

WAY TO PREPARE BORDEAUX MIXTURE


## ROURICN

LANGSHAN VERY HARDY FOWL



[^0]
## There's Energy

## and Summer Comfort

in this simple breakfast:

It satisfies the appetite and is easily digested.

## Grape=Nuts

One or two soft-boiled Eggs; and cream; Some crisp, buttered Toast; And a cup of Instant Postum.

If digestion rebels at the customary meal, try the "Grape-Nuts Breakfast."

The result can be observed, and shows plainly
"There's a Reason"
Grape $=$ Nuts



[^0]:    "Joshton was fuut drfnkin' his boun
    ty scooper oa coal ofl, and he wan-
    dered tnto the galley, fust as the cook dered into the galley, Just as the coolk
    was pulling a bot ple out of the oven.
    Poor Jobston smelt that ple and it Poor Joshton smelt that ple and it
    brought back memorles os atrong he
    couldn't resist. He reached over and couldn't resist. He reached over and,
    picked that pie up and took a blg bite,
    washing ti down with a swaller of coal Washing tit down with a swaller of coal
    oll. The heat was too much, there
    Was combuation or something. and he
    IIt ap all over betng filled up for was combustion or something, and ho
    It up all over, belng filled up for
    years with whale oll, you know, and years with whale ofl, you know, and
    in agony he fumped overboard.",
    Captain Bulling sighed moronely, in agony he Jumped overboara.
    Captan Buling sighed moronely.
    "I lost the addreas of his folks, too," he said. "I can never tell 'em how he he
    wanted to be remembered to 'em". And he threw away his clgar, and
    cocked a sage eye toward the statue of Liberty - she seemed to be smiliag
    a bit in the sunset .
    What she Expected.
    "Look at her," sald the ironmonger,
    dicating a depaiting cuastomer. "She tndicatikg a depaiting cuastomer., She
    sent her wringer here to be repalred. I promlsed it to her for this week,
    provided 1 could get a certain new provided itme fould foe the makers.
    pouldn't get it. Now she wanta m to pay a charwoman, who came un-
    necessarily, half a crown an' twopence neceasarily, half a crown an twopence
    for the clothes."
    The fronmonger paused to breathe The fronmonger paused to breathe
    heavily.
    "But that's not all. Her husband dines out on whahdeys, and as he dined out on a washday that wasn't a wash-
    day-you understand? ${ }^{\text {anh }}$ says
    ought to pay for his dirneer. No, she doens't ask anything eline. And they
    dall'em the weaker sex."-London Ti. calts.
    Bits.
    Health and Excitement
    The slek rato to Russia has do creased since the war began. Part of
    the tmprovement-doubtless the great er part-1s due to the passing of
    vodkn, but something must be sald for vodka, but something must be sald for
    the ourlous way in which the human Trame reacts to excitement and de
    velops resistance to disease under the stimulus of strong interests or emo-
    tions.
    The refugees An Francisco, for example, had not been devotees of
    vodka, but they showed a wonderful vodka, but they showed a wonderful
    health record during their period of enforc
    mons.

    He Would Not Corrupt Him.
    Edmund had Just begun to attend He public school, and had found a new
    frtend, a child of whom Edmund's mother had never hoard. Edmund "Who 1 ss
    this Walter?" she asked. "Is he a nice uttle boy?"
    "Yes, ma'am,
    $\qquad$ "Does he say any naughty words?"
    purbued his mother.

     | And So It Ia. |
    | :---: |

    "What do you consider the greatest
    "uman paradox?"
    $\qquad$
    $\qquad$ to gather it in are hopelessiy fnide.
    quate when it comes to turning it That a woman loves her husband Is a probability. That she fs jealouq
    of him is a certainty.

