

July 28, 1900.

## THE EPWORTH HERALD.

Fullerton, 1900! Ask questions thereabout of Willard F. Bailey, Cedar Rapids, Neb., chairman Press and Promotion Committee.

### Epworth Foundation, American University.

The following amounts have been received by the treasurer, Washington, D. C., up to date:

Maj. Daniel M. Page, Joplin, Mo., \$1.00; W. H. Abbott, Baltimore, Md., \$1.00; Miss J. L. Palmer, Washington, D. C., \$1.00; W. Ernest Shires, Oakland, Md., \$1.00; Dudley Epworth League, Dudley, Pa., \$2.00; Ripley Epworth League, Ripley, W. Va., \$2.00; William T. Hutson, Hecla, Mont., \$1.00; Mrs. Louis T. Janes, Hillsdale, N. J., \$1.00; Miss Allyn Martin, Washington, D. C., \$1.00; Emily E. Wyman, Verona, N. Y., \$1.00; Mr. and Mrs. G. L. Adams, Fowlerville, Mich., \$2.00; Rev. D. W. Howell, Waterbury, Conn., \$1.00; Rev. Edwin Gardner, Cheswald, Del., \$5.00; Arch-street Epworth League, Allegheny, Pa., \$54; Jackson Ritter Epworth League, Charleston, W. Va., \$5 00; North Hoosick Epworth League, North Hoosick, N. Y., \$5.00; Geo. D. Kellogg, Newcastle, Cal., \$1.00; Robert Jaspar Thornton, New York City, \$1.00; Mrs. H. T. Bishop, Beverly, N. J., \$1.00; Lucretia Parker, Sand Hill, O., \$1.00; Miss Ida M. Ball, Falls Church, Va., \$1.00; Flushing Epworth League, Flushing, N. Y., \$16; Queen Esther Epworth League, Edwardsport, Ind., \$2.00; Newark Chapter, Newark, N. Y., \$2.00; Three Springs Epworth League, Three Springs, Pa., \$3.00; Rev. Nelson J. Brown, Crosswicks, N. J., \$1.00; Third-street Methodist Episcopal Church, Columbus, O., \$2.00; F. H. Broome, Knoxville, Tenn., \$1.00; G. L. Heiseman, Dolliver, Ia., \$1.00; Cove Forge Epworth League, Cove Forge, Pa., \$5.00; Edward E. Lash, Farmersburg, Ind., \$1.00; Wenonah Epworth League, Wenonah, N. J., \$1.00; Broadway Methodist Episcopal Church, Dayton, O., \$1.00; Forest Lake Center Epworth League, Birchardsville, Pa., \$3.00; Mrs. Louise Eaton, Des Moines, Ia., \$1.00; Rev. A. C. Sirdefied, Melbourne, Fla., \$1.00; Brownlon, Epworth League, Keighley, Kan., \$2.00; Rev. John Perry Epworth League, Wheatland, Pa., \$5.00; Mrs. Peter Keeler, Brooklyn, N. Y., \$1.00; Mrs. Emily S. Jefts, Hudson, Mass., \$1.00; Olivet Epworth League, Trappe, Md., \$5.00; Stroudsburg Epworth League, Stroudsburg, Pa., \$4.00; Harmony Epworth League, Lincoln, Ill., \$4.00; Willing Workers Epworth League, Caledonia, O., \$1.00; E. J. Smith, Joliet, Ill., \$1.00; Miss Lucy M. Parker, Washington, D. C., \$1.00; Emporium Epworth League, Emporium, Pa., \$2.00; Delhi, Epworth League, Delhi, Ia., \$2.00; Rathbone Epworth League, Rathbone, N. Y., \$1.00; Alpha Epworth League, Huntington, W. Va., \$6.00; Mrs. Cora E. Pilcher, Wilmington, O., \$1.00; —, Arcadia, Wis., \$1.00; Bay Port Epworth League, Bay Port, Mich., \$3.00; —, Passaic, N. Y., \$10; Miscellaneous, \$7.50; West Fulton Epworth League, West Fulton, N. Y., \$4.00; Mrs. E. H. Alderman, Castle Creek, N. Y., \$1.00; Black Earth Epworth League, Black Earth, Wis., \$5.00; Federal Epworth League, Federal, Pa., \$2.00; Nisbet Epworth League, Nisbet, Pa., \$3.00; Lily Whitney, Cincinnati, O., \$1.00; St. James Methodist Episcopal Church, Elizabeth, N. J., \$1.00; Tecumseh Epworth League, Tecumseh, Neb., \$8.00; Alequippa Chapter, Alequippa, Pa., \$5.00; Sayreville Epworth League, Sayreville, N. J., \$30; Rev. C. Lee Gaul, Lebanon, Pa., \$1.00; Lakewood Epworth League, Lakewood, N. J., \$14; Simpson Epworth League, Prescott, Wis., \$5.00; Havelock Epworth League, Havelock, Ia., \$5.00; Augustus Eisenmeyer, Trenton, Ill., \$1.00; William G. Waller, St. Paul, Minn., \$1.00; Shively Chapter, Elmwood, O., \$1.00; College-street Chapter, Bowling Green, Ky., \$1.00; Clinton Chapter, Clinton, O., \$1.00; Corning Chapter, Corning, N. Y., \$1.00; Dr. N. H. Keyser, Germantown, Philadelphia, Pa., \$10; T. R. Ewing, Townville, Pa., \$1.00; Richville Epworth League, Richville, N. Y., \$1.25; Tiskilwa Epworth League, Tiskilwa, Ill., \$3.00; Sarah Walther, Stockholm, N. J., \$1.00; Port-

League, Sayreville, N. J., \$21; Duncannon Epworth League, Duncannon, Pa., \$1 00; Havanna Epworth League, Havanna, Kan., \$4.00; Moberly Epworth League, Moberly Ind., \$3.00; —, South Fork, Pa., \$8.00; Brighton Epworth League, Brighton, O., \$1.00; Metuchen Epworth League, Metuchen, N. J., \$6.30; Bethesda Epworth League, Middletown, Del., \$10; H. B. Wentz, Galesville, Wis., \$1.00; Emma F. Willard, South Bend, Ind., \$1.00; Mrs. Chas. Umpleby, Ohlman, Ill., \$1.00; D. T. Monroe, Kingston, Wis., \$1.00; Higgins M. E. Church, Fruitvale, Cal., \$1.00; Salem Epworth League, Zionsville, Ind., \$1.00; —, Marion Center, Pa., \$1.00; Barton Epworth League, Utica, Pa., \$3.00; W. B. Collins Epworth League, Odon, Ind., \$1.00; Mrs. Mary Swain, Bordentown, N. J., \$1.00; Second M. E. Church, Springfield, Ill., \$8.00; Olin Wesley Hill, New Haven, Conn., \$1.00; Howard G. Ford, Highwood, Conn., \$1.00; John Wesley Epworth League, Blooming Grove, Ind., \$7.00; Seville Epworth League, Seville, O., \$3.00; —, De Witt, Ia, \$1.00, —, Schaghticoke, N. Y., \$16; St. Paul's M. E. Church, Irvington, N. Y., \$9.00; Simpson Epworth League, Prescott, Wis., \$5.00; Elberon Epworth League, Elberon, N. J., \$8.00; St. Paul Epworth League, Delaware, O., \$8.00; Sallie A. Green, New Salem, Ind., \$1.00; Gosport Epworth League, Gosport, Ind., \$5.00; Rev. Eugene Robinson, Ashland, N. Y., \$1.00; St. Paul M. E. Church, Washington, D. C., \$6.00; Stroudsburg Epworth League, Stroudsburg, Pa., \$1.00; —, Middletown, O., \$5.00; —, Philadelphia, Pa., \$5.00; miscellaneous, \$17.50. Total, \$571.80.

JOHN F. HURST.

### COMING CONVENTIONS.

July 26-Aug. 5.—Iowa State Assembly, Colfax, Ia.  
July 27-Aug. 10.—Epworth League Assembly of the Northwest, Clear Lake, Ia.  
July 31-Aug. 2.—Emporia District, Emporia, Kan.  
Aug. 1-9.—Nebraska Epworth Assembly, Lincoln, Neb.  
Aug. 6-9.—Kansas City District, Bonner Springs, Kan.  
Aug. 7-8.—Creston District, Creston, Ia.  
Aug. 7-8.—Connersville District, Shelbyville, Ind.  
Aug. 7-9.—Ft. Scott District, Grace Church, Ft. Scott, Kan.  
Aug. 7-9.—Junction City District, Council Grove, Kan.  
Aug. 7-9.—Missouri Conference League, Cameron, Mo.  
Aug. 10.—Nashville District, Stone River Chapel, Smyrna Circuit, Tenn.  
Aug. 16-19.—Janesville District, Lake Mills, Wis.  
Aug. 11-20.—Central Nebraska Assembly, Fullerton, Neb.  
Aug. 14.—Austin District, Temple, Tex.  
Aug. 14-16.—Norton District, Colby, Kan.  
Aug. 15.—League day, Muscatine District Camp-meeting, Wilton, Ia.  
Aug. 21-22.—Ann Arbor District, Saline, Mich.  
Aug. 21-23.—Bloomington District, Atlanta, Ill.  
Aug. 30-Sept. 2.—Fond du Lac District, Sheboygan, Wis.  
Sept. 13-16.—Epworth League and Sunday school Convention, Enterprise, Miss.  
Sept. 25-26.—Utica District, Boonville, N. Y.  
Oct. 17-19.—Danville District, Sunbury, Pa.  
Oct. 19-20.—Dayton District, Eaton, Ohio.  
Oct. 25-28.—Iowa State, Des Moines, Ia.

### DOCTOR'S FOOD TALK.

#### Selection of Food One of the Most Important Acts in Life.

Old Dr. Hanaford, of Reading, Mass., says in the *Messenger*: "Our health and physical and mental happiness are so largely under our personal control that the proper selection of food should be, and is, one of the most important acts in life.

"On this subject I may say that I know of no food equal in digestibility, and more powerful in point of nutriment, than the modern Grape-Nuts, four heaping teaspoons of which is sufficient for the cereal part of a meal, and experience demonstrates that the user is perfectly nourished from one meal to another.

"I am convinced that the extensive and general use of high-class foods of this character would increase the term of human life, add to the sum total of happiness and very considerably improve society in general. I am free to mention the food, for I personally know of its value."

Grape-Nuts food can be used by babes in arms, or adults. It is ready cooked, can be served instantly either cold with cream, or with hot water or hot milk.