



VICTIMS

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking



The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against furtherattacks. Threesizes, alldruggists. Look for the name Gold Medal on every box and accept no imitation

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 com-plexion 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.

75c, or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

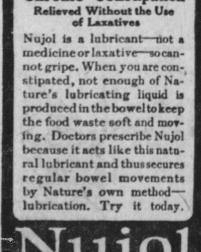
Electricity to Heat Water. An electric appliance has been invented that can be connected to a light socket and placed over the end of any faucet to heat the water as it flows

Just grimly going on sometimes accomplishes as much as enthusiastic

CASTORIA For Infants and Children

In Use For Over 30 Years Always bears Signature of Charlet Hitchese

Chronic Constipation





DR.I.D.KELI.OGG'S ASTHMAREMEDY for the prompt relief of Asthma and Hay Fever. Ask your drug-gist for it. 25 certs and one dol-ier. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

REMEDY

EYES SORE? Dr. Isaac EYEWATER

BACTERIAL SPOT HURTS CUCUMBER

Frequently Made Unsalable or Greatly Reduced in Value as Result of Disease.

CIRCULAR DISCUSSES FORMS

Organisms of Decay Gain Access Through Lesions and Destroy Entire Fruit-Control Measures Comparatively Easy.

(Prepared by the United States Department of Agriculture.)

Cucumbers frequently are made unsalable or greatly reduced in value as a result of a disease known as bac. sumer demands for a high-grade prodterial spot, or angular leaf-spot. Unit. uct are to be met," says Roy C. Potts, ed States Department of Agriculture in charge of the department's division Circular 234, Bacterial Spot of Cu- of dairy and poultry products. "Argucumber, by F. C. Meier and George K. ment should not be required to con-K. Link, discusses the disease, de vince the farmer that his cream should scribing briefly its various forms, the be marketed on a graded basis. It is ways by which it is transmitted, and wrong to pay the same price for lowthe method of control.

Bacterial spot appears on the fruits as round, water-soaked, translucent cream to get no more for a good qualspots that do not reach far beneath the surface. Organisms of decay, however, may gain access through these lesions and destroy the entire fruit. Usually the disease makes its first appearance in a field on the cotyledons or penalizes good quality. or seed leaves, and the bacteria spread from these to the leaves, where they cause irregularly angular, water. tice of standardization. Those who are soaked spots. Within a few days the taking the lead in the move to standspots become ash gray and the centers ardize dairy products are to be comusually drop out.

Seeds Carry Infection.

The seeds carry the infection, which disease occurs in Europe, Canada, and is urged to get back of the movement. in the following states in this country: Alabama, California, Connecti- CUTWORMS RUIN MANY CROPS cut, Florida, Georgia, Illinois, Indiana, Iowa, Louisiana, Michigan, Minnesota, New York, North Dakota, Ohio, South Carolina, Virginia, and Wisconsin.

To avoid loss, affected fruits should be disposed of quickly, as various organisms of decay are likely to enter through the wounds. If packed dry and kept cool, the development of bacterial spot may be retarded. Good Plan to Reduce Loss.

Seed disinfection combined with crumbly, not sloppy mush. mercuric-chloride solution, which may, cutworms will be killed. be made from the standard tablets wooden receptacle. Great care should satisfactory. be exercised, as it is very poisonous from treated seed on soil new to the crop are likely to be free from the dis- Ashes of Cornstalks, Asparagus Tops, ease unless infection occurs from diseased fields nearby.

Copies of the circular may be obtained free by addressing the Department of Agriculture, Washington, D. C. In case seedsmen or growers' associations wish to treat seed on a large scale, the department will give directions for preparing the solution in

BUY HIGHEST QUALITY SEED the garden, as they contain valuable

Mixtures Offered at Bargain Prices Sure Indication of Weeds and Other Trash.

Cheap seed is cheap because it is foul with weed seeds and trash and of low germination, says the seed an- Strong Lye Solution Works Faster alyst at the New York agricultural experiment station at Geneva, who advocates the purchase of only the highest quality seed obtainable as the best erop insurance. The supply of clean, ing solution for removing oils and vigorous seed is never so large but greases from disassembled parts costs that it commands a good price, and only one-third as much as a similar the very fact that farm crop seeds, quantity of kerosene. vegetable seeds, or lawn grass mixquality, declares this authority,

HUBAM CLOVER GAINS FAVOR

Considerable Interest Being Taken Crop for Green Manure-Seed Is Available.

department at Iowa State college indicate considerable interest in Hubam clover as a green manure. The farm grops department advises comparing this variety of sweet clover alongside care, when the chicks arrive. Do not of other clovers for green manure purposes, broadcasting the Hubam at the this case is worse than underfeeding. rate of 12 to 15 pounds per acre. Feed little but often, and be sure you Those who wish to give Hubam a trial have a warm, dry place for them and can secure five pounds of seed with keep them clean and free from lice, inoculation material for \$1.65 from With these precautions followed you the Iowa Agricultural Experiment as should have very little trouble in rais-

NATURAL PREY OF PARASITES | SWEET CLOVER IS BIENNIAL

Sheep Are Easy Victims to Pests Contains About Same Total Nutrients Which Flourish During Hot Months of Summer.

Sheep are the natural prey of parasites, which flourish chiefly during the mon red clover. Sweet clover and red hot, dry months of summer. For this clover contain about the same total reason sheep should not be allowed to nutrients. Sweet clover is a little drink water from old stagnant pools, richer in protein. Stock will prefer but should at all times be supplied red clover at first, but learn to like with pure, fresh water.

FARMERS ADVISED TO GRADE CREAM OUTPUT

Numerous Farmers and Dairymen Are Developing Methods.

Great Need for Improvement in Quality of Product if Demands of Consumer Are to Be Met-Flat Price for All Is Unfair.

(Prepared by the United States Department of Agriculture.) Grading of cream, as the first step in the standardization of the dairy industry, is being urged by the United States Department of Agriculture. Numerous farmers and dairymen are already developing grading methods the department reports.

"There is great need for improvement in the quality of cream if conquality cream as for high quality. It is unjust to the producer of No. 1 ity, and the production of the better quality is discouraged. The practice of paying a flat price for all qualities offers no inducement for improvement, and places a premium on poor quality

"In every field of marketing, progress is being made through the pracmended for their good work. The markets for manufactured dairy products, especially butter, have always placed a higher value on the product accounts for the wide distribution, but of high quality. Similar rewards will which also makes control measures come from improvement in the quality comparatively easy. At present the of cream. The entire dairy industry

Poison Mixture Scattered Along Rows of Plants Attacked Will Prove Efficacious.

Do the cutworms ruin your hopes for good garden crops? You can put a stop to them if you want to.

Mix together one quart of bran, one heaping tenspoonful of paris green, ventilation during transit is important, and one-fourth cupful of molasses, with just enough water to make a

erop rotation is the most satisfactory | Scatter the material thinly along method of reducing loss. Spraying rows of plants attacked by the pests, alone is not recommended for the con- or place about the base of the individtrol of this disease, but 4-4-50 bor- ual plant. One thing you must do is deaux thoroughly applied is an effect to keep chickens, etc., away from the tive check. Seed treatment consists poison, for if it is eaten in any reasonof immersing the seed in a 1 to 1,000 able quantity other things besides the

Sometimes paris green is not availsold by druggists. The solution must able, but lead arsenate or calcium is be made in a glass, earthenware, or to be had. These arsenicals will be

when taken internally. Plants grown WASTEFUL TO BURN RUBBISH

Pea and Bean Tops Good for Fertilizing.

While it is wasteful to burn leaves and vegetable rubbish in the spring or fall when it might be composted, some of it, such as cornstalks, asparagus tops, pea and bean vines are so coarse that their disintegration takes a long time. If these are burned the ashes should be saved and spread over fertilizing content in the way of potash. Wood ashes are especially valuable in potash and all available should be spread over the garden.

CLEAN FARM MACHINE PARTS

Than Kerosene, Lasts Longer and Doesn't Evaporate.

A 50-gallon barrel of strong cleans-

A strong lye solution works faster, tures are offered at bargain prices is is more economical, effective longer, a sure indication that the seed lacks does not evaporate and has no fire risk. A barrel of strong lye solution makes an auto cleanser that is hard to beat. Then again, it is just as effective for removing paint or enamel from parts which need repainting.

LOSS AMONG LITTLE CHICKS

Inquiries coming to the farm crops Overfeeding Is Worse Than Giving Too Little-Keep in Dry Place and Fight Vermin.

> There are losses caused by improper feed too much at first. Overfeeding in . ing your chicks.

as Red Variety-Stock Learn to Like It.

Sweet clover is a biegnial like comthe sweet clover.

History of Baldwin Apple.

The Pepartment of Agriculture says that soon after 1740 the Baldwin agated and more widely introduced in came up as a chance seedling on the farm of John Ball Wilmington, near years afterward its cultivation was called the Baldwin. In 1817 the orig-Lowell, Mass, and for about forty confined to that immediate neighborhood. Eventually the farm came into the possession of a Mr. Butters, who ment to the Baldwin apple now marks gave the apple the name Woodpecker or Pecker, and it was also called Butters. Deacon Samuel Thompson, a surveyor of Wolburn, brought it to by appreciating your neighbor,

the attention of Colones Baldwin of the same town, by whom it was propterest in the variety it came to be ished between 1817 and 1832. A monuthe location.

Nighthawks and whippoorwills work chiefly at night, when most of the eastern Massachusetts as early as other birds are off duty, and at day-1784. From Colonel Baldwin's in-break their good work is taken up by the swifts and swallows, says Nature magazine of Washington. These birds nal tree was still alive, but it per- are provided with big scapnet mouths. and as they swing through the air over wide areas of country, they scoop up almost unbelievable numbers of insects. Six hundred were taken from Gratify your liking for appreciation the stomach of a single Arkansas nighthawk.

Save this announcement, read it care-IMPORTANT: Save trus 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

HILE practically ings for fowls, etc. No doubt 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-

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 mutritious 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 elemente are often lacking in the ordinary diet, chieffy 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 oereal, 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" Bold by grocers everywhere!

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

The Postum Ceresi Company will buy not less than 101 Recipes or suffestions for new Uses of Grappe-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 suffestions for new Uses of Grape-Nuts, so purchased, \$1000.00 for the 1st selection; \$750.00 for the 2nd selection; \$500.00 for the 4th selection; and \$250.00 for the 4th selection; Recipes support be mailed between May let, 1923 and August 31st, 1923.

Recipes or suggestion for new uses submitted for purchase must not duplicate any of the ten Recipes printed in this announcement. No Recipe will be purchased from anyon directly or indirectly connected with the Postum Cereal Company, Inc. or Good Housekeepin Institute.

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 of make sure that proportions and directions for preparing will bring best re-

Form of Recipe: Tirst, write name of your Recipe at top of she.t; underneath list all intredients, using level measurements only; then the lirections for preparing, worded simply and accourately Do not send specime; dish.

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

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 Recipeor 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 lee 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 autmests. You'll find the resulting flavor unique.

GRAPE-NUTS Salad l sliced orange
1 cup cubed pine
2 cubed bananas
2 teaspooffs lemonjuice Cream Salad Dressing apple Cream Salad Descriptions. Cream Salad Dressing. Makes four to six portions. GRAPE-NUTS Six Minute Pudding I cup Grape-Nuts
I tablespoos sugar
I'd cups scalded milk
'y cup raisins
Cover Grape-Nuts with scalded milk. Add sugar,
raisins, and a little nutmed. Cook six minutes
directly over the best, stirring constantly, and
serve with any good pudding sauce. Makes four
to six portions.

1 cup Grape-Nuts
2½ cups flour
2½ cups flour
2½ cups flour
2½ cups flour
2 teaspoons bakingpowder
3 teaspoon cinnamon
2 teaspoon cloves
4 teaspoon cloves
4 teaspoon salt
5 cup obopped seeded raisins
6 Cream shorteening and sugar. Add milk and wellbeaten 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
opt and one-half inches spart. Bake in a moderate oven for fifteen minutes.

GRAPE-NUTS Chamber of the control of the flour of the control GRAPE-NUTS Cookies

GRAPE-NUTS Cheese Casserole GRAPE-NUTS Cheese Casserose
4 cup Grape-Nuts
19 cups milk
1 tablespoon butter
4 teaspoon soda
1 teaspoon soda
1 teaspoon soda
1 teaspoon sold
Sould the milk. Add Grape-Nuts, butter and
essonings and combine with the cheese and edgs,
the latter alightly beaten. Four 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 l cup Grape-Nuts
lpackage lemon Jell-O
or lemon flavored
lpitt boiling water
½ cup seeded raisi
or chopped dates gelatine Add the boiling water to the Jell-O or lemon flavored gelatine and stir until it is dissolved. Pour into a mould, and after the mixture has cooled slightly, add the Grepe-Nuts and fruit; then allow the mixture to chill and harden. Makes four

GRAPE-NUTS Meat Lost 1 cup Grape-Nuts
1 pound veal, mutton
or beef
2 pound salt pork
1 teaspoon salt
4 teaspoon pepper
2 tablespoon chopped
paraley
2 tablespoon chopped
paraley
3 tablespoon chopped

GRAPE-NUTS Loaf Cake

or Grape-Nuta

or Cups sugar

or Cup

GRAPE-NUTS Tomato Soup

GRAPE-NUTS Fudge