

Plans for Federal Road System Involve Wasteful Duplication


Firecrive as a regulator DELCLIOUS as a brealkfast food

No wonder millions eat it cvcry morning of their lives!

People have found that the healthful bulk in Post's Bran Flakes safeguards them against constipation. It keeps them regular, normal and feeling fine. At the regular, normal and feeling fine. At the

same time the crisp, mellow-tasting bran flakes are delicious to eat every morning - as one should for regularity. With milk or cream and fruit - in muffins or bread-they're a real appetite-provoker! Try Post's Bran Flakes this way yourself for the next two weeks. See for yourself how this flavory, appetizing breakfast cereal helps regularity, improves health. Always fresh in the handy package.

## POST'S BTAN THAKES WITH OTHER PARTS OF WHEAT

 Cases of recurrent constipation, associated with too little bulk in
the diet, should yield to Post's Bran Flakes. If your case is abnor-







DHILUPS
of Magnesia

| been doubled by the war. Lensthen their service by using Red Cross Ball |
| :---: |
| Sardinia May Grow Cotton |
| the Italian ministry of national |
| y has just proved |
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| in a program of ralsing everything |
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| abroad, it is implied that further attention will be given to the raisin |
| of cotton, of which Jtaly is a heav |
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| buyer. (A metric quintal is nbout 22 pounds.) $\qquad$ |  |
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| The Only Way <br> "Henry, we must have thaty's phote graph taken before the gets any older. |  |
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| "All right, I'll humt up a movingpleture mann." |  |
| The daily use of |  |
|  |  |
| Cuticura |  |
| has become the approved recipe for natural skin and complexion beauty. There is nothing better than drily use of the Soap, assisted by the Ointment, to keep nt the skin fresh and clear, the hands soft - and smooth and the hair healthy. |  |
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| Soap 2sc. Oinement 2 sc , and soc. Talcum 2 sc . Address:"Cuticura," Dept. B6, Malden, Mass. If Cuticura Shaving Stick 25 g. |  |
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