

Patent Medicines

\$1.00 Bromo Seltzer	57c
25c Sal Hepatica	15c
25c Beecham's Pills	15c
25c Carter's Liver Pills	15c
25c Castoria	20c
25c Limestone Phosphate	20c
50c California Syrup of Figs	29c
\$1.50 Fellows' Syr. Hypo.	93c
\$1.00 Father John's Medicine	69c
50c Hay's Hair Health	29c
25c Horlick's Malted Milk	\$2.75
\$1.00 Kilmer's Swamp-Root	59c
25c Nature's Remedy (N-R)	15c
25c Carter's K. B. Tea	15c
50c William's Pink Pills	30c
50c Listerine	29c
25c Milk Magnesia	17c
\$1.00 D. D. D. for Eczema	59c
50c Doan's Kidney Pills	33c
25c St. Jacob's Oil	15c
25c Sloan's Liniment	15c
\$1.00 S. S. Swift's Specific	55c
50c Phenol Sodique	25c
50c Baume Analgesique	36c
\$1.00 Resinol Ointment	69c
50c Diapiesin	29c
\$1.00 Othine (double strength)	59c
25c Beef Iron and Wine	35c
\$1.00 Pinkham's Veg. Compound	63c
25c Tiz	15c
\$1.00 Wyeth's Sage and Sulphur	59c
75c Mellen's Food	50c
\$1.00 Pierce's Medicine	59c
\$1.00 Wampole's Ext. Cod Liver	55c
\$1.00 Listerine	57c
25c Musterole	15c
75c Jod's Kidney Salts	42c
25c Eckman Alternative	\$1.19
\$1.00 Peruna	57c
\$1.00 Cadomene Tablets	59c
50c Danderine	30c

DRUGS

25c Aromatic Spirits Ammonia, 3-oz. bottle	15c
25c Sweet Spirits Nitro, 3 ozs.	15c
25c Ess. Peppermint, 3 ozs.	15c
25c Lime Water, 1 pint	15c
25c Camphorated Oil, 3 ozs.	15c
25c Tr. Arnica, 2 ozs.	15c
25c Rose Water and Glycerine, 3-oz. bottle	15c
25c Soap Liniment, 3 ozs.	15c
25c Spirits Camphor, 3 ozs.	15c
Moist Balls, lb.	15c
Moth Flake, lb.	15c
Epsom Salts, lb.	5c

CIGARS

10 Havana Tucks Cigars for	25c
7 Even Steven Cigars for	25c
7 King Oscar Cigars for	25c
7 General Harrison Cigars for	25c
7 Sweet Girl Cigars for	25c
4 Ben Mira 10c Cigars for	25c
4 Moja Cigars for	25c

At Market Street Store Only

A Better Grade of 35c COFFEE

This is certainly a delicious, fragrant grade of coffee. In the premium stores you pay 35c a pound for no better coffee—sometimes not so good.

You can buy your own premiums with what you save here.

20c lb. Limit 5 Pounds

BIG SATURDAY SPECIAL SALE AT Clark's Cut-Rate PATENT MEDICINE STORES

300 Market St. We Reserve the Right to Limit Quantity. 306 Broad St. No Goods Delivered. No Mail Orders.

Owing to the great popularity of our Toilet Goods sale last Saturday we have decided to repeat it again this Saturday

"The Small Store With the Big Business"

Toilet Goods

Dental Creams

Kolynos Dental Cream	15c
Colgate's Dental Cream	20c
Pebecco Dental Cream	29c
Kalphen Dental Cream	15c
S. S. White Dental Cream	17c
Euthymol Dental Cream	11c
Lyon's Dental Cream	15c
Sanitol Dental Cream	14c
Amica Tooth Soap	15c

Piver's Goods

Azurea Talcum Powder	19c
Azurea Face Powder	89c
Azurea Sachet Powder	89c
Azurea Toilet Water, small	54c
Azurea Soap	59c
Azurea Extract Bulk, oz.	\$1.00
Azurea Extract, package	\$1.29
Piver Le Troile Incarnat Sachet Powder	54c

Tooth Powders

Sanitol Tooth Powder	14c
Kalphen Tooth Powder	15c
Colgate's Tooth Powder	15c
Lyon's Tooth Powder	15c
Calox Tooth Powder	15c
Pyorrhoid Tooth Powder	64c
Zhongiva Liquid	34c
Lavoris Liquid	29c
Vernas Liquid	29c
Sozodont Liquid	15c
Rubifoam Liquid	15c
Sanitol	14c

Soaps

25c size Palmer's Skin Success Soap	15c
25c size Cuticura Soap	15c
25c size Resinol Soap	17c
25c size Woodbury's Soap	15c
25c size Packer's Tar Soap	15c
10c size Physicians' and Surgeons' Soap, 6c	15c
25c size Johnson Foot Soap	15c
10c size Sayman's Soap	7c; 8 for 20c
10c size Jergen's Glycerine Soap	7c; 8 for 20c
15c size Palmolive Soap	15c
15c size Pear's Unscented Soap	10c
25c size Pear's Glycerine Soap	15c

Toilet Goods

Talcum Powders

Mary Garden Talcum Powder	37c
Djer Kiss Talcum Powder	19c
Azurea Talcum Powder	19c
Rogers & Gallet Talcum Powder	19c
Squibb's Talcum Powder	14c
Williams' Talcum Powder	11c
Colgate's Talcum Powder	15c
Mennen's Talcum Powder	11c
Babcock's Coryopsis Talcum Powder	11c
Jess Talcum Powder	14c
Talcolette Talcum Powder	15c
Johnson's Baby Talcum Powder	12c
River's Lehn & Fink Talcum Powder	15c

Toilet Articles

Sempre Giovine	27c
Oriental Cream	\$1.05
Hoy's Cologne, 25c, 50c	15c, 30c
Mum	15c
Spiro Powder	15c
Odo-Ro-No	30c
Mercollized Wax	53c
Saxolite	44c

Marie-Antoinette

Face Powder

Used by beautiful women everywhere. Delightfully perfumed. Does not irritate the skin. Sticks well.

39c, Box

CANDY

Millionaire Assorted Chocolates	15c
Lady Gray, assorted chocolates	27c
Good Will, assorted chocolates	25c
Maybelle Chocolate Cherries	29c
Strawberries, with whipped cream	39c

Toilet Goods

Face Powders

Mary Garden Face Powder	75c
Djer Kiss Face Powder	37c
Azurea Face Powder	59c
Carmen Face Powder	34c
Lablache Face Powder	32c
Java Rice Powder	27c
Rogers & Gallet Rice Powder	21c
Rogers & Gallet Face Powder	45c
Satin Skin Face Powder	15c
Woodbury's Face Powder	15c
Tellow's Swandown Face Powder	15c
Sanitol Face Powder	14c

Hair Preparations

50c size Herpicide	29c
\$1.00 size Herpicide	59c
50c size Wyeth Sage and Sulphur	29c
\$1.00 size Wyeth Sage and Sulphur	59c
50c size Parisian Sage	29c
50c size Parker's Hair Balsam	38c
50c size Hay's Hair Health	27c
50c size Emulsified Coconut Oil	29c
\$1.00 size Danderine	59c
50c size Palm Olive Shampoo	29c
\$1.00 size Pinaud's Eau de Cologne	75c
\$1.00 size Liquid Arvon	59c
50c size Canthrox	29c
50c size Beta Quinol	38c
\$1.00 size Ayer's Hair Vigor	73c
50c Barbo Compound	29c

Shaving Soaps, Creams and Powders

Williams' Shaving Stick	17c
Colgate's Shaving Stick	20c
Resinol Shaving Stick	18c
Cuticura Shaving Stick	18c
Colgate's Shaving Cream	20c
Williams' Shaving Cream	17c
Johnson and Johnson Shaving Cream	15c
Mennen's Shaving Cream	15c
Colgate's Shaving Powder	20c
Colgate's Shaving Soap, cake	5c
Williams' Shaving Soap, cake	5c

Safety Razor Blades

35c Gem Junior Blades 25c

Toilet Goods

Djer Kiss Extract	25c
Azurea Extract	25c
Djer Kiss Sachet	10c
Mary Garden Sachet	10c
Azurea Sachet	10c

Rigaud's Toilet Preparations

MARY GARDEN GOODS	
Mary Garden Talcum Powder	37c
Mary Garden Face Powder, small	75c
Mary Garden Face Powder, large	\$1.50
Mary Garden Cold Cream	38c
Mary Garden Vanishing Cream	62c
Mary Garden Sachet Powder	\$1.19
Mary Garden Toilet Water	\$2.39
Mary Garden Extract Bulk, oz.	\$1.50
Mary Garden Extract Package, 1/2 oz.	75c
Mary Garden Extract Package, 1/4 oz.	\$1.50

Djer Kiss Goods

Djer Kiss Face Powder, small	37c
Djer Kiss Face Powder, large	71c
Djer Kiss Sachet Powder	63c
Djer Kiss Toilet Water	\$1.25
Djer Kiss Extract, bulk, oz.	90c
Djer Kiss Extract, package	\$1.25
Djer Kiss Soap	21c

Rogers & Gallet

Rogers & Gallet Rice Powder	21c
Rogers & Gallet Talcum Powder	19c
Rogers & Gallet Face Powder	45c
Rogers & Gallet Toilet Water	79c
Rogers & Gallet Extract de Violet de Parme	89c

Dorin's Goods

Dorin's Rouge Brunette With Puff (No. 1249)	30c
Dorin's Rouge No. 18, De Theatre	17c
Dorin's Rouge, Brunette	17c

Toilet Creams

25c size Pond's Vanishing Cream, jars	17c
\$1.00 size Othine Cream; for freckles	59c
50c size Stillman's Cream	29c
25c size Satin Skin Cold Cream	15c
25c size Satin Skin Greaseless Cream	15c
25c size Satin Skin Rose Tint	15c
50c size Pomelan Massage Cream	27c
25c size Pomelan Night Cream	17c
25c size Woodbury's Facial Cream	15c
50c size Hind's Honey and Almond Cream	31c

25c size Daggett's & Ramsdell Cold Cream	15c
25c size Sanitol Cold Cream	14c
25c size Sanitol Face Cream	14c
25c size Creme Elcava	37c
25c size Creme DeMeridor	14c
50c size Ingram's Milk Weed Cream	34c
50c size Palm Olive Cream	29c
25c size Hokara Skin Food	15c

Toilet Extracts and Toilet Waters at Cut Prices

Djer Kiss Toilet Water	\$1.25
Mary Garden Toilet Water	\$2.39
Pinaud's Toilet Water Lilas	\$1.25
Pinaud's Toilet Water Violet	53c
Azurea Toilet Water	89c
Ricksecker's Attor Tropical Extract Bulk	\$1.25
Djer Kiss Extract Bulk, oz.	90c
Mary Garden's Extract Bulk, oz.	\$1.50
Azurea Extract Bulk, oz.	\$1.00

Stuffed OLIVES, 12 oz. 21c
Olive Oil, 1/2 pt. 18c; 1 pt. 35c

\$3.00 LADIES' FAVORITE 98c

\$1.25 FOUNTAIN 49c

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT
By ALFRED W. McCANN

CHAPTER 79.

Commercial Bread Is Usually Made According to a Fixed Formula—The Gross Profit on This Fixed Formula Represents a Margin Over the Actual Cost of Production of More Than 200 Per Cent.—The So-Called "Whole Wheat" Bread, Which Masquerades as the Real Thing, Is a Soft, Soggy Brown and Almost Flavorless Mass, Which Does More to Misrepresent Genuine Whole Wheat and Discourage Its Use Than the Extravagant Profit Made by the Average Baker on His Lifeless White Bread.

Following are the standard bakery ingredients of white bread and whole wheat bread at normal prices:

196 pounds white flour	\$4.00
124 pounds water	.00
4 1/2 pounds salt	.05
2 pounds sugar	.11
2 pounds yeast	.10
8 pounds compound	.80
Total	\$5.06

This mixture represents a total cost of \$5.06, which produces 180 loaves of bread to retail at 10 cents each, or 360 loaves to retail at 5 cents each.

The 5-cent loaf when scaled off before baking weigh thirty ounces. During the baking process they lose three ounces by evaporation, coming out of the oven weighing approximately twenty-seven ounces.

The 5-cent loaves when scaled off

before baking weigh fifteen ounces. When they come out of the oven they weigh between thirteen and thirteen and one-half ounces. Many bakers are now producing twelve-ounce loaves.

The gross profit to the baker with flour at \$4 a barrel is the difference between \$18, the selling price of 180 loaves at 10 cents a loaf, and \$5.06, the actual cost, or \$12.94.

It is true that many bakers are now paying as much as \$5 and \$6 a barrel for flour, but many others are still buying their flour on contracts entered into before the 1915 advance in the price of wheat.

One large baker, with whom I am familiar, paid in January, 1916, \$5.50 a barrel for his white flour. At this price his gross profit on each barrel of flour is \$11.44 on an investment of \$5.56, including cost of sugar, salt, compound and yeast.

There are many miserable substitutes for honest whole wheat bread which masquerade under a whole wheat label. They are soft, soggy, brown, and one would say, if it were not for their poor flavor, almost tasteless. Certainly such loaves of so-called whole wheat bread can never inspire adult or child to an appetite for more.

Such bread discourages bread reform. Nevertheless there is on the market, in addition to a few genuine whole wheat loaves, a near approach

to whole wheat which is made according to the following formula:

257 pounds whole wheat.	
14 pounds water.	
5 pounds salt.	
7 pounds compound.	
5 pounds yeast.	

This quantity of raw material produces 233 loaves, which retail at 10 cents each. These loaves are scaled off to weigh 24 1/2 ounces. Losing 2 1/2 ounces in the oven by evaporation, they weigh a scant 22 ounces after baking.

The significant feature of these figures to the bread consumer lies in the fact that it costs \$1 a barrel less to manufacture a whole wheat meal than it does to manufacture white flour, and yet the millers of whole wheat meal charge the baker \$1 more for their produce than they do for patent flour, making an arbitrary difference of \$2 in favor of their own pocketbook.

In other words they obtain \$2 a barrel more for a product which costs \$1 less.

The bakers are by no means blameless, but the farmer (the man who sits in his city office and directs the policy of his 20,000-acre farm), the farmer who holds his wheat, the speculator who hides it, and the miller who abuses it are chiefly to blame for the confusion now existing in the bread world.

If we had wheat standards as we have gold standards, absurdities of this kind would be impossible and claims for yeast powders, containing plaster of paris, gypsum, or any other inert material matter, would not appear to still further confuse the public.

Certainly when big bakers go on the stand and admit that white bread is foolish bread, without food value, they render a real service to the community, but when they say that the way to restore the food value to

white bread is to load it up with plaster of paris or gypsum, or any other form of patented powder, they deceive themselves, they deceive their bread, and they deceive those who eat their bread.

The way to restore food value to white bread is to leave in that bread the things which God put into the wheat and which millers take out before the bakers receive the flour.

One word more and we shall pass from bread to other foods.

Belgian Refugees in Holland Number 65,000

The Hague, Netherlands, July 6.—(Correspondence of the Associated Press.)—From a million after the fall of Antwerp, the number of Belgian refugees in Holland has declined to about 65,000 to-day, according to official information given to the Associated Press. The rest of the terror-stricken throngs which poured over the Dutch frontier have returned to their homes in Belgium, or gone to England or France and, to some small extent, to America.

Numerous Belgians are still arriving from over the border, driven out by the hard conditions of existence there, but this accession is apparently counter-balanced by the outflow from Holland in various directions. Of the 65,000 still enjoying Dutch hospitality, 15,000 are now accommodated in the four refugee camps at Ede, Nunspeet, Gouda and Uden, while the remainder are scattered among private families.

Apart from several million dollars provided by voluntary donations, the country's hospitality had up to the end of last year cost the Dutch government some \$5,000,000, while a sum of

\$2,000,000 has been voted for the current year that will, unless peace arrives meantime, have to be raised to probably \$3,000,000. The Belgian government's offer of reinforcement was generously declined.

Any needy Belgians are free to enter the refugee villages, or if private families care to keep them, and there is no objection on the part of the local authorities, the Burgomaster is empowered to allow 14 cents a day per adult towards their maintenance and 8 cents per child, while the silent sufferers belonging to the better classes, so-called "pauvres honteux," of whom there are something under 2,000 receive 28 cents a day per person through a special committee.

Excellent arrangements have been made in the matter of education. Under the direction of a Dutch-Belgian commission, as many as 48 primary schools have been established, with 4,500 scholars, in which instruction is given by certified Belgian teachers. Secondary schools have also been set up at The Hague, Amsterdam and Middelburg, while an "atheneum" established at Flushing numbers 125 pupils. There are, in addition, technical schools destined for both interned Belgian soldiers and refugees. Grants are made to these various institutions by the Dutch and Belgian governments.

The entire work of relief promises to be a lasting honor to Holland and its traditional hospitality.

South Has Had 25 Lynchings in Six Months

Tuskegee, Ala., July 6.—According to the record kept by the Division of Records and Research of the Tuskegee Institute there have been

during the first six months of the year 25 lynchings. This is 9 less than the number, 34, for the same period last year. Of those lynched 23 were negroes and 2 were whites. In the first six months of 1915 there were 24 negroes and 10 whites lynched.

Five or one-fifth of those put to death were charged with rape. Other causes of lynchings were, slapping a boy, brushing against a girl on the street, insult, charged with attempting to assist an accused of murder to escape, robbing a store, killing officers of the law, and murder. Eight or almost one-third of the total lynchings occurred in the State of Georgia.

English Will Buy Much Water in Their Spirits

By Associated Press
London, July 7.—It has been decreed by the Board of Control that after July 1 no spirits, with the exception of those proved to have been bottled before June 6 of this year, are to be sold unless 25 degrees under proof. At \$1.25 per bottle, compared with the prewar price of 87 cents, the whisky drinker will receive 94 cents worth of whisky and 31 cents for about half a pint of water that he will be compelled to drink with it.

Despite the earlier efforts of the Board of Control to restrict the con-

sumption of spirits, the consumption increased in a year three million gallons. Apparently the whisky drinker finds that the more his whisky is diluted the more whisky he has to drink to obtain the same results. And he does it in about half the time it used to take him when public houses were open all day and whisky was much cheaper.

FRECKLE-FACE