

CORN CHIEF OF ALL FOOD CROPS

Value as Compared With Other Foodstuffs—Palatable Dishes From It. Corn meal is a standard and palatable substitute for rice...

methods, it contains fewer minerals and other valuable substances. So when cornmeal is substituted, balance it with another vegetable, a salad or a fruit.

GENERAL BALDWIN DONS EPAULETS AGAIN

Denver, Colo., April 10.—Believing that the present crisis calls for a man of practical experience to take charge of military affairs in Colorado, Governor Gantner has named Brigadier General Frank D. Baldwin, U. S. A., retired, to be adjutant-general of Colorado.

Boys' And Girls' Clubs In South

Washington, D. C., April 10.—Important innovations are planned for this season in the educational extension work in agriculture and home economics which is being carried on cooperatively under the terms of the Smith-Lever Act by the United States Department of Agriculture and the agricultural colleges of the 15 Southern States.

ence has shown that success with the girls in their clubs opens the easiest road to the confidence of the mothers, and adult women generally, and of this fact full use is made.

TEXAS LUMBERMEN NOW IN CONVENTION

Galveston, Texas, April 10.—A large attendance marked the opening here today of the thirty-first annual convention of the Lumbermen's Association of Texas.

SUBURBAN SCHEDULE IN EFFECT DECEMBER 4, 1916

Table with columns for EASTBOUND and WESTBOUND, listing train times for Winter Park, Wrightsville, and Village Beach.

SPECIAL FOR SUNDAY. Leave Front and Princes streets every half hour from 8 to 5 P. M.

FREIGHT SCHEDULE (DAILY EXCEPT SUNDAY). Leave Ninth and Orange Streets, 3:30 P. M.

GUARANTEED TO MAKE GRAY HAIR NATURAL COLOR

Q-Ban is Simple, Healthful Preparation—Satisfaction or Money Back—Don't Use Dyes. It is not necessary, not even wise, to have gray hair nowadays.

Success in this field, includes, however, proper equipment.

Success in this field, includes, however, proper equipment. Butter paddles, molds, thermometers, "shot-guns," barrel churns and workers have either been made or purchased in large quantities under the guidance of the women county agents.

TRY A MEDICINE THAT PROVES ITS VALUE

During the entire period of time that I have been handling Dr. Kilmer's Swamp-Root I have never heard a single complaint.

SELF PROTECTION

is a matter that should concern everyone subject to spells of HEARTBURN INDIGESTION OR MALARIA

ATLANTIC COAST LINE

"The Standard Railroad of the South." EXCURSION FARES. ATLANTA, GA. ... \$13.95

\$30,000.00 Auction Sale of Furniture & House-Furnishings. Ranges, Refrigerators, Beds, Dressers, Go-Carts, Porch and Lawn Furniture, Carpets, Rugs, Linoleums, Etc. Sterchi-Bancroft Company