Supremacy in Air Disputed.

Man is not to be undisputed lord of the upper air. Enemy birds armed with formidable beaks and talons are ready to oppose the soaring ambition of the sky-pilot, or a swarm of smaller seabirds and scavengers, menacing by reason of their numbers, are liable to overwhelm him, as the Lilliputians did Gulliver.

Shellac Varnish.

To make a shellac, which serves admirably as a cement for insulating electric wiring, fixing gaskets and in similar operations, dissolve flake shellac in alcohol. The mixture may be kept in a wide-mouthed bottle, the cork of which should be waxed to prevent its sticking.

Enjoy Yourself.

Do not put off pleasure any more than duty. Take your good times as you go along. Plan for some fun in every day, and, yes, more than that, plan for a good time all the day. Work as well as play should be enjoyable, a part of your good time.

Bees' Wings.

A bee's wing moves so fast that hitherto no moving picture could catch it, but it has at last been photographed by an electric spark lasting a hundredth of a second, during which time 20 sharp negatives were made.

Life.

Life is a struggle, but not a warfare; it is a day's labor, but labor on God's earth, under the sun and stars with other laborers, where we may think and sing and rejoice as we work. —John Burroughs.

Just a Greeting.

Sister was taught not to ask for anything to eat when visiting. One day while calling on a neighbor she saw a dish filled with tempting candies. She looked at it longingly, then said: "Hello, candy!"

Uncle Eben.

"I's willin' to love my fellowmen," said Uncle Eben; "but I can't git up no mo' ambition to 'sociate wif some of 'em dan a rabbit has foh makin' up to a houn' dog."

Guard for Finger Ring.

An ingenious new guard for finger rings is worn inside a ring and presses against the finger to prevent it turning, at the same time being almost invisible.

A Fair Offer.

The General—It's your turn on the treat.

The Colonel—It would give me more pleasure being on the re-treat.

It takes Congress to settle a strike, but an unruly stomach is subdued by Garfield Tea. Adv.

No, Rafalo, there is nothing cunning about the toothache, even if it is acute pain.

Inflamation and Swellings of all kinds in livestock can be quickly reduced by using DR. DAVID ROBERTS'

Antiseptic Poultice Price $1.00

One package makes ten pounds of Poultice.

Read the Practical Home Veterinarian Send for free booklet on Abortion in Cows

If no dealer in your town, write Dr. David Roberts' Vet. Co., 100 Grand Avenue, Waukesha, Wis.

W. N. U., BALTIMORE, NO. 12--1918.

Evergreen Dress for Statuettes.

Chinese gardeners sometimes plant statuettes of tiny men firmly in pots, just like real plants, and then train live evergreens to grow up over these statuettes. The vines thus form a kind of robe for the statuette men, their white faces and hands protruding from the green leaves.

Life's Inspirations.

There is no greater joy than the feeling that some act of ours has inspired another to be brave and strong. One of the beautiful things about right doing is that it is an inspiration to others. No life is a real success which has not scattered inspiration along the way.

All Can Do a Little.

We all live in a world which is full of ignorance and misery, and the plain duty of each and all of us is to try to make the little corner he can influence somewhat less ignorant, somewhat less miserable than it was before he entered it.—Huxley.

Old Christmas Day.

Old Christmas day is, according to the Julian calendar, observed by Russia and the Greek church, and differs from the Gregorian calendar by 13 days and is celebrated on January 6 and New Year's day on January 13.

Advice to Sentimental.

When a fellow's in love he might as well go right up to her and make a fool of himself first as last. Anything is better than holding it in until he gets spontaneous combustion.—Richmond Times-Dispatch.

The Boss's Weakness.

Tillie Clinger says that one reason why she hates to take dictation from her new boss is because when he is chewing tobacco he can't talk, and when he isn't chewing he can't think. —Galveston News.

Tut! Tut!

A recent invention is a pair of horse blinders for golf players to help them concentrate their attention. Why not add a bit that they can champ instead of bursting into profanity?

Wise Men's Town.

The original Gotham, a name sometimes applied to New York, was a village near Nottingham, in England, and was the reputed home of the "wise men of Gotham."

Nothing to Be Frightened About.

Emilie had a visitor about the same age. Her father had bought her a Mother Hubbard book and she began. "Old Mother Hubbard went to the cupboard to get her poor dog a bone, but when she got there it was bare—empty —it won't hurt you," as she thought her playmate might be frightened at the word bare.

Soft, Clear Skins.

Night and morning bathe the face with Cuticura Soap and hot water. If there are pimples first smear them with Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Minus.

"He's a mere cipher, but nobody seems to realize it." "How can they? He's a cipher with the rim off."

WHAT CONSTIPATION MEANS

It means a miserable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders—**CONSTIPATION** is a crime against nature, and no human being can be well for any length of time while constipated. **DR. TUTT'S LIVER PILLS** is the remedy and has been used successfully all over this country for 72 years. Get a box and see how it feels to have your liver and bowels resume their health-giving natural functions. For sale at all druggists and dealers everywhere.

Dr. Tutt's Liver Pills

HORSE SALE DISTEMPER

You know that when you sell or buy through the sales you have about one chance in fifty to escape sale stable distemper. **"SPOHN'S"** is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventative, no matter how they are "exposed." Consumers may order direct from the manufacturers. Send remittance with your order, 50 cents and $1.00 a bottle; $5.00 and $10.00 the dozen, delivered.

SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.

FROST PROOF

CABBAGE PLANTS

Early Jersey and Charleston Wakefield, Succession and Flat Dutch. By express, 500, $1.25; 1,000, $2.00; 5,000 at $1.75; 10,000 up at $1.50. F. O. B. HERE. Delivered parcel post 100, 35c; 1,000, $1.50. Satisfaction guaranteed.

D. F. JAMISON, SUMMERVILLE, S. C.

Your Silk Scraps make beautiful decorations for Bags, Lampshades, Pillows, Baskets, Hats, Tablecovers, when used with our machine made cotton moulds with stems, for making Grapes, Apples etc. Assortment of moulds with numerous designs, large finished sample and instructions $1.

YE LITTLE SHOPPE, Oak Park, Illinois

LAND Will always be increasing in value. Ask us for farms, ranches or business propositions in Oklahoma. BELL & CO., 311 Security Bldg., Oklahoma City, Okla.

OIL Only live proposition with oil. Submit your requirements. Agents and salesmen wanted. BELL & CO., 311 Security Building, Oklahoma City, Okla.

SAVE 25 TO 50% on new guaranteed TIRES and TUBES. Dealers and consumers write for prices. Auto Tire & Parts Co., 207 Broadway, Cape Girardeau, Mo.

GET FORM AND PEP "The Running Step." The Loomis System tells how. Sent for $1 bill by H. S. LOOMIS, Dept. A, 560 Mutual Life Building, Buffalo, New York

Songwriters and Musicians! We pay for your co-operation. Have you manuscripts or services to offer? Write for particulars to RESEARCH MUSIC COMPANY, Inc., Reading, Pa.

Coffee Substitute. Cereal Coffee, make tea double strength; 10c gets all three formulas; worth dollars. LINDBERG COMPANY, Box 1353, Pittsburgh, Pa.

WANTED Stamps on envelopes before 1880. Search garrets, trunks. Send registered for cash. Write Wm. Cornell, Hodges Bldg., Detroit, Mich.

Send for Free Samples—Cold Cream, Corn Cure, Pink Base, Mentholine, Pile Cure. Laboratories, Cornell Company, Inc. 14., Great Barrington, Mass.

ARCADIA adjoining aviation camp; 2 acres $100; 5 $225; 10 $400; $10 deposit, $5 monthly. Agents wanted. O. STEVENSON, Arcadia, Fla.

HIDDEN TREASURES Learn how to locate Hidden Treasures by magnetic waves; it's great money; 3 lessons, etc. 25c. National School, Lake Geneva, Fla.

HATCHY New Marching Song—Yankee Doodle Dixie. 10c; 3 for 25c. Mrs. Lilla Clark, 3500 Franklin Ave., St. Louis, Mo.

¶ For up-to-date implements and prompt service, make Rawlings your "source of supply." Ask your dealer.

Rawlings Implement Co.
Manufacturers, Wholesalers, Exporters
Baltimore, Md.

An Odd Lot.

"How shall I list this broken lot of Shakespearean plays?" "List it as Romeo and Julietcetra."—Louisville Courier-Journal.

Garfield Tea is Nature's laxative and blood purifier; it overcomes constipation and its many attendant ailments. Adv.

When a woman takes up the physical culture fad she is anxious either to put on fat or take it off.

If your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them. Adv.

An implement has been patented by a New York man to enable a blind person to thread a needle.

When Your Eyes Need Care Try Murine Eye Remedy

No Smarting—Just Eye Comfort. 50 cents at Druggists or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)

(Copyright, 1918, Western Newspaper Union.)

LESSON FOR MARCH 24

JESUS MINISTERING TO THE MULTITUDES.

LESSON TEXT—Mark 6:32-56.

GOLDEN TEXT—The son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.—Matt. 20:28.

DEVOTIONAL READING—John 6:35-40.

ADDITIONAL MATERIAL FOR TEACHERS—Exodus 16:14-18; Matt. 25:31-46; Luke 4:16-21; James 1:27; Rev. 17.

PRIMARY TOPIC—Jesus a helper at all times.

MEMORY VERSE—Be of good cheer: it is I; be not afraid.—Mark 6:50.

INTERMEDIATE TOPIC—Helping the needy.

SENIOR AND ADULT TOPIC—(?)

This parable marks the high level of the year of popularity in the life of our Lord. It is such an important miracle as to be the only one recorded by all four gospel writers. The returning disciples (v. 31) are urged by the Master to come with him into a desert place and rest and also that he might comfort their hearts over the death of John the Baptist. "They had no leisure." Jesus knew the need and also the proper use of leisure, but the multitude would not grant him this but flocked to his retreat in the desert. They followed that they might listen to his gracious words, or behold some new wonder, but Jesus also saw and ministered, (v. 24). Carlyle said he saw in England "forty million people mostly fools." Not so with Jesus; he saw and was moved, not with sarcasm, but with a compassion that took the form of teaching (v. 34). It is better to teach a man how to help himself than to help the man without the teaching. We also infer that the soul of a man is of more value than his body. It is not enough, however, to say "God bless you; be warmed and fed," when a man is hungry. Sympathy must issue in action.

A Great Task.

John tells us of the conversation with Phillip. Phillip lived in Bethsaida nearby, but to feed this multitude was too great a task, even with his knowledge and resources (John 6:5, 7). Yet we need not be surprised at Phillip's slowness of faith. Moses in a similar case was once nonplussed as to how to feed the thousands in the wilderness (see Numbers 11:21-33). The central fact concerns neither the need nor our poverty, but the absolute surrender of our all—however little—to God.

Another disciple, Andrew, who had brought his brother, Simon Peter, to the Savior, in his desperation found a boy whose mother had thoughtfully provided him with a lunch consisting of five barley biscuits and two small dried herrings (John 6:9). This is a great commentary on the tide of interest at this time—that even this hungry boy should have forgotten his lunch; the circumstances emphasized the helplessness of the disciples in order that Jesus might show his power. His command "Give ye them," (v. 37) teaches us that we are to give what we have, not to look to others, nor to do our charity by proxy (Pro. 11:24, 25). Again the Savior asks his disciples to seek (v. 38) as though he would teach them the boundless resources of his kingdom. Give what you have and he will bless and increase it to meet the needs of the multitude. The secret of success points to the moment when he took the loaves and looking up (to God who also saw their needs), he blessed it.

Living Bread.

This conservation process was a stinging rebuke to the orientals, and is being emphasized in these days of food conservation in connection with war needs. Too long we have been prodigal of God's marvelous bounties. God gives us that we may use; and we lose it unless it is shared. Jesus, the living bread, (John 6:48) will satisfy hunger and give life. As bread generates in the human body heat, energy, vitality and power, so he will feed the hungry souls of men. We have at hand the Word. It is for lack of it that men die in the deepest and truest sense of that Word. The poverty and perplexity of the disciples in the presence of similar great need, is being repeated over and over again, and yet how faithless it is. We have not enough to feed the multitude. Our few loaves of comfort, amusement, counsel, etc., will not sustain them in the present world's crisis; but when we break unto them the living bread, it meets the deep hunger of the human heart; and they will have enough and to spare if they will only eat it. In these days when the emphasis is being laid on material bread for the sustenance of the nation, there is great danger lest we forget the necessity of breaking the living bread to the starving multitudes of the world. We must maintain the supremacy of the spiritual, or lack the dynamic to provide the material.

How true the words of the late Dr. Maltbie Davenport Babcock:

> Back of the loaf is the snowy flour;
> Back of the flour the mill:
> And back of the mill is the wheat,
> And the showers, and the sun,
> And the Father's will.

The problem which the disciples could not meet, Jesus discerned and solved. As they co-operated with him and gave of that which he had first blessed, each had a basketful to take away and thus was well repaid for sharing with the multitude.

Christ the Light of the World.

Let us put away, then, let us put away oblivion of the truth, namely, ignorance; and removing the darkness which obstructs, a dimness of sight, let us contemplate the only true God, first raising our voice in this hymn of praise: Hail, O Light! For unto us, buried in darkness, shut up in the shadow of death, light has shone forth from heaven, purer than the sun, sweeter than life here below. That light is eternal life; and whatever partakes of it lives. But night fears the light, and, hiding itself in terror, gives place to the day of the Lord.—Clement of Alexandria.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

ANOTHER CORPORATION TAKES A WHACK AT JOHN BARLEYCORN.

From a statement recently put in the pay envelope of each employee of the Pennsylvania Rubber Co.

"The money in this envelope is yours, to use as you see fit. It may be devoted to the good of your family if you have one; if not, to your own betterment or the improvement of those who are to any degree dependent upon your efforts. . . . What we have to say is a statement for the guidance of some, if they desire to remain in our employ. Eighty-five per cent of the discontent and trouble generated in this factory can be traced to men who, on account of careless habits, have become discontented with themselves and have endeavored to spread dissatisfaction.

"Do not think that you can wake up with a headache and wish the consequences on us. Also eliminate at once the idea that you can continue to lay off without cause and retain your position. The 'cramps in the stomach' is becoming old to a point that it is almost moss-covered. Above all, remember that the man who does not take proper care of his family cannot remain in the employe of the Pennsylvania Rubber Co. . . . We announce the platform upon which we stand in order that any who may desire to work under more liberal conditions may migrate before extremely cold weather sets in."

WHY WORRY ABOUT CONCURRENT LEGISLATION?

The antiprohibitionists are making a fearsome bugaboo out of the difficulties that supposedly will arise from concurrent enforcement of the prohibition amendment by federal and state governments. They suggest the possibility of the inflicting of a double conviction for one crime, a conflict between the laws of the state and federal government, etc.

As a matter of history, concurrent legislation by the federal and state governments has been tested and found to work successfully. Attention was called to this fact by Congressman E. Y. Webb at the time of the hearing and vote on the amendment in the house: "Counterfeiting is peculiarly a national offense," said Mr. Webb, "because it is offensive to the integrity of the national money, and yet nearly all the states have statutes condemning and punishing counterfeiting. But there the jurisdiction is concurrent, and if the state gets hold of a counterfeiter first the federal government sometimes lets the state handle it, but often asks the state to turn him over to the federal government. But the states have the right to enforce their laws against counterfeiters because the congress has given them the jurisdiction."

A TRAITOR TO HIS OWN BODY.

One of the strongest arguments that a physician can offer against the use of alcohol is its paralyzing effect upon the white blood corpuscles. These are our chief agents in defense against disease. When some morbid element enters the blood stream it is the duty of the white corpuscles to cast out. But the user of alcohol is lacking in this defense because he has been a traitor to his own body, taking into it that which destroys the power of his defenders. This is the explanation of the high death rate when pneumonia, typhoid, or other serious diseases attack habitual drinkers. It also explains the reluctance of the surgeon to operate upon a heavy drinker. The patient is lacking in that vital element known as "resistance." He has destroyed himself.—From "A Physician's Testimony on Alcohol," by Charles H. Lerrigo, M. D.

BANKS CASH PAY CHECKS.

The Deseret Evening News, recounting the changes wrought in Salt Lake City in five months of prohibition, says that very few of the places formerly occupied by saloons are vacant. These vacancies, we are told, are not chargeable to lack of would-be tenants or to a general slump in business, but to the undesirability of the locations for other business. The percentage of vacant buildings existing at present in the business district is no greater, according to real estate men, than before prohibition went into effect. The people today have the pleasure of seeing restaurants, grocery stores, meat markets, dry goods and clothing stores and many other sorts of stores in rooms formerly occupied by saloons.

The impetus given to other business, particularly amusements and savings institutions, has been gratifying. Motion picture theater proprietors freely admit that much of their prosperity during the fall and early winter has been due to prohibition.

BANK DEPOSITS INCREASE SEVENTY-FOUR PER CENT.

From the Idaho Statesman we learn that during the last two years—the period in which state prohibitoin has been in force—the bank deposits of the city of Boise have increased 74 per cent; also that the assets of Boise's six banks are 52 per cent greater. These increases are shown by the figures prepared by the banks showing their conditions as of November 20, the date set by the comptroller in his last call.

CLOSE THE SALOONS AND REDUCE CRIME.

The passing of the licensed saloon has resulted in an appreciable reduction in the number of felonies and crimes of a serious nature. If this were the only benefit to be derived from prohibition it would have more than repaid its supporters for the fight which they made for this then thought radical reform, but the numerous other benefits accruing from this source are, in reality, more important.—Hamilton Armstrong, Chief of Police, Denver.

Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales
$875,000,000.

Profits
$34,650,000.

This is equivalent to a $3,465. profit on a business of $87,500.

If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.

Swift & Company, U. S. A.

Nothing Doing.

"I see your boy has a little hatchet."

"Yes; but I fear he'll never make a president."

"Doesn't he chop down your favorite cherry trees, eh?"

"No; he chops up my favorite golf sticks."

KIDNEY TROUBLE OFTEN CAUSES SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for ailments of the kidneys and bladder.

It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases.

This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Too Bad.

Mrs. Sayso—I should think that the criticisms that your son received on his book would fairly make him smart.

Mrs. Ruyter Doun—Well, I guess they do—but they don't make him any smarter.

BOSCHEE'S GERMAN SYRUP

will quiet your cough, soothe the inflammation of a sore throat and lungs, stop irritation in the bronchial tubes, insuring a good night's rest, free from coughing and with easy expectoration in the morning. Made and sold in America for fifty-two years. A wonderful prescription, assisting Nature in building up your general health and throwing off the disease. Especially useful in lung trouble, asthma, croup, bronchitis, etc. For sale in all civilized countries.—Adv.

Predatory Suggestion.

"Will you go to the cellar, John, and get a scuttle of coal?"

"Whose cellar?"

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

In the role of an objector the man of limited capabilities can often attract a lot of attention.

Win the War by Preparing the Land

Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada

CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, $50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: **U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR**

It Can't Be Done.

"Women are great to make home cheerful."

"Um."

"Brighten up the corner where you are—that's my wife's motto."

"My wife is cheerful enough, too, but she's always on the gad. You can't brighten up the corner where you aren't."—Louisville Courier-Journal.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of Chas. H. Fletcher
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

What Day Is Today?

"Do you study the bill of fare to see what you are going to eat?"

"No, I study the almanac."

A melancholy sight this winter is a bill for a ton of anthracite.

The Usual Way.

"Judge, I'd like to tell you a joke about Mike and Pat," remarked the lawyer. "It seems Mike was visiting Pat and Pat said to Mike—no, I'm wrong there—Mike said to Pat—"

"Let's get it straight," interrupted the judge. "Mike is the party of the first part and Pat is the party of the second part. Now go ahead."—Louisville Courier-Journal.

How's This?

We offer $100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

Sold by druggists for over forty years. Price 75c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Buying a Title.

"Is this a title guaranty company?" "It is." "What's the rate on dukes?"—Louisville Courier-Journal.

Every man imagines he understands women until he marries one of them.

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour	1 cup cooked oatmeal or rolled oats
1½ cups corn meal	2 tablespoons shortening
1 teaspoon salt	1½ cups milk
5 teaspoons Royal Baking Powder	No eggs
2 tablespoons sugar	

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour *a month.*

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR