

Sure Relief FOR INDIGESTION



BELL'S ANTACID TABLETS... 6 BELL'S Antacid Tablets... Shake into your Shoes

ALLEN'S FOOT-EASE For Corns, Bunions, Tired and Aching Feet

Allen's Foot-Ease... Trial package and a Foot-Ease Walking Roll sent Free.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks.

LATHROP'S GOLD MEDAL HAARLEM OIL CAPSULES

The world's standard remedy for these disorders, will often ward off these diseases and strengthen the body against further attacks.

FRECKLES

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.

NO DYE

To restore gray or faded hair to original color, don't use a dye. It's dangerous—Get a bottle of Q-Hair Color Restorer.

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 out.

CASTORIA

For Infants and Children In Use For Over 30 Years

Chronic Constipation

Relieved Without the Use of Laxatives... Nujol is a lubricant—not a medicine or laxative—so cannot gripe.

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever.

Dr. J. D. KELLOGG'S REMEDY

Dr. Isaac Thompson's EYE WATER... Kill All Flies!

They spread disease... Kill all flies, house flies, mosquitoes, and all other annoying insects.

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 bacterial spot, or angular leaf-spot.

Bacterial spot appears on the fruits as round, water-soaked, translucent spots that do not reach far beneath the surface.

Seeds Carry Infection.

The seeds carry the infection, which accounts for the wide distribution, but which also makes control measures comparatively easy.

Plan to Reduce Loss.

Seed disinfection combined with crop rotation is the most satisfactory method of reducing loss.

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FARMERS ADVISED TO GRADE CREAM OUTPUT

Numerous Farmers and Dairy-men 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.

"There is great need for improvement in the quality of cream if consumer demands for a high-grade product are to be met," says Roy C. Davis, in charge of the department's division of dairy and poultry products.

"In every field of marketing, progress is being made through the practice of standardization. Those who are taking the lead in the move to standardize dairy products are to be commended for their good work.

CUTWORMS RUIN MANY CROPS

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 teaspoonful of paris green, and one-fourth cupful of molasses, with just enough water to make a crumbly, not sloppy mash.

Scatter the material thinly along rows of plants attacked by the pests, or place about the base of the individual plant.

WASTEFUL TO BURN RUBBISH

Ashes of Cornstalks, Asparagus Tops, 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.

CLEAN FARM MACHINE PARTS

Strong Lye Solution Works Faster Than Kerosene, Lasts Longer and Doesn't Evaporate.

A 50-gallon barrel of strong cleansing solution for removing oils and greases from disassembled parts costs only one-third as much as a similar quantity of kerosene.

HUBAM CLOVER GAINS FAVOR

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

Inquiries coming to the farm crops department at Iowa State college indicate considerable interest in Hubam clover as a green manure.

NATURAL PREY OF PARASITES

Sheep Are Easy Victims to Pests Which Flourish During Hot Months of Summer.

Sheep are the natural prey of parasites, which flourish chiefly during the hot, dry months of summer.

History of Baldwin Apple.

The Department of Agriculture says that soon after 1740 the Baldwin came up as a chance seedling on the farm of John Ball Wilmington, near Lowell, Mass.

On the Night Shift.

Nighthawks and whippoorwills work chiefly at night, when most of the other birds are off duty, and at day-break their good work is taken up by the swifts and swallows.

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

Over \$750.00 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.

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.

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.

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.

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.

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.

GRAPE-NUTS Salad: 1 cup Grape-Nuts, 2 cubed bananas, 1 sliced orange, 2 teaspoons lemon-juice, 1/2 cup cubed pineapple, Cream Salad Dressing.

GRAPE-NUTS Six Minute Pudding: 1 cup Grape-Nuts, 1 tablespoon sugar, 3/4 cups scalded milk, 1/2 cup raisins.

GRAPE-NUTS Cookies: 1 cup Grape-Nuts, 3/4 cups flour, 1/2 cup shortening, 1/2 cup light brown sugar, 1/2 cup milk.

GRAPE-NUTS Cheese Casserole: 1/2 cup Grape-Nuts, 1/2 teaspoon pepper, 1/2 cups milk, 1/2 teaspoon butter, 1/2 teaspoon soda, 2 eggs.

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 gelatin.

GRAPE-NUTS Meat Loaf: 1 cup Grape-Nuts, 1 egg, 1 pound veal, mince, 1/2 teaspoon lemon-juice or beef, 1/2 pound salt pork, 1/2 teaspoon salt.

GRAPE-NUTS Loaf Cake: 1 cup Grape-Nuts, 3/4 cups Pastry Flour, 1/2 cup butter, 2 teaspoons baking-powder, 1/2 cup sugar, 1 teaspoon salt.

GRAPE-NUTS Tomato Soup: 1 cup Grape-Nuts, 2 squares chocolate, 2 cups granulated sugar, 1/2 teaspoon salt, 1 cup milk, 1/2 teaspoon vanilla.

GRAPE-NUTS Fudge: 1 cup Grape-Nuts, 2 squares chocolate, 2 cups granulated sugar, 1/2 teaspoon salt, 1 cup milk, 1/2 teaspoon vanilla.

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