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A list of supplies of food for a family of five for a week is given, based on standards set by recognized authorities. The man, it is supposed, will weigh about 150 pounds; his wife, 125 pounds; a boy of 12, about 75 pounds; a girl of nine, about 56

Well, I am not thinking of cooking this, nor chopping up weeds, but here are a few items which might suggest to your mind some other return to me. I make a vegetable soup which is rich, nourishing and appetizing and will assist in making a meatless meal. The foundation is made by boiling bones that have been left from a holl or roast of beef. So long as there is marrow or gristle on the bones, when boiled there is the foundation for soup or stew. To this I add cabbage, carrots and onions, no put through the chopper, but cut in medium sized pieces, add salt and

Horses, 20 Cows and
 Heifers, 3 bulls, 2 colts, 7 calves, 14
 sheep, 3 hogs, 150 poultry, turkeys, mow-
 ers, horse rake, plow, harrows, cultiva-
 tors, mowers, 100 bushels potatoes, 100
 horse hoes, wagons, cart, carriage, sleighs,
 5 sets harnesses, 100 bushels potatoes,
 100 bushels apple, oats, corn, beans,
 potatoes, dry feed and cream separa-
 ator. Newby creamery, 100 bushels
 skim-milk feed hogs. Estimated 1,000
 cords wood, 500,000 feet spruce and pine,
 5-ton sugar mills, 500 apple trees. Good
 100-acre meadow, 100 fruit trees, barns,
 75-100 acre. Aged owner included.
 thing for \$6,500. On easy terms if taken
 soon. For details see page 3, Strout's
 Catalogue of 321 bargains in a dozen
 Strout's Cows, Hired Cows, Strout's
 Farm Agency Dept. 9, New York

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