

Song and Jest Paraphrased to
Do Honor to Seattle's ExDo Honor to Seattle's E
ecutive at Luncheon.

CITIES' UNITY IS SUGGESTED



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\begin{aligned}
& \text { NEW MEMBERS ARE BIDDEN } \\
& \text { Dinner at } \mathbf{x} \text {. M. C. A. Alms to Intro- }
\end{aligned}
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The Children's Lunch Basket-
will be brim full of health builders if the foods it carries are made with

## Cottolene

Pastries, doughnuts and all foods are far more digestible when made with Cottolene
Physicians and expert dieticians Physicians and expert dieticians have passed the verdict of science in favor of this used in all cookery: product. Cottolene is pure and wholesome and should be
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Order a pail of Cottolene and just try these crisp wafers. Use Cottolene in
all cooking, always using one-third less than because Cottolene really goes farther. Also send to us for the valuable FREE
Cook Book, HOME Hes Cook Book, HOME HELPS. Do it NOW.

THE N.K. FAIRBANK COMPANY


## ccess <br>  Cent.

According to the last report of the Bureau of Labor Statistics the retail prices of the "principal articles of food" in forty industrial cities advanced sixty-six per cent. in fourteen years. The price of

## Shredded Wheat

in all that time has remained the same, and it is just as satisfying, strengthening and sustaining as it was fourteen years ago - a complete, perfect food, supplying more real, body-building nutriment than meat or eggs, costing much less and much more easily digested. Your grocer sells it.

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\begin{aligned}
& \begin{array}{l}
\text { or preserved fruith Try toasted Triscuit, the Sh. } \\
\text { for luncheon with butter, cheese or marmalade. }
\end{array}
\end{aligned}
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Made only by The Shredded Wheat Company, Niagara Falls, N. Y.

