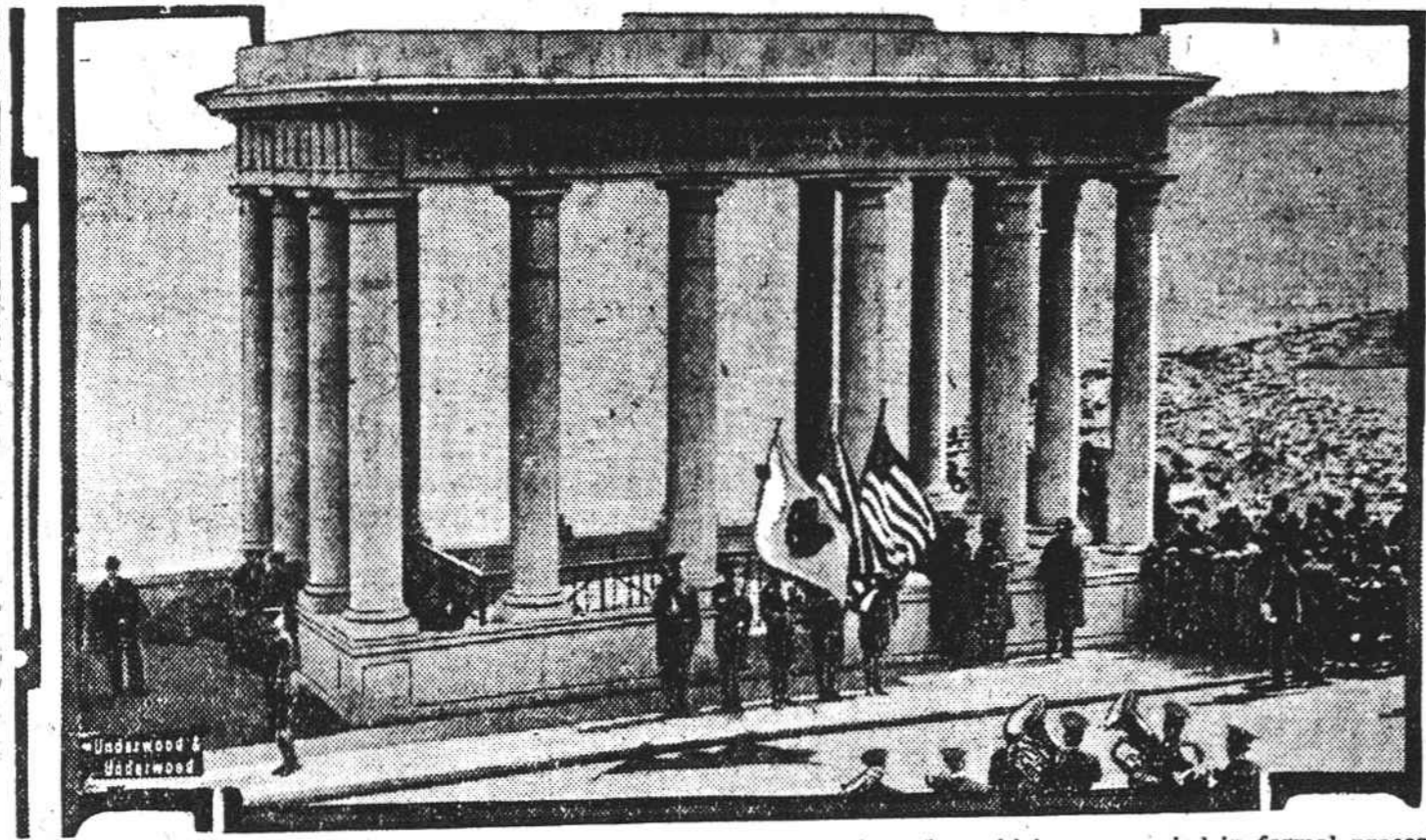


Dedicate Flag Sent From Plymouth to Lexington



Dedication at Plymouth rock, Plymouth, Mass., of the American flag, which was carried in formal procession to the town of Lexington, Mass., as an official patriotic greeting from town to town.

DE VALERA GIVES IN



Eamonn de Valera, head of the "Irish Republic," has issued a proclamation ordering a cessation of hostilities with the forces of the Free State and an effort to negotiate peace under certain conditions.

Secretary Weeks on Long Journey



Secretary of War Weeks starting from the Brooklyn navy yard on a coast defense inspection cruise which will take him to Porto Rico, Panama and San Francisco. A number of senators and representatives accompany him.

MOST BEAUTIFUL GIRL



Miss Florine Findlay DeHart, aged sixteen, of Bristol, Va., has been selected as the "most beautiful girl in America" in a nation-wide contest conducted by a group of magazines published in New York. She is to visit New York as the guest of the magazines and will pose for noted American portrait painters and sculptors.

FOUND ROBBERY LOOT



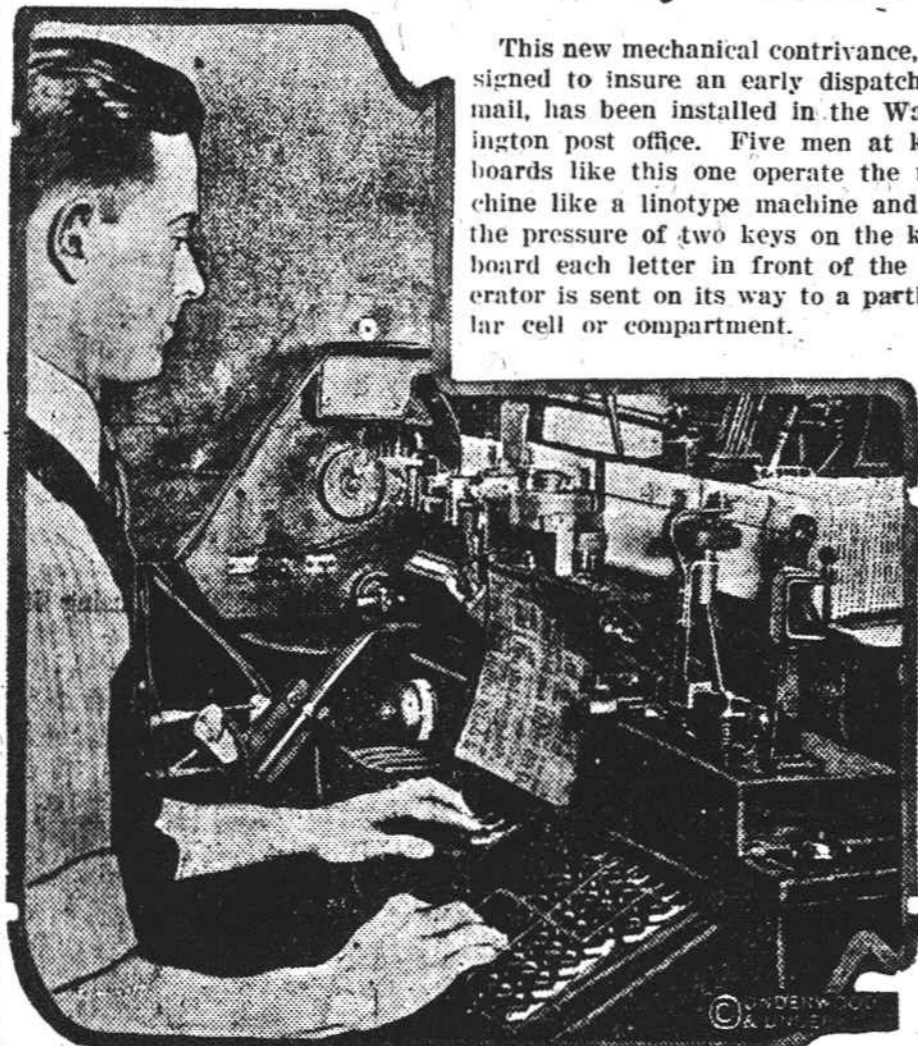
Raymond Knutson, seven-year-old boy of Minneapolis, Minn., while playing in an alley near his home came upon a bundle of "pretty papers" and, rather than give them away to his playmates, exercised business ingenuity and sold them for five cents. One of the boys who bought the papers, which turned out to be bonds, showed them to a banker of Minneapolis and in less time than it took Raymond to dispose of his papers a score of detectives were on the scene, recovering quickly \$19,275 in bonds which Raymond had found and later an additional \$14,000 found in a coal pile nearby. The bonds were part of a \$33,875 lost stolen from the Bank of Rock at Maiden Rock, Wis.

Monument to Fremont Unveiled



In memory of John C. Fremont, who as a captain of the United States army explored the Sacramento valley in California before that state became a part of the Union, a monument has just been erected by the Bi-county Federation of Women's Clubs of Sutter and Yuba counties, Cal. This photograph shows the unveiling.

Sorting of Mail Is Done by Machine



This new mechanical contrivance, designed to insure an early dispatch of mail, has been installed in the Washington post office. Five men at keyboards like this one operate the machine like a linotype machine and by the pressure of two keys on the keyboard each letter in front of the operator is sent on its way to a particular cell or compartment.

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 sash 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 on 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 more to you 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, dress-

ings 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 nutrition 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 purchased 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 nuts. You'll find the resulting flavor unique.

GRAPE-NUTS Salad
1 cup Grape-Nuts 2 cubed bananas
1 sliced orange 2 teaspoons lemon-juice
1/2 cup cubed pineapple 1/2 cup salad dressing
Cut up the fruit, add lemon-juice, mix with Grape-Nuts, and serve on bed of lettuce with Cream Salad Dressing. Makes four to six portions.

GRAPE-NUTS Six Minute Pudding
1 cup Grape-Nuts 1 tablespoon sugar
1 1/2 cups scalded milk 1/2 cup raisins
Cover Grape-Nuts with scalded milk. Add sugar, raisins, and a little nutmeg. Cook six minutes directly over the heat, stirring constantly, and serve with any good pudding sauce. Makes four to six portions.

GRAPE-NUTS Cookies
1 cup Grape-Nuts 2 cups flour
1/2 cup shortening 2 teaspoons baking-powder
1 1/4 cups light brown sugar 1 teaspoon cinnamon
1/2 cup milk 1/2 teaspoon cloves
2 well-beaten eggs 1/4 teaspoon salt
1 cup chopped seeded raisins
Cream shortening and sugar. Add milk and well-beaten eggs. Add well-sifted dry ingredients, and raisins that have been dusted with part of the flour, and then the Grape-Nuts. Beat thoroughly and drop from a spoon on baking sheet one and one-half inches apart. Bake in moderate oven for fifteen minutes.

GRAPE-NUTS Cheese Casserole
1/2 cup Grape-Nuts 1/2 teaspoon pepper
1 1/2 cups milk 1/4 cup chopped American cheese
1 tablespoon butter 2 eggs
1/4 teaspoon soda Few grains paprika
1 teaspoon salt
Scald the milk. Add Grape-Nuts, butter and seasonings and combine 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 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 1/2 cup seeded raisins
or lemon flavored or chopped dates
gelatine
Add the boiling water to the Jell-O or lemon flavored Grape-Nuts, mix until it is dissolved. Pour into a mould, and after 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 1/2 teaspoon lemon-juice
or beef 2 tablespoons tomato powder
1/2 pound salt pork 2 tablespoons catsup
1 teaspoon salt 1/2 teaspoon chopped parsley
2 tablespoons pepper 1/2 minced onion
2 tablespoons milk
Put the meat through a food chopper, add seasonings. Brown minced onion in a little fat before adding Grape-Nuts, milk and salt and 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 with 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 2 cups Pastry flour
1/2 cup butter 2 teaspoons baking-powder
1 1/2 cups sugar 1 teaspoon salt
3 eggs 1/2 teaspoon vanilla
Cream butter and sugar; add egg-yolks well beaten; then milk and Grape-Nuts. Beat the mixture thoroughly, fold in alternately the stiffly beaten egg-whites and flour sifted with baking powder three times; 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
1/4 cup Grape-Nuts 1 sliced onion
1 quart tomatoes 2 teaspoons salt
2 cups water 1/4 teaspoon soda
10 peppercorns 4 whole cloves
3 tablespoons butter
Cook tomatoes, water and seasonings in heavy saucepan over a slow heat, and stir constantly until the sugar is dissolved. Then continue cooking gently, without stirring, until the thermometer registers 238 degrees F., or the mixture forms a soft ball when dropped in cold water. Get the pan in a bowl of cold water and allow to stand undisturbed until chow-chow has set in the mixture. Remove and add the butter and vanilla. Beat the mixture until creamy and thick, then add Grape-Nuts and continue beating until smooth to blend. Turn out on a buttered plate and cut into desired squares.

GRAPE-NUTS Fudge
1/4 cup Grape-Nuts 1/2 square chocolate
2 cups granulated sugar 1/2 teaspoon salt
1 cup milk 2 tablespoons butter
1/2 teaspoon vanilla
Combine the sugar, milk, chocolate and salt placed over a slow heat, and stir constantly until the sugar is dissolved. Then continue cooking gently, without stirring, until the thermometer registers 238 degrees F., or the mixture forms a soft ball when dropped in cold water. Get the pan in a bowl of cold water and allow to stand undisturbed until chow-chow has set in the mixture. Remove and add the butter and vanilla. Beat the mixture until creamy and thick, then add Grape-Nuts and continue beating until smooth to blend. 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