## Ladies' Sylisic Coats

 CREDIT Numin sin
9.15

Elaborate Coats

SUITS
12.50

Men's Suits OVERCOATS

| STROUSE BROS. |
| :---: | :---: |
| SIO |

 MAHA CLOTHING O
\&FURNITURE
FARNAM ST FATHER SHERMAN TO DOCTORS



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# GREENSHIELDS \& EVEREST COMPANY 

551 WEST BROADWAY, COUNCIL BLUFFS, LOWA
AND WILLIAM ARND, 130 SOUTH MAIN STREET, COUNCIL BLUFFS, IOWA


## The

## Food Value of a Soda Cracker

You have heard that some foods furnish fat, other foods make muscle, and
tissue building and heat forming.

You know that most foods have one or mor food contains them all in such properly balance proportions as a good soda cracker?

The United States Government report shows in the muscle and fat elements, and have a much higher per cent of the tissue building and heat forming properties than any article of food made That is why Uneeda Blscult should form an important part of every meal. They their goodness àpd nourishment being brought hroir goodness ajd nourishment being brough against air, moisture and dust-the price being too small to mention.

