



**What every wife should know**

—that husband and children thrive better on light breakfasts than on heavy ones.

Light? Yes! But nourishing and strengthening.

"FORCE" for example. There's a light food that is yet strong in nourishment.

For "FORCE" is nothing more or less than whole wheat. Whole wheat in the form of nut-brown, toasted flakes of delicate thinness.

Everyone knows that wheat is man's greatest food. You know how it nourishes, up-builds and strengthens.

And what a delicious taste! As you "scrape" for the last spoonful of the crispy, crunchy flakes, you think of just one word—"More."

Try "FORCE" TOASTED WHEAT FLAKES for breakfast tomorrow. Husband and the kiddies will thank you for a real treat.

**"FORCE" TOASTED WHEAT FLAKES**

"Force" in its waxed paper jacket is sealed flavor-tight and moisture-proof. As near as the nearest grocer's.

The H-O Company, Buffalo, N.Y. Makers of H-O, Force, and Presto.

**20,000,000 RUSSIANS ARE NOW UNDER ARMS, TRAVELLER DECLARES**

With That There Seems No Scarcity of Men in Streets, Says A. P. Conger.

No report recently brought here concerning the strength of the Russian army has been so impressive as that of A. P. Conger of Racine, Wis., who stated this morning on the deck of the Frederik VIII that Russia now has twenty million men under arms. Mr. Conger returned on the big Scandinavian-American liner from Copenhagen after some months spent in getting a line on trade conditions in Russia for the American manufacturing interests he represents.

"I think twenty million is a fair, conservative estimate of the soldiers available for the army of the Czar at the present time," he said. "There are ten million actually engaged on the various fronts. There are six million more in reserve ready to be sent to replace those lost in battle. And there are four or five million more serving the army in other capacities."

"Even with that number of men under arms there is no scarcity of men on the streets in Russia. There has been no need for women to replace men in the industries."

Mr. Conger imparted the further information that the Russian troops landed in France recently went by way of Vladivostok, where they were equipped with uniforms made in America. Their exact route from Vladivostok was still a secret, so far as he knew, but it was presumed they came down the Chinese coast, passed Singapore, went through the Red Sea and the Suez Canal and so on to Marseilles.

"I have been in Russia feeling out what the probable situation will be when the war is over," Mr. Conger went on, "and I find that they expect to grow more wheat there than ever before in the country's history. Moreover that wheat will be harvested with American machinery, made in American factories which are to be built in Russia. They are holding out every encouragement to us to come over and build factories for agricultural implements."

Kansas Progressives Meet. TOPEKA, Kan., May 22.—Progressives from all parts of Kansas attended the state convention here today and elected two delegates-at-large to the national convention.

**HOW TO REDUCE YOUR WEIGHT**

A SIMPLE, SAFE, RELIABLE WAY. People who are overburdened with superfluous fat know only too well the discomfort and ridicule that over-stout people have to bear.

If you are carrying around five or ten pounds of unhealthy fat you are unnecessarily weakening your vital organs and are carrying a burden which destroys the beauty of your figure.

There is no need of any one suffering from superfluous fat. If you want to reduce your weight in a simple, safe and reliable way, without starvation diet or strenuous exercise, here is a test worth trying. Spend as much time as you can in the open air, breathe deeply, and get from any good druggist a box of all of the following: take one after each meal and one before retiring at night.

**BAD BREATH**

Dr. Edwards' Olive Tablets Get at the Cause and Remove It

Dr. Edwards' Olive Tablets, the substitute for calomel, act gently on the bowels and positively do the work.

People afflicted with bad breath find quick relief through Dr. Edwards' Olive Tablets. The pleasant, sugar-coated tablets are taken for bad breath by all who know them.

Dr. Edwards' Olive Tablets act gently but firmly on the bowels and liver, stimulating them to natural action, clearing the blood and gently purifying the entire system.

They do that which dangerous calomel does without any of the bad after effects. All the benefits of castor, senna, griping cathartics are derived from Dr. Edwards' Olive Tablets without griping, pain or disagreeable effects of any kind.

Dr. F. M. Edwards discovered the formula after seventeen years of practice among patients afflicted with bowel and liver complaint with the attendant bad breath.

Dr. Edwards' Olive Tablets are purely a vegetable compound mixed with olive oil; you will know them by their olive color.

Take one or two every night for a week and note the effect. 10c and 25c per box. All druggists.

The Olive Tablet Company, Columbus, O. Advt.

**JOIN THE HEALTH ARMY TAKE A BULLET**

For Details of Other Sales See Our Advertisement on Opposite Page.

**GREENHUT'S "THE BIG STORE"** Meet me at the Fountain

SIXTH AVE. 181ST TO 192ND STREET

**These Stylish Suits For Men & Youths**

Are Extraordinarily Special

At **\$11.85**



**An Unparalleled "Preparedness" Sale Feature**

The majority of these Suits were chosen from our own superb stocks and Were Previously Priced Up to \$20

To These Fine Garments We Have Added Several Hundred Suits in "Broken" Assortments from Well-Known Makers of High-Class Ready-to-Wear Clothing.

Those who know the conditions which exist in the clothing market today as we do, and who will take the trouble to inspect these garments which we place on sale tomorrow, will realize the excellence of the bargain.

Impossible conditions confront makers of men's clothing today. Between the rise in the woolen market, the dyestuff and the labor situation, makers of men's clothing do not know "where they are at."

Well for you, sir, that we prepared far-sightedly—and, in consequence, here are more than 1,300 suits, produced by the foremost makers, together with broken sized lots from our higher priced lots, offered at the remarkably low price of \$11.85.

The patterns are excellent in NEWEST STRIPES, CHECKS AND MIXTURES; plenty of PLAIN GRAYS, BROWNS, GREENS, BLUE SERGES AND FLANNELS. All of them are guaranteed fast color and are guaranteed for long and satisfactory wear.

The collection of styles is complete and attractive, comprising suits for youths, young business men and their elders—suits for men of every taste and in all sizes up to 50 chest measure.

**Straw Hat Time Is Here**

And in Our "Preparedness" Sale

You Can Buy Men's Imported Sennet Straw Hats

That Were Made to Retail \$1.45 Up to \$3 Each, Tomorrow at

In common with all other classes of imported merchandise, Straw Hats have suffered. However, it gratifies us to announce so excellent a sale as this, right at the time when it will be most appreciated.

You have a choice of the newest shapes. These hats are all excellently finished, with fine leather sweatbands and superior silk linings. These hats were made in Italy, but by reason of shipment difficulties they were delayed in transit. As a matter of fact, they arrived too late for the maker to secure duplicate orders.

To buy such excellent "straws" for \$1.45 is to effect a clear saving, and you will do well to buy more than one.

Double 2-1/2 Green Trading Stamps with Purchases Till 12 o'Clock—Single 2-1/2 Stamps Thereafter

**WONDERFULLY GREAT CIGARETTES**

**ZIRA CIGARETTES**

**5 CENTS**

**The Cigarette People talk about.**

ZIRA smokers are asking, over and over:

"How is it possible to put such tobacco in a 5 Cent cigarette?"

New ZIRA smokers are saying:

"We'd been told ZIRA was good, but now we know 'better tobacco is what made them famous.'"

You CAN buy a high-grade cigarette for 5 Cents—ZIRA.

The Mildest cigarette.

**BETTER TOBACCO MADE THEM FAMOUS**

IN THE HEART OF THE BRONX OPEN EVERY EVENING

**D. BAUMANN & CO.**

149th STREET @ 3rd AVENUE

WE FURNISH HOMES COMPLETELY

3 ROOMS AT 47.50 4 ROOMS AT 77.50 5 ROOMS AT 122.50

ALL GOODS MARKED IN PLAIN FIGURE TAGS

FOR CASH OR ON CREDIT EVERYTHING FOR THE HOME

Our Terms Will Suit You

**Enamel Bed Outfit \$12.75**

Consisting of Enamel Bed with 2-inch square posts, 5 1-inch fillers; woven wire spring; soft top mattress; complete outfit at \$12.75

Fibre Reed Arm Chair or Rocker to Match, \$7.95

ENTRANCE 149th STREET OPEN EVERY EVENING

**HEADACHES**

Thousands of men and women suffer from headaches every day, other thousands have headaches every week or every month and still others have headaches occasionally, but not as regular intervals. The best Doctor is often unable to find the cause of many of these headaches, and in most other cases, knowing the cause, he does not know what will remove it, so as to give a permanent cure. All he can do is to prescribe the usual pain relievers, which give temporary relief, but the headache returns as usual, and treatment is again necessary. If you suffer from headaches, no matter what their nature, take anti-kamnia tablets and the results will be satisfactory in the highest degree. You can obtain them at all druggists in any quantity, 10c worth, 25c worth or more. Ask for A-K Tablets.

**SICK-HEADACHES**

Sick-headache, the most miserable of all sicknesses, loses its terrors when A-K Tablets are taken. When you feel an attack coming on take two tablets, and in many cases, the attack will be warded off. During an attack take one A-K Tablet every two hours. The rest and comfort which follow, can be obtained in no other way.

Genuine A-K Tablets bear the K monogram. At all druggists. —Advt.

**W. L. DOUGLAS SHOES FOR MEN WOMEN & BOYS**

Our Women's shoes are made from the choicest selected leathers and fabrics in all the popular shades, on beautiful good-fitting lasts. In men's shoes we use the finest materials for both comfort and dress wear.

STORES IN GREATER NEW YORK

145 W. 42nd St., 147 W. 42nd St., 148 W. 42nd St., 149 W. 42nd St., 150 W. 42nd St., 151 W. 42nd St., 152 W. 42nd St., 153 W. 42nd St., 154 W. 42nd St., 155 W. 42nd St., 156 W. 42nd St., 157 W. 42nd St., 158 W. 42nd St., 159 W. 42nd St., 160 W. 42nd St., 161 W. 42nd St., 162 W. 42nd St., 163 W. 42nd St., 164 W. 42nd St., 165 W. 42nd St., 166 W. 42nd St., 167 W. 42nd St., 168 W. 42nd St., 169 W. 42nd St., 170 W. 42nd St., 171 W. 42nd St., 172 W. 42nd St., 173 W. 42nd St., 174 W. 42nd St., 175 W. 42nd St., 176 W. 42nd St., 177 W. 42nd St., 178 W. 42nd St., 179 W. 42nd St., 180 W. 42nd St., 181 W. 42nd St., 182 W. 42nd St., 183 W. 42nd St., 184 W. 42nd St., 185 W. 42nd St., 186 W. 42nd St., 187 W. 42nd St., 188 W. 42nd St., 189 W. 42nd St., 190 W. 42nd St., 191 W. 42nd St., 192 W. 42nd St., 193 W. 42nd St., 194 W. 42nd St., 195 W. 42nd St., 196 W. 42nd St., 197 W. 42nd St., 198 W. 42nd St., 199 W. 42nd St., 200 W. 42nd St.