

We'll never obtain the ultimate in efficiency, however, until we discover a substitute for rest.

A doctor is a man who will advise a rest and make you work your fool head off to pay for the advice.

The model husband is the one who falls to invent a business trip covering housecleaning days.

"Abide With Me" is the most popular hymn. One reason is that it was never set to jazz music.

The dentist is not necessarily sad because he is continually looking down in the mouth. He also has a pull.

Perhaps the easiest way to amuse criminals would be to let them listen in on the deliberations of juries.

A hick town is a place where the neighbors know something is wrong when your lights burn after 10 o'clock.

"Eighty-five Pearls Found in a Single Oyster," says a headline. The married ones probably can't afford them.



Why don't you live a cheerful life and make the best of things? For discontent means constant strife, and other ills it brings.

OUT OF THE COOKY JAR

Cookies of various kinds will keep indefinitely (when carefully concealed) and may be made from the foundation mixture into dozens of varieties, shapes and kinds.

To suit various tastes is the following: Plain Cookies.—Take one-half cupful of fat, one cupful of sugar, one-fourth cupful of milk, one egg, two teaspoonfuls of baking powder, flavor as liked and two cupfuls of flour.

Nuts, raisins, dates, figs, spices and seeds of various kinds may be added to give variety. A spoonful of cocoa or chocolate or a frosting of maple, caramel or chocolate adds variety.

Delightful little cakes decorated with the cracker animals dipped in fondant or chocolate will please the little people—and who ever grows too old to enjoy a ginger-bread man?

Russian Rocks.—Cream two-thirds of a cupful of butter, add one and one-half cupfuls of sugar and three well-beaten eggs. Sift three cupfuls of flour with one-half teaspoonful each of soda, clove, cinnamon and one-fourth teaspoonful of nutmeg; add one-half pound of raisins and the same of English walnuts cut fine, to the flour mixture; alternate with one-half cupful of milk. Beat well and drop by spoonfuls on buttered baking sheet. These cookies are better after being kept one week.

Poached Eggs, Mustard Sauce.—Poach eggs and drain carefully, then roll on the waffles. Serve with a mustard sauce poured over them; garnish with parsley.

Our climate is a series of surprises, and among our many prognostics of the weather the only trustworthy one that I know is that, when it is warm, it is a sign that it is going to be cold.

EARLY SPRING SALADS

Watercress when obtainable is one of the most wholesome and appetizing of salads. Served with lamb chops as a garnish for the platter, it may be eaten without dressing. Served with French dressing it is one of the best of salads.

Celery and Pepper Salad.—Mix together two cupfuls of finely cut crisp celery, one shredded green pepper and one pimento cut in narrow strips; mix with one teaspoonful of minced chives. Beat one-third of a cupful of salad oil with three tablespoonfuls of lemon juice, one teaspoonful of salt, one-half teaspoonful of sugar and a few dashes of red pepper. Mix with the celery and serve on lettuce.

Chicken With Rice.—Select a well-fattened hen of a year old or more, clean, wash and cut at the joints. Rub each piece well with salt and pepper and soft butter. Pick over and wash one and one-half cupfuls of rice. Mix with a teaspoonful of salt, one-half teaspoonful of curry powder and a little pepper. Lay the fowl in a kettle, add one tablespoonful of butter, two cupfuls of broth in which the giblets have been cooked for an hour, one cupful of sweet milk, bring to a boil and simmer for three hours on the back of the stove.

Apple Salad.—Apples at this season are losing their flavor, but served as salad they are still very palatable. Select six large red apples, slice a piece from the stem end and remove the pulp with a spoon. Drop the apple shells into a bowl of cold water to which salt and lemon juice are added to prevent the apples from discoloring. Cut up the apple pulp in small dice, add one banana finely diced, one-half cupful of chopped cabbage, the same of diced pineapple; add one-half cupful of blanched hredded almonds and mix with a French dressing. Drain the apple shells, fill with the mixture and serve on lettuce or in a nest of watercress.

Grapefruit and Cabbage Salad.—Peel and remove all connecting fiber from two firm grapefruit. Break the sections carefully, to conserve the juice. Shred fine some firm white cabbage to make three cupfuls, soak in cold water for half an hour, drain and mix with one-third of a cupful of chopped nuts. Drain the grapefruit and mix the juice with olive oil, salt and cayenne to make a French dressing. Serve the grapefruit on a nest of lettuce, covered with the dressing.

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 soothing time. Guaranteed free from narcotics, opiates, alcohol and all harmful ingredients. Safe and satisfactory.

At All Druggists

THE FAIRM STOCK

SCRUB BULL IS UNPOPULAR

Recognized by Farmers as Great an Obstacle to Progress as Bovine Tuberculosis.

(Prepared by the United States Department of Agriculture.)

While the scrub bull cannot strictly be classed as an animal disease, he is achieving similar unpopularity. Farmers in many sections of the country have recognized the scrub bull to be as great an obstacle to progress as bovine tuberculosis, have placed him in the same class, and the two are being driven out together.

The state of West Virginia is making a strong drive against both. On January 1, 1923, approximately 3,000 herds in the state, containing 35,000 cattle, were under supervision for the eradication of bovine tuberculosis. On that date a law went into effect making it unlawful to use the scrub bull, stallion, jack, boar or ram which is not purebred, for public service for pay. As evidence of sentiment in support of the law, in one day recently the bureau of animal industry of the United States Department of Agriculture received enrollments from 100 live stock owners in West Virginia who placed their live stock operations on a strictly purebred basis by enrolling in the nation-wide "Better Sires—Better Stock" campaign.

A group of Pennsylvania dairymen recently urged the enactment of a purebred law for their state, and in the same resolution pledged themselves to furnish tuberculin-tested purebred sires to the dairymen of their county at reasonable prices.

Three of the five states most active in better-sires work since the beginning of the campaign have more than 10,000 herds each under supervision for the eradication of tuberculosis, showing that the country-wide crusades against these two enemies of good live stock are going along side by side.

Secretary Wallace further condemned the scrub bull when he decided that federal funds appropriated to reimburse farmers for cattle reacting to the tuberculin test would no longer be paid for scrub bulls.

Dr. J. A. Kiernan, who has been in charge of the tuberculosis-eradication work of the federal government since the beginning of the work, recently endorsed the better-sires movement by enrolling himself and agreeing to use purebreds of good quality in all his breeding operations. Doctor Kiernan was given emblem No. 3334.

Officials of the United States Department of Agriculture have observed that any great improvement along one line of live stock work in a community or state is usually accompanied or closely followed by general progress along many lines. Each successful project lends encouragement to other worthy projects. One of the latest developments is a general demand from farmers interested in the better-sires movement for some constructive help from the department along the line of better live stock feeding. Improved quality in live stock stimulates a desire among live-stock owners for knowledge of improved methods of feeding. The department is preparing to render such a service, which will be in the form of simple rules for better feeding, leaving to other agencies detailed advice concerning problems peculiar to the different parts of the country.

ATTENTION TO YOUNG LAMBS

Animals Should Be Given Run of Clean Yard and Plenty of Exercise Is Needed.

Young lambs should be given the run of a dry, clean yard. If they can get plenty of exercise, very little trouble from constipation will be experienced. However, in cases of constipation, which will cause the lambs to become listless and hump-backed, give 1 or 2 teaspoonfuls of castor oil and if this does not afford relief give a rectal injection of warm, soapy water or glycerine and water.

LIVE STOCK NOTES

Clean farrowing pens and clean sows will save your pigs.

It is important that the ewes get a moderate amount of exercise.

The only trouble about sheep is that more farmers do not raise them.

Weak pigs are almost sure to result when the sow is kept on a feed of corn alone.

Pigs that get plenty of sunlight are less likely to get sick than those that do not.

Exercise is an essential item for pigs. If they are permitted to lie in their nest and grow fat, they are apt to contract thumps.

Care must always be taken that pregnant ewes are not chased by dogs or jammed through narrow gates or doors as any rough treatment will cause a large per cent of loss of lambs and perhaps of ewes.

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 own statement. "Then it is really plants," she commented. "My good man, it is both plants and unnatural." "That's just it," said the manager quietly; "it's an artificial plant."

Statistics show that if a woman is riding together in a train which meets with a death than the man.

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

Over \$750,000 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 trying.

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 uses 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 extra 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 teaspoon lemon juice 1/2 cup cubed pineapple Cream Salad Dressing

GRAPE-NUTS Six Minute Pudding 1 cup Grape-Nuts 1 tablespoon sugar 1/2 cup scalded milk 1/2 cup raisins

GRAPE-NUTS Cookies 1 cup Grape-Nuts 2 1/2 cups flour 1/2 cup shortening 2 teaspoons baking powder 1 1/2 cups light brown sugar 1/2 teaspoon cinnamon 1/2 cup milk 1/2 teaspoon cloves 2 well-beaten eggs 1/2 teaspoon salt

GRAPE-NUTS Cheese Casserole 1/2 cup Grape-Nuts 1/2 teaspoon pepper 1/2 cups milk 1 1/2 cups chopped American cheese 1 tablespoon butter 2 eggs 1 teaspoon soda Few grains paprika

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

GRAPE-NUTS Meat Loaf 1 cup Grape-Nuts 1 egg 1 pound veal, mutton or beef 1/2 tablespoon lessor juice 1/2 pound salt pork 2 tablespoons tomato paste 1 teaspoon salt 1/2 cup onion chopped parsley 2 cups water 1/2 cup chopped parsley

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, slip 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 1/2 cups Pastry flour 1/2 cup butter 1/2 cups sugar 1/2 powder 3 eggs 1/2 teaspoon vanilla 1/2 teaspoon salt 1/2 teaspoon vanilla Cream butter and sugar; add egg-yolks well beaten; then milk and Grape-Nuts. Beat mixture thoroughly, fold in alternately the sifted beaten egg-whites and flour sifted with baking powder three times; lastly, add the vanilla. Bake 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 1/2 cup Grape-Nuts 1 sliced onion 1 quart tomatoes 2 teaspoon salt 1/2 teaspoon soda 10 peppercorns 3 tablespoons whole

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 the Grape-Nuts for croutons in serving with soup plates. Makes four to six portions.

GRAPE-NUTS Fudge 1/2 cup Grape-Nuts 2 square chocolate 1 cup granulated sugar 1/2 teaspoon vanilla 1 cup milk 1/2 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 230 degrees F., or the mixture forms a soft ball when dropped in cold water. Stand the pan in bowl of cold water and allow to stand until the mixture is cool. 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 the fudge is smooth. 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