

Swift & Company's 1918 Year Book

shows that Swift & Company sells the meat from a steer for less money than the live steer cost!

Proceeds from the sale of the hide, fat, and other by-products covered all expense of dressing, refrigeration, freight, selling expense and the profit of \$1.29 per steer as shown by Swift & Company's 1917 figures as follows:

Average price paid for live cattle per steer	\$84.45
Average price received for meat	68.97
Average price received for by-products	24.09
Total received	93.06
This leaves for expenses and profit	8.61
Of which the profit per steer was	1.29

There are many other interesting and instructive facts and figures in the Year Book.



We want to send our 1918 Year Book, to anyone, anywhere — free for the asking. Address Swift & Company, Union Stock Yards, Chicago.

Swift & Company, U. S. A.

22 Million Families in the United States

4 CUPS OF WHEAT FLOUR TO THE POUND

If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week.

The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread.

Corn Meal Biscuits

3/4 cup scalded milk	3/4 teaspoon salt
1 cup corn meal	1 cup white flour
2 tablespoons shortening	4 teaspoons Royal Baking Powder

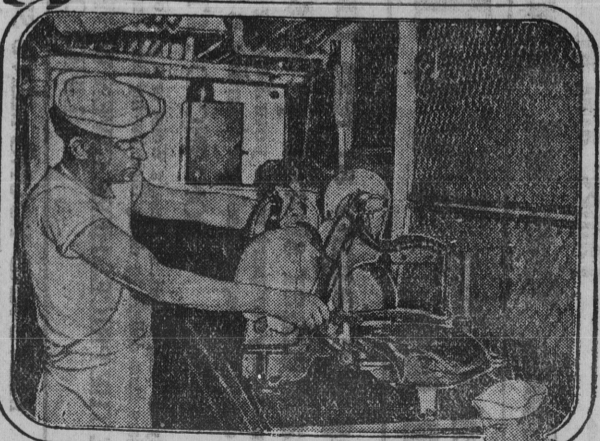
Save 1/2 cup of the measured flour for board. Pour milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes.

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. H., 135 William Street, New York

FOOD WILL WIN THE WAR

AMERICAN NAVY ELIMINATES WASTE



Slicing Bacon on Battleship

JACKIES in the American navy are classed as the best fed body of men in the world. In the ship's galleys every effort is made to eliminate waste.

In the upper photo one of the cooks on the North Dakota is operating a meat slicer that cuts bacon with the least possible wastage.

Fat is fuel for fighters. Bacon is badly needed in the allied armies and navies. The allied needs in pork products are 150,000,000 pounds monthly, three times as much as before the war.

Another waste eliminator on the North Dakota is the potato peeler, shown in the lower photo. Nothing is lost except the actual potato skin.

There is a sufficient quantity of po-



How They Peel Potatoes aboard Ship

tatoes in America for greater use in every home and for all needs of army and navy. Eat more potatoes, eat less wheat.

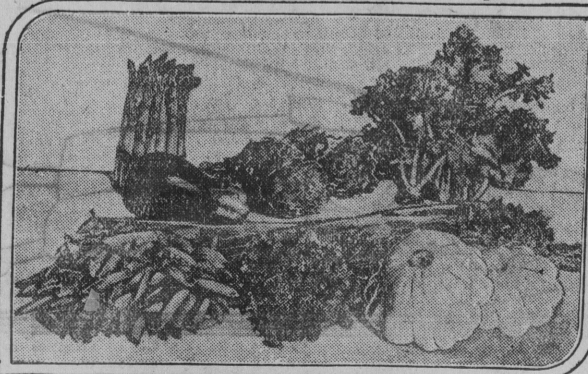
EVERYONE MUST HELP.

Wars cannot be fought without money, and upon the Treasury centers every financial demand upon the Nation.

The rich of this country cannot alone meet the needs of the Nation; the men of the country cannot do it alone; the women of the country cannot do it alone; but all of us, the people of the United States, disregarding partisanship, forgetting selfish interests, thinking only of the supremacy of right and determining to vindicate the majesty of American ideals and secure the safety of America and civilization, can do the great and splendid work which God has called upon us to do.

W. G. McADOO,
Secretary of the Treasury.

Plan Your War Garden Now; Save Time and Money.



HELP INCREASE OUR EXPORT FOOD STOCKS

IN CITY and country more war gardens are needed this year than ever before. Patriotism prompted 2,000,000 Americans to plant gardens last year, according to estimates of the United States Department of Agriculture. Transportation facilities of the nation will be strained this year hauling munitions of war and foods for the Allies. The surplus food created by home gardens will help in the railroad problem. And the nation will eat less of the goods we must export—wheat, meat, fats and sugar. Every boy and girl that helps with the garden is helping win the war. Leaflets of instruction in garden making may be secured from the Department of Agriculture at Washington, upon request, without charge.

THE COMMERCIAL'S UP-TO-DATE BUSINESS GUIDE AND PROFESSIONAL DIRECTORY.

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 business 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.

MEYERSDALE, PA.

R. REICH & SON, 130 Centre St., Furniture, Carpets, Wall Paper, Stoves, Pianos & Musical Goods; Undertaking a Specialty; all phones.
W. B. COOK & SON, Fire, Automobile, Compensation, and Plate Glass Insurance.
MEYERSDALE'S LEADING DRUGGIST, F. B. Thomas. Drugs, Medicines, Cigars, Perfumes, Toilet Articles; Graphophones and Records. Both phones.

LUCENTE'S GROCERY, All kinds of Groceries, Fruits and Vegetables; Olive Oil a Specialty; Centre St., opposite the Bijou Theatre.

MEYERSDALE MARBLE WORKS, A. H. Johnson, The Monument Man, Prop.

MEYERSDALE AUTO SERVICE CO., Dealers in Buick and Dodge Cars; Lee Guaranteed Puncture Proof Tires and Goodyear Tires; Accessories; fully equipped Machine Shop. Both phones.

DONGES MEAT MARKET, Meats, Butterine, Butter, Eggs, Cheese, Poultry. Both phones.

GARRETT, PA.

WILLIAM MARTIN, Shoe and Harness Repairing; Shoe Shine.

SIDNEY BURK & SON, First National Bank Bldg., Up-to-date Shaving Parlor.

THE ANGEMA LABORATORY, Manufacturers of Medicines, Toilet Articles, Extracts, Soap, etc., Main office Pittsburgh, Pa.

BEAL'S RESTAURANT, Short Orders; Cigars and Tobacco; Groceries; Ice Cream; and Justice of the Peace. Economy phone.

W. H. CLEMENS, Notary Public; Ice Cream, Soda Water Confectionery, etc. Economy phone.

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HOLLSOPPLE, PA.

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WILSON'S MEAT MARKET, Stanley Wilson, Prop., dealer in all kinds of Fresh and Smoked Meats; Butter, Butterine, Eggs, Cheese and Poultry; Fish and Oysters. County phone.

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HOOVERVILLE, PA.

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HARRY ISAACSON, Water street at corner Bridge; Clothing, Shoes, Gents' Furnishings. County phone 18.

JOHN E. HAMILTON, Main St., Drugs, Soda Water, Cigars. County phone.

J. C. DULL, Water St., Shoes, Gents' Furnishings; Bicycle Supplies.

F. W. MENSER, Plumbing, Heating, Tinning. County phone.

W. E. DOYLE, Main St., Barbering, Shampooing, Massage.

HOOVERVILLE GARAGE, P. M. Boyer, Prop., Successors of Autos. Both phones.

ROCKWOOD, PA.

ROCKWOOD HARDWARE CO., W. Main St., General Hardware and Mining Tools. Economy phone.

J. J. KARR, Farmers' and Merchants' Bank Bldg., Tonsorial Artist.

E. A. MALSBERY, W. Main St., Jewelry and Watches; B. & O. Watch Inspector.

FRITZ MACHINE SHOP, All kinds of Repair Work; Pipe and Pipefitting. Economy phone.

THE HOME MADE BREAD MAN, J. D. Snyder. County phone No. 26; Economy phone No. 15.

Z. ED. MILLER, W. Main St., Fruit and Groceries. Economy phone No. 87.

PETE MANCUSO, W. Main St. Merchant Tailor; Cleaning, Pressing, Repairing; Work Guaranteed.

PHOTOPLAY THEATRE, Geo. Ridenour, Prop., W. Main St., First Class Pictures; Change daily.

MEYERS' HARDWARE & MEYERS' VARIETY STORE, N. F. Meyers, Prop., Miller Bldg., General Hardware, full line of Variety Goods. Economy phone.

MILLER & WOLF, Successors to John D. Locke, Miller Block, Clothing, Shoes and Hats for Men.

MILLER'S HOTEL AND RESTAURANT, Rooms, Meals, Short Orders; Tobacco and Cigars; full line of Groceries. First Class Accommodations.

SOMERSET, PA.

W. CURTIS TRUXAL, Attorney-at-law; prompt attention given to all legal business.

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FRED BRUMBERG, 911 Graham Ave., General Blacksmith and Horseshoer. Local phone.

GEORGE RUDOLPH, 1321 Midway, Custom Tailor. Local phone.

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

SOL BRICKER, 1320 Graham Ave., Clothing, Shoes, Gents' Furnishings.

C. D. NUPP, 1214 Graham Av., Newspapers, late Magazines; Candies, Cigars and Tobacco.

T. H. VAUGHN, Dealer in Fresh Roasted Peanuts and Buttered Pop Corn; opposite Windber Opera House.

THE CHILD'S QUERY

Eber K. Gockley's first song success. On sale by

Mrs. W. A. McCune, R. Reich & Son, J. E. Leckemby and Collins' Drug Store, Meyersdale; E. A. Malsberry, Rockwood; Morrison Music Company, Somerset.

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