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Toys, Notions. House Furnishings and Summer specialties That You Cannot Match Any-

ON SECOND FLOOR.


## High Beef

## if it teaches you that

Better Health
Greater Strength Keener Brain come from

## Grape=Nuts

Try the change and "cut out" meat for breakfast. Our word for it you will feel "Fit as a Lord" in a week's time by breakfasting on Grape-Nuts and cream, a little fruit and perhaps ne or two soft eggs high beef that waked you up.

There's a reason why Grape-Nuts furnishes power to the body and brain. The food contains selected parts of the field grains that furnish phosphate of potash in a natural state that can be assimilated by the human body, this joins with the albumen of food and forms the soft filling of the brain and nerve center

Feed skillfully and you can "do things
The greatest brain workers in America eat Grape-Nuts.
Ask ore two, they'll tell you
You meat eare might take a valuable hint from the following statement of Chief Chemist Wiley, of the Agricultural Department, in the Daily Press from which we give the following extracts:
"I think the statement may be accepted without question that, as a rule, we eat too much oot only of meat, but of all forms of food. The question of limiting the diet is based primarily not
 able of the hardest and most enduring labor. Mreats are quickly digested, furnish an abundance
of energy moon after consumption, but are not retained in the digestive organism long onough to of energy soon after consumption, but are not retained in the digestive organism long onough to
suatain permanent muscular exertion." You will fee! the energy of Grape-Nuts longer than any meal
Remember Grape-Nuts food costs about one cent per meal for h person and all grocers sell it.
Made at pure food factories of Postum Cereal Co., Ltd., Battle


Saturcay the Last Day


BE SURE to visi
the New Store and secure your FREE Ticket before the week closes, as we shall not give any tickets af
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Porch Furniture $\mathbf{W}^{\mathrm{E}}$ have just received
orch chairs. ROCKERS, SETTEES. They are well made, durable goods, with best rattan
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