



National Apple Week Beginning Saturday

Help the apple growers by buying a box and serving them in various ways during the week, apple pie, apple dumplings, apple cobbler, apple sauce, baked apples—prepare them different every day. We have a good supply and price is reasonable. All kinds of good things to eat in fresh fruit and vegetables. These cold mornings you will want to phone your order and have it delivered. Use our free delivery service.

Saturday Special—for Cash Only

30 bars White Laundry Soap	\$1.00
Nice Bananas, 3 lbs. for	25c
3 lbs. Our Famous Blend Coffee	\$1.10
4 cans No. 2 1/2 large Pineapple, Preferred	
Stock new crop, fancy	\$1.00
5 cans No. 2 1/2 Broken Slice Pineapple	\$1.00

Try our Hodgen-Brewster Poultry and Dairy Feeds

Quality Meats

Boiling Beef, lb.	12 1/2c
Beef Roast, lb.	15c
Sirloin and T-Bone Steaks, lb.	20c
Hamburger, 2 lbs.	35c
Pork Shoulder Roast, lb.	25c
Pork Leg and Loin Roast, lb.	30c
Pork Sausage, 2 lbs.	45c
Cottage Hams, lb.	38c
Pure Lard, 2 lbs.	45c
Bacon Backs, light, lb.	38c
Bacon, fancy, medium, lb.	40c
Bacon Squares, lb.	28c
Heavy Bacon, half or whole	35c

Fancy Heavy Hens

Fancy Heavy Fryers or Roasters

PEOPLES SUPPLY CO.

Grocery Phone 145 Meat Market 363
Free Delivery

DIET AND HEALTH

(Continued from page 4.)

rect diet and other hygienic measures must be part of the treatment.

Let us know if you are relieved. Is Saccharin Harmful? K. asks if the use of saccharin for sweetening tea and coffee is harmful if prolonged over a long period of time, say three or four years.

You didn't say, K., but I gather that you must be overweight, for it is only the overweighters and diabetics who are interested in saccharin, and certainly if you know you are diabetic you are not depending upon any advice that will be given you through a newspaper, but are being treated by a specialist.

Saccharin is a coal tar product, 200 to 300 times sweeter than sugar, but it has no food value. However, it is a drug and one has to be careful about taking any drug.

habitually. How soon ill effects would accrue depends upon how much is taken.

The referee board of the Department of Agriculture conducted an investigation and it was found that in quantities over four grains a day, saccharin would certainly cause digestive disturbances, and digestive disturbances certainly can cause other troubles. Sooner or later, probably a smaller amount than this would cause disturbances. Coal tar products, as a rule, depress the heart, and saccharin is no exception. So heart patients should be very careful in its use.

One diabetic specialist of my acquaintance says that up to two grains a day it has not proved harmful to his diabetic patients. It is better for the diabetic and obese patients to learn to like their beverages unsweetened. This can be done if they abstain from them long enough. However, if saccharin is used, it is advisable to use very little: one-quarter of a grain will make a cup of any beverage quite sweet.

Tomorrow — Answers to Mothers.



When you ask for a cream of tartar baking powder, do you get a full pound

or do you only think you do?

Schilling Baking Powder comes in full 16-oz. and 8-oz. tins (not 12 oz. or 6 oz. tins).

Always look on the can for the weight.

Schilling Baking Powder

TEA, COFFEE, Baking Powder, extracts, SPICES

[comes in full pound (16 oz.) tins]

THE GIST OF THE BIBLE

BOOK BY BOOK

ARTICLE NO. 39

MALACHI—"CONCEITED FAILURES"

The books of Malachi and Nehemiah should be read together, for they form respectively the last pages of Old Testament prophecy and history, born of the same social and religious corruptions and at almost the same time.

Malachi ministered about four hundred years before Christ, and but a few years after the close of Nehemiah's ministry. Both dealt with the priest's defilement of their office, the people's defilement of the home through mixed marriages with idolaters and the general contempt for and neglect of the offerings and services of God's house.

The key which unlocks the message of Malachi is the word "wherein," which is found in the book seven times in as many impudent and arrogant replies of the people in which they deny the prophet's charges against them: "Wherein hast thou loved us?" 1:2; "Wherein have we despised thy name?" "Wherein have we polluted thee?" 1:7; "Wherein have we wearied him?" 2:17; "Wherein shall we return?" 2:17; "Wherein have we robbed thee?" 3:8; and (in the Revised Version) "Wherein have we spoken against thee?" 3:13.

Thus the people entered a general denial to all the prophet's charges of religious, moral and social corruption. In their self-righteousness they were utterly unconscious of any fault in the matters for which he rebuked them.

Surely, this was the darkness of spiritual night, but it was that darkest hour which just precedes the dawn.

The first faint streaks of that dawn are indicated in Malachi's prophecy of Christ's near approach, preceded by his forerunner, John the Baptist: "Behold I will send my messenger, and he shall prepare the way before me; and the Lord whom ye seek shall suddenly come to his temple, even the messenger of the covenant, whom ye delight in: behold he shall come, saith the Lord of hosts."

Then from his mountain top of prophetic vision Malachi spies the full glory of the sunrise, and with a joyous shout announces it to the people lying in darkness: "Unto you that fear my name shall the Sun of righteousness arise with healing in his wings."

Four hundred dark years of oppression and cruelty were suffered by the Jews at the hands of various world powers before the fulfillment of this prophecy of the sunrise in the coming of him who claimed, "I am the light of the world."

SUNDAY AT THE CHURCHES

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Building Day in the Bible school.

Our aim is \$100 for our new building from the Bible school on the last Sunday of every month. Bring your dollars. The theme of the sermon Sunday morning is "The Necessity for Prayer." Come and feed your souls on spiritual manna. In the devotion and worship of the morning service. Sunday evening we are featuring a musical service. There will be a good old fashioned sing, followed by a number of special numbers. The octette will sing, there will be a trombone and cornet duet, and a solo by Neva Agos. We desire a large choir for this service. Young folks be sure and be in your C. E. meeting at 6:30. The senior meeting will be directed by Iris McCallister and the subject is "Missions."

International Bible Students Association. Study at 936 W. First street, Sunday at 10:30 a. m. The subjects for study are, "The Evil of Strong Drink," and "Who Will Honor Jehovah?" Some of the interesting questions to be considered are: What are some of the evil effects of strong drink? Do the scriptures condemn it? Is the Bible intended as a guide to the people of the world? What is its purpose? All interested in Bible study are cordially invited to come and study with us.

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