## Sterling City News-Record

STERLING CITY, TEXAS, FRIDAY. JULY 16.1915

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## Builders of the "Big Ditch"

There has just been issued by the Historical Publishing Compan of Washington, D. C., a magnificent illustrated history of the construc-
tion and builders of the Panama Canal. The editor of this great history is Mr. Ira E. Bennett, with associate editors, John Hays Hammond, cele brated mining engineer; Capt. Philip Andrews, U. S. N.; Rupert Blue Surg. Gen. U. S. Public Health Service; J. Hampton Moore, Pres. At-
lantic Deeper Waterways Ass'n; Patrick J. Lennox, B. A., and William lantic Deeper
J. Showalter.
One of the most interesting portions of the book is that dealing with the feeding of the immense army of laborers. A few paragraphs con cerning one of the foods chosen and supplied by the
Department, are quoted (beginning page 428) as follows:
"What makes you look so blue, Jenks?"
"My wife's fust drawn on me to go to a white
Isplaced the

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& \text { fe more horses }
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& \text { and now that they have become me } \\
& \text { and wom they retuse to deny the } \\
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& \text { the companionshlp of the. } \\
& \text { animal-Philadelpha, Ledger. }
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food poured from the tin int munched a This food, which played no inconsider. able part in "building the canal, was the
well-ksown article of diet, GRAPE.

The mention of Grape-Nuts in this
onnection is peculiarly pertinent. Not merely because Grape-Nuts is a food
mert for of course proper food was an integral
part of the big enterprise-but because it io a the bereal enterprise but because
it This characteristic of Grape-Nuts was

## Grape-Nuts <br> Grape-Nuts

-scientifically made of prime wheat and malted barley, contains the entire goodness of the grain, including those priceless mineral elemeng so essential for active bodies and keen bra
white flour products and the usual dietary

There's a reason why Grape-Nuts food was chosen by the Cana Commissariat. There's a reason why Grape-Nuts is a favorite food hustling people everywherel
hly baked
ely in any
anded again
"This food is so thoroughly bate
that it keeps almost indefinitely in
climate, as has been demonstrated
$\qquad$ steamships, in the islands of the seas, in
Alaskka, South America, Japan, along the
China China, coast, in Manila, Australia, South
Africa, and on highways of travel and
the byways of the jungle-in short, wherever minimum of bulk and maxi-
mum of nourishment are requisite in
food which has to be transported long mum of nourishment are requise long
food wich has to be transported long.
distances and often under extreme difit. culties
"The very enviable reputation which
Grape-Nuts has attained in these respects Grape-Nuts has attained in these respect the
caused it to be chosen as one of
foods for the Canal Zone."

May Develop New In May Develop New Industry.
Allillasproduclug plant, vanilla valls, has been found on the island
o Mindor. The bureau of evocation
investigating the plant with a view
Int


THE CASH TO ME"
volcanic eruption prices at Austin's
so.

T-Yes, five cars of Grand ne Salt, the best what is.

COMPLETE LINE OF TUPLE AND FANCY GROCERIES
 N. A. Austin


Tony friends

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## Camp's Snow The Evangelistic Family

CONDUCTING REVIVAL SERVICES AT THE TABERNACLE, BEGINNING NEXT SUN



The Services ares incomplete Without You
THE BATE OF THE TITS

KNOW THY COUNTRY


