## Breczy＂Chat＂Column

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People In Print． The United States Minister to
Venezuela，William W．Rus－
sell－Congressman Vreeland sell－Congressman Vrecland
and His Bill－Dr．MacArthur




## The Cause of Gas

Gas on the stomach indicates that food has fermented．The food is usually starch．
It ferments because it doesn＇t digest．The food was not properly cooked．The particles of starch have not been so separated that the di－ gestive juices can get to them

The remedy is not an artificial digester－nor a pre－digested food

The remedy is to supply the starch in shape to be digested．Then let the stomach do the work for which it is intended．

When you toast bread，you notice that it ai－ gests better．You have applied more heat－ broken up more of the starch
But the perfect food for a weak stomach is Mapl－Flake．No other food in the world is cooked so well as that
Our wheat is steam－cooked for six hours． berry is flaked so thin that the full heat of our ovens can get to each atom．Then the 30 minutes，in a heat of 400 degrees．
toaster the result is a food that＇s all food，because it all digests．No part will ferment to cause di－ gestive disorders．Try it and see．


| ＂Well，ald anybody pay you？ say bo pay in Yanuary，＂ <br> pay in January？He never before has made any such promises．＂ ＂Vell，I tank so．He say it bane a dam col＇day when you get dot money， and I tank dat bane in Yanuary．＂ | central Pennsylvania and，find that great deal of of in by fat the farget great deal of it by far the larger pro－ portion，is unfit for seed by reason oo Its not being fully matured．It beboov－ es every farmer to give the matter of seed corn his careful attention，for poo seed means a poor crop，and a big fi nancial loss to him． $\qquad$ |
| :---: | :---: |
| The Play Went on． tury Thomas him，a great uncle of the <br>  |  |
|  | ic Fmerican． |
| Poor Seed Corn． The experiment station at state | WUNI \& Co |

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## Seeds，Seeds，Seeds

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The Potter－Hoy Hardware Company

##  <br> At Your Service especally <br> in Springtime <br> Every honsewife knows that this is the time of the year What shall I get for dinner ！is the perplexing gnestion， as the market is limited and country produce is scarce <br> Come to our store and look over our shelves and from the varied assortment of foods in all shapes－canned，dried， piekied，preserved，or freshly imported－yon can make n selections that will be appetizing as well as nourishing． <br> Remember we pride ourstore for being the best ma <br> PURE FOODS AT REASONABLE PRICES． <br> Sechler \＆Co． <br> 誩華

