tips For vaction Horiiers
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## A Perfect Food

A Perfect Food means Perfect Health, bright eyes, a clear complexion, breath, sound teeth, an Shredded Whole Wheat Biscuit is a perfect food and complete in itself for the proper nourishment of
Shredded Whole Wheat Biscuit is made in the only hygienic and scientific Food Laboratory in the world.
Sun-flooded through 30,000 lights of glass, finished in white enamel, marble and mosaic, and ventilated with filtered and tempered air, this Laboratory is the ver: itable home of purity-a place where contamis nation cannot occur.
in the making of Shredded Whole Wheat Biscuit. The wheat is first thoroughly cleaned and all the light kernels are removed,

| Poached or |
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| Scrambled E.gss on |
| Shredded |
| Whole Wheat |
| Biscuit | then it is washed in sterilized water and thoroughly cooked, after which it is

spun into thousands of little shreds, each shred containing thousands of little pores which make it light and porous without the use of yeast, baking powders or chemicals of any kind, and naturally short without the use of fats. The shreds are then cut into biscuit and twice cooked, making them deliciously crisp, which compels thorough mastication and insures perfect digestion.
The above facts make Shredded Whole Wheat Biscuit the most perfect food known to man
THE NATURAL FOOD CO., Niagara Falls, N. Y.

|  | WHY THE HLOOD CANE DUWN <br> Kentuoky Weather Sharp Points Out th Canse and Effect. |  |
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| attraction-for women guestr. The girl who |  |  |
|  | rain belts thet usually brings plentiful and abundant rainfall. Part of this same terri- |  |
|  | tory and a vast stretch of that fertle country lying north of the present fooded |  |
|  | area was devastated and inundated by these |  |
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|  | country by the irregular meteorological conditions involved, that must have exinted |  |
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|  | ditions existing in the atmosphere that most evfdently produced this. Immense rainfall still exist in the air, und are only |  |
|  | still exist in the air, and are only mamentarity abnted and will likely caune throughout the remainder of this yenr and |  |
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|  | North Amerlcan continent. These foods will be located along the courses of certatn |  |
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|  | Along the equator the intense heat of the sun heats the air, cassing it to expand, |  |
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|  | bees was held Thursday evening. The degreo team under Captain Hartry was given | acaixt veatures of cive. |
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| floods as long lis such conditions continue. Rain has the effect of washing and cleans- |  |  |
| Ing the air, which, of necessity, checks the |  |  |
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| Tenter Mhe preent thood ditartet is. likely |  |  |
| an theo dust sapor-1aen curents migrate |  |  |
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|  | TABLE AND KItche |  |
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| ECHOES OF THE ANTE ROOM | Cereal.Brolled Chops, Creamed $\begin{aligned} & \text { Cream. } \\ & \text { Potatoes, } \\ & \text { Coast, }\end{aligned}$ DINNER |  |
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|  | Crown of Muttonion or hitanhed Potationes, |  |
| Contraty to reorth which wero putubat |  |  |
|  | Cocoa Frappe with Strawberries, Orange supfer simp sitad |  |
| location of that insill the meeting of the decision be made until stockholders which will be held at Free- |  |  |
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| mouth has no advantage over other places no far as the loca |  |  |
| cerned. <br> The secretary of the Mawonle Grand |  |  |
|  | Cone trow into orid water, Arait and |  |
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|  |  | member of the city Board of Education. The following coroner'e verdiot was re- |
|  | a little augar over them and dry in a cool oven. | Ther folumink corone verdiot wam |
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| and decorate the graves of all members ofthe soclety who have passed beyond. Inthe afternoon at 3:30 the memorial serviceawill be held at Myrtle hall. at the meeting |  | Pertan ith ibove siven to wit Andrew |
|  |  | Stack hatr and dark complection, and |
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| ered by Dr. L. A. Merriam, past chancel- |  | having the proper witnesses, which was a Bon of the deceaned, I find that on the 14 th |
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| of Mian Grace Cady, Mias Gertrude Mc-Culloch. W. F. Gratton and Charies |  |  |
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| The tont tatallation ot om |  |  |
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|  |  | blt had gone. So he went back and Justbefore entertng the house thought he would |
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| The regular weekly review of Ornahatent No. $\overline{\mathrm{N}}$ of the Knighta of the Macca- |  |  |
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