THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

Breakfast Foods

will keep the bowels in good order. Be sure to avoid the long cooking which spoils posses foods." As a matter of fact, pating. Tuons of hard-earned dollars annually on preakfast foods." As a matter of fact, the real food value of the average package breakfast food is small compared with of the raw material which could be hased for the same amount of money. r example, a package of breakfast I selling at ten cents usually contains than a pound of grain. Not infre-than a pound of grain. Not infre-tly, the raw material of a ten-cent that a raw material of a ten-cent state of the raw manufacturer scarcely make costs the manufacturer scarcely set than one cent. As a matter of fact, set than one cent. As a matter of fact, set than one cent. As a matter of fact, set than two consumer rarely gots more than two consumer rarely gots more than two consumers cells to cent.—goes for the difference—eight cents—goes for the stitic carton, the case containing the carticle of manufacturer, broker, jobber, remedia of manufacturer, broker, jobber, resulter and other "middlemen" which our user modern system of distributing committee has permitted to get in between the consumer and the producer.

the consumer and the producer,
The breakfast food fashion has become
sight a raging fad that even the farmer
who raises wheat or corn often refuses to
set his own farm product until it has been
set around through the mill, the factory,
the broker's storehouse, the jobber's warebest and is handed back to him over the
setter of the corner grocery. ter of the corner grocery.

my skillfully worded advertising the timer, as well as the business man and the laborer, has been persuaded that during a long peregrinations from his field back to bis dining room his corn and wifeat has been accumulating virtue commensurate with the increase in price, when, in fact, the very opposite is true.

ons of packages of breakfast foods sold annually, the contents of which been so denatured by the processes to have been so denatured by the processes to which they have been subjected that they is longer represent complete foods. Rats, bills and other animals that do well on the grains starve to death when fed ex-gustely on these denatured foods.

of course, this is not a matter of any con-equence to the man who pays \$2 to \$3 for the dinner at a downtown restaurant, but it is a question of some importance to the man with a large family and a small salary who is struggling to keep the high cost of living from driving him to the poorhouse or the entiary. Why should the poor man pay out hi

money for "foodless food" when the grana-ries and the grain elevators are bursting with splendid energy-laden cereals which need only the simplest preparation to fit Here's a recipe for a breakfast dish that

"all there," and which is as palatable as A HEALTHFUL BREAKFAST DISH

One cupful steel-cut oats. One cupful corn meal.

One cupful clean sterilized bran. One cuprul clean steringer branching the cereals, stir slowly into three these the quantity of boiling water. Continue stirring for five or six minutes. Serve at once with cream or stewed fruit. Everybody will like this breakfast dish, and it is a splendid laxative food which

Fibrous Vegetables

What are fibrous vesotables? Mrs. A. C. Nearly all kinds of garden vegetables are fibrous. The potato and the awest potato are almost the only exception. Some fruits

Disinfection of Dishes

Will boiling constantly for thirty minutes horoughly disinfect dishes used by a consumptive? Yes. Simply washing the dishes in bolling hot water is sufficient. Five minutes' boiling is ample.

Effect of High-Heeled Shoes

What is the effect of high-heeled shoes? Mrs. M. C. It is impossible to walk gracefully with It is impossible to walk gracefully with high-heeled shoes. It is impossible to run with any sort of grace or with any safety to the ankles. It is impossible to stand correctly. The body is thrown out of good polse and there is no doubt that this disturbance of the normal polse of the body brings an excessive strain upon certain muscles and displaces the pelvic organs so as to produce very injurious effects.

Milk Lemonade

is a mile lemonade as dispensed at the ordi-nary soda fountain a discuttion drink? MARY M. That depends upon the number of germs in the milk and in the water. As obtained at the ordinary soda fountain, it is somewhat open to suspicion.

Tar Soap for the Scalp

tar scap to be recommended for cleaning scalp? Mrs. G. Yes, it is very good, but usually no better than good castile soap.

What are pine nuts? Where do they grow? What is their food value? W. W. Q. Pine nuts are the fruit of the nut pine. More than twenty different kinds of pine nuts are known. They vary much in size. Some are not much larger than a plump grain of wheat. The largest, which grow in South America, are as large as small pecana. Pine nuts are sold in the market as

South America, are as large as small pecana.

Pine nuts are sold in the market as pinons, pinolas or pignolas.

The nut pine grows abundantly on the western slope of the Rocky mountains. Thousands of square miles are covered with this hardy tree. It flourishes on rocky heights where there is almost no soli and that of the lightest character.

that of the lightest character.

Most of the pine nuts used in this country are imported from Italy and Spain. In the fall they can be bought in the shell in sacks in some markets of western New Mexico.

The pine nut is one of the most highly-concentrated of all foodstuffs. A putted of pine nuts has a nutritive value of 2000 calories, equal in food value to four pounds of beefstead or two and one-half pounds of

(Copyright.)

FOR CINNAMINSON HOME

RIVERTON, N. J., June 14 .- The twenty-

ond annual lawn fete of the Cinnaminson

lome will be held at the home grounds

GEORGETOWN, Del. June 14. - More than 100 carloads of strawberries went out

the picking, not counting the labor

The first of the late berries, however prought around \$2.50, but the market was

very unsatisfactory, and many of the farm-ers were so discouraged over the prices that they went home, plowed up the berry

Concert at Lemon Hill

The Fairmount Park Band, under the leadership of Richard Schmidt, will play tonight and this afternoon at Lemon Hill. The

night and this afternoon at Lemon Hill. The program follows:

PART I—AFTERNOON, 4 to 6 O'CLOCK
Overture. Festival Lassen
Suite. The Three Quotations Souss
I al Marurka. La Czarins Ganne
(b) Entracts. Nordland Herbert
Marche Slav Tschalkowsky
Marche Slav Tschalkowsky
Malodies from The Sunny South Lampe
Grand Scenes from Natoms Herbert
Value Thousand and One Nights Strauss
Excepts from So Long, Letty Carroll
PART II—EVENING, 8 TO 10 O'CLOCK
Overture. "Calm Sea and Happy Voyage"
Three Spanish Dances Mosskowsky
Cornet Solo. King Carnoval Mosskowsky
Cornet Solo. King Carnoval Kyrl
Sololet, Sants Martorano.

"Welsh Rhapssdy"
Descriptive Fantusle. Sounds from a Clock
Store Octable Hills Bells of Scot.

Motives from Traviata Verdi
(a) Paraphrase, The Blue Bells of Scotland
(b) Sketch, Down Upon the Swanes River
(b) Sketch, Down Upon the Swanes River
(c) Myddison
Melodies from Sari Ralman
(Star Spangled Banner, Ralman

City Hall Plaza Concert

ship of Silas E. Hummel, will play tonight on City Hall Plaza. The program follows:

on City Hall Plaza The program follows:

1. "Unfinished Symphony" Schubert

2. Collocation or War Songs Calvin

3. Suits do Comert, 'L. Ariesienne' Birst

4. Le Carllon L. Ariesienne' Hamm

5. "Shavone Hapsody" A. Friedeman

6. Contraito Solo

Bertha Brinker d'Albites.

(a) "Dance Moon Madriga" Willehy

(b) Intermesso. "Adriadne" Voetker

March. "Starz and Stripes Furaver" Sousa

ondon

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The Philadelphia Band, under the leader-

WILL HOLD LAWN FETE

PLOT TO DESTROY U. S. FILMS FOUND

Germans Accused of Trying to Burn "Womanhood" in Ohio. Garden Again

By the Photoplay Editor

Ohio, always productive of strange happenings, is cited as the source of a daring attempt to stifle American patriotic endeavor. The New York Morning Telegraph is the authority for the statement that a nation-wide plot has been engineered by Saturday. agents of the German Government to destroy motion pictures attacking Prussianim. This came to light with the arrest of George Hann, an operator in an East Cleve-George Hann, an operator in an East Clove-land movie theatre. He is accused of trying of Georgetown for northern markets. The lowest prices, also were reached, and some of the berries sold as low as \$1 a crate. less than the actual cost of the crates and land movie theatre. He is accused of trying Wemanhood, the Glory of a Nation." Patrons of the Chestnut Street Opera House and other local theatres will recall that in this film a vigorous attack is launched at German cruelty and brutality, Kaiserism being thinly veiled beneath a fictitious

Following the arrest, Walter W. Irwin, general manager of V. L. S. E., issued a warning to the motion-picture interests of country to take every precaution safeguard films against damage by persons who may be in the employ of the Ger-

Hann's arrest followed the discovery of 100 matches in the shipping case contain-ing the reels of "Womanhood."

Mary Garden surely is living up to her facetious title of Milady Barnum. aloce the opera singer signed with Goldwyn the press sheet of that organization has rich in the rarities of interviews.

"How are you going to forestail disappointset when you appear in the silent drama, a
ladow player merely?".

"I shall still sing to my audiences," she said,
i shall still sing to my audiences," she said,
of shall sing to them with every fiber of my
ody, and I shall sing beautifully—far more
satifully. I think, than I have ever been able
a sing with my voice alone!

"Art is the truest river of life, and you capout stop it by damming one channel. Why, do
not suppose that if I lost my voice tomorrow
whetid cease to express the emotions which
was through my being in such irresistible
rause that if they were not expressed I should
have and sing—and sing—until I died!"

ARRET STREET THEATRE—"Souls Trium-rhant," Fine-Arts-Triangie, with Lillian Oleh and Wilfred Lucas, Scenario by Mary N. OConnor. Directed by John B. O'Brien.

a not remarkable picture. Director O'srien shows how to make young ladies attractive in spite of themselves. Lillian one has usually maintained a curiously indescribe prominence, but here she stands out prettily and effectively. Part of this is the to good lighting and part to repression af smotional stress. She looks younger than the property of the stale of the sta segment of the second of the s to see intelligent, good-locking lates the movies. "Souls Triumphant" is fair in production, without lavishness. It is probably a "cold-storage" affair. There's a penably lively fire in it, by the way.

O'Nell and Ekaterina Galanta, the after a Russian, appearing in "The Wan-leter," have been signed by Herbert Breston for his forthcoming screen drama, The-Fall of the Romanoffs." The latter is maded of course, on the recent discrownment of Nicholas. Miss O'Nell will portray the Carina. The principal actor will be lieder, an exised Russian monk, who bitterly opposed Gregory Rasputin, "the mad monk," said to have dominated the Czar and Czarina. Brenon's announcement that was to put on such a film play is intering in view of the fact that one of the cost famous emotional actresses appearing this country told the photoplay editor swiral weeks ago that she was planning what weeks ago that she was planning such a spectacle with herself in the leading art. Evidently the public is going to get full share of celluloid Homanories.

Albert Capellani will direct Julia Sander-

MOVIE HATES holy wrath my kindness smothers hine er I view these dying mothers.

Farmer Smith's Column

DO YOUR BIT My Dear Soldiers-What can children do help in the great war? They can obey! They can be cheerful! They can be helpful.

They can save pennies by not spending hem feelishly.

They can stop wasting food. They can eip mother or some one about the house.

help mother or some one about the house.

They can garden.

They can help with the Government leans by getting a lot of children to subscribe for the loans.

They can make money for the Red Cross.

They can help the wives and children of soldiers and sailors.

They can send reading matter to the men at the front.

They can write and tell me what they are oing, so that their letters may be HELP-

UL to others. Can YOU think of anything clas? Your loving editor. FARMER SMITH.

STRANGE ADVENTURES OF BILLY BUMPUS

ANOTHER ESCAPE ' By Farmer Smith

One of the stillest places on earth is One or the stillest places on earth is a farm at midnight, so you can imagine what an exciting time there was on the farm where our old friend Billy Bumpus found himself when the bell rang at about

How was Billy Bumpus to know that there was a bell on the end of the rope be was eating? How was he to know, for instance, that the bell would ring if he ate part of the rope?

part of the rope?

At any rate, the bell began to ring when Billy started to eat the rope, and from all sides there seemed to spring up men hunting for a fire. There was nothing for Billy to do but hunt for the fire, too, and so he trotted around, getting in everybody's way and once upsetting the farmer himself, who was not looking where he was going.

"Hey, there!" shouted the farmer in the arkness. "Who on earth brought that goat

Billy heard him, and thought it was about one for him to run. Still, there was a emptation to stay a while and see what was the matter. The hired man came and helped the farm-

or up. Billy could see them by the light of the lanterns. "I wish I knew who rang that bell," said the farmer, rubbing his I wonder if that goat did it," answered he hired man.

"How on earth could a goat ring that and going over in the direction of the bell-

and what he will not do," replied the hired "Well, look at that!" said the farmer. "If goat hasn't eaten a bit off the bell

The hired man took a look by the dim ight of the lantern and, sure enough, a sleece had been nibbled off the rope.

Where on earth is that critter?" asked he farmer, taking the lantern and starting a search of Billy. Suddenly he spied him and made a grab

or the goat. Billy was too quick for him, owever, and dodged the farmer's hand by bout an inch. Then he started to run and be farmer after him.

And how they did run! The farmer could hardly see by the light of the lantern, but he went as hard as ever he could. Uph'll and down they went, until finally Hilly started down a long hill, the farmer still near Riverton, on Saturday, June 16, after-near and evening. This institution, which was formerly open to children only, is now used all the year round for convalencent yomen, young girls and children. The fete Billy had done this very thing before, is not only a social event for Burlington County but also for Philadelphia. Mrs. Benjamin Lippincott is president of the in-stitution, Mrs. Frances D'Olier is secretary and he knew how to do it, you may be sure. He was running for all he was worth, and the farmer after him, when,

quick as a wink, he lay down. On came the farmer.

In the dim light Billy's pursuer did not see the goat in front of him and before and Mrs. Cornella Coale treasurer.

According to Mrs. Murray C. Boyer, of Riverton, it is confidently expected that this will be the most successful year the Cin-naminson Home has ever enjoyed, judging from the sale of the tickets for the fete on you can say "scat!" the farmer went head over heels over Billy's back and landed on his head.

The bired man was just behind the farmer. What was there for him to do but catch his foot on the farmer's leg and umble over him.

By this time Billy had risen to his feet and started off in the direction of the barn where, by this time, he had established headquarters.

neadquarters.

Carlo was there before him, and when the dog saw him in the faint light he asked:

"What have you been up to now?"

"I was eating the rope which was tied to the bell, and the bell rang," answered Billy, "Why didn't you tell me there was a bell on the end of that rope."

n the end of that rope?"
"You didn't ask me," replied Carlo.
That was too much for Billy, and he lay own to sleep.

fields and will plant them with corn. One of the prominent figures on the George-town market was Governor Townsend, who Germans Move English Capital! was buying for his many preserving plants.

AMSTERDAM, June 14.—The Berlin Morgen Post asserts that the British Government contemplates moving the seat of Government from London, owing to the continual air raids.

TOMATOES, EGGPLANTS, PEPPERS

Methods That Bring Success on a Small Truck Patch. Training "Tomats" on Poles or Trellises-Ways to Speed Crop and Insure Fine Specimens

NTENSIVE "farming" should be the slo gan of the home garden this wartime year. The first principle is to make every inch of soil and every ounce of energy count to the fullest. Tomatoes, explaints and pappers are well adapted to intensive gar-dening methods, which are superseding the old-fashioned. dening methods, which are superseding the old-fashioned ways in many places and which are highly recommended by the National Emergency Good Garden Commission. All of them give bountiful crops, and tomatoes are excellent for canning and peppers for chow-chows, etc.

It is now too late to bring any of these up from seed, but hardy plants can be bought for five to ten cents apiece.

CULTURE OF TOMATOES

When tomatoes are grown commercially the vines are usually allowed to sprawl out along the ground, which they do to the extent of several feet. Many of the fruits thus grown are lost by rotting.

If this were the only method of growing tomatoes they would not be a good crop for home gardening because of the room they occupied. But by the use of intensive methods tomatoes can be brought into small compass so that they become one of the compass so that they become one of the heaviest food producers to the square foot The vines must be trained to climb.

The vines must be trained to climb. In hot houses, where every foot of space is valuable, iomatoes are always trained on trellises. In the garden they can be tied to three or four foot poles or stakes and in this way other crops can be planted close to them.

One method of training is to pinch off the side branches as they appear so that all the plant's vigor will go into the main stalk, which is trained to a pole or stake. Another way is not to prune the plant, but to hold in each row with a fence about one

other way is not to prime the plant, but to hold in each row with a fence about one foot high on both sides of the row and lay slats across this fence to support the vines. Fruned plants can be as close together as eighteen inches, the others about three feet.

Transplanting two or three times strengthens tomate plants, and for that reason, and also because the growing season for them is loss that are assuming season for them is loss that

son for them is long, they are usually started from seed in pots or boxes indoors and then set out after the weather is warm and then set out after the weather is warm and settled.

When settling tomatoes out make the hole

When setting tomatoes out make the hole generous and put a little fertilizer at the bottom. Finch off half of each spray of leaves in order to compensate for the shock to the roots. When using the staking method pinch off sil but the most vigorous side shoots. This will throw strength into the bearing branches. It is also a good practice to pinch off buds where they are

Standard varieties are Early Detroit, Chalits Early, Jewel, Earliana and Bonny Best, all prelific cariles; Ponderosa, large and solid, Stone, meaty and proffic, for main crop. Dwarf Glant, an upright grow-ing development of Ponderosa, Dwarf Stone and Dwarf Champion require little if any stalking.

CULTURE OF EGGPLANT Eggiant is usually deemed a too-difficult regetable for the amateur to grow and cossibly it is starting from seed. Growing

from bought plants is not hazardous if simple precautions are observed. Inasmuch as it is not safe to set out egg-plant in the garden much before June. and because the plant requires a fairly long growing season, the seeds should be sown indoors, or in an outdoor hotbed. Onethird of an ounce of seed will produce enough plants to make a row 100 feet long Seeds are ordinarily sown thickly in rows in the seed boxes and when the plants are large enough to handle they are transplanted to flower pots or paper pots filled with very rich soil. Some gardeners, however, pro-fer to sow the seed directly in flower pots and to thin out the seedlings later.

Unless the seedlings are transplanted to large pots directly from the seed box, as the plants grow they should be set in larger pots. Some gardeners make three larger pots. Some gardeners make three transfers before putting the plants into the garden, which should not be done until the warm weather is settled and the plants are six to ten inches high.

Plants should be set eighteen inches apart in the row and rows two feet apart. Fruits may be eaten when they are three inches or more in diameter. Tying up to a single stake is sometimes desirable for support.

English black beauty, New York purple and black Pekin are the varieties. When plants are bought one usually has to take the kind the nurseryman

Peppers are handled much the same way as eggplants. They can be set as near as one and one-half feet apart in the row. The soil should be light and porous and if originally clayey can be made fine by ad-mixture of sand and well-rotted manure. Staking it is sometimes desirable, as well as thinning out about one-quarter of the blossoms. Fruit should be picked before maturity, as it is sweeter and less "seedy." Peppers require an abundance of sunlight—all they can get. Top dressing with hen manure, a nitrate of soda, speeds

RESPOND TO INTENSIVE FARMING

By JOHN BARTRAM

ET me suggest that every one Li who creates or cultivates a garden helps, and greatly, to solve the problem of the feeding of the nations."—President Wilson.

Bring your gardening problems to the Evening Ledger for practical, helpful solution. Address JOHN BARTRAM. There is time yet to start a home garden. Spade the ground and start this week. Beans, onlons, peas, corn, beets, tomato plants, carrots,

cabbage plants can be put in safely and profitably from new on. START NOW. growth, Incorporation of a forkful of rich rotted manure in the planting place is a warrant for a successful crop. Most peppers are sweetest in the green form before full maturity, when they change color. Chinese Giant and Bulnose are large and sweet, excellent for baking. Finento is small and delicately flavored. Coral Gem and Birdseye are hot peppers. Golden Dawn and Golden Queen are sweet 'yetlow' peppers.

GARDEN QUERIES ANSWERED Bugs on Cabbages

chans. Apply when the plants are demonstrated as a constant agricultation of three desires of the constant. Or you may make a similar of helicobers and apply it on with head surviver of the plants of the constant three desires and the plants of the plants of the constant of a constant of the constant

Canning Peas

Culture of Asparagus

Slipping Rubber Plant

Early Tomatoes

M. L.—It is too late now to plant not m arry townstoes, but any from seed. You save to depend on bought plants. These, yer, succeed better than the home-rated in the hands of the amateur, which you re your classification. They cost anything a quarter to sixty cents a dozen, accordi-

BRYN MAWR GIRL CHOSEN

Western College Elects Miss Byrne Assistant Professor of Latin

OXFORD, O., June 14.—Announcement was made by the Western College for Women that Miss Alice Hill Byrne, of Bryn Mawr, has been chosen as assistant professor of latin. Among the thirty-eight graduates, each of whom received the degree of B. A., were Louise Frances Kindell, of Philadelphia, and Mary Frederica Schad, of Bellefonte.

SAMARITAN HOSPITAL NURSES CLASS DAY Exercises Will Be Held Tonight in

Home at Park Avenue and Ontario Street

Class day exercises of the Samarian Hospital Training School for Nurses will be held tonight at the Nurses's Home, Park avenue and Ontario street.

Dr. Wilmer Krusen, director of the Department of Health and Charities, will address the graduates. Alice V. Goodnow has been selected to deliver the valedictory address, and the presentation will be made by Harriet W. Stevenson. The class history will be read by Mande H. LeVan, and the class prophecy will be given by Sadis the class prophecy will be given by

M. Riley.

The home has been attractively decorated, and following the exercises the mem-bers of the graduating class will hold a reception and dance.

The commencement exercises will be held

In commencement exercises will be held in conjunction with the exercises of Temple University in the Academy of Music, Broad and Lecust streets, Saturday night. The members of the graduating class are Misses Alice V. Goodnow, Maude E. LeVan, Sadle M. Riley, Cora E. Immel, Edna E. Kingsten, Naomi S. Blasser, Ida M. Frice, Marie M. Tiffin, Gertrude E. Costello, Jenn I. Levas, Dorothy M. Bickett, telle, Jean I. Lyons, Dorothy M. Bickett, Susmanah L. Wickley, Catherine M. Bott-holf, Harriet W. Stevenson, Marion G. Mar-tin and Fluetta M. Lawrence

TEN-YEAR-OLD BOY ENDS LIFE

Lad Puts Bullet Through Head After Scolding From Stepmother

Scolding From Stepmother
HACKENSACK, N. J., June 14.—4:
Sammy Abbott, ten years old, of Closter,
committed suicide by shooting in the head
after having had an argument with his
teacher and a scolding from his stepmother,
His body was found in an attic room.
During the evening the lad seemed disconsolate and remarked to an older brother, "I do not want to live."

Have You Bought a Liberty Bond? YOUR COUNTRY NEEDS YOUR HELP And Offers Absolute Security and Business Profit

1095 Meals The Average Yearly Kitchen Output

Truly, the kitchen is the workshop of the house; and in these days of grossly distorted values, the thrifty housewife must deal conclusively with the practical side of dollars and sense. Ten hundred and ninety-five meals to provide; and each one should count for health and comfort and home happiness. Did you ever think of it in just that way?

Conditions are such that housekeeping with a large bank account calls for business ability; but housekeeping with the average, limited purse is a positive science. THE AMERICAN STORES stand out in distinctive helpfulness just at this point, and show you the uselessness and wastefulness of careless spending. A nickel here and a penny there—and the grocery end of those ten hundred and ninety-five meals will register a very substantial saving.

You can't buy "cheap" goods at any of THE AMERICAN STORES, for QUALITY is the ideal of the whole business. We won't sell anything that we can't guarantee, and we can't guarantee anything that we don't know all about. There's comfortable and practical assurance in dealing with us; and we offer the same excellent service that was given at THE ACME STORES, by ROBINSON & CRAWFORD, at THE BELL STORES, by CHILDS COMPANY, and at THE DUNLAP STORES. Say the word, and the whole efficiency make-up of our service will respond at once.

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Goodness is the quality in a thing that makes it go; and this wonderful coffee so thoroughly meets the demands of critical drinkers that our yearly sales are running into millions of pounds.

It's distinctively a high-grade blending, and gives a rich, smooth, delicious cup. If it fails to please you, return the unused portion and we'll refund your money in full. This is a business proposition to all coffee-loving people.

Best Granulated Sugar 8c lb. Choice Creamery Butter. . . 44c lb.

Fancy New Onions, 41/2c lb. Always wholesome, and these are cheap. Beans with Pork 14c can Carefully packed in delicious tomato sauce. California Prunes 12c lb. Unusually nice, large, clean, meaty fruit. Cocoanut Bars 23c lb. National Biscuit baking-crisp and fresh Large Loaves Quality Bread

Delicious bread, carefully made, and fresh as

Really Fresh Eggs....38c doz.

Economy is of itself a great revenue

the morning air.

Liconomy	00	0"	00000	or O.	~ ~ ~	
Grape Nuts	8c pkg. 6c pkg. 1c pkg. 2c pkg. 9c glass	Fancy Seedle Hires' Absolu Sliced Sliced	ss Raisins Root Beer Extra utely Pure Vine Bacon Dried Beef	13c pkg. act, 13c bot, gar. 9c bot. 24c pkg. 12c pkg.	Elastic Sta Blueing Ammonia Clothes Pi Clothes Li	ns

Needed Things for Home-Preserving

Parowax....... 10c pkg. MASON JARS Pints, 55c doz. Jar Tops 24c doz. Jelly Glasses....... 30c doz. MASON JARS Pints, 60c doz. Jar Rubbers 8c doz.

Shop Early on Wednesdays

Our summer half-holidays have commenced and all our stores (excepting those at Seaside Resorts) will close on Wednesdays at 1 p. m. during June, July and August. We do this entirely in the interest of our employees-that they may have some relaxation during the summer months-and we feel sure it will generously meet with YOUR hearty co-operation.

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