A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.

The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

Let Cuticura Be Your Beauty Doctor

All druggists: Soap 25, Ointment 25 & 50, Talcum 25. Sample each free of "Cuticura, Dept. E, Boston."

PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff.
For Restoring Color and Beauty to Gray or Faded Hair.
50c. and $1.00 at Druggists.

IN USE FOR 35 YEARS

BABEK

The Quick and Sure Cure for MALARIA, CHILLS, FEVER AND LA GRIPPE
It Is a Powerful Tonic and Appetizer
Will cure that tired feeling, pains in back, limbs and head. Contains no quinine, arsenic or habit-forming ingredient.

Barbanell's Perspiration Corrector
Makes walking a pleasure; will positively stop offensive odors from feet and arm pits as well as excessive perspiration. Send 25c in stamps to F. Barbanell, 1740 Haight St., San Francisco, Calif.

If a man is able to make a bluff at crying a woman will forgive him anything.

The Strong Withstand the Heat of Summer Better Than the Weak
Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of summer by taking GROVE'S TASTELESS chill TONIC. It purifies and enriches the blood and builds up the whole system. You can soon feel its Strengthening, Invigorating Effect. 60c.

Satire.

"Pa, what is satire?" "Satire, my boy, is where you say something bitter with a sweet smile."

Sure Proof.

"Do you believe that opals bring bad luck?"

"I do. My husband's rich uncle gave him an opal ring when he thought he was dying and he got well the next week."

Would Need Patience.

There is a great deal in putting it nicely. A prisoner was being sentenced sometime ago.

"You have a pleasant home and a bright fireside, with happy children sitting around it, haven't you?" asked the judge.

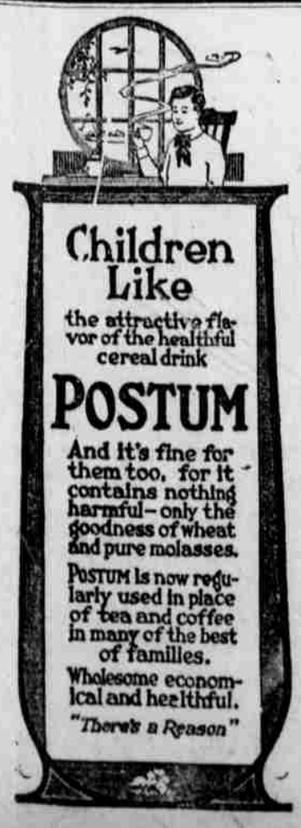
"Yes, sir," said the prisoner, who thought he saw a way out of the difficulty.

"Well," said the judge, "if the happy children sit around the fireside till you return they will stay there just 42 days."—Pearson's.

Women and Tractors.

Women are everywhere in the fields of Long Island this season. A service flag in one farmhouse window shows four stars and tells why the women of that house are brushing the peas. Nearly every house along the road shows a flag with a star or two. Mother and the girls are also brave.

The tractors are making the earth turn over on Long Island. The horses work in the same fields with those ugly-looking engines and show no fear. The horse with nerves has passed out like the lady with nerves in the Victorian novel. No women were to be seen running the tractors, although it is an easier job than clod-hopping behind a plow.—Brooklyn Eagle.



Temperance Notes

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

WHAT SOME BUSINESS MEN SAY ABOUT DRINK.

American Rolling Mill Co., Middletown, Ohio: We see no reason for lessening the opposition of industry to the use of alcohol as a beverage on the part of employees. As far as our experience goes, sobriety is absolutely essential to efficiency and to the progress of the individual workman.—George M. Verity, president.

Jackson (O.) Iron and Steel Company: We prohibit the use of alcohol by our employees while on duty and do all within our power to discourage the use while off duty. We favor the nondrinking men in the matter of promotion, and advance only those who are strictly sober in their habits to positions of responsibility. We are opposed to alcohol as a beverage not only for the sake of our own business, but for the sake of our employees themselves.—J. F. Morgan, secretary.

Crane Company, Chicago: We believe that drinking intoxicating liquor lessens a man's efficiency, and in considering men for promotion we lay particular stress upon sobriety.—John B. Berryman, first vice president.

Duquesne Steel Foundry Company, Coraopolis, Pa.: It has long been a policy of our company to give preference in promotion to men who are not consumers of alcoholic drinks—L. A. Way, superintendent.

The Buckeye Rolling Mill Co., Steubenville, Ohio: You can't be a boozer and deliver the goods.—J. T. Sarratt, secretary and treasurer.

Illinois Steel Company, Joliet, Ill.: In making promotions or in determining the merits of an employee, the fact that he does not use intoxicating liquors at all will be considered in his favor, and if he does use intoxicants, it will count against him.—E. J. Buffington, president.

Marion (O.) Steam Steel Shovel Co.: Liquor is not allowed in our plant under any conditions, and any man who uses it in the evening and unfits himself for business the following day is discharged.—Busby P. Sweney, general superintendent.

WHEN THE SALOON IS A BARRIER TO LABOR.

Because Bill Jones "boozes" he's worth $2.50 a day. Because Jim Smith is sober and clear-headed he's worth $3.50 a day. But the boss must strike a fair average, so he pays each $3.00 a day.

If there are two men like drinking Bill Jones in the shop, and one like sober Jim Smith, the average wage will probably be $2.75 a day. But if there are two men like sober Jim Smith and only one like drinking Bill Jones, their wage will likely be $3.25 a day.

The more men like drunken Bill Jones there are in a shop, the lower will be the average wage. The more men like sober Jim Smith, the higher the wage.

Anyway, that's the way the ordinary boss figures it. He must strike a fair average, because he has all kinds of men in the shop.

In such a situation there can be no such thing as "personal liberty." No man has the right to degrade his fellow-workers through his personal habits.—Charles Stelzle.

ONE REASON WHY.

Alexander Koski of Marquette was found dead in front of his home Sunday morning. There was a round hole at the base of his skull about the size of an ordinary revolver bullet. The deceased conducted a candy store and came home Saturday night intoxicated, and it wasn't through eating candy that he was in this condition. The man stumbled about the house, tried to get into his wife's bedroom, but she, knowing his condition, had locked the door. There was a man with him. The man's son, returning from work at about eleven that night found his father sitting in one of the downstairs rooms and afterward he heard him go out of the house at about one o'clock in the morning. Whisky was the cause of his death. He evidently fell while in his drunken condition, fracturing his skull.

It is one of a thousand reasons why, the people voted dry.—Ishpeming (Mich.) Record.

HIS PREFERENCE.

"It is the drug effect of alcohol for which beer and wine are drunk. There are palatable non-alcoholic drinks made from grains and fruits that do not produce the harmful results of alcohol. If the drinker does not desire the drug effect, he will use such drinks. If he prefers beer and wines, he prefers them for the drug effect of alcohols to the danger of the temporary or permanent injury which this drug inflicts.—Stoddard.

ON THE WATER WAGON.

Sing a song of suspense,
A bottle full of rye,
Eight and twenty U. States
Reforming on the sly.

When the box was opened,
The States began to sing,
For all the votes that tumbled out
Were dry as anything.
—New York Post.

The city of St. Louis decided that as saloons operate under special privilege they should be 100 per cent patriotic. Therefore, the owners must buy Liberty bonds.

What the saloon is, the brewery has made it. A legislative commission appointed by the State of Minnesota, found that 712 of the 814 saloons in St. Paul and Minneapolis were owned or controlled by brewers. Forty per cent of the licenses in Minneapolis and 78 per cent in St. Paul were paid for by brewery checks. Four hundred and twenty-eight saloon buildings were owned by them.

The French army authorities have forbidden the sale or consumption of alcoholic drinks in the war zone.

Growing Old

By REV. L. W. GOSNELL
Assistant Dean, Moody Bible Institute, Chicago

TEXT—Paul the aged.—Philemon 9.

Old age is dreaded by some. True the physical man may decay; the keepers of the house may tremble, the strong men bow themselves, the grinders cease because they are few, and those that look out of the windows be darkened. But in spite of all this "Paul the Aged" illustrates the blessedness which may accompany a Christian old age.

Doctor Cuyler at Fourscore.

Notice how cheerful he was. The Epistle to the Philippians was written in his latter years and from prison, yet its watchword is, Rejoice. Dr. Theodore Cuyler in his autobiography, "Memories of Eighty Years," says: "There are some people who have a pitiful dread of old age. For myself, instead of it being a matter of sorrow or pain, it is rather an occasion of profound joy that God has enabled me to write in my family record, 'Four Score Years'. The October of life may be one of the most fruitful months in all its calendar; and the 'Indian summer' its brightest period when God's sunshine kindles every leaf on the tree with crimson and golden glories."

Notice how sympathetic Paul was when old. Shakespeare declares "Crabbed age and youth canot live together," but Paul managed it. He delighted in young life and had Mark and Titus and Timothy about him What a secret of perpetual youth!

Some Accomplishments of the Aged.

Then, too, this aged man was busy. We understand the feeling of John Wesley which led him to pray, "Lord let me not live to be useless." We recall that Michael Angelo did his greatest work at sixty-seven and at ninety was an eager student and cried, "O for another hundred years!" "Paradise Lost" was written by Milton a few years before his death in old age.

Paul was busy with his writing. It was just at this time he wrote to Philemon, calling himself "Paul the Aged," that he sent forth his most glorious epistles—Ephesians, Philippians, Colossians. Many aged people by writing letters of Christian counsel or cheer might make their last days wondrously fruitful. If they can no longer write with comfort, they may send forth printed pages like leaves of healing.

Paul was busy with his reading. He bids Timothy bring to him, while imprisoned shortly before his death, his books and parchments (2 Tim. 4:13) What an opportunity age affords to browse at will in our libraries. The books we have longed to read for years may then be enjoyed. And how rich they become in the light of the experience of life! Especially, "What glory gilds the sacred page."

Paul was busy praying. Truly, he prayed without ceasing and especially in old age, spent so largely in prison So long as this ministry is open, no one need feel he has outlived his usefulness. Indeed, it is the very ministry neglected by those bearing the burden and heat of the day. How the Lord seeks for intercessors!

Paul was busy with his preaching True he was in prison, but he preached to his guards. So that throughout the Praetorian Guard Christ became known (Phil. 1:13 R. V.). We are reminded of such an invalid as Bella Cooke, confined to her room for years; but her bedside became a Bethel to thousands. The aged may be "Christian conversationalists" and may rival clergymen in their usefulness.

Finally, Paul was hopeful. "The time of my departure is at hand," he says, and he knows that "to depart is to be with Christ." As one has put it, not a space, but only a line, separates between the believer and his Lord. "A Christian old age may be like the polar midsummer days, when the sun shines till midnight, and dips but for an imperceptible interval ere it rises for the unending day of heaven."

May an Old Man Be Saved?

Nothing is more pitiable than the case of an old person who is without hope. But such a person need not so continue. Gypsy Smith loves to tell how his gypsy uncle was converted at the age of ninety-nine. "As many as received him, to them gave he power to become the sons of God, even to them that believe on his name." (John 1:12.) You need not wait for some strange feeling or wonderful experience. If you will humbly receive Jesus Christ as your Saviour, you shall be saved! You may come late into the vineyard and expect but little, but who knows what the Lord of the vineyard may do (cf. Matt. 20:1-16)? We heard of one converted late in life who departed full of joy, exclaiming, "I shall have my penny!"

Only One Such Book.

Do you know a book that you are willing to put under your head for a pillow when you are dying? That is the book you want to study while you are living. There is but one such book in the world—the Bible.—Joseph Cook.

Giving Wholly to Christ.

As I give myself wholly to Christ, I find the power to take him wholly for myself; and as I lose myself and all I have for him, he takes me wholly for himself and gives himself wholly to me.—The Gleaner.

Union With Christ.

A heart knowledge of our union with Christ, in his death, burial and resurrection cannot help but make the soul cease from self and look to Christ alone.—Selected.

ASTHMADOR
AVERTS · RELIEVES
HAY FEVER ASTHMA
Begin Treatment NOW
All Druggists Guarantee

JUDGE DECIDES STOMACH REMEDY A GREAT SUCCESS

Commissioner of Mediation and Conciliation Board Tries EATONIC, the Wonderful Stomach Remedy, and Endorses It.

Judge William L. Chambers, who uses EATONIC as a remedy for loss of appetite and indigestion, is a Commissioner of the U. S. Board of Mediation and Conciliation. It is natural for him to express himself in guarded language, yet there is no hesitation in his pronouncement regarding the value of EATONIC. Writing from Washington, D. C., to the Eatonic Remedy Co., he says.

"EATONIC promotes appetite and aids digestion. I have used it with beneficial results."

Office workers and others who sit much are martyrs to dyspepsia, belching, bad breath, heartburn, poor appetite, bloat, and impairment of general health. Are you, yourself, a sufferer? EATONIC will relieve you just as surely as it has benefited Judge Chambers and thousands of others.

Here's the secret: EATONIC drives the gas out of the body—and the Bloat Goes With It! It is guaranteed to bring relief or you get your money back! Costs only a cent or two a day to use it. Get a box today from your druggist.

Pimples
rashes, hives, redness and skin blemishes can be quickly removed with
Glenn's Sulphur Soap
Delightful in a warm bath before retiring—soothes the nerves and induces refreshing sleep. Druggists.
Hill's Hair and Whisker Dye, Black or Brown, 50c.

KIDNEY TROUBLE Is a deceptive disease—thousands have it and don't know it. If you want good results you can make no mistake by using Dr. Kilmer's Swamp-Root, the great kidney medicine. At druggists in large and medium size bottles. Sample size by Parcel Post, also pamphlet telling you about it. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

Every Woman Wants
Paxtine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

SONG WRITING A TRICK
WHICH ANY INTELLIGENT PERSON CAN LEARN
You can secure valuable information and assistance by writing for a free copy of our "SONG WRITERS' GUIDE," the best book of its kind on the market. We revise song poems, compose and arrange music, secure copyright and facilitate publication or sale.
Authors and Composers Service Co.
1431-A Broadway New York, N. Y.

Mountains of Oil Analysis Green River Oil Shale & Ref. Co's shale oil and mineral values of $15 net. Best investment ever offered the investor. Investigation solicited. Representatives wanted. Box 415, Kemmerer, Wyo.

W. N. U., BALTIMORE, NO. 34--1918.

The Reason.

"I visited the insane asylum today."

"What for?"

"To see a friend off."—Boston Evening transcript.

LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

Corrected.

Teacher—Willie, have you whispered today without permission.

Willie—Only wunst.

Teacher—Johnny, should Willie have said "wunst?"

Johnny—No'm—he should have haid twict.—Boston Transcript.

Why Bald So Young?
Dandruff and dry scalp usually the cause and Cuticura the remedy. Rub the Ointment into scalp. Follow with hot shampoo of Cuticura Soap. For free sample address, "Cuticura, Dept. X, Boston. At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Successful borrowers are the kind who get credit for their efforts.

Your Eyes A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids; "2 Drops" After the Movies, Motoring or Golf will win your confidence. Ask Your Druggist for Murine when your Eyes Need Care. M-15
Murine Eye Remedy Co., Chicago

IMPROVED UNIFORM INTERNATIONAL

SUNDAY SCHOOL LESSON

(By Rev. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

(Copyright, 1918, by Western Newspaper Union.)

LESSON FOR AUGUST 25.

CONFESSING CHRIST.

(May be used with missionary applications.)

LESSON TEXTS—Luke 12:8-12; Acts 1:1-11.

GOLDEN TEXT—Whosoever shall confess me before men, him shall the son of man also confess before the angels of God.—Luke 12:8.

DEVOTIONAL READING—James 3:1-18.

ADDITIONAL MATERIAL—Psalms 145:1-21; Mark 5:19-20; John 1:40-46; Acts 4:18-20; 1 Peter 3:15.

I. Importance of Confessing Christ (Luke 12:8-12).

To confess Christ is not easy; it has never been easy. To do so means exposure to ridicule, contempt and persecution. Regardless of its issue, the true disciple will confess his Lord.

1. Christ will confess before the angels of God those who confess him before men (v. 8). The true disciple will not be ashamed to let all men know that he knows, loves, and serves Christ.

2. Christ will deny before the angels of God those who deny him before men (v. 9). To deny Christ before men may get one a little of human applause, but will surely bring one to loss of heaven and to the sufferings of hell forever.

3. A pernicious testimony is unpardonable (v. 10). This testimony is the expression of a heart utterly perverse, attributing the mighty works of the Holy Spirit as wrought by Christ to the devil (Matt. 12:32; Mark 3:29). The unpardonable sin will only be committed by one whose heart is incurably bad, one whose moral nature is so vile that he fails to discern between God and the devil—a reprobate.

4. Divine aid given in testimony (vv. 11, 12). In the most trying hour the Holy Spirit will teach the disciples what to say, and how to say it.

II.—Qualifications for Confessing Christ (Acts 1:1-11).

Christ remained with the disciples forty days after his resurrection to prepare them for the important business of witnessing for him. He had a five-fold object:

1. To convince the disciples of the absolute certainty of his resurrection (vv. 2, 3). Before the disciples could undertake the great work for which they had been preparing, the question of Christ's resurrection must be settled beyond a doubt. No one can preach the gospel who does not have certainty of conviction touching the resurrection.

2. To instruct the disciples in things pertaining to the kingdom of God (vv. 3, 6, 7). Their unwillingness to hear Christ's instruction (John 16:12, 13) before his passion shut out much valuable information, so the Lord tarries to supply this need. They had a wrong idea as to the kingdom being restored, not as to fact, but as to time. Christ had again and again predicted a coming kingdom in harmony with the united testimony of the prophets of Israel. They understood him aright as to the fact of the kingdom, but the time of its manifestation they failed to grasp. The disciples should be defended against the reproach for having a materialistic conception. The kingdom is still to come; the time of its coming is known only to God.

3. To show the disciples that their business was to witness for Christ to the uttermost parts of the earth (vv. 4, 5, 8.) This witnessing was to be done in the power of the spirit, the result of which would be the formation of a new body, the church, called out from the world in the time of the postponement of the kingdom.

4. To show the disciples the scope of their missionary activity (v. 8). This is shown to be as wide as the world itself. They were to begin at home and carry the good news concerning Christ to the uttermost parts of the earth. Mission work begins at home and ends with the bounds of the earth.

5. To show the disciples that Christ will henceforth operate from heaven. They were to work on the earth, but the source of their power was in heaven. Though he is separated from the disciples it will not be forever, for he will come again. He will come again as the God-man, our mediator. The words of the men in white apparel have a double significance.

(1) To show that Jesus will come again.

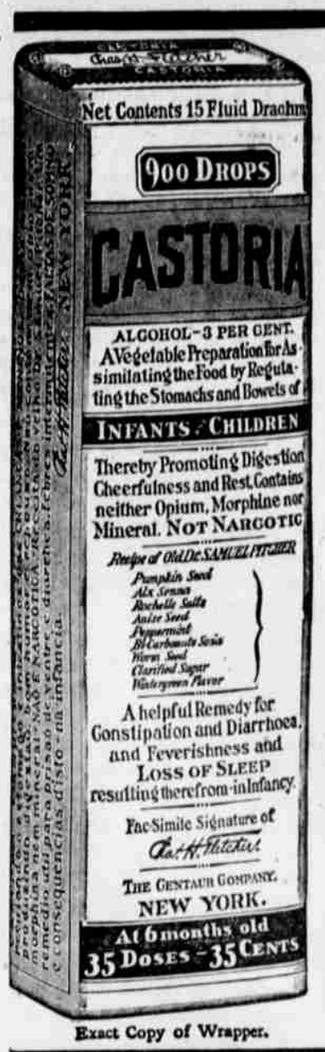
(2) To show that in the meantime they should set to work in the discharge of their commission, and not be gazing up into heaven. The Lord's instruction to the disciples was, "Occupy till I come" (Luke 19:13). Those who have an intelligent hope touching the coming of Christ are not sky-gazers, but are deadly in earnest witnessing for Christ.

An Ancient Exemption Formula.

Jesus shows how often ritualism actually defeats the purposes of religion He uses an example that was familiar to his hearers. If a man pronounced the word "corban," which means "consecrated," over anything, he was free from the obligation to use it for ordinary purposes, even if he changed his mind about giving it to God! So if an ungrateful son said "corban" over his wages, he was exempted from helping to support his mother, even though he did not give the money to the temple! Of course, originally the practice meant that an offering, once vowed, was sacred and exempt from conflicting claims.—Christian Herald.

Living With Christ.

Where there is the life of Christ there is Christ himself, and where his life is not, Christ is not, and where a man hath his life, he may say with St. Paul: "I live, yet not I, but Christ liveth in me." And this is the noblest and best life, for in him who hath it, God himself dwelleth with all goodness. So how could there be a better life?—Theologia Germanica (14th century).



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CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher.*

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

No Such Thing.

"My dear, this is a bare apology for a salad."

"It isn't. I dressed it myself."

Every man on earth has either rheumatism or a hobby.

Matching.

"What a wonderful head of hair that girl has."

"Yes, and she's even hare-brained."

Amarillo, Tex., has more female than male voters.

GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, gallstones, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes a new man, a new woman, of you. It frequently wards off attacks of the dread and fatal diseases of the kidneys. It often completely cures the distressing diseases of the organs of the body allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brickdust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. Each capsule contains about one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "brickdust," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.—Adv.

The Depressing Heat

When your blood is not in good condition, the Summer heat weakens all the muscles of the body. To avoid spells of weakness and sickness during the hot weather, you must have pure, rich, red blood.

Grove's Tasteless chill Tonic

destroys malarial parasites in the blood and removes other poisons by Purifying and Enriching the Blood. You can soon feel its Strengthening, Invigorating Effect and when you feel strong, the Summer heat will not depress you.

Grove's Tasteless chill Tonic is an exceptionally good general strengthening tonic for the Child, the Mother and all the Family. It is pleasant to take. Price 60c.

Perfectly Harmless. Contains No Nux-Vomica or other Poisonous Drugs.

Grove's chill Tonic Tablets

You can now get Grove's Tasteless chill Tonic in Tablet form as well as in Syrup, the kind you have always bought. The Tablets are intended for those who prefer to swallow a tablet rather than a syrup, and as a convenience for those who travel. The tablets are called "GROVE'S chill TONIC TABLETS" and contain exactly the same medicinal properties and produce exactly the same results as Grove's Tasteless chill Tonic which is put up in bottles. The price of either is 60c.

Libby's

Savory hot sandwiches—Libby's Dried Beef, toast and cream sauce.

Tender—Delicate Sliced Beef

THE tender delicacy of Libby's Sliced Dried Beef will surprise you. The care with which choice meat is selected, the skill with which it is prepared, give it the exceptionally fine flavor. Its uniform slices will please you, too. Order Libby's Sliced Dried Beef today.

Libby, McNeill & Libby, Chicago