NEWS OF INTEREST FROM IOWA
COUNCIL BLUFFS Office 15 Scott Street. Both 'Phones 43.

COMMITS TO SPEAK MAY ONE - morn e

## Improper Food

The persistent eating of improper food and too much. acid substances, finally failure of strength, irritable temper and chronic dyspepsia.
DR. PRICES
WHEAT FLAKE CELERY
FOOD
is an improved wheat food, furnishing all the elements requisite for the nourishment and growth of the human body. Made from the whole
grain of the wheat, the only cereal designed by nature for man's proper subsistence.


## A Laxative

 that is as Harmless as Food

OMAHA BARBER WANTS TO HELP THE OTHER FELLOW


## To The

Beef-Eaters.
How much
meat you ought
pu ought
to eat d pends
your daily
employment.
If you are not shoveling dirt, better eat sparingly of the flesh foods. You can get more muscle-making nutrimont out of

## Shredded Wheat

with less tax upon the digestive organs. And the difference in cost will also add to your comfort. , Try it.
For breakfast heat the Biscuit in oven,
pour milk over it (hot milk in winter) and a little cream. If you like the Biscuit for breakfast you will like toasted TRISCUIT
(the Shredded Wheat wafer) for (the Shredded Wheat wafer) for luncheon or any meal with butter, cheese or marma-
lade. At your grocers.

## Five splendid offices

There are five offices and only five, which are not occupied at the present time. If you want an office in the best building in Omaha, now is the time to make your selection, because among these are several choice rooms and one or two exceptional opportunities.


