

What Would We Do Without Sugar?



GATHERING SUGAR CANE

We are so used to sugar that we are likely to forget to give it its proper importance. Right now if somebody asked you what sugar was good for you'd probably say—"Oh! to put in coffee and tea and for making candies and desserts." That's it—we all think of sugar as a sweetener and overlook its value as a food.

The chemists classify sugar as a hydrocarbon—that name may or may not be interesting to us, but what is interesting is their statement that it has, as a hydrocarbon, equal food value with the starchy foods and by digestion largely adds to the fatty tissues of the body.



HOW SUGAR CANE GROWS

are interesting because we find that instead of the former sugar having gone up it is the FOOD sugar that has raised its price. Yet—even though the price is up we have to have our sweet food just the same.

Certainly the makers of that delicious beverage—Coca-Cola—must have discovered that sugar is up, because one of the principal ingredients in making Coca-Cola syrup is fine cane sugar. Think of it—they use an average of 50 tons of sugar a day—about 4 carloads. But unlike many manufacturers that company has itself borne the raise and so you and I pay just the same today for our bottle or glass of Coca-Cola that we've always paid. Incidentally, this phase of the situation is a good reminder of the benefits one gets from drinking a beverage as pure and good as Coca-Cola. Not only do we please our palates and derive wholesome refreshment from the drink but we also give our systems that bit of sunny sweetness that is necessary to health and happiness. Is it any wonder then that Coca-Cola is so popular and so universally drunk that it has been called "the drink the nation drinks"?

Why do we eat sugar anyway? Your first answer might be: "Because it is sweet and tastes good." Of itself the answer would be correct, but the more important fact is that the body craves sugar because it needs it. And when the body craves something it gives us an appetite for it. So primarily that's why we like sugar and things made with sugar and not just because they are sweet.

In view of the fact that sugar has gone up so tremendously of late these facts



PHYSICAL CUBAN SUGAR MILL

Cheese Day in Wisconsin.
Monroe, Wis., Sept. 26.—A ton of cheese made up in 30,000 sandwiches is to be served at Monroe's third annual "Cheese Day," which is to be held Oct. 10. Sixteen hundred loaves of bread will be used. Monroe is one of the principal cheese producing centers in the country.

square. Practically every business house in the city will close.

In the public square, a small plant will be set up for a practical demonstration of the manufacture of cheese. The product will be placed in a storage cellar and used for sandwiches at the next annual celebration.

Villa Plans Disclaimer.
Columbus, N. M., Sept. 26.—Army intelligence agents are making investigation of a report that adherents of Villa were here to secure information to prove that Villa was not at Columbus on March 9, but that the raid was led by Pablo Lopez, who was executed at Chihuahua City because of his alleged leadership in the Santa Ysabel massacre when eighteen Americans and other foreigners were slain. In this connection it is reported that Villa is preparing a manifesto disclaiming responsibility for the Columbus raid and placing the blame on Lopez.

Three bands have been engaged for the occasion and Swiss singers, dancers and wrestlers will provide entertainment. Dancing will continue throughout the day in the public

square. Practically every business house in the city will close.

REAL ESTATE TRANSFERS

(By Chickasaw Abstract Co., Bonded Abstracters)

Hannah Landreth and husband, R. M., to C. W. Richards, Oil and Gas Lease. Part section 27 4s2w.

C. W. Richards to Carter Oil company, Assignment Oil and Gas Lease. Part section 27 4s2w.

Edge Stevenson and wife, Minerva, to A. L. Caldwell, Warranty Deed. Part section 1 3s2w.

Richard Worsham and wife, Affie Worsham, to B. F. Eleazer, Warranty Deed. Part section 36 4s2w.

C. & C. Nations to Julius Goldsmith, Unallotted Land Deed. Part section 21 5s2w.

C. & C. Nations to Julius Goldsmith, Unallotted Land Deed. Part section 20 and 21 5s2w.

R. C. McKiddy to Moss Patterson and L. C. Turman, Assignment Oil and Gas Lease. Part sections 16 and 21 3s1w.

R. C. McKiddy to Moss Patterson and L. C. Turman, Assignment Oil and Gas Lease. Part section 15 3s1w.

James H. Mathers to T. L. Keith, Release Oil and Gas Lease. Part section 27 4s3w.

John F. London and wife, Carrie W., to Sol F. Kimbrell, Warranty Deed. Part section 1 1s2w.

Southwestern Land company to Mrs. Mary V. Luckett, Warranty Deed Lot 1, block 40, Sunset View addition to Ardmore.

Ida N. Hunter, a widow and Robert M. Hunter and wife, Roxie, to T. W. Champion, Oil and Gas Lease. Part section 20 3s1w.

H. L. Sturm to W. B. White, Warranty Deed. Part section 24 4s3w.

Guy P. Cobb to Mrs. A. G. Bassett, Warranty Deed. Lot 225, Plat No. 1, Wheeler Development Co.

Charles von Weise and wife, Lucy T., to E. C. Bruce, Warranty Deed. Part lot 1 and part lot 2, block 355, Ardmore.

Hudson Ishoover and Lymsia Frye, nee Follis to G. P. Baker, Warranty Deed. Part section 22 5s2e and part section 33 3s2w.

C. P. Baker and wife, Rene C., to J. C. Holden, Warranty Deed. Part section 22 5s2e.

Millie Wilkerson, a widow, to Bayou Oil and Gas company, Oil and Gas Lease. Part section 30 4s1w.

W. L. Stephens to G. D. Chastain and P. A. Arnold, Warranty Deed. Part section 16 2s3w.

Fannie Pettis and Robert Pettis to M. H. Franklin and Andrew Franklin, Warranty Deed. Part section 9 1s2w.

Reginal F. DeBerry and wife, Virgie L., to G. E. Burford, Oil and Gas Lease. Part section 26 5s2w.

W. M. Anderson and wife, Annie W., to J. W. Brooks, Warranty Deed. Lot 2, block 149, Ardmore.

H. H. Deskins and wife, Myrtle, to Earl Johnson, Warranty Deed. Lot 1, block 21, Springer.

Napoleon B. Peagin and wife, Adelaide V., to Mark Kirkpatrick, Warranty Deed. Lot 8 B and lot 8 C in Highland Park addition to Ardmore.

A. P. McCan and wife, Ethel, to J. F. McCan, Oil and Gas Lease. Part section 5 3s2w and part section 4 5s2w.

Ivey Coffey, guardian of Finis Coffey, to James Harrington, Oil and Gas Lease. Part section 7 5s1e.

E. B. Luke to James Harrington, Oil and Gas Lease. Part section 12 5s1w.

C. F. Sullivan and wife, E. B., to Guillot Oil and Gas company, Oil and Gas Lease. Part section 36 4s3w.

John D. Gordon and wife, Annie, to Joseph B. Collier, Warranty Deed. Part section 23 2s3w.

Roy M. Johnson and wife, Odessa Otey, to D. S. Howes, Warranty Deed. Lot 12 in block 4, Dundee.

James White and wife, B. L., to G. S. Chudd, Warranty Deed. Lots 19 and 20 in block 44, Wilson.

J. C. Luster and wife, Birdie, to J. E. Morris, Warranty Deed. Part section 18 1s2w.

Trade what you don't want for something you can use by patrolling the want column.

\$2000 WORTH OF DIAMOND RINGS GIVEN AWAY

Claro

Claro Contest Closes Oct. 1

No Claro coupons will be given after October 1st.

All coupons must be mailed or delivered to the Claro Co., 10 North Boston, Tulsa, Oklahoma, before October 10.

These thirty-four beautiful gems are now on display in the windows of the various Tulsa drug stores. Examine them if you are near enough—but in any case, redouble your efforts. They are valued at from \$25 to \$500—a little extra work now should gain you one of them. Get busy—get your friends busy—the time of awarding these magnificent prizes draws near.

Don't Neglect Your Cold.
Neglected colds get worse, instead of better. A stuffed head, a tight chest must be relieved at once. Dr. Bell's Pine-Tar-Honey is Nature's remedy. Honey and glycerine heal the irritated membrane, antiseptic tar loosens the phlegm, on breathe easier and your cold is broken up. Pleasant to take. Dr. Bell's Pine-Tar-Honey is an ideal remedy for children as well as grown-ups. At your Druggist, 25c.

NOTICE OF PROPOSALS FOR STREET IMPROVEMENTS
Notice is hereby given that in pursuance of a resolution adopted by the Board of Commissioners and approved by the mayor of the City of Ardmore, Oklahoma, on the 18th day of July, 1916, proposals will be received at the office of the city clerk of the City of Ardmore, until 4 o'clock p. m., on the 3rd day of October, 1916, for furnishing the materials and performing the work necessary to improve the following streets and portions thereof in the City of Ardmore, in the manner and subject to the conditions following, to-wit:

That portion of Bixby avenue, southwest, from the west line of the Oklahoma, New Mexico and Pacific Railway right of way to the west line of "R" streets, southwest, including alley crossings and street intersections.

Said street shall be improved by grading, paving with bituminous macadam and constructing concrete curbs and gutters, and shall be 25 feet wide from outer line to outer line of curb, of which 20 feet shall consist of a bituminous macadam driveway, with a concrete gutter 24 inches wide and a concrete curb 6 inches thick on either side thereof.

Said bituminous macadam driveway shall be constructed in accordance with the specifications of U. S. Patent No. 814797 and the detailed plans and specifications on file in the office of the city clerk of the City of Ardmore.

The sub-grade shall be thoroughly prepared to receive said pavement and the whole of said improvements shall be constructed, rolled and finished according to the aforesaid patent process and the detailed plans and specifications approved by the Board of Commissioners and on file in the office of the city clerk of said city.

All contractors preparing to bid on said improvements are hereby notified that there is now on file in the office of the city clerk of the city of Ardmore an agreement duly executed by W. A. Edwards, who owns and controls said patented process aforesaid for the City of Ardmore to permit the use of said patented process by the successful bidder, to furnish a suitable roller and a competent engineer to supervise the construction of said improvements, in consideration of the payment to the said W. A. Edwards of the sum of 25 cents per square yard for the improvements covered by this contract.

All bids shall be submitted in sealed envelopes and plainly marked in ink on the outside, and each bid shall be filed on or before 4 o'clock p. m. on the said 3rd day of October, 1916, and shall be accompanied by a certified check drawn on some bank in the City of Ardmore in the sum of \$500.00. The contractor to whom the contract for said improvements may be awarded, will be required to execute to the City of Ardmore a construction bond conditioned according to law for the full and faithful execution of the work and the performance of the contract and for the full protection of the city and all property owners interested, against any loss or damage by reason of negligence or improper execution of the work in a sum of 30 per cent of the estimated cost of said improvements. Said contractor will also be required to execute an additional bond in the sum of 20 per cent of the estimated cost of said improvements conditioned on the maintenance of said improvements in good condition for a period of five years from and after the completion and acceptance of said work. Said bond in each instance to be subject to the approval of the mayor and commissioners.

The contractor to whom said work may be awarded shall receive in payment for said work, street improvement bonds at par, issued and secured as provided by the laws of the state of Oklahoma; provided that in case the property owners shall elect

to pay cash for said improvements as they may do under the laws of Oklahoma, then and in that event the city reserves the right to pay for said improvements in cash or part cash and part bonds.

All proposals for construction of said improvements will be considered by the mayor and Board of Commissioners of the City of Ardmore, Oklahoma, at a meeting to be held at the session chamber in said city at 8 o'clock p. m. on the 3rd day of October, 1916, and the contract will then be awarded to the lowest and best bidder who will undertake to perform the work, furnish materials, execute the bonds and construct said improvements according to the resolutions aforesaid, and plans and specifications filed in the office of the city clerk of the City of Ardmore, and comply with all other terms and conditions of said resolution.

The mayor and commissioners reserve the right to reject any and all proposals that may be received, if for any reason the same shall be unsatisfactory.

G. H. BRUCE, City Clerk.
(Seal) 20.10t

OKLAHOMA STATE FAIR

OKLAHOMA CITY Sept. 22-30, 1916

SPECIAL SLEEPER VIA

Will be operated on Train 6, between Ardmore and Oklahoma City, returning on Train 5.

Accommodations in this car can be secured on application to

L. C. HERNDON, C. P. A.

Does it Need Cleaning?

Keep U. Neat Cleaners
Phone 113 23 N Wash.

CHASE & SANBORN'S COFFEE.

BLUE RIBBON CREAMERY
A. J. HEINZ "57" VARIETIES

"Colorado and Texas vegetables received daily."

PHONES 174 and 134 **FELKER'S** PHONES 174 and 134

BETTER AVOID THE RUSH

And have your fall and winter clothes cleaned now. If you don't like the color, tell us. We dye every day. We also clean and block hats, and are making a specialty on Panamas that are to be laid away for next season.

Prices Reasonable.

LONDON'S STEAM DYE WORKS

Phone 301

Not the Biggest But the Best

WEIGHT? YES
WAIT? NO!

W. F. ABBOTT

29 North Caddo Phone 632

Only Big Circus Coming

74 ANNUAL TOUR THE ORIGINAL **YANKEE ROBINSON** 74 ANNUAL TOUR THE ORIGINAL

ENORMOUS 3 RING CIRCUS

TEXAS BILL'S WILD WEST

UNITED WITH CARL HOFFENBACK'S TRAINED WILD ANIMALS DIRECT FROM EUROPE WITH THE LION THAT LOOPS THE LOOP.

EXHIBITING UNDER THE LARGEST CANVAS EVER CONSTRUCTED
1 Rings, 1000 People, 2 Trains of Cars, 2 Herds of Elephants, 300 Circus Artists, \$1,000,000 Invested, \$4,270 Daily Expenses, Seats for 10,000 People!

VINCENT DEGUERRA, ANIMAL KING, WITH HIS FIGHTING LIONS

TRAINED LIONS, LEOPARDS, ELEPHANTS, BEARS, DOGS, MONKEYS, SEA LIONS.

'GREATEST RIDING CIRCUS' Ever Presented.

RALPH BOWSER, Champion Bareback Rider of the World.

MISS LINDA JEAL, Famous English Equitienne.

THE AERIAL BALLET, FLYING BUTTERFLIES.

GIANT TORTOISE FROM ISLE OF SAN SALVADOR

KONGO, LARGEST ELEPHANT ON EARTH. LARGER THAN JUMBO. 10 KEEPERS TO GUARD HIM.

POSITIVELY EXHIBITED WITH YANKEE ROBINSON. THE BIGGEST BRUTE THAT WALKS THE EARTH. 10 KEEPERS TO GUARD HIM.

ONLY BUCKING ELEPHANT EXHIBITED Finest Horses Ever Exhibited

The Parade Tells The Story 101 STARTLING FEATURES FOR 1915

Yankee Robinson, the famous Carl Hoffenback, the Lion that loops the loop, Giant Tortoise, Kongo, the Big Elephant, the 300 Trained Wild Animals and the World's Greatest Bareback Riders, including Ralph Bowser and Miss Linda Jeal, the famous Robinson Trained Elephants, Vincent Deguerre and his Fighting Lions, Pauline's Zoovees together with 300 Circus Artists, Cowboys, Vaudeville, Cowboys, Indians, Mexicans and the greatest bunch of Bucking-Horse Riders ever exhibited.

THREE SHOWS—CIRCUS, TRAINED WILD ANIMAL EXHIBITION AND WILD WEST FOR ONE ADMISSION WILL POSITIVELY EXHIBIT RAIN OR SHINE

Circus Tickets for Sale Show Day at Frame Drug Co. until noon. Same Prices as at Ticket Wagon

Ardmore, Wed., Sept. 27