



ing a little. "And I said we'd all help her out. I suggested you. Emily, because I know you are fond of Helen, and I thought Mrs. Cush assessor. William H. Lehman: tax

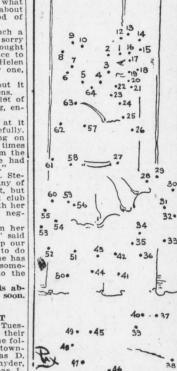
assessor, William H. Lehman; tax collector, Elmer J. Bonawitz.

**Daily Dot Puzzle** 

Don't Eat Less-But Eat Better

How to prevent waste and at the same time perfectly nourish the human body is a matter of intelligent food selection. There is no need of anyone going hungry. Americans should not eat less-they should eat better. They should eat foods that supply the greatest amount of digestible nutriment at the lowest cost.

The whole wheat grain is the most perfect food given to man It contains every element needed for building healthy tissue



FRANKL

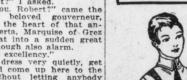
SUGAR

Sold in 1,2 and 5 lb, carton and in 2, 5, 10, 25 and 50 lb cotton bags.



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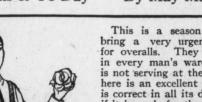
Price 10 cents.



ALL ALL

CHAPTER III. CHAPTER III. The Tall Timbers of Old Harpeth At the door of the mansion I was admitted by my good Cato, who was attired in a very long red flan-nel sleeping garment with a red cap, also of the flannel tied down upon the white wool of his head. "De governor is up in his room, and you kin go right up. I never heard of no such doings as is going on in his house dis night with that there wild man with a gun five feet long coming and going like de with.

wind." With which information Good Ca-to started me up the stairs. "First door to the richt, front, and don't knock," he called in a whisper that might have come from his tomb in death as he slowly retired into the darkness below with his candle. [To be Continued.]



excellent for the purpose. Men who are going camping will like the overalls perhaps as well as those who are raising potatoes and doing garden work. The garment is a very simple one to make, requiring no technical skill whatsoever.

For the medium size will be needed, 4% yards of material 27 inches wide, 3¼ yards 36.

The pattern 9470 is cut in sizes from 34 to 44 inches breast measure. It will be mailed to any address by the Fashion Department of this paper on 9470 Men's Overalls, 34 to 44 breast. receipt of ten centsBut be sure you get the whole wheat grain, and be sure you

## Shredded Wheat Biscuit

is 100 per cent. whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used-nothing wasted,



Made only by THE SHREDDED WHEAT COMPANY,

It is what you digest, not what you eat, that furnishes energy for the human body. We make the whole wheat digestible by steam cooking, shredding and baking.

Two or three of these little loaves of baked whole wheat with milk, sliced bananas, berries, peaches, or other fruits, make a nourishing, satisfying meal at a cost of a few cents.

Niagara Falls, N. Y.