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Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate irritant acids formed. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as **Walter Siegel's Curative Syrup**, and your kidney disorder will promptly disappear. Get the genuine, 50c. and \$1.00 bottles.

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7 1/2 teaspoons of butter-fat
in every 16 ounce can

Libby's Evaporated Milk

Virginia Spoon Bread
1 pt. Libby's Milk
1 cup sifted corn meal
1 teaspoon salt
1 teaspoon baking powder
2 eggs
pinch of sugar

Scald milk and add sifted corn meal. Beat egg yolks and add. Sift into mixture the salt, sugar and baking powder. Cut and fold in stiffly beaten egg whites. Turn into buttered baking dish, bake in a hot oven, and serve right from the dish, "spooning" it out.

Domestic Science Class at Lynchburg College makes spoon corn bread with Libby's Milk

A Domestic Science teacher improves an old Virginia recipe with Libby's Milk

Domestic Science teachers are invariably fine cooks. And of course, they know food values.

Miss Harriet Palmer, teacher of Domestic Science at Lynchburg College, Lynchburg, Va., is keenly on the alert for new and better methods to replace the old.

For instance, Miss Palmer has found what Libby's Milk means in cooking—how it enriches food, giving it not only greater value but improving flavor.

To demonstrate its quality of richness, she had her classes use it instead of fresh milk, in an old Virginia recipe for spoon corn bread. And they were all delighted with the new quality of creaminess and richness!

Libby's Milk enriches all cooking. What Libby's Milk adds to this old Virginia recipe for spoon bread, it gives to all cooking. For it is very rich in butter fat—that quality which gives to cream and butter their great food value.

In one 16 oz. can of Libby's Milk there are 7 1/2 teaspoons of pure butter fat! This high percentage is due to several things.

First, Libby's Milk comes from specially selected herds which pasture in the finest dairy sections of the country. For just this purpose Nature must have meant these places, with their shaded hills and grassy meadows. Here men specialize in dairying; in selecting herds that give the richest milk.

In the very midst of these localities are our condenseries where we remove more than half the moisture from this milk, making it double rich.

Nothing is added to it; none of its food values are taken away. But to bring it to you and others who live in far sections of the country, we seal it in air-tight cans and sterilize it.

Get this double richness in the foods you serve

Try Libby's Milk in one of your special dishes. See how much its double richness adds in flavor; how it improves any recipe in which you use milk.

You will find its use economical, too; and such a great convenience to have a supply always on hand! Try a can; you will find new pleasure in cooking and your family new appreciation of your dishes.

Write for free recipe folder

We will gladly send you a copy of a new folder containing some of the best recipes sent us by good cooks who use Libby's Milk. Write for it today.

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Proficiency in Business. (Baltimore Sun.)

Economies now lead to a degree at Johns Hopkins University. Perhaps the university is wise in distinguishing between the courses which lead to this degree and those which to be labeled political economy, for the political aspect of the science has proved a sad fizzle. It is not thought strange, nowadays when a national policy is said to be correct politically but unsound economically. But if business men are given additional help in making good business and good economics synonymous, that is at any rate a gain.

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