After Every Meal

WRIGLEY'S

Chew your food well, then use WRIGLEY'S to aid digestion.

It also keeps the teeth clean, breath sweet, appetite keen.

The Great American Sweetmeat

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For FORDSON and larger mills, we have hundreds of Fordsons cutting 5-m. to 8-m. per day with three to four men, some clearing $50 per day, the owner being the sawyer, no overhead expense. Our special 44-in. 10 gauge 28 tooth saw is recommended by all Fordson dealers. We send directions for operating saw and setting mill. Any hustler can make money. Saw mills in stock. Prompt saw repairing at each of our three factories.

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Trial package and a Foot Ease Walking Doll sent Free. Address ALLEN'S FOOT-EASE, Le Roy, N. Y.

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Don't Hide Them With a Veil; Remove Them With Othine—Double Strength

This preparation for the treatment of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold under guarantee to refund the money if it fails.

Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Be sure to ask the druggist for the double-strength Othine; it is this that is sold on the money-back guarantee.

Kill All Flies! THEY SPREAD DISEASE

Placed anywhere, DAISY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed.

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Keep Stomach and Bowels Right

By giving baby the harmless, purely vegetable, infants' and children's regulator.

MRS. WINSLOW'S SYRUP

brings astonishing, gratifying results in making baby's stomach digest food and bowels move as they should at teething time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

BRIEF NEWS NOTES

WHAT HAS OCCURRED DURING WEEK THROUGHOUT COUNTRY AND ABROAD

EVENTS OF IMPORTANCE

Gathered From All Parts Of The Globe And Told In Short Paragraphs

Foreign—

Great Britain is attempting to nullify a portion of the Chester agreement under which Turkey granted American capitalists important commercial concessions. The protest will declare that Britain will refuse to recognize the validity of any grants within the area of Mesopotamia.

The proposals contained in the German note which was delivered in the German language are regarded in French official circles as for Anglo-Saxon and neutral consumption only. It is stated that the French believe there was no hope or desire in Berlin that the proposals be accepted.

One hundred persons have been killed in an ammunition explosion in a factory at Tula, Russia. Those killed include General Malinikoff and many military officers and three members of the local Soviet.

All manner of views, "from grave to gay, from lively to severe," are aimed in the London newspapers in reference to the United States Supreme court's ruling anent liquor. However, the grave and severe are most numerous. One of the suggestions is that Great Britain declare war on the United States to enforce the sacred right of her subjects to drink as much liquor as they like, wherever they like or, alternatively, to retaliate by placing a ban on chewing gum and compel American ships to dump their supply of this commodity in the English channel.

France has officially warned Turkey anew that she does not like the Turkish concentration of troops on the Syrian frontier and has added that if Turkish military pressure on the Syrian border is not removed it may be difficult for France to go on with the Lausanne peace negotiations.

Emilio Piccarillo, the Emperor "Pick" to the rum running fraternity of Crow's Nest Pass, and 22-year-old Mrs. Florence Lassandra, his confederate in crime, were hanged in the jailyard at Ft. Saskatchewan, Alta., Canada, for the murder of Steve Lawson of the Alberta provincial police.

The French reply to the German recautions other is a short, terse document. The text of it went forward to Brussels essentially. It is an outright refusal of Chancellor Cuno's proposals. Though the nature of the reply has not been disclosed officially, it is said to be admitted that the note in no way makes the 2-km. of a counter proposition.

The government of Chancellor Cuno unable to reach peace with the Francs-Belgians in the Ruhr, is tottering, according to all indications. It is authoritatively that Cuno will resign as soon as the French and Belgian governments dispatch him their formal refusal to discuss a thirty billion gold mark reparations offer.

The British government, although of the opinion that the German reparations note provides a suitable basis for discussion, will not interfere in face of the flat rejection of the proposal by the French and Belgian governments.

Two directors of the Heinrich's Mine and Machine works, at Hattingen, have been sentenced by a French court-martial to serve five years in prison and to pay fines amounting to 250,000,000 marks.

The offices of The Tribune, the only American newspaper in Mexico, and the building of the Young Men's Christian association were destroyed by fire at Tampico, Mexico.

Washington—

Harry L. Curtis, an industrial chemist, was appointed by Secretary Hoover to head the nitrate investigation authorized by congress in connection with the question of fertilizer production.

The liquor problem again became the paramount concern of the federal government as a result of the decision of the supreme court drawing a prohibition deadline around the territory and territorial waters of the United States.

The government-owned merchant fleet will continue bone dry beyond the three-mile limit, regardless of the supreme court's decision that liquor may be carried by American ships on the high seas. President Harding has decided to adhere scrupulously to the spirit as well as the letter of the prohibition act. He will presently make known his intention not to take advantage of the loophole offered by the supreme court.

Most women work because they need the money. Such is the conclusion reached as a result of a survey made by the women's bureau of the department of labor.

Great Britain and France probably will recognize the Mexican government if the American negotiations, which begin soon, are successful. The two American commissioners, Charles B. Warren and John Barron Payne, are to leave Washington for Mexico City to meet with the two commissioners selected by President Obregon.

President Harding, when he enters Alaska on his coming trip, will be introduced to several difficult problems whose solution will determine future government policy in developing the opulent territory which was purchased from Russia for a song.

The United States will take the position at the meeting of the opium advisory committee of the league of nations at Geneva, Secretary Hughes declared in an address before the National Narcotic conference assembled at Washington by Rexford L. Holmes, a Washington church worker, that the use of narcotic drugsf or other than medicinal and scientific purposes is illegitimate.

Due, officials declare, to the wave of industrial prosperity now in progress as the weekly average of enlistments in the navy has dropped from 900 to 340 and applicants from 2,000 to 950. It is estimated that the navy is 12,000 men short of its authorized strength.

Touched by an unusual endeavor to show gratitude, President Harding has directed the war department to ascertain the burial place of General Edward R. Canby, an officer in the Union army during the Civil war, who was killed in 1865 during some Indian troubles in northern California.

Complaints have been issued by the federal trade commission against the American Tobacco company, P. Lorillard Company, Inc., the Ohio Wholesale Grocery association and the Cleveland Tobacco Jobbers association, charging agreements to maintain specified standard prices for certain tobacco products.

From the American government's viewpoint, it is understood that even where there is a direct conflict between prohibition laws as interpreted by the court and portions of commercial treaties, the latter would have to give way. It is believed that some of the foreign powers, in any resulting negotiations, will challenge the soundness of that part of the decision which defines "importation" as the mere entry of a cargo or ship into territorial waters of the United States.

Domestic—

The search for Ambrose J. Small, multi-millionaire theater owner who disappeared from his home in Toronto on December 19, 1919, has been resumed at Chicago following word from Toronto that Small's estate has offered a reward of $50,000 for definite information of Small's death or whereabouts.

Two young men, grotesquely fat in their padded aviation suits, hopped from the cabin of the huge army monoplane T-5, at Rockwell field, North Island, recently into the pages of American history. Lieutenants John A. MacReady and Oakley Kelly had crossed the American continent from Roosevelt field, Long Island, just outside New York city, in 26 hours, 50 minutes, 42 2-5 seconds, the first transcontinental flight made from coast to coast.

A second crash of the nine fleet that has begun flying to Nome from Seattle, Wash., occurred when the British tanker Wirtzawa and the yacht Lear got up steam and sailed out to sea. Both were out of sight by dark.

Alexander Howat, deposed president of the Kansas district of the United Mine Workers of America, has violated no Kansas law which would justify his deportation by immigration authorities at Ottawa, Can., in the opinion of Governor Jonathan M. Davis.

A test case has been started to determine whether food and fuel can legally be supplied to "rum row" by American vessels. If such action is found illegal, dry chiefs plan to starve the liquor fleet out of existence.

Knott Little, 23, planter, and his bride of three months were burned to death when their home near Ohatchee, Ala., was destroyed by fire. The charred remains were found on bed springs, indicating that their lives were lost as they slept.

The increasing cost of living is getting close to the skin. Knit underwear will cost 5 to 25 per cent more next winter and cotton and worsted will advance proportionately.

Charles E. Ruthenberg, of Cleveland, was found guilty of violating the Michigan law against criminal syndicalism. Ruthenberg faces a prison sentence of ten years or fine or $5,000 or both. The jury was out four hours and fifty minutes and took three ballots.

An Assyrian silk worker is under arrest following a fight with two detectives in front of the Fifth avenue home of John D. Rockefeller, Jr.

Acceptance of President Harding's world court proposition will commit Republicans in favor of the league of nations, John H. Clarke, former justice of the United States supreme court, declared at Kansas City, Mo.

Emerson Hough, author, died in a hospital in Evanston, Ill., recently. Mr. Hough was 66 years old and was taken to the hospital suffering from an intestinal obstruction. An operation was performed. Heart and respiratory complications caused death.

Struck by an infuriated bull, Charlie Blakely, 40, well-known planter of the Reedy Fork section, lies at the point of death at a Greenville, S. C. hospital. His neck is fractured.

Convinced that college hazers saw Leighton Mount die, if they did not actually kill him, Oscar Wolff, coroner of Cook county, Chicago, halted the inquest over the bleached skeleton of the long-lost Northwestern university freshman to question every student who took part in the freshman-sophomore rush of 1921, which preceded Mount's disappearance.

SIMPLE STATEMENT OF FACT

Explanation Showed That Both Manager and His Assistant Had Told the Truth.

With a firm tread and a masterful air the woman stepped into the florist's shop.

After gazing about for some moments her choice fell upon a green palm in an ornamental pot.

The assistant approached with deference.

"Will it grow well in the sunshine?" she inquired.

"Yes, madam."

"Don't say it will if it won't," she snapped. "If it does well in the sun, will the shade hurt it?"

"Oh, no, madam."

"What!" she exclaimed. "You tell me it will thrive equally well in sunshine or shade? Young man, you don't know your business. Fetch the manager."

The manager was summoned. Even he quailed before her; but, all the same, he backed up his assistant's statement.

"Then it is really a remarkable plant," she commented, sarcastically. "My good man, it is both ridiculous and unnatural."

"That's just it," said the manager, quietly; "it's an artificial plant."

Statistics show that if a man and a woman are riding together in a train which meets with disaster, the woman has more chances of escaping death than the man.

IMPORTANT: *Save this announcement, read it carefully, and keep for reference. It may mean money and knowledge to you.*

Over $7500.00 *for* Grape-Nuts Recipes

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying $50.00 for each one accepted. And in addition—

Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an award of $2500.00 for the best four of the 101 or more Recipes or suggestions for new Uses of Grape-Nuts, so purchased:

$1000.00 for the 1st selection $750.00 for the 2nd selection
$500.00 for the 3rd selection $250.00 for the 4th selection

Read carefully the terms of this offer so that you may have the fullest opportunity to share in its benefits. The conditions are so simple and fair that every housewife in the United States can take part in this National Recipe Festival!

There Is No Other Food Like Grape-Nuts

WHILE practically every man, woman and child in the English-speaking world knows Grape-Nuts as a delicious, nourishing and wholesome cereal, and while it is common knowledge that Grape-Nuts with milk or cream is a *complete food*, many housewives do not know of the appetizing and economical dishes that can be prepared with Grape-Nuts. *It lends itself, we believe, to more uses than any other cereal.* The convenience and economy of Grape-Nuts, and the flavor, zest and wholesomeness which it imparts to other food, make it invaluable in every home.

Frequently we receive interesting letters from women throughout the country, telling about the attractive dishes they make with Grape-Nuts—delicious puddings, salads, dressings for fowls, etc. No doubt there are thousands of women who are finding varied uses for Grape-Nuts in their home cooking, and even more thousands who will be glad to learn of those varied uses; for while we all cling to old favorite dishes, we also welcome and enjoy a change.

So that is the thought back of our offer of more than $7500.00 in cash for new ways of using Grape-Nuts. To those women who are already using Grape-Nuts in various ways, other than as a breakfast cereal or in the recipes given here, and to those women who would like to try their hand at developing some new way to use Grape-Nuts, we offer to buy at $50.00 each not less than 101 new Grape-Nuts Recipes. We plan to include these new Recipes in a beautifully illustrated cook book.

What Is Grape-Nuts?

Grape-Nuts is a highly nutritious food in the form of crisp, golden granules. It contains the full nutriment of wheat and barley, including vitamin-B and mineral elements required for building sturdy health. These elements are often lacking in the ordinary diet, chiefly through "over-refinement" in the preparation of food.

No other food is so thoroughly baked as Grape-Nuts. More than 20 hours are consumed in the baking process which makes Grape-Nuts easy to digest, and also develops a natural sweetness from the grains themselves.

The form and crispness of Grape-Nuts invite thorough mastication—a decided advantage because this not only provides proper exercise for the teeth, but makes for good digestion.

Every housewife in the land should take advantage of this extraordinary opportunity to earn the tidy sum of $50.00 by a little pleasant and educational effort in her own home. Also the fair and equal chance to secure one of the liberal awards to be made by Good Housekeeping Institute.

Moreover, there's the greater knowledge of the value of Grape-Nuts, not only as a delicious breakfast cereal, but in the preparation of a variety of appetizing dishes that add to the health and pleasure of the whole family.

Where you don't find Grape-Nuts you won't find people

"There's a Reason"

Sold by grocers everywhere!

Conditions Governing the Purchase of, and Awards for Grape-Nuts Recipes

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying $50.00 for each one accepted. This offer is open to every person in the United States.

Good Housekeeping Institute, conducted by Good Housekeeping Magazine, will decide an award of $2500.00 for the best four of the 101 or more Recipes or suggestions for new Uses of Grape-Nuts, so purchased. $1000.00 for the 1st selection; $750.00 for the 2nd selection; $500.00 for the 3rd selection; and $250.00 for the 4th selection.

Recipes must be mailed between May 1st, 1923 and August 31st, 1923.

Recipes or suggestions for new uses submitted for purchase must not duplicate any of the ten Recipes printed in this announcement.

No Recipe will be purchased from anyone directly or indirectly connected with the Postum Cereal Company, Inc., or Good Housekeeping Institute.

If more than one Recipe is offered, each must be written on a separate sheet. Write name and address plainly on each Recipe submitted.

In the event of a tie for any award offered, an award identical in all respects with that tied for will be made to each one tying.

It is not necessary to purchase Grape-Nuts. A suitable quantity will be sent upon request to those desiring to submit recipes.

Your Recipe should state the exact number intended to be served. Recipes should be carefully tested to make sure that proportions and directions for preparing will bring best results.

Form of Recipe: First, write name of your Recipe at top of sheet; underneath list all ingredients, using *level measurements* only; then the directions for preparing, worded simply and accurately. *Do not send* specimen dish.

In considering Recipes for purchase, and for awards by Good Housekeeping Institute, account will be taken of the following points:

(a) Palatability.
(b) Simplicity and economy.
(c) Accuracy and clearness of expression of recipe.

Announcement of the Recipes purchased, and Awards by Good Housekeeping Institute, will be made in January Good Housekeeping.

Recipes submitted to the Postum Cereal Company for purchase will not be returned.

Below are ten Recipes showing a few of the many appetizing dishes that can be made with Grape-Nuts. Read them over, try some of them, and then you will find it easy to work out a new Recipe or think of a new use for Grape-Nuts, that we may purchase. And remember, your Recipe or suggestion for new use of Grape-Nuts may also merit one of the large awards.

GRAPE-NUTS Ice Cream

Prepare plain flavored ice cream in the usual way. Just before the cream hardens in freezing, add Grape-Nuts as it comes from the package, in the proportion of one half cup of Grape-Nuts to one quart of ice cream. If you buy ice cream ready made, add Grape-Nuts in place of nutmeats. You will find the resulting flavor unique.

GRAPE-NUTS Salad

Equal parts Grape-Nuts and Lemon Juice — 2 cubed bananas, 2 teaspoons lemon-juice, Cream Salad Dressing. Combine ingredients, moisten with lemon juice, mix with Grape-Nuts, serve on a bed of lettuce with Cream Salad Dressing. Makes four to six portions.

GRAPE-NUTS Six Minute Pudding

Equal parts Grape-Nuts and sugar — 2 tablespoons sugar, 2 cupfuls raisins. Add milk and well-beaten eggs, then add the mixed dry ingredients, and raisins which have been dusted with part of the Grape-Nuts. Beat thoroughly and place in a shallow baking sheet one and one-half inches deep. Bake in a moderate oven for a short time. Serve with lemon sauce. Makes four to six portions.

GRAPE-NUTS Cookies

1 cup Grape-Nuts, 2½ cups flour, 2 teaspoons baking-powder, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon salt, 2 cups seeded raisins, 1 cup sugar, 1 egg, milk. Add milk and well-beaten eggs to mixed dry ingredients, and raisins which have been dusted with part of the Grape-Nuts. Beat thoroughly and place on baking sheet one and one-half inches deep. Bake in a moderate oven for a short time.

GRAPE-NUTS Cheese Casserole

¾ cup Grape-Nuts, ½ teaspoon pepper, 1½ cups milk, 1½ cups chopped American cheese, 1 tablespoon sugar, 2 eggs, ½ teaspoon salt, few grains paprika, 1 teaspoon salt. Scald the milk. Add Grape-Nuts, butter and seasonings, mix with the cheese and eggs, the latter slightly beaten. Pour into a buttered baking dish, surround with hot water and bake slowly for forty-five minutes in a slow oven. Serve as the main course at a luncheon, supper, or a meatless dinner. Makes four to six portions.

GRAPE-NUTS Fruit Pudding

1 cup Grape-Nuts, 1 pint boiling water, 1 package lemon Jell-O or lemon flavored gelatine, ½ cup seeded raisins or chopped dates. Add the boiling water to the Jell-O or lemon flavored gelatine and stir until it is dissolved. Pour into a mould, and when the mixture has cooled slightly, add the Grape-Nuts and fruit; then allow the mixture to chill and harden. Makes four to six portions.

GRAPE-NUTS Meat Loaf

1 cup Grape-Nuts, 1 egg, 1 pound veal, mutton or beef, ½ tablespoon lemon-juice, ½ pound salt pork, 2 tablespoons tomato catsup, 1 teaspoon salt, ½ teaspoon pepper, ½ tablespoon chopped parsley, 2 tablespoons milk, 1 tablespoon minced onion. Put the meat through a food chopper, add seasonings. Brown minced onion in a little fat before adding Grape-Nuts, milk, and slightly beaten eggs. Pack in a baking dish, shaping like a loaf of baked bread and smooth evenly on top. Bake for forty-five minutes, basting frequently using one-half cup of hot water, a tablespoon at a time. Just before taking from oven, brush with some of the beaten white of egg and a little milk. Brown for one minute. Makes four portions.

GRAPE-NUTS Loaf Cake

1 cup Grape-Nuts, 2½ cups Pastry flour, ½ cup butter, 2 teaspoons baking-powder, 1½ cups sugar, 1 teaspoon salt, 3 eggs, ½ teaspoon vanilla, 1 cup milk. Cream butter and sugar, add egg-yolks well beaten, then milk and Grape-Nuts. Beat the mixture thoroughly and add alternately the stiffly beaten egg-whites and flour sifted with baking-powder three times, and lastly add the vanilla. Have cake pan previously greased and lightly floured; fill two-thirds full and bake in a moderate oven for forty-five minutes.

GRAPE-NUTS Tomato Soup

¼ cup Grape-Nuts, 1 sliced onion, 1 quart tomatoes, 2 teaspoons salt, 2 cups water, ⅛ teaspoon soda, 10 peppercorns, 4 whole cloves, 3 tablespoons butter. Cook tomatoes, water and seasonings twenty minutes; strain and add salt and soda. Crush the Grape-Nuts with a rolling pin. Melt the butter, add the rolled Grape-Nuts, combine and heat the soup to the boiling point. Substitute whole Grape-Nuts for croutons in serving individual soup plates. Makes four to six portions.

GRAPE-NUTS Fudge

½ cup Grape-Nuts, 2 squares chocolate, 2 cups granulated sugar, ½ teaspoon salt, 1 cup milk, 2 tablespoons butter, ½ teaspoon vanilla. Combine the sugar, milk, chocolate and salt; place over a slow heat, and stir constantly until the sugar is dissolved. Then continue boiling gently, without stirring, until the thermometer registers 238 degrees F., or the mixture forms a soft ball when dropped in cold water. Set the pan in bowl of cold water and allow to stand undisturbed until there is no heat in the fudge mixture. Remove and add the butter and vanilla. Beat the mixture until creamy and thick, then add Grape-Nuts and continue beating until stiff enough to knead. Turn out on a buttered plate and cut into desired squares.

All Recipes must be addressed to
RECIPE DEPARTMENT
Postum Cereal Company, Inc., Battle Creek, Michigan