# THIS FREE COUPON IS GOOD FOR 15c

## SCHIFFMANN'S T XPECTORAN

#### Julius Anderson Writes, Wouldn't Be Without **Dodd's Kidney Pills**



Children Who Are Sickly

Mother Gray's Sweet Powders for Children

# D=Kelloggs Asthma

## Why?

### BEECHAM'S PILLS





Yes, accidents will happen

When Your Eyes Need Care

# DISEASES OF CROPS CAUSE BIG LOSS

Lessons of Past Indicate Need of Controlling Prevanlable Troubles.

OATS SMUT IS UNNECESSARY

Easily Be Guarded Agi M. A. C. Man says—Same li True of Wheat Smut and Potato Troubles

for whent sunt, which clso is the cause of peralelous loss in this time of food shortage. This loss, which the farmer must stand, is enormalis. A common



mixture. Hime sulphur for use against apple scale, and corrosive sublimate for puture scale and black scarf are lard colottali and should be indered at once. To delay securing these necessary

#### KIDNEY TROUBLE NOT EASILY RECOGNIZED

RECIPE FOR GRAY HAIR.

To hall pint of water add 1 oz. Bay
m, a small box of Barbo Compound,
1 14 oz. of glycerine. Any druggist can
this up or you can mix it at home at





Getting Even With Grump.
"This certainly is a hard winetr."
"Holt. 'Any fool knows that."
"Then I needn't have told you."

# 22 Million Families in the United States

FEACH FAMILY saved one cup of wheat flour it would amount to 5,500,000 pounds, or more than 28,000 barrels. If this saving was made three times a week, it would amount to 858,000,000 pounds, or 4,377,000 barrels.

Sarrels in a year.

You can do your share in effecting this saving and really help to win the war by omitting white blead from one meal today and baking in its place muffins or corn bread made according to this recipe:

The cup corn meal or Meal Muffins

\$\frac{t}{2} \text{cup corn meal} \text{ cup corn meal} \text{ No eggs} \text{ valuespoons auger No eggs}

2 tablespoor No eggs 1 cup milk 2 tablespoor

bread in greased shallow pan, white and Blue booklet, "Best War Time Recipes," containing many other 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