| FOOD DIRECTOR HEINZ CALLS FOR <br> SEVEN WHEATLESS MEALS A WEER <br> America Must Reduce Daily Wheat Ration One－Third to Provide Food to Keep allied armies on the Firing Line Over Winter． |
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|  |  |



 when seen through clonds，indicates
frif weather；
appronching storm
aning whiteness，an



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| :---: |
| out on the front porch and pression that he is boss of the ranch． Florida Times－Enion |
| $\begin{aligned} & \text { Give children fruit to eat between } \\ & \text { means instend o o crackers (Whith are } \\ & \text { hard to digest) and sceer calkes. Fruits } \\ & \text { supply the eneeded minieral element for } \\ & \text { the health of the body. } \end{aligned}$ |
|  |
| ed in Egypt；hence the complaint of the Israelites in the wilderness of $Z$ in that this＂is no place of figs，or of vines，or of pomegranates．＂ |
|  |


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| ＂To sell a coat to a man that wants a coat is nothing，＂said a successful rudiments of his business，＂but to sell a coat to a man that doesn＇t want a coat－that＇s business．＂ |  |
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|  |  |
| ＂What do you mean by trying to or Ger me around？＂asked small Johnny＂ mother <br> ＂I＇m just．practicing，mamma，＂re |  |
|  |  |


$\sqrt{\mid \text { PHILLIPA SANDS }}$

## 

$\sqrt{\mid \text { PHILLIPA SANDS }}$

##   <br> wary to be above them． The Trouble． ＂Such a large proportion of tele

Troulie is the most thorough teach．
er in the school of evterience．
Even if soone things refuse to go
your way，there are other thingsHe－Let＇s play some，kissing game
She Why bother with the same？
Puck．



and
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## －

ALL BIG FOOD DEALERS
MUST TAKE OUT LICENSES



It is essential for the welfare of man
lind that the eflifare of trees be main
tained．－Tree Talk．liace and is said to have ben the fore
rumner of the thread lace of later
To make mutton fuicy and tender
spreand a little tat over It and ored
it with floys ten minutes before put

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| －moral courage． It is moral courage that char－ acterizes the highest order of manhood and womanhod，tha courage to be just，the courase to ba honest，the courage to re－ do one＇s duty．－Sarnuel Smiles． |
| :---: |


\section*{| ONE OF THREE |
| :---: |
| By DOROTHY DOUGLAS． | <br> By Dorothy douglas．}





Wilgrove had exchanged four dollarsthe theneter＂．＂eans，they all went intoman in khakl，and po sould Milss the breene
The latter，much inclined to

 unabie to stand the strain of typing ail
day long＂But I would far rather die in
nurse＇s uniform than In ordinary oftceclothes，＂she argued sormaty to office
grove．＂You are doing your part＂， hewas over．
 that he should sit through it twice．


| Woman Versus Woman B，Salie ocootr |
| :---: | Florence，durlng the perio when

the De Medtct tamy forished was
in many respects a sintbole to In many respects a sinkhole of inligul－
tr．It was common prettoe to get
rid of an enemy by perans of polson． The of en enemy by means of polson．
dierved their name
Hom the fact that the founder of tha



 cathedral to the Ponte Veechlo，an an－
 he met Ceecela face to race．ricara0
was as handsome as Seecelia was beau－
trul Ricardo was betrothed to Lucrecla
Marin，as lovely a glri na there was

 quired of a friend who was with her
who ticerdo was and leannee not only
that he was a promisisis artilst but also


 ged so hard，saytng he could do her
work at such times as he chose，that
he yelded．


 she erould appeal to him through his
arrt．Sometimes she would natempt to

${ }^{2}$ and long

R Reardo
over him
wrong mas
recta that
ald bo porred to Lucreceng that


The rising of the curtaine po sovent．
further chatter，but Vance was con
sclous that his sister welcomed femi－
During the intermissll as his own
again spoke of the small flat．
Peggy voiced her thoughts．Her eye
remalned wistful．＂You see，I don＂t
know many girls in the city，and those
whom I have met only care for restau－
rants and dancing I apite
rants and dancing．I quite envy yo
your little homey flat and late suppers．
I suppose you have little stud
and a tiny kitchenette and pink potted
plants in the windoss．＂
Miss Greene laughed quickly．＂You
could not have described us better had
you been in our flat．＂She paused a
moment in thought while she cast
swif，searching look at Vance Wal
grove．＂He seems human，＂was he
inward comment．She turned again to
Peggy．＂If you and your brother will
come I wili be so glad to telephone the
girls to prepare enough supper for fion
＂Oh！I should just love it！＂Peggy＇s
real delight shone in her eyes．＂I wIll

## She had little difficulty with he rother．

Miss Greene telephoned，and when
aplay was over a taxi whirled them Peggy talked much of the evening sweet to nurse soldiers，＂she sald firm ly．＂They will one and all fanl desper－
ately in love with her and their fevers
will soar sky high whenever she tends
＂Peggy－you＇re a orick！I knew you
were seeing Nan Weeks as my wit
were seeing Nan Weeks as my wife
almost before I did．＂He squeezed her
hands affectionately．＂I will have to
make quict work of it，for we may be
day to France，＂，
1919 ，by the Mcl
he most friendly manner．hostess in icard
was decelved．The only sensible thing he did after meetlng the woman who
was bent on bewitching him was to
acknowledge to himself that she would
succeed．But now he was acting very succeed．But now he was acting very
stupldy． Lucrecia，belng a woman matched
against a woman，was on her guard aganst a woman，was on her guard
She pretended to have taken a des
perate fancy to Cecella and hoped that perate fancy to Cecella and hoped tha
they might always be frlends，but all they might always be friends，but all
the while during the dinner，if Cecella
forced upon her any dalnty she de－ forced upon her any dalnty she de－
cllned it on the ground that it would cllned it on the ground that it would
not agree with her．She would drink
no wine because there was gout in no wine
her famill
Finally Cecella offered her a uttle she of confections，saying：＂Surel
one of these will not hurt you ${ }^{\text {Pu }}$ Lu crecia took one of the sweets，saying
that she loved something of the kknd It at that time．
Cecelia turned pale，but she did not
oppose her guest．soon after this all arose from the table and，after a briet sitting together at a window overlook－
Ing the Avno，whose banks were beau－
tifully lighted，Ricardo and his wife


Ricardo was partly convinced b these professions and asked her to call
on the woman who had vanquished her．He did not think it worth while
to put Lucrecia on her guard，for he
did not see any wrong that Cecella could injure her and he did not wish The two women met and，on the sur－
face at least，were so friendly that between them．
Cecelia invited them to sup with Cecelia invited them to sup with
her her palazzio，as they call fine
dwellings in Italy．Lucrecia did not dwellings in Italy．Lucrecia did not
wish to accept the invitation，but her
husband desired to avoid ofrending

## At the appointed time Ricardo and at

 his wife repaired to Cecelia＇s palazzioand were recelved by the hostess in
the most friendly manner．Ricardo of these will not hurt you？＂Lu
cia took one of the sweets，sayin The next morning Cecella＇s palazzio
was closed and Cecella was not in
Florence．She had fled．Lucrecta
gave the bonbon she was to have eaten before going to bed to a cat and in
few minutes the animal was dead． In this war of wits between two
women Lucrecia had won，by securing
he evidence that her enemy was try
ing to poison her． ing to poison her．Oecelia never rer
turned to Florence．

