

interesting Sights, Scenes and Memories About Mount Vernon—Where the Father of His Country Lived and Died—The Historic and Beautiful Potomac.

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San Francisco *A. Schilling & Company*

Romances and Mysteries of the Lobby—Its Female Contin-
gent—Some Noted Characters of the "Third House."

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There is more of this employment of social methods for inhibiting purposes now than ever before. It is a feature of the business that has grown. It is the refinement, the elevation of the profession. Every winter houses are opened

Breakfast Cereal: it is a natural Bowels Regulator.

and are furnished a product
fine. Said product is nothing
common. Straight Grade Flour.
The Whole Wheat Flour made in
country is Vowles Health Flour.

DIRECTIONS: Take Vowles' Dr. once a day and bread made of V. Flour 3 times a day.

**FORGIVES
Graham Flour
and Cracked
Wheat.**

Cereal! It is a natural Bowels Regulator.

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When you are satisfied that you are absolutely sure you are positively sure, we manufacture it. Vowles' Health Flour.

The people have said: "It will continue to be the best." TRADE MARK



See that this is on every sack.

Attributes of the product are:

- 1. Purely applying
- 2. Mills,
- 3. Lake
- 4. PRODUCED

Manufacture: Vowles' Bread is guaranteed to be the best in that it is made of the finest flour.

Take Vowles' Bread. It is made of the finest flour.

Use
Vowles' Health Flour
for
Brown Bread.

You cannot sustain your body by looking at food. White flour makes bread fair to look upon; Vowles' health flour makes bread to eat to please the palate and to insure good health.

Common white flour is FORTY PER CENT. deficient in sustaining qualities. No wonder your children are sickly and doctors' bills high. Try the natural foods our Creator has provided.

Ask for
Vowles' Graham Flour and Cracked Wheat.

The majority of the people who came to the store and read about the book for it at the store called by that name but ordinary, common and the only Genuine this is the mountain

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