tary of Agriculture, Member National Emergency Food Garden Commission.)

(Written for the United Press.) Washington, April 10.—Corn meal is diding protein as does a pound of Corn meal is very wholesome. w potatoes. Just now a pound of rnmeal costs one-third to one-sixth

When potatoes are scarce or expenre, corn meal makes an excellent hstitute. It is not, however, a per- rounds, at Minneapolis. et substitute for potatoes because, it is prepared by modern milling rounds, at Beloit, Wis.

when cornment is substituted, balance DONS EPAULETS AGAIN

Fights Scheduled for Tonight.

Toughie Ramser vs. John Noye, 10 Archie McLeod vs. George Adams, 10

# SUBURBAN SCHEDULE IN EFFECT DECEMBER 4 1916.

WINTER PARK, WRIGHTSVILLE WRIGHTS.
VILLE BEACH

EASTBOUND.			WESTBOUND.		
Electric Center" for Finter Park.	Leave "Electrica Center" for Wrightsville	Leave "Electric Center" for H. Beach.	Leave Beach, for Wilmington,	Leave Wrighteville for Wilmington	Leave Winter Park for Wilmington
*6:30 A. M. *6:50 ** *8:00 ** *8:30 ** *10:00 ** *11:00 P. *11:10 ** *1:11 ** *1:11 **	10:00 11:30 4	*8:30 A. M. *8:30 ** *8:30 ** 10:00 ** 11:30 ** 11:00 P. M. *** *** *** *** *** *** *** *** *** *	*7:40 * ***  *7:40 **  *9:05 **  10:45 **  11:45 **  *1:45 **  *7:15 **  10:06 **  ***  ***  ***  ***  ***  ***  ***	*6:15 A. M. 17:18 *7:20 *7:50 *8:30 *9:26 *10:20 *1:55 P. M. *1:55 *1:50 *3:55 *	*8:26 A. M  17:20 *7:31 *8:01 *8:41 *9:36 *9:36 *10:31 *11:96 *12:36 P. M *12:36 *2:01 *2:36 *3:00 *4:26 *4:30 *5:56 *6:21 *6:51 *7:31 *8:96 *8:

SPECIAL FOR SUNDAY. Leave Front and Princes streets every half hour from 2 to 5 P.

\*Daily except Sunday. †Sundays only. oSuperceded by half hour schedule

# GENERAL BALDWIN

Corn meal mush for breakfast or sup that the present crisis calls for a man per is a standard and palatable dish, of practical experience to take charge. Fried, it is an excellent substitute for of military affairs in Colorado, Gevern-fried potatoes. There are dozens of of military affairs in Colorado, Geverncomment dishes in addition to the va. or Gunter has named Brigadier General Value as Compared With Other Foodstuffs—Palation to the horth as Boaton brown be adjutant general of Cotorado. General Vision of Agriculture, Member of Agriculture, Member of Agriculture, Food Gar.

Cornment dishes in addition to the various of Chinter has named bingadian control of Cotorado. General Baldwin is one of the most distinguished veterans of the United States. Tamales is another ty-fifth year and has made his home. United States. Tamales is another in Denver since 1906, when he was erly made.

If speculators corner the potato after forty-five years of brilliant and honorable service. He began his mil-Washington, April which crop, as was the case in 1916, if the honorable service. He began his milnot in as general use in the potato crop should be short, corn meaf itary career in the Civil War as a lieunot in as as it ought to be. A is the next best thing. Rice is a tenant of a regiment of Michigan horse norican month of the substitute for potatoes, but guards. He received a medal of honor and of dry much energy and tissue rice now costs more than corn meal, for distinguished bravery in the battle of Peach Tree Creek. He was breveted a captain in 1890 for gallantry in Fights Scheduled for Tonight. action against Indians in Texas, and Kid Williams vs. Frankie Burns, 10 a major for gallantry and successful attack on sitting Bull's camp of Indiana in Montana. Subsequently he distinguished himself in the Spanish war

# Philippines. GUARANTERD TO MAKE GRAY HAIR

and in the war with the Moros in the

Q-Ban Is Simple, Healthful

"Turn Back to Nature." hair with the aid of Q-Ban Hair Color train club agents in its prepaartion. In addition to its own value, all of study by expert chemists resulted in Q-Ban, the one preparation that actually works hand in hand with Nature in

poo, and your hair will resume a natural color, evenly, gradually, safely and will look so young you will be delighted. But beware of imitations as you would of dyes. There is nothing like

Q-Ban is all ready to use is guaranteed to be harmless, and is sold under

Washington, D. C., April 10.-Impor- ence has shown that success with attendance marked the opening here tant innovations are transed for this the girls in their clubs overs the eas-

in canning tomatoes are now being gestions in regard to sanitation and taught how to handle specialties health.

not become widely known.

Green's Drug Store and all good drug the 450 of so now engaged in educa-demonstration work. stores, 50c a large bottle, or write di- tional work for that section. These | When a county woman agent makes bottle. It will convince anyone. You rect to Messig-Ellis Drug Co., Memphis, women and leaders do not limit their a success in certain, simple, definite will also receive a booklet of valuable Tenn. "Hair Culture," an illustrated, instruction to the members of the lines of work she is invariably called information, telling about the kidneys interesting book of lectures, sent free. girls' clubs, but perform in home upon for advice and information along and bladder. When writing, be sure Try Q Ban Superfine Hair Tonic: economics for the women of the coun-other lines. Thus it is happening that and mention the The Wilmington Dis-Q Ban Liquid Shampoo; Q Ban Tollet try much the same service that their these agents are being asked for the patch. Regular lity-cent and one-dol-Soap; Q-Ban Depilatory for removing masculine colleagues do in agricultu- best methods of arranging, improving lar size bottles for sale at all drug ral proper for the farmers. Experi- and beautifying homes in their coun- stores .- Advt.

many members who have mastered neighbors the actual working out in scheduled for consideration (tring the the elements of their subjects, and practice of the measures advocated three days of the convention. more advanced work is to be under- by the leaders. In this field one of taken for their benefit this year! the most important features is the In the corn clubs, for example, boys development of farm butter making. in some sections who have managed The ordinary run of farm butter is, successfully their acre of corn are as is well known, such a poor article now to have an opportunity to learn that it brings very little money, and State Lansing holds the world's long, the management of larger areas there is, in consequence, little incendistance ambidexterity record. That three or four acres in order to give tive for the untrained woman to delis, he claims it. But Secretary Baker them an insight into the principles vote much time to it. With proper claims it, too. The evidence is here crop rotation and the improve- instruction and proper equipment it submitted for public decision. ment of sell through the growth of is not difficult, however, for a farm-1. Secretary Lansing gave an exhibilegumes. In many other sections the er's wife to learn how to manufacture tion of handling diplomatic corresmaller boys till only one acre, but a product which will bring on the spondence with one hand and dashing they use a rotation of legumes and market double what she has been ac- off enticing profiles of charming Gibsmall grain as well as corn. Of customed to getting. The effect of son girls with the other, smoking a course, different crops are planted in this, of course, is to stimulate the pipe the while. different latitudes, but the general keeping of cows on the ordinary. Secretary Baker signed army officiples of soil improvement are the farm—a result which is desirable from cers' commissions with one hand same in all cases. Profitable ways of every point of view. This phase of handed them to a messenger with the disposing of the produce from these work also creates a demand for screen- other, listened to his secretary read areas by feeding it to hoge, haby ing doors and windows and also for the day's accumulation of mail and beeves and other animals are also to the installation of simple waterworks; dictated replies, all at the same time, systems. The agents find many op. smoking a pipe the while. The race Similarly, girls who have done well portuntities, also, to make helpful sug- is peck and neck.

which command better prices on the Success in this field, includes, how-v'ce in regard to architecture of the market because they do not have to ever, proper equipment. Butter pad- house itself. In fact, the home demoncompete with the output of commer-dles, molds, thermometers, "shot-gun" stration agent must be able to give cial canneries. Second year girls di-cans, barrel churns and workers have direction and help in all things pervide their gardens into two parts either been made or purchased in large taining to the home, just as the farm Preparation - Satisfaction and grow two vegetables, while third quantities under the guidance of the demonstration agent gives advice and or Money Back-Don't Use year girls specialize on three. Par women county agents, and last year aid in all phases of farm work. ticular attention has been paid in the 2,062 iceless refrigerators were in South to the red Spanish pepper. For stalled a matter of great importance this there is a good demand, particulin a section where ice is scarce and It is not necessary, not even wise, to larly for salad and as seasoning, and the temperature high. Thousands of TRY A have gray hair nowacays. But Don't the profits from canning it should be girls and women have done work in use dangerous, dirty, sticky dyes. greater than from tomatoes. The bread-making. In these demonstraproduct is, however, comparatively tiens, also, much attention is given to Restore the uniform color of your unfamiliar and the first step was to the best and most effective equipment.

Restorer. Thousands have done so so that they can pass on the infor this work greatly facilitates the makand are proud of the result. Years of mation to the members. ing of converts to the doctrine of a Considerable attention is also being self-sustaining farm. Much attention I have been handling Dr. Kilmer's given to the chayate, a squash-like is to be paid this year to the produc- Swamp-Root I have never heard a sinvegetable which makes a particularly tion of food at home, and later in the gle complaint. My customers are genbanishing gray hair in a healthful way. attractive pickle. It is planned to season emphasis will be laid upon the erally pleased with results obtained You simply apply Q-Ban like a sham- distribute throughout the Southern desirability of a winter garden, and speak words of praise for the States about 12,000 packets of seed Throughout most of the south it is merits of the preparation. The dasheen, too, will be possible to have all winter without th it has been. This vegetable, which collards and other greens which are resembles in a certain way the white a most desirable addition to the family potato, has been known in this coundiet both from a hygienic and an ecotry for a number of years, but has nomic standpoint. During the winter In order to secure the proper su-lagents have given much advice and aid the makers' money-back guarantee if pervision of this work it is planned to in the curing of meats. The preparanot satisfied. It is the only prepara- add in the Southern States approxi- tion of sausage and the curing of hams tion for the purpose so guaranteed. At mately 150 women county agents to and bacon make good lines of home

## TEXAS LUMBERMEN Boys' And Girls' Clubs In South NOW IN CONVENTION

Galveston, Texas, April 10.—A large season in the educational extension lest road to the confidence of the thirty-first annual conventions work in agriculture and home ecomothers, and adult women generally, and of the Lumbermen's Association and of this fact full use is made. Of Texas. President T. W. Griffiths operatively under the terms of the There were 21,083 women enrolled called the gathering to order and pre-Smith-Lever Act by the United States in the South last year as volunteer sided over the opening session. E. F. Department of Agriculture and the demonstrators that is to say, went Harris welcomed the delegates and ern States. The various kinds of vision of the agents of the govern-Boys' and girls' clubs organized ment and agricultural colleges to Denison. Numerous subjects of imthroughout the country now include demonstrate for the benefit of their portance to the lumber industry are

How Lansing and Baker Work.

(By United Press.) Washington, April 10. Secretary of

During the entire period of time that

Letter to Dr. Kilmer & Co.,

Binghamton, N. Y.

is a matter that should concern everyone subject to spells of

> HEARTBURN INDIGESTION OR MALARIA

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ATLANTIC COAST LINE.

"The Standard Railroad of the South." EXCURSION FARES 

On sale June 15, 16, 17; limited returning Midnight June 25th. Stop-over any

WASHINGTON, D. C. ... \$13.20 On sale April 10 to 15th inclusive. limited returning midnight April 30th. NEW ORLEANS, LA. ... ... ... \$28.75 On sale May 11 to 16th, inclusive;

limited returning midnight May 31, limit extended to June 15th on payment \$1.00. WASHINGTON, D. C. ... ... \$8.90 On sale June 2 to 7th, inclusive; limit-

ed returning midnight June 21st; limit extended to July 6th on payment 50c. Stop-overs at all stations within final

NEW ORLEANS, LA. ... \$28.75 On sale March 11, 12, 13: limited returning midnight March 21st. MACON, GA. ... \$13.20 On sale March 17th, April 4, inclusive, limited returning midnight April 10,

1917. KANSAS CITY, MO. ... .....\$52.10 On sale February 24, 25, limited returning midnight March 10, 1917 On sale May 12, 14, 15, limited return-

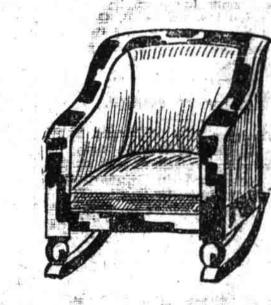
ing Midnight June 8, 1917. PROPORTIONATE FARES FROM OTHER POINTS ON THE

ATLANTIC COAST LINE

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AND CONTINUES DAILY AT 2 AND 7:30 P. M. UNTIL THE LAST PIECE IS SOLD. ALL WHO ATTEND WILL BE GIVEN A SOUVENIR.

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