what they had learned from the reading. Afterwards I was earnestly requested to lead the Christian Endeavor meeting at the Methodist church; but as I was not feeling well, and it proved to be very rainy, I did not dare go out.

Some fine families in another village where I visited seemed anxious to learn all they could of present truth while I was there. And thus it seems that the Spirit of God is abroad in the earth convicting minds and hearts. God grant that they may have courage and faith to obey.

I am now at my sister's in Cortland, visiting with my friends here, and expecting a cousin and daughter from St. Louis, Mo. There is much to take the attention, because of much company and visiting; but I hope to be able to sow some seeds of truth which may yet spring up and bear fruit. The little company of Sabbath keepers here has become smaller because of removals, etc.; but we had a good little meeting last Sabbath.

Mrs. M. W. KEIM.

## CAMP-MEETING BAGGAGE.

WE expect to have a man in charge of the camp-meeting baggage who will receive checks from our brethren and sisters at the railroad station. If this is so he will have a placard on his hat "Camp Baggage." If you do not see this man at the station, bring your checks to the ground, and leave them at the *Book Tent*, and they will receive prompt attention.

Please make a note of this, and if it is followed it will save trouble and perhaps loss.

A. E. PLACE.

NO PROVIDENCE preventing, I will meet with the church at Syracuse, Sabbath, Aug. 31. I hope to see a good attendance.

P. Z. KINNE.

—WE have just received word that Elder S. B. Whitney, of Dakota, formerly of New York, expects to be present at the Auburn camp-meeting.

THE address of the New York Tract Society from Sept. 3-15, will be Auburn, N. Y., S. D. A. Camp-ground.

Other Gluten preparations can be used only for puddings and gruels, this flour makes light bread or biscuit and delicious gems, at the same time being equal with any preparations for a breakfast grain. Price per bbl. f. o. b. Lockport or Rome,

12.00
Per $\frac{1}{2}$ bbl. in wood, 6.15
Per $\frac{1}{2}$ bbl. in cotton, 6.00
Per $\frac{1}{4}$ bbl., 3.50
Per $\frac{1}{8}$ bbl., 2.00
Per 10 lb. sack, .90
Per lb., .10

OUR BREAKFAST GRAINS.

*Wheat Germ Grits, Wheatlet, or Wheat Crystals* all names of the same article by different mills, our name the latter; a meritorious preparation from the germ or richest part of wheat, in bulk, .05

*Rolled Oats*, the best grade made by the American Cereal Co., 12 lbs. for .50; per lb. .05

*Rolled Wheat*, partially cooked by steam, liked by all, .05

*Cracked Wheat*, would be used in nearly every family if once tried, .05

*Grains of Gold*, best granulated yellow meal, 10 lbs. for .25; per lb., .03

*Farinose*, much like Wheat Crystals but parched a little giving it a very desirable nutty flavor, in two lb. packages, .15

*Rolled Hominy*, in two lb. packages, .15

*California Breakfast Food*, in two lb. packages, .15

*Pearl Barley*, better than what is commonly sold at 10 cts., per lb., .08

SAMPLES.

To give those unacquainted with our foods an opportunity of trying them before buying in quantities, we will mail, postpaid, a sample of Granola for four cents to pay postage; a sample of Granose for three cents; a sample of Caramel Coffee for four cents; or a sample of Caramel Cereal, the new Coffee, for five cents.

But we recommend all who wish to try these foods to accept the following offer, as no fair trial can be made with a small sample package. A small box containing the following list of foods will be shipped from Rome by freight or express F. O. B. for \$2.50. The retail value of box is \$2.92, we make the special price to introduce them. Two pounds each of Graham

Crackers No. 1, White Crackers, Fruit Crackers, Whole Wheat Wafers, Oatmeal Wafers, Gluten flour; one pound each of Gluten No. 3, Zwieback No. 1, Zwieback No. 3, Zwieback No. 4, Granola, Granose, Caramel Cereal, Caramel Coffee; ten pounds Eureka Health Flour.

We also make a special offer on our breakfast grains. Do not use one kind of grain for mush the year round the way many do and get disgusted with it as you surely will. Try a variety. We will ship the following from Rome F. O. B. for \$1.00, which is much less than regular prices on such goods. Two pounds each of Rolled Oats, Rolled Wheat, Wheat Crystals, Grains of Gold, Farinose, California Breakfast Food, Cracked Wheat, Gluten Flour; one pound of Granose.

OTHER SPECIAL OFFERS.

To get Eureka Health Flour more extensively in use among INDICATOR readers, we make the following special offer for the month of September. We will ship by freight prepaid to any railroad station in the State one bbl. of this flour for only \$5.75; this offer remains good only through September. Flour is high now, and many will appreciate this reduction in price, which gives Eureka Health at only a slight advance from the prices that prevailed when flour was the lowest. See special advertisement in another column.

For the benefit of small families and canvassers and those who have not used all our flours, we make a special combination offer. We will ship by freight, F. O. B. Lockport, a bbl. containing the following for \$4.50:

$\frac{1}{4}$ bbl. sack Eureka Health,	\$1.50
$\frac{1}{4}$ bbl. sack Angelus,	1.25
$\frac{1}{8}$ sack Pride of Niagara,	.60
$\frac{1}{8}$ sack Graham,	.60
10 lbs. Wheat Crystals,	.50
10 lbs. Gluten Flour,	1.00
	<u>\$5.45</u>

The above bbl. will give you a trial of all our best flours. This offer places the flour at a much lower figure than it can be bought for in any of the markets of the State. Now is the time to begin using our flour. You will like it.

On the Sanitarium Health Foods we will give a discount of 10 per cent. from list prices on all cash orders for \$5.00 worth or more.

This applies to Sanitarium Foods only, and not to grains or flour.

**AGENTS WANTED.**

We want active dealers and agents in every township of the state to sell our goods, and will give liberal discounts. Write for circulars and terms. State how large a cash order you would be willing to place with us to begin, and we will quote you best discounts. Many of the foods are very easy to introduce and liked by all; the prices are so low when compared with all similar goods that they sell readily. Any active agent can sell them at his home although he has no store. It is a good work and will help to show many people better ways of living. Begin at once. We supply advertising matter to create a demand for the foods. Write us at once before someone else gets the agency.

**Use and Sell**



33½ per cent. richer in Gluten than any other entire wheat flour, and contains less of the

**BICYCLES.**

Anyone expecting to buy a wheel will do well to address as below before purchasing elsewhere. Special prices to INDICATOR readers. Ixion, \$38.25 and \$49. Elmore, \$55. Tioga, \$60. Erie, \$70. Rambler, \$85. Humber, \$110. All high grade, 1895 machines. 1894 Humber, \$65., just the wheel for canvassers, it does not need repairs, has no equal for easy running qualities. Address Humber Agency, 323 West Bloomfield St., Rome, N. Y.

woody fibre. A perfect flour for all family uses. The great flour of the future. No other should be used. Any reliable doctor can tell you why. Be sure to read our literature on this subject. We will send complete catalogues of all our foods, valuable information on diet, etc., to any address for stamp.

**HOW TO ORDER.**

State how you wish goods shipped, whether by freight or express, and state route if you have any preferences. We ship only small orders from Rome for Health Foods or Flour; large orders are shipped from factory or mill to save expense of handling here. Breakfast grains are always shipped from Rome. Our agents will enable us to give them lower prices if they note the above and plan orders accordingly. Remember that the freight is just as much on 10 lbs. as on 100, and plan your order if possible so that at least 100 lbs. can be sent in a shipment.

**Make all remittances payable, and address all communications to**

**NEW YORK HEALTH FOOD CO.,**

**ROME,**

**323 W. Bloomfield St.**

**N. Y.**