

2 or 3 Cans of Baking Powder

Are Not Worth the Price of One

If they are the "big can and cheap" kind because they may mean baking failures.

CALUMET

The Economy BAKING POWDER



Don't let a BIG CAN or a very low price mislead you.

Experimenting with an uncertain brand is expensive — because it Wastes time and money.

The sales of Calumet are over 150% greater than that of any other baking powder.



THE WORLD'S GREATEST BAKING POWDER

Tile-Making in Mexico. Long ago the Dominican fathers in Mexico established colored tile-making industry at Puebla, which has persisted through the years in spite of wars and revolutions.

Ancient Whipping Post. DeLaware's whipping post dates back to the picturesque old Swedish fort days of 1654. The original pillory is still standing in the court yard of New Castle county.

No, That? We want our friends to think about us, but not to reflect on us.—Boston Transcript.

When you feel blue turn to the obituary column and feel glad you're alive. All take place in his pocket book.

Yeast Foam

The girl who knows how to make good bread can do most other cooking well

Send for free booklet "The Art of Baking Bread"



Northwestern Yeast Co. 1730 N. Ashland Ave., Chicago

WHEN NOBILITY BREWED BEER

English "Upper Classes" Proved Not to Have Been Dependent on Commercial Product.

Relics of "ye olden days" show that beer was brewed on their own estates by the nobility in very ancient days. On the site at present occupied by Hay Hill once stood a farmhouse belonging to the Berkeley estate, which comprised the land upon which Devonshire house stands. Recent clearing away of debris in the fine old gardens has brought to light the old vaults belonging to the original farmhouse, which dated back from the late Tudor period. When Berkeley street was cut through in 1690 the old farmhouse was pulled down, but only to the street level, so that the original vaults have been found preserved below the street. The brewing house has been cleared of debris. Brickwork believed to go back beyond 1690 has been found, and it is believed that the two mash tubs bearing the lettering "D.D." now on view in the vaults of Devonshire house, were brought from the original brewery.—London Mail.

Passing Through the Panama Canal. It takes a ship about ten hours to make the trip through the Panama canal.

Traces of the most ancient cave-men found in Europe seem to identify them with the Eskimos.

SCORE ONE FOR PERFORMER

Small Boy Must Have Retired From That Particular Encounter in Some Confusion.

At a point during the course of an address before members of the Caravan club the other day, Representative William D. Upshaw of Georgia had occasion to be "reminded" of a certain vaudeville performer whose imitation of dogs comprised the chief feature of his act.

"On his way to the theater in the small town where he was appearing," said the congressman, "the actor was accosted by a youth who wanted to know if he wasn't the man down to the Palace theater who barked like a dog."

"Yes," replied the imitator, rather complimented on being recognized.

"Gee," laughed the boy, "I got ya beat when it comes to makin' noises like a dog."

"That may be true," snapped back the performer, "but, then, you must remember I had to learn it."—Exchange.

Thought for the Day. The average son takes the advice of his father just like the father took advice from his father.

At times you get just what you want, and at other times a good salesman waits on you.

What to Eat and Why

A Natural Supply of Vitamin

The word "Vitamin" is new, but the thing itself is as old as the human race. It is the energizing, vitalizing, growth-producing element in the right food. Its absence is a serious fault of the wrong food. When the food is right, there is no need to go to the drug store for Vitamin.

Grape-Nuts, the famous ready-to-eat cereal, supplies the natural Vitamin from the wheat, and a further supply is included in the cream or milk with which Grape-Nuts is eaten.

Grape-Nuts is delightfully crisp and appetizing, with a flavor which happily suggests the wholesome, health-building goodness which the food contains. Phosphorus and iron, as well as Vitamin, with a

bran content to stimulate intestinal action, are supplied by Grape-Nuts. Many of our modern, "refined" foods lack these vitally necessary elements.

Grape-Nuts digests easily and is assimilated quickly, and is splendidly nourishing and energizing. You'll find better health and fitness, in the natural way, with Grape-Nuts as a regular part of your diet.

There's genuine economy in Grape-Nuts—many servings of this exceptionally nourishing food to the package. At your grocer's—ready to serve. Grape-Nuts—the Body Builder. "There's a Reason." Made by Postum Cereal Co., Inc., Battle Creek, Michigan.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

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LESSON FOR APRIL 15

JOSEPH, THE PRESERVER OF HIS PEOPLE

LESSON TEXT—Genesis 45:3-15. GOLDEN TEXT—Honor thy father and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee.—Exodus 20:12.

REFERENCE MATERIAL—Joshua 24:32; Psalm 105:16-22; Hebrews 11:21-22.

PRIMARY TOPIC—Joseph Forgiving Brothers.

JUNIOR TOPIC—Joseph, the Forgiving Brother.

INTERMEDIATE AND SENIOR TOPIC—Joseph as Son and Brother.

YOUNG PEOPLE AND ADULT TOPIC—The Inspiring Example of Joseph.

While the climax of the story is reached in Joseph's revelation to his brethren yet his life should be briefly sketched in order to get the full force of this climax.

I. Loved by His Father; Hated by His Brethren (Genesis 37). The betrayal of the father's partiality increased his brothers' hatred for him. His dreams were prophecies of God's dealing with them.

II. Sold Into Slavery (Genesis 37). So intensely did they hate him that they proposed to kill him. This murderous purpose was turned aside by the proposition to sell him into slavery. They sold him to merchantmen who were going down into Egypt and in turn they sold him as a slave.

III. Cast Into Prison (Genesis 39). While serving as a slave he was falsely accused and sent to prison. Joseph's character had so impressed Potiphar that he doubted his wife's charges against him. If he had believed her he would have put this Hebrew slave to death.

IV. Made Prime Minister (Genesis 41). Though falsely accused and imprisoned the hand of the Lord was so upon him that he was soon exalted to the throne of Pharaoh.

V. His Dealing With His Brethren (Genesis 41-44). He dealt harshly with them, desiring to test their characters before revealing himself to them.

VI. Joseph Reveals Himself to His Brethren (Genesis 45:1-15).

1. Alone With His Brothers (vv. 1-2). When his pent-up emotions could no longer be restrained he ordered all the men to withdraw. Here alone with his brethren he made himself known to them. There are some emotions too sacred to disclose in the presence of unsympathetic men.

2. Conscience Smitten Brothers (v. 3). When Joseph disclosed his identity they stood condemned in his presence. They were smitten with a guilty conscience. A score of years before they had put him into a pit to die, but later lifted him out and sold him into slavery. Now they are before him with reversed positions. They are at his mercy. Some day every man shall face his sins unless they be canceled in the blood of Jesus.

3. Divine Providence Interpreted (vv. 4-8). (1) His gracious invitation (v. 4). "Come near, I am your brother." How like the Savior. He is saying unto sinners who have wronged him, "Come near, I am your brother." (2) "He not grieved" (v. 5). He sought by these words to allay the distress in which his brothers were. Jesus is saying the same kind words to repentant sinners today. (3) "God sent me to preserve life" (vv. 5-8). God turned the wicked thoughts of these brethren to good. God is today making the wrath of men to praise him. All that Satan can do but furthers God's purposes. The very wicked thoughts of these brothers in attempting to destroy Joseph were turned to the preservation of their lives.

4. Joseph's Message to His Father (vv. 9-13). (1) "God hath made me Lord of Egypt" (v. 9). He made them hasten to his father with the assurance that God had elevated him to a place of lordship in Egypt. (2) Urgent Invitation (vv. 9-10). His father is invited to come, bringing his children, grandchildren and flocks. This must have been a great and joyful surprise to Jacob when famine and death were facing him. (3) Promise of nourishment during famine (v. 11). Joseph did not allow his prosperity to make him selfish. His character stood the test of prosperity. (4) Tell father of all my glory in Egypt (v. 13). This was not boasting but an effort to convince his father of his ability to care for him.

5. Joseph's Forgiving Love (vv. 14-15). Joseph weeping upon the neck of his brethren is a most touching scene. There was entire forgiveness; there was full reconciliation. This transcendent scene causes Joseph's character to shine forth in its true glory.

As if It Were Plate. Great is he who enjoys his earthenware as if it were plate, and not less great is the man to whom all his plate is no more than earthenware.—Seneca

Consider Others. The excessive pleasure we feel in talking of ourselves, ought to make us apprehensive that we afford little to our hearers.—Rochefoucauld.

The All-Pervading Spirit. The spirit of God is not imprisoned in the Bible nor limited to it.

Indian Lodge Tales

By Ford C. Frick

TEARS OF CHRIST

AT THE southern end of the San Agre de Cristo range, not far from Taos, N. M., stands a peculiar peak, peculiar in that certain stones, found at its summit, bear the shape of a cross, some of them so perfect that one would imagine they had been carved from the living rock by the fingers of a skilled sculptor. But more peculiar still is the fact that these stones, no matter how many times they may be broken or crushed, even though they be broken into a dozen fragments, will still retain their shape, every fragment a perfect cross in itself.

About these stones is woven a legend, not of any particular Indian tribe or family, probably started by the early Indian Christians or possibly by the Spanish who settled the country. At any rate it is a beautiful little story, and so characteristic that it is worth relating here. The legend in itself is well known to the Indian and Mexican settlers of the region, and is frequently related, while bits of the rock are to be found in virtually every household. The legend is as follows.

Long years ago, when the country was new, the land was unknown to the white man, but Indian tribes found here a prosperous, well watered country, where they could live in ease, without hard work and without great effort. So the land became populated and each tribe had its own religion and each its own gods, which were worshiped faithfully.

But when the Spanish settlers came into Mexico small parties of them were constantly making journeys northward, where they expected to find gold and silver. In their number were many priests, who were strong in their religious conviction and who hoped to convert the Indian tribes to their belief. And it so happened that two of these Indian priests came into the mountain country, where dwelt countless tribes.

These two priests were well received by the tribesmen, who lived with them for long, and they made every effort to convert them to the Catholic faith. But the tribesmen were stubborn and demanded some sign of the strength of the white man's god before they would cease the worship of the stone images which they had set up.

The priests, seeing this, were very sad, and went to the mountain top and prayed for three days and three nights that there might be some sign from heaven, that the tribesmen would be convinced. Finally in answer to their prayer, the Christ appeared on the mountain top and spoke to them and then pleaded with the tribesmen that they would follow the advice of the priests and worship the white man's God. But the tribesmen were obstinate, and so the Christ knelt there on the mountain top and prayed that these Indians might be made to see the right. And as he prayed he wept, and the tears fell from his eyes to the ground, and there they were turned into rocks as fast as they fell.

And every rock was in the shape of a cross, and there were thousands of these rocks on the summit of the mountain. Tribesmen who saw them were amazed, and when they took the rocks in their hands they marveled. And some there were who broke the rocks, but no matter how many times they were broken, each small fragment still retained its shape and the priests pointed to the rock and said it was the sign from heaven. And the tribesmen heard and were convinced, and therefore they worshiped the white man's God as their own.

Faulty Memory.

Tommy was at the office with daddy for the first time in several months. It was always a gala event for Tommy, for daddy was the boss and he could do most anything he wanted to. And then everybody made over him and brought him things, and he had a general good time.

"Hello, there, Tommy!" one of the clerks greeted him. "My, but I'm glad to see you! And how you have grown since you were here last time!"

"Mamma says I'm getting to be quite a big boy," Tommy admitted.

"I'll say you are!" the clerk enthused. "I wonder how tall you are now, anyway?"

"Well, mamma measured me the other day, but I've forgotten just what it was," Tommy informed him. "I'm either three foot seven or seven foot three—I'm not sure which."

Appreciation of the Birds.

At a conference of bird lovers held recently in London it was stated that America was leading the world in the protection she gives the bird life within her borders. It was also stated that the world's eyes are being opened to the economic and esthetic value of birds.

Ceylonese Superstition.

The natives of Ceylon believe that the coconut tree will not grow out of reach of the sound of the human voice.

"Made Me Well and Strong"

ANOTHER WOMAN WHO IS THANKFUL FOR

PE-RU-NA

"I have taken several bottles of Pe-ru-na and feel a great benefit. I had pain in my stomach and bowels, but by the use of Pe-ru-na and Malin-lin, I am well and strong again. I always keep a few bottles in the house." Mrs. JOSEPH GRAY, 14, P. D. No. 2, Box 19, Nicolaus, Iowa.

Mrs. Gray's experience is just more evidence that Pe-ru-na is quite as good a remedy for catarrh of the stomach, bowels or other organs as it is for coughs, colds and nasal catarrh. Pe-ru-na is a wonderfully fine medicine to have in the house for everyday use.

Send to the Peru-na Company, Columbus, Ohio for free booklet and medical advice.

Tablets or Liquid Sold Everywhere

HORSES COUGHING? USE

Spohn's Distemper Compound

To break the cough and get them back in condition. Thirty years ago the late "DR. SPÖHN" introduced his Distemper Compound, and all diseases of the throat, nose and lungs. Acts marvelously as a preventive; acts equally well as a cure. Sold in two sizes at all drug stores.

SPÖHN MEDICAL COMPANY GOSHEN, INDIANA

Doctors Plan "Black List." Doctors in London are suggesting a "black list" of patients who go from one medical man to another instead of paying their bills.

Mentioned To Morphens. From a Story—"To his considerable surprise, Shane, on getting into bed fell immediately into a deep but restful sleep."

Some men think they are fair-minded when they are merely too lazy to form an opinion.

An open mind is desirable if it can accept or reject intelligently the stuff it catches.

Your WALLS are like Clothes—good, bad or indifferent!

The appearance of your walls is the index of the impression made upon others by your home. Walls soiled, dingy, common-place in appearance or out of keeping with your furnishings present a handicap which the best of housekeeping cannot overcome.

Stick to plain, simple solid color treatments or else decorate with the ALABASTINE-OPALINE PROCESS, which gives such wonderful new effects in three color harmonies. Ask your dealer or decorator to show you color samples of

Alabastine

Instead of Kalsomine or Wall Paper

for Economical Transportation

CHEVROLET

Chassis Only \$575 f. o. b. Flint, Mich.

Utility Express Truck

Utility Express is the lowest-priced quality truck in the world capable of fast heavy-duty service. It hauls your heavy loads quickly and economically. It is reliable.

Long grades and deep mud are mastered by it without racing the motor or boiling the water because the 3-speed transmission provides correct gear ratios to meet any condition of load or road.

You get fast, heavy-duty service at the lowest operating and maintenance cost with this truck. It leads in high mileage on gasoline, oil and tires, living up fully to the Chevrolet reputation for unequalled economy.

Prices f. o. b. Flint, Michigan

Superior 2 Pass. Roadster . . . \$510	Superior 5 Pass. Sedan . . . \$660
Superior 5 Pass. Touring . . . \$525	Superior Light Delivery . . . \$10
Superior 2 Pass. Utility Coupe \$60	Superior Commercial Chassis \$25
Superior 4 Pass. Sedanette . . . \$50	Utility Express Truck Chassis \$75

Chevrolet Motor Co., Detroit, Mich.
Division of General Motors Corporation

Dealers and Service Stations Everywhere

Illustration at left shows Utility Express Truck with standard general purpose body