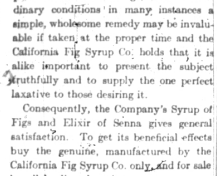
# All Who Would Enjoy

good health, with its blessings, must understand, quite clearly, that it involves the question of right living with all the term implies. With proper knowledge of what is best, each hour of recreation, of enjoyment, of contemplation and of effort may be made to contribute to living aright. Then the use of medicines may be dispensed with to advantage, but under ordinary conditions in many instances a simple, wholesome remedy may be invaluable if taken at the proper time and the California Fig Syrup Co. holds that it is alike important to present the subject truthfully and to supply the one perfect laxative to those desiring it.

Consequently, the Company's Syrup of Figs and Elixir of Senna gives general satisfaction. To get its beneficial effects buy the genuine, manufactured by the California Fig Syrup Co. only, and for sale by all leading druggists.

BRIGHT IDEA.




Miss Citykid—Oh, Willie, wouldn't it be lovely if we could catch one and take it home and tame it?

**The Secret Out.**

"What made my lovely complexion? I do not like to tell, for it was medicine, but the nicest a woman ever took. It was Lane's Family Medicine that did it." This is a pleasant herb tea which acts favorably on the stomach and bowels, purifying the blood and cleansing the skin like magic. It cures headache and backache. Druggists and dealers sell it, 25c.

**A Diplomat.**

Mother—Aren't you ever going to get over fighting, Willie?

Willie—Yes'm, when I'm licked.

**Try Murine Eye Remedy**

For Red, Weak, Weary, Watery Eyes. Compounded by Experienced Physicians. Conforms to the Pure Food and Drugs Law. Murine Doesn't Smart. Soothes Eye Pain. Try Murine for Your Eyes.

Look out for dark days—when the weather man predicts light rains.

**Mrs. Winslow's Soothing Syrup.**
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Go to sleep without supper, but rise without debt.


**Libby's Food Products**

**LIBBY'S EVAPORATED MILK**

Contains double the Nutriment and None of the Injurious Bacteria so often found in So-called Fresh or Raw Milk.

The use of ***Libby's*** Insures Pure, Rich, Wholesome, Healthful Milk that is Superior in Flavor and Economical in Cost.

***Libby's Evaporated Milk*** is the Purest, Freshest, High-grade Milk Obtained from Selected Carefully Fed Cows. It is pasteurized and then Evaporated, (the water taken out) filled into Bright, New Tins, Sterilized and Sealed Air Tight until You Need It.

*Try LIBBY'S and tell your friends how good it is.*

Libby, McNeill & Libby
CHICAGO

**Never Buy a Watch by Mail**

No one can sell a watch by mail that will give satisfaction —for the watch that keeps accurate time in your pocket, loses or gains in another man's pocket. Even the finest watch will fail as a perfect time-keeper unless it is adjusted to meet the individual requirements of the person who is to carry it.

**A South Bend Watch**

*Fraser in Solid Ice Keeps Perfect Time*

All the skill and facilities that money can buy go toward the construction of each South Bend Watch, and grade for grade it is superior to any other watch made.

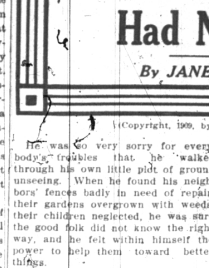
Yet ever a South Bend must be adjusted to the one who is to carry it.

South Bend Watches are sold only by reliable jewelers who properly adjust them to the individual. You cannot buy one from any mail-order house. Ask your jeweler to show you a South Bend Watch.

South Bend Watch Co.
South Bend, Ind.


# The Woman Who Had No Needs

By JANE BELFIELD



(Copyright, 1909, by J. B. Lippincott Co.)

He was so very sorry for every body's troubles that he walked through his own little plot of ground unseeing. When he found his neighbors' fences badly in need of repair, their gardens overgrown with weeds, their children neglected, he was sure the good folk did not know the right way, and he felt within himself the power to help them toward better things.

So keenly alive had the man become to the ignorance, the misfortune, on all sides, that he could scarcely allow himself a moment of rest. The haunting consciousness of the pain of the world rose between his eye and the pages of his book. He saw it in the flowing stream—felt it in the sunlight—listened for its insistent reminder in every strain of music. The realization of the suffering of the many gripped his very soul and would not loose its hold.

How dared he let himself go even into slumber, when perhaps a projected thought of his might lighten the load?

At break of day he knocked on his neighbor's door, at noon he carried food and water to those who toiled in the fields. The sick, the aged, the stricken, watched for his ministrations, but still the knowledge of others' misery robbed the man of peace.

"There must be something more that I can do." He spoke restlessly to her who dwelt ever by his side, and the woman with ready sympathy glanced up from weeding their own garden plot.

"Surely not, beloved; surely you are

"You Are Destroying Yourself," the Woman Pleaded.

doing enough. You are but one man—God cares for the world!"

"But through us. Ah—now I understand. The talent he entrusted to me! The gift of song—I will lift up my voice by the wayside!"

Then the man left the woman weeding their garden and stood without the gate, and as he lifted up his voice in song, those who passed by stopped to listen, whispering one to the other:

"What manner of man is this, and what is the burden of his song?"

"Do you not hear the message?" The woman lifted her head a moment, and spoke to those who gathered around the singer. "He sings of the pain of the world."

"Yes, we hear," answered the toilers. "This is he who brought us water at noon day," and one who was blind crept nearer to clasp the hand of the singer.

"He is from the Master—the song is for us—he understands!"

And from that time many of those who came to listen to the song dwelt with the singer. She who labored in the garden plot hastened unto all.

Then it was that a sudden inspiration came to the man. He saw himself as in a vision gathering the army of the desolate and going upon a great pilgrimage. Handed thus, they would be strong to carry the message of deliverance to those who suffered in other lands.

Thereupon early and late the man sang by the wayside and a great light shone in his eyes as the company of those who were to fare forth with him grew into a mighty throng.

"But you are destroying yourself," the woman pleaded; "you are worn to a shadow—you never sleep." It is too great a price to pay, beloved. God does not ask so much from one man. You cannot carry the whole world. Think of yourself!"

"Afterward," he answered steadfastly, "afterwards I will rest."

The woman's eye wandered sorrowfully over their little plot of ground, which all her efforts could scarcely keep clear of encroaching weeds.

"Beloved," she faltered, "we are a part of the rest—you and I."

"I am a child of God." He glanced where the road would reward the sunset. "I must fare forth!"

So he gathered his neighbors, and with the company of those who had listened to his song, they left their own gardens and went rejoicing upon the great pilgrimage.

Now many years passed ere the man returned again to his own. He had succeeded, according unto the measure of his hope—he had helped to lift the burden of the world. Therefore did his voice ring out joyously as at the head of the pilgrim army he was borne with shouts of triumph along the familiar road—hailed as a savior of men!

Eagerly among the welcoming multitude his eye sought her who once had dwelt by his side. Briefly and with confidence his thoughts veered at last to the one who had made no demands upon them—the woman who had no needs—yet she came not forth to greet him!

Now the pilgrims passed a garden plot choked with weeds and wild grasses. Once there had been a hedge, but now the thick underbrush grew out into the highway and the tangled trees hid the homestead. Yet something strangely familiar about the neglected garden half awakened fragrant memories stifled in the stress of later years. The leader spoke to those who bore him and all that mighty throng surged and pressed against the hedge—yet the woman came not forth.

"Where is she?" the man cried, in sudden, dreadful doubt—and through the host a murmur swept and swelled, "Where is she?"

But ere the echo of that cry had hushed an aged wayfarer tottered from the deserted garden and the multitude listened as their leader sprang to embrace him.

"Father—Father! Lean on me!"

"At last, my son," the old man faltered. "At last—and alas, my son!"

"But, father! Why do you weep? Behold the vast company of the saved!"

The old man turned his face sorrowfully toward the garden choked with weeds. "I see only this plot," he murmured brokenly. "Here have I dwelt these many years."

"Dwelt—here?" the other repeated in bewilderment. "No—but in thy home—and with her who always kept the garden well. Why is not she too here to welcome? Why do you not both rejoice with me, father, in this my hour? Waste no more thought on this plot of weeds. To-morrow we will find the owner of the garden and help him restore his home."

"Too late, my son." Have you indeed forgotten? The man whose home it was is here."

"What! The plot is yours, dear father;"

"Poor boy!" The old man fell upon his son's neck and clasped him close. "After all, only my poor boy—blind to his own! How we both have lived you—she and I. The plot is yours, my son!"

The singer shook with sudden fear and strained forward, peering into the dense foliage.

"Father!" he gasped in trembling anguish. "Where—is—she?"

The old man drew himself upright, leaning both hands upon his staff. "While her strength lasted, she kept the garden well, as you have said, my son; and when her strength was gone"—he led the man by a twisted path deep into the heart of the undergrowth—"she waited for you—here."

Blindly the singer stumbled into the little clearing and cast his eyes shudderingly to the ground. In agonized memory, he who went forth to save the world fell upon the grave that marked the spot where once his home—and hers—had stood.

How many years—how many years since he had left his own!

"Beloved," she had faltered on this very spot, "we are a part of the rest—you and I. You are destroying yourself. It is too great a price to pay!"

And he had answered, obsessed only by his mission: "Afterwards—I will rest!"

Afterwards! Was this their afterwards? The murmur of the multitude reechoed in his stricken heart. "Where is she?"

The man stretched wide his arms with a great cry. "Ah—beloved, the price to pay, beloved! Verily I know—I know! My empty heart bears witness for the heart I set at naught—too great a price, beloved—even for the pain of the whole world!"

## WASTING ENERGY AND FORCE

**Majority of People Put Their Physical and Mental Machinery to Unnecessary Strain.**

"Most of us, through ignorance, put our physical and mental machinery to much unnecessary strain," declares a medical writer. "We push, and drive, and force; wasting double the energy needed on just the simple things of routine living.

"I once watched a friend of mine, who had been nervously run down for several years, getting a Sunday evening tea when the maid was out. We had the whole evening before us, but she hurried from pantry to kitchen, into the dining room and out again her life depended on saving 60 seconds. Not one motion did she make without using more force than she needed. She fretted about the shortcomings of the maid as she worked, and took no comfort in her plain meal because an unimportant bottle of olives had been forgotten in the Sunday ordering.

"After supper she hurried through the dishes, at a pace that made me breathless, so as to join the rest of the family at music. But by the time she was ready she had tired herself out completely, and had to go to bed instead. The most casual observer could see that she had come by her nervous exhaustion honestly."

**To Prevent Smoke.**

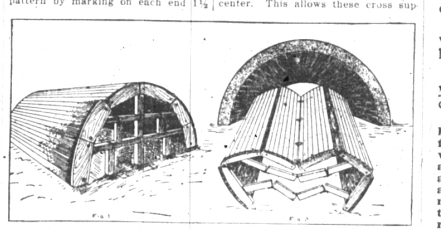
Here is a hint on preventing the smoke that usually accompanies adding fresh fuel to an open fire or grate. When adding the new wood put it at the back, drawing the pieces already burning to the front to keep in the heat and prevent smoke.

# MOLDS FOR MAKING CONCRETE SEWERS AND CULVERTS

**Collapsible Forms for Mixing Cement in Short Time and at Small Expense—By A. A. Houghton.**

The necessity of setting up and taking down forms in making molds for sewers, bridges and culverts of concrete work is a great waste of time. In addition to the great amount of lumber required. With the simple form described and illustrated herewith, which can be constructed by any one in a short time and at a slight expense, the labor in handling forms when molding all classes of bridges, culverts and sewers will be saved, as in a few minutes' time the form can be placed in position to mold a section, and by simply removing the key blocks the form will nearly fall together so that it can be removed and used again without delay in construction.

The manner of construction for a culvert 6 feet 9 inches wide and 3 feet 4½ inches high when completed is to use for each section 24 one-twelfth segments of a circle, as four sets of six each are used as supports to each section. The best way to make these is to cut 24 pieces of 8-inch plank, 2 inches thick and 19½ inches long; take one of these pieces and make a pattern by marking on each end 1½




Removable Concrete Sewer Forms.

inch from the top on one side. In this 1½-inch space draw a curved line from the marks at each end, so as to bring the highest point of the curve in the center of the top edge of the piece. This will make one-twelfth segment of a circle of the desired diameter. In mitering the ends mark a point 1½ inch from each end along the bottom of the piece; then draw a line from this mark to the end of the oval line at the top, and when this three-cornered piece is cut off the correct miter is obtained for the purpose.

If the length of the completed section is to be 12 feet use lumber 2 inches wide and 1½ inch thick; of this length lay four of the segments of circle with oval sides up at equal distance apart and cover with the 12-foot lumber, nailing on top. The oval segments should be so covered as to leave half an inch projecting on each side; this is planed down on one edge, in a bevel, even with the ends of the supporting timbers, so as to make a tight joint when they are joined together.

After completing the six sections in the above manner join them together with a hinge on each support, as illustrated in Fig. 1 and Fig. 2, requiring 20 hinges. As illustrated in Fig. 2, the hinges are all placed on the bottom side of supports, except those in the center on top; these must be on the outside to enable it to fold together. By using a flat strap hinge for this there will be very little mark left in the completed work. For the cross supports cut four pieces of 2x4-inch lumber 4 feet 10½ inches long. Each one of the bottom pieces is cut 1 foot from each end and the balance of strip cut in the center, making four pieces. Join together with three hinges, as illustrated in Fig. 1 and Fig. 2, putting one hinge on top of the strip and two on the bottom, at the joints, and then fasten to the bottom supports with hinges, at bottom of the strip and fasten to the support at about the center. This allows these cross supports to break down, as illustrated in Fig. 2, and thus folds the section together.

The top cross pieces or supports are cut from the same lumber 3 feet 6 inches long, and are divided into four pieces, in a proportionate manner as the bottom cross supports, and are hinged together and fastened to sections in the identical manner as the bottom ones. This allows both cross supports to fold down alike, and thus draw in the sections together, so that it can be removed from the completed work in a very short time and without damage to the concrete.

As illustrated in Fig. 1 blocks are used to hold the cross supports in position while the section is in use. These should be at least 4 by 4 inches and the proper length to closely fit into the spaces. As illustrated, seven of these are used at each set of supports.

# TURKEYS NEED MUCH ATTENTION

**Cures for Numerous Ills They Are Subject To.**

The poultry raiser who is fortunate enough to have a large area of ground should not overlook the turkey as a money maker. However, never keep turkeys and hens together. There are ailments which are almost harmless to hens which prove fatal to turkeys in raising turkeys keep them free from lice and do not overfeed them. In the spring the turkeys need green food, insects or animal food and plenty of fresh, cool water and a good range. Do not keep them shut up in houses, except in winter, and even then, except when sleet falls or the weather is extremely severe, they must have plenty of air. One of the most fatal diseases to turkeys is blackhead. In some places this disease has wiped out whole flocks.

Diarrhea is the most pronounced symptom. This, however, sometimes occurs from other intestinal disorders and does not alone signify the presence of the malady. The next symptom is the drooping tail, followed by a drooping of the wings, after which death soon occurs. When the disease is in its height the head assumes a dark color, hence the name "blackhead." Young turkeys are much more susceptible or they may be more delicate and cannot withstand the invasions of the parasites so well. They begin by moping and humping as if they were cold. A blackening of the head does not always occur.

The disease is caused by animal parasites, which can be detected only by the aid of a microscope. Clean food given to fowls, as one bird with a disease will infect the feeding ground of others. A sick bird should be removed from the flock and placed in close quarters, which should afterward be disinfected, or the bird may be killed at once, and then should be burned. Medical treatment is not very successful, owing to the difficulty of reaching the parasites at the seat of the disease, yet treating them with some of the following remedies may be worth the trouble.

Sulphur, five grains; sulphate of iron, one grain; sulphate of quinine, one grain; place this amount in capsules and administer one night and morning to each turkey for a week. If the bird does not respond to treat ment kill it at once without drawing blood and then burn the carcass, disinfecting the coop.

**A Canadian's Opinion of Bad Butter.**—A Canadian farmer thus expresses his opinion on bad butter: "While the subject is up, why is it that go much butter is bad and a lot of it not fit for human consumption? Let any farmer who reads this ask himself the next time he is carrying the milk to the house from the cow stable, and he notices a brown scum on the top of it, what that brown scum really is. And then let him ask himself what he would think if, when he got to the house, he found his good wife kneading a batch of dough with hands as filthy as his own. Let him wonder whether he could whistle two bars of 'Home Sweet Home,' before exploding and yell, sir, the bread would be just as fit for food as the butter made from that milk. For myself, I believe that 'bad butter' could be spelled with four letters—dirt."

**Get Rid of the Rats.**—A bounty for rats will often induce the boys to rid a neighborhood of this pest. A subscriber to Farm and Fireside says he offered one cent each in cash or merchandise for 1,000 rat tails. Every boy and dog in the neighborhood got busy, and within three weeks he paid out $20 for 2,000 rat tails. Then the town council passed a $50, which was expended at the same time. The result was that for many years a rat was seldom seen in that neighborhood.

## WASTING ENERGY AND FORCE

**Effect of Potato Imports.**—In the face of heavy importations of potatoes from England, prices grow firm. An analysis of the situation indicates that a shortage of 30,000,000 bushels in the crop compared with last year is not likely to be overcome by importations, says Farm and Home. Receipts from abroad, however, may cause some easing off in prices from time to time. Counteracting the heavy imports is the increased demand at this time for potatoes for seed purposes. Some entirely lest German potatoes flood the market prompted an investigation of conditions. It appears that ocean and rail freights from Germany are such that potatoes from that country cannot profitably be handled except, perhaps, at eastern ports.

**Keep Chickens Warm and Dry.**—Chickens must be kept warm and dry on wet days in spring and summer. It is handy to have a room with a stove in it where they can get some exercise and still be warm and comfortable. Cold hinders their growth and causes bowel troubles that often prove fatal.

**The Farmer an "All-Around" Man.**—The farmer must be an "all-around man." He must know considerable of the laws of nature, for he is nearer to nature than any other worker. He must be a good executive, knowing how to plan his own work, and how to handle others—to treat the wage-worker fairly, to his own real best advantage. He must be familiar with the markets and as much as any one can be, a judge of the times at which to sell his own commodities, and to buy those he requires of others.

**Planting Strawberry Plants.**—For making the holes into which strawberry plants are to be set, a flat mason's trowel pushed forward and back to make a wedge-shaped cavity is an excellent implement; or a wedge sawed from a piece of 2x4 scantling, with a long handle fastened to the broad end will result in a less back-breaking process. In setting the plant spread the roots out fan-shape, and use care not to bury the crown.

Avoid anger and thou wilt not sin.—Talmud.


# Answer This Question

When thousands of women say that they have been cured of their ailments by a certain remedy, does this not prove the merit of that remedy?

Thousands of women have written the story of their suffering, and have told how they were freed from it by Lydia E. Pinkham's Vegetable Compound—for thirty years these reports have been published all over America.

Without great merit this medicine could never have gained the largest sale of any remedy for woman's ills—never could have become known and prized in nearly every country in the world.

Can any woman let prejudice stand between her and that which will restore her health? If you believe those who have tried it you know this medicine ***does*** cure.

Read this letter from a grateful woman, then make up your mind to give Mrs. Pinkham's medicine a chance to cure you.

**Brooklyn, N. Y.—"I am a firm believer in Lydia E. Pinkham's Vegetable Compound. I was a great sufferer from organic female troubles for years, and almost despaired of ever being well again. I had bearing-down pains, backache, headache and pains in my abdomen, and tried Mrs. Pinkham's Compound as a last resort. The result was astonishing, and I have used it and advocated it ever since. It is a great boon to expectant mothers. I have often said that I should like to have its merits thrown on the sky with a search-light so that women would read and be convinced that there is a remedy for their sufferings. "My husband joins me in its praises. He has used it for kidney trouble and been entirely cured."—Mrs. E. A. Bishop, 1915 Atlantic Ave., Brooklyn, N. Y.**

**For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.**

**Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.**

**SICK HEADACHE**

W. N. U., DETROIT, NO. 21-1909.

**CARTER'S LITTLE LIVER PILLS.**

Positively cured by these Little Pills.

They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature *Brent Good*

REFUSE SUBSTITUTES.

**Do You Love Your Child?**

Then protect it from the dangers of croup to which every child is subject. Keep

**DR. D. JAYNE'S EXPECTORANT**

in your home all the time, then you're ready for the sudden attacks of croup and colds. Neglect may cost you the life of your child. It's safest to be on your guard.

Dr. D. Jayne's Expectorant is the best remedy known for croup; it gives quickest relief.

*Sold everywhere in three size bottles $1.00, 50c, 25c*

**Insomnia**

"I have been using Cascarets for Insomnia, with which I have been afflicted for twenty years, and I can say that Cascarets have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all that they are represented." Thos. Gillard, Elgin, Ill.

Pleasant. Palatable. Potent. Taste Good. Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 924

LIVE STOCK AND MISCELLANEOUS

**Electrotypes**

IN GREAT VARIETY FOR SALE AT THE LOWEST PRICES BY

WESTERN NEWSPAPER UNION
73 W. Adams St., Chicago

**DEFIANCE STARCH** easiest to work with and starches clothes nicest.

**Western Canada**

MORE BIG CROPS IN 1908

160 ACRES IN WESTERN CANADA FREE

Another 60,000 settlers from the United States. New districts opened for settlement. 320 acres of land to each settler,—160 free homestead and 160 at $3.00 per acre.

"A vast rich country and a contented prosperous people."—*Extract from correspondence of a National Editor, whose visit to Western Canada, in August, 1908, was unsolicited.*

Many have paid the entire cost of their farms and had a balance of from $10.00 to $20.00 per acre as a result of one crop.

Spring wheat, winter wheat, oats, barley, flax and peas are the principal crops, while the wild grasses bring to perfection the best cattle that have ever been sold on the Chicago market.

Splendid climate, schools and churches in all localities. Railways touch most of the settled districts, and prices for produce are always good. Lands may also be purchased from railway and land companies.

For pamphlets, maps and information regarding low railway rates, apply to Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government Agent.

M. V. McINNES, 176 Jefferson Avenue, Detroit, Michigan; or C. A. LAURIER, Sault Ste. Marie, Mich.

**THE BUSY WORLD WEARS W. L. DOUGLAS $3.00 SHOES $3.50**

| | |
|---|---|
| $4.00 and $3.50 Shoes | The Reason I Make and Sell More Men's $3.00 and $3.50 Shoes Than Any Other Manufacturer is because I produce the wearer the most complete organization of trained experts and skilled tradesmen in the country. The selection of the leathers for each part of the shoe, every detail of the making in every department, is looked after by the best shoemakers in the shoe industry. If I could show you how carefully W. L. Douglas shoes are made, you would then understand why they wear best, shape, fit better, and wear longer than any other make. |
| $2.50 and $2.00 Boys' Shoes | |
| $1.00 $2.00 | |

*My Method of Treating the Soles makes them More Flexible and Longer Wearing than any other.*

Shoes for Every Member of the Family, Men, Women, Misses and Children. For sale by shoedealers everywhere.

CAUTION! Beware of shoes without W. L. Douglas name and price stamped on bottom. Fast Color Eyelets used—will not tarnish. Ordered from W. L. DOUGLAS, 161 SPARK STREET, BROCKTON, MASS.

**Paxtine TOILET ANTISEPTIC**

—NOTHING LIKE IT FOR—

**THE TEETH** Paxtine excels any dentifrice in cleansing, whitening and removing tartar from the teeth, besides destroying all germs of decay. Disease which ordinary tooth preparations cannot do.

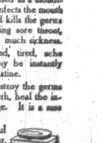
**THE MOUTH** Paxtine used as a mouth wash disinfects the mouth and thrust, purifies the breath, and kills the germs which collect in the mouth, causing sore tissue, bad teeth, bad breath, grippe, and much sickness.

**THE EYES** when inflamed, tired, ache and burn, may be instantly relieved and strengthened by Paxtine.

**CATARRH** Paxtine will destroy the germs that cause catarrh, heal the inflammation and stop the discharge. It is a sure remedy for uterine catarrh.

Paxtine is a harmless yet powerful germicide, disinfectant and deodorizer. Used in bathing it destroys odors and leaves the body antiseptically clean.

FOR SALE AT DRUG STORES, 50c; ON POSTPAID BY MAIL.




**LARGE SAMPLE FREE!**

THE PAXTON TOILET CO., BOSTON, MASS.

**DEFIANCE STARCH**—50 ounces to the package, another starches only 32 ounces—same price and "DEFIANCE" IS SUPERIOR QUALITY.