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1,716,000,000 **Founds of Flour Daved**

if each of our 22,000,000 families use this recipe instead of white bread.

One loaf saves 11,000,000 pounds; three loaves a week for a year means 1,716,000,000 pounds saved!

Enough to Feed the Entire Allied Army

Corn Bread with Rye Flour

1 cup corn meal
1 cup rye flour
2 tablespoons sugar
5 teaspoons Royal Baking Powder

1 teaspoon salt
1 cup milk
1 egg
2 tablespoons shortening

Barley flour or oat flour may be used instead of rye flour with equally good resuits. Sift dry ingredients into bowl; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

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Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving loods, mailed free—address ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN 135 William St., New York

The contest in the Reformed church here between the Men's gible Class, Mr. D. Compton, teacher; and the Young Men's day with some medical sup-dies—remedies that will assist At the age of sixty-nine he is grandsom, Lloyd Shumac, nature is the great doctor, and equal powers of endurance. Who is with the Engineering his purpose is to work in harmony with nature. He is a liv
The contest in the Reformed church here between the Men's lible Class, Mr. D. Compton, teacher; and the Young Men's class, Rev. L. N. Wilson, teacher, is proceeding with much enthusiasm. There has been a marked increase in membership, in interest shown in the study of the lessons and in col
THE CHILD'S QUERY?

The lesser give a balquet to the winners, if Mr. Herbert Hoover doesn't object. At endance counts 2 points, less son studied 1, offering 1 point 5 points. The boys are ahead at this writing but the final result is hard to predict, as the sult is hard to p

COAL RUN.

John Ohler and Herman Miller were Garrett visitors

Fred Nolte and George Robinson were Berlin visitors Sat-arday last.

Mrs. Wilton Sheetz, who has been on the sick list for some time past, is now improving.

Con Hemmings, who has been confined to his bed for some time, is able to be about

Marshall Lowery has had the bandages removed from his finger which he had the misfortune to break some time

Richard Hickson has passed the medical examination for military service and will be leaving us in the near future for the front.

The weather we are having at this writing is certainly very pleasant and very much ap-preciated after the long siege of the past winter.

Mineworkers, why not all deposit a little sum of your hard earned money in the U. M. W. A. and draw interest on it every two weeks in your pay envelope?

John Gray, of Garrett, is confined to bed at George Gray's home here, with blood poison in his leg, as a result of a small cut which he received while at work in the mines some time ago.

ST. PAUL.

Mrs. Maurice Hostetler and children, of Meyersdale, were visiting her mother.

Born, to Mr. and Mrs. Milton Bodes, a girl; to Mr. and Mrs. Dan Engle, a girl.

Miss Sadie Christner, of Stoyestown, is visiting friends and relatives in this vicinity.

Mr. John Whisler, our expert machinist, was called upon to put Irvin Engle's Ford car in running trim Monday

Mr. and Mrs. Mahlon Yoder and children, of Summit Mills, were the guests of Mr. and Mrs. Herman G. Lepley, Sun-day last.

Mr. and Mrs. Howard Fresh and children, of Listonburg, were the guests of Mr. and Mrs. Jacob Sechler on Tuesday of last week.

Salome Beachy, of Norfolk, Va., was visiting her sister, Miss Lucy Beachy, who is mak-ing her home with Mr. and Mrs. Jonas Beachy.

Mr. William Sechler is furnishing sweets to St. Paulites by the gallon. Go to it, Wil-liam, but do not try to boil syrup out of rain water.

Miss Mildred Snyder, of Pocahontas, spent the week end at the home of her grandparents, Mr. and Mrs. Richard Sipple, and with other relatives here.

Practice for the Easter serv restricts for the Easter services which are to be held in the Reformed Church on Easter Sunday evening is making good progress under Rev. Wilson's

About three hundred people sermon was preached by the Lutheran minister, Rev. Charles Lambert, assisted by Rev. L. N. Wilson.

ANDREW LINDSTROM, General Blacksmith and Practical Horseshoer. Johnstown phone No. 20.

Local phone.

TORQUATO BROS., 1317 Midway, General Contractors. Bell phone No. 107-J.

Mr. N. D. Hay is trying out a new Huber tractor on his farm. It is supposed to do the C. work of four men and twelve horses. Such machines should be a great help in speeding up the production of foodstuff and in making up for the shortage of farm labor in times like we are experiencing at present.

Since the hydrogen relations and speeding up the production of foodstuff and in making up for the shortage of farm labor in times like we are experiencing at present.

Since the hydrogen relations to th

Since the business relations of a number of our residents will call them elsewhere in the near future, we bid them farewell with best wishes for con-

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These Business and Professional Men Contribute to the Support of The Commercial; Commercial Readers Contribute to the Support of These Business and Professional Men.

List under this heading your busines name, location, telephone number and a brief general description of goods carried in stock, or of professional services available to the public. No single ad listed to contain more than seven printed lines. The cost is 50 cents per month.

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Drugs, Medicines, Cigars,
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Graphophones and Records. Both phones.

Both phones.

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HOOVERSVILLE, PA.

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and Soft Drinks.

A. LOHR & SON, News
C. D. NUPP, 1214 Graham Av.,
Newspapers, late Magazines;
Candies, Cigars and Tobacco.

List under this heading your sines name, location, tele-none number and a brief gen-

C. DULL, Water St., Shoes, Gents' Furnishings; Bicycle Supplies. W. MENSER, Plumbing, Heating, Tinning. County

W. E. DOYLE, Main St.,

bering, Shampooing, P. M. Boyer, Prop., Successors of Autos. Both phones.

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lections, in both classes. The RESULTS WILL STARTLE contest closes April 1st, when the losers give a banquet to the winners, if Mr. Herbert

MEYERSDALE.