## Sterling City News-Record

STERLING CITY, TEXAS, FRIDAY. OCTOBER 15,1915
 SOON TO BE MARRIED IN THE BALKANS SINKING OF ARABIC

|  | OTRIAN ARMY OF 400,000 RE. PORTED TO HAVE INVADED |  |
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SERBIANS FALL BACK $\mid$ 10,950,000 BALE CROP WHAT TACT CAN DO TO JOIN WITH ALLIES

Grece still looking on

Wonderful are the Innumerable Things Accomplished by This Faculty



KNEW FAlMED WPITER CALOMEL WHEN BLLDOUS? NO! STOP! Peopen sisu Linim wh peame ACTS LIE DYMAMIE ON LIVER

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## Surgeon General Rupert Blue

 of the U.S. Public Health Service Says:"I WANT TO WARN YOU AGAINST THE CRAZE PEOPLE N THIS COUNTRY HAVE FOR WHITE FLOUR. THE WHITEST FLOUR IS NOT THE BEST; IT IS NOT THE PUREST; IT IS ONLY THE DEAREST, AND WHEN YOU BUY LOOKS AND NOT NOURISHMENT. IN ORDER TO MAKE IT WHITE, SOME OF THE MOST NOUR ISHING AND ESSENTIAL COMPONENTS OF THE NATURAL WHEAT HAVE BEEN TAKEN AWAY."

These "nourishing and essential components" are the priceless mineral phosphates of the
srain, known as the "tissue salts," indispensable for perfect health of body, brain and nerves. Everywhere food scientists and physicians are sounding a like note of warning, for a host
of ills sis following the perniicious practise of casting out these elements in the milling process, of ills is following the pernicious practise of casting out these elements in the milling process,
and that, sumply to make the flour look white and pretty. Neurasthenia, anemia, . rights sisease,
constipation, rickets, and a lowered resistance against disease in general, are some of these ills. constipation, rickets, and a lowered resistance against disease in general, are some of these ills.

## Grape-Nuts FOOD

made of whole wheat and barley, retains all the nutriment of the grains and those "essential
components-- the mineral elements. This splendid food was devised years ago to supply comporents- - the mineral elements. This splendid food was devised years ago to supply
this very lack in ordinary food and fortify the system against the onslaughts of disease. It does
it wonderfully well. it wonderfu
Cripe- wurf comes ready to atat convenien, ceonomicaa and nourhi,ing, and has becom
"There's a Reason" for Grape-Nuts


Keep Young

## Tutt's Pills

try the old reliable WINTERSMITH's
CHILL TONIC For MALARIA Crictse


Now
Now




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RAIN OR SHINE Qveralls, Shirtsor Jumpers STIFEL'S INDIGO CLOTH



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