



Try these Bakers' Raisin Pies —save baking at home

THERE are luscious raisin pies just around the corner, at your grocer's or a bake shop.

Baked to a turn—a flaky crust filled with tender, tempting raisins, the rich juice forming a delicious sauce.

Once try these pies that master bakers bake fresh daily in your city and you'll never take the trouble afterwards to make raisin pies at home.

Get a pie now and let your men folks taste it. Made with tender, thin-skinned, meaty, seeded Sun-Maid Raisins.

Raisins furnish 1560 calories of energizing nutriment per pound in practically predigested form.

Also a fine content of food-iron—good food for the blood.

Use raisins frequently, therefore, which are both good and good for you, in puddings, cakes, cookies, etc.

You may be offered other brands that you know less well than Sun-Maids, but the kind you know is good. Insist, therefore, on Sun-Maid brand. They cost no more than ordinary raisins.

Mail coupon for free book of tested Sun-Maid recipes. Learn what you can do with luscious raisins.

SUN-MAID RAISINS The Supreme Pie Raisin

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

Seeded (in 15 oz. blue pkg.)—20¢
Seedless (in 15 oz. red pkg.)—18¢
Seeded or Seedless (11 oz.)—15¢

CUT THIS OUT AND SEND IT

Sun-Maid Raisin Growers, Dept. N-560-7, Fresno, California
Please send me copy of your free book, "Recipes with Raisins."

NAME _____
STREET _____
CITY _____ STATE _____



Blue Package

The American Legion

(Copy for This Department Supplied by the American Legion News Service.)

THE LEGION OATMEAL COOKIE

Recipe Submitted by Mrs. Frederick Gehlman, Springfield, Ill., Wins International Contest.

Mrs. Frederick Gehlman of Springfield, Ill., presents the national cookie to the country. Of the 400 recipes which have been pouring into national headquarters of the American Legion Auxiliary during the past two months, the Gehlman "Oatmeal Cookie" has been selected to fill the jars in military hospitals throughout the United States.

Although no prize whatever was offered in this unique contest, recipes came in from every state in the Union and from Hawaii, Alaska, Canada and Paris besides. So it was really an international contest, but the winner hailed from our own Middle West.

The judges selected Mrs. Gehlman's cookie recipe for use in the hospitals, because it best combines food value with little fat content. It makes a mighty good tasting cookie, too. Here it is:

2 cupsful sugar
3 cupsful flour
1 teaspoonful soda
2 teaspoonful baking powder
3 cupsful rolled oats (ground)

1 cupful raisins (cut with scissor)
1 cupful lard or butter
1 cupful sour milk
1 egg (well beaten)

Process: Flour the raisins. Cream the fat in a mixing bowl, adding the sugar gradually. Add the egg, then the milk, then the dry ingredients after sifting them together, then the oats, and lastly the floured raisins. Using a teaspoon, put onto a greased and floured baking sheet. Put into a fairly hot oven (350 degrees) and leave 10 to 15 minutes.

Mrs. W. J. Marks of Indianapolis, widely recognized domestic science expert, and the members of her "flour" class acted as judges for the contest. They selected as an alternate to the Gehlman hospital cookie, another "oatmeal cookie" which they would recommend for general use. It contains a larger percentage of fat and no milk. Mrs. A. O. Wiggin, Lima, Ohio, sent it in.

The vote gave Mrs. Mary B. Snodgrass of Highland Park, Mich., second ranking without a rival. She sent in an "orange cookie" recipe. The judges selected as the third ranking recipe a "cream cookie" with small fat content, sent in by Miss Mary E. Robinson, Walla Walla, Washington.

Mrs. Herbert Pinnell of Indianapolis is shown mixing the dough for the National Cookie. She was one of the class of judges and secret—she hasn't been mixing dough for Husband Pinnell so very long.

OHIO LEGION MAN MISSING

Clair A. Anthony is Being Sought by Toledo Post, No. 319—His Family Needs Him.

Joseph Baker Post, No. 319, Toledo, O., is seeking the whereabouts of Clair A. Anthony, who has disappeared from his home in that city, and whose wife and children are in destitute circumstances.

Anthony is described as twenty-nine years old, five feet six inches in height, weight 180 pounds, ruddy complexion, dark hair, blue eyes. He walks with a slight limp in the left leg. Anyone having information concerning Anthony is asked to communicate with Leland M. Beatley, commander of the post, 4112 North Haven street, Toledo, O.

Circumstantial Only. On the complaint of a farmer, old Ephraim had been haled into court charged with chicken shooting. His lawyer had made a fairly good case for him and for a clincher had the plaintiff recalled, hoping to make him contradict his own testimony.

"See here," he said, scowling savagely, "will you swear that it was Ephraim who shot your chicken?" "Wal," said the farmer mildly, "I won't swear to it, but I suspect him." "That's not enough to convict a man. What makes you suspect him?" "Wal, I saw him in the chicken yard with a gun, then I heard the gun go off, and then I saw him putting the chicken into a bag—and it didn't somehow seem sensible to figger the bird committed suicide."—American Legion Weekly.

'PEP' IN SCHOOL PLAYGROUND

Authority Makes Plea for Games That Are Characterized by Energy and Vim.

"Jellyfish gymnastics, or stupid, silly games, played half heartedly, have little place in the proper physical development of the growing child," declares Dr. E. Blanche Sterling, acting assistant surgeon, United States public health service, in commenting on the health of school children. In planning exercise with a view to the promotion of good posture, she suggests, they should be simple and vigorous and play full of energy and vim.

The posture of school children cannot, however, be said to depend chiefly on any one condition, she holds. Defective vision, adenoids and bad tonsils tend to have a bad effect on the child's posture. Where hygienic conditions in a school are not the best there is an increase of poor posture. Good nutrition is a contributing factor to good posture, but by no means an indispensable condition. Condition of the teeth, she claims, has no effect. Doctor Sterling's findings are based on a study of three elementary schools at Bedford, Ind.

Plan Wouldn't Work. A celebrated wine merchant received a letter which ran: "Sir, I have not a centime to my name, but I adore champagne. Be good enough to send me a case of your delicious nectar. With its help I hope to forget my wretched poverty."

He replied by return mail: "Sir, the means wherewith you propose to forget your poverty will not avail. The incessant and persistent presentation of my account would remind you every moment of your sad condition."—Boston Transcript.

Shave With Cuticura Soap. And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving bathing and shampooing.—Advertisement.

Camel's Peculiarity. The camel cannot swim. The moment it loses its footing in running water it turns on its side and makes no effort to save itself from drowning.

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.—Advertisement.

A Knockout. Bix—I see that a famous doctor has placed his O. K. on pie for breakfast. Dix—It would be a K-O for me.

10 Cents Gives Charming New Shade to Old Lingerie

PUTNAM FADELESS DYES—dyes or tints as you wish

Rare Find in English Church. After three centuries of concealment behind plaster and rubbish, the remains of a fourteenth century stained-glass window have been discovered at Chelsea (England) Old church. The old glass, which is of immense value, was found between layers of soft plaster behind a mass of old bricks. In one window only a fragment of a border was found, but in the other a panel two feet by two was brought to light. The panel is nearly complete, the head of the figure—apparently that of St. Lawrence or St. Stephen—is missing. The glass seems to be of a date not later than the middle of the fourteenth century. With the exception of Westminster abbey, there is no London church with its own glass of so early a date.

IF TRUTH WERE INSISTED ON. Some of the Remarks That Would Be Made About That Proudy Displayed Photograph.

"This isn't a very good picture of you, Helen. You don't usually look so wide-awake."

"My, how this flatters you! A person might be led to think you're really good looking, to judge from this."

"If you had held that pose much longer you'd have had a nervous breakdown. That photographer should have known better."

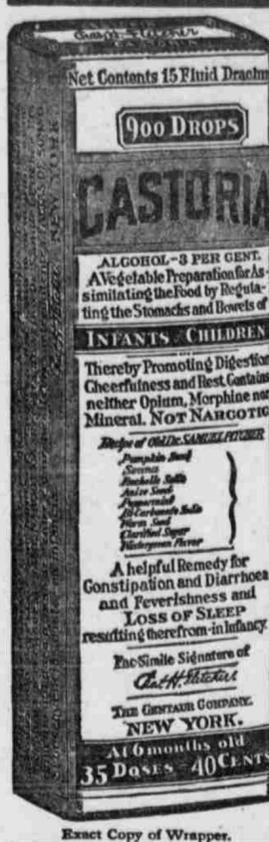
"The man who took this picture ought to build up a heavy business. He certainly knows how to make age disappear, doesn't he?"

"Why, do you always have your picture taken in profile? You've got a very ordinary nose, to say the least."

"Too bad you don't smile like this otherwise."

"Take it away!"—New York Sun.

Don't grumble about the rough road in life; help to mend it.



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Dr. J. C. H. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CERTAUR COMPANY, NEW YORK CITY.



Spohn's Distemper Compound

DON'T LET THAT COUGH CONTINUE! will knock it in very short time. At the first sign of a cough or cold in your horse, give a few doses of "SPOHN'S." It will act on the glands, eliminate the disease germ and prevent further destruction of body by disease. "SPOHN'S" has been the standard remedy for DISTEMPER, INFLUENZA, PINK EYE, CATARRHAL FEVER, COUGHS and COLDS for over a quarter of a century. Sold in two sizes at all drug stores. SPOHN MEDICAL COMPANY GOSHEN, INDIANA

CONSTIPATION

Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. They cleanse your system of all waste matter and regulate your bowels. Mild—as easy to take as sugar. Genuine bear signature—Bantam Food. Small Pill. Small Dose. Small Price.

American Miners Outdig Russians. American coal miners, thrown out of work by the five months' strike in the United States, have been drifting into the pits of the Donetz basin in Russia.

A FEELING OF SECURITY

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy.

The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything.

It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

The mother of a large family no doubt wonders at times whether she is a mother or a referee.

Sure Relief FOR INDIGESTION

BELLAN'S INDIGESTION 25 CENTS
6 BELLAN'S Hot water Sure Relief

BELLAN'S

25¢ and 75¢ Packages, Everywhere

Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

FARKER'S HAIR BALSAM
Restores Color and Beauty to Gray and Faded Hair
HINDERCORNS Remove Corns, Calluses, etc. Stop all pain, ensure comfort to the feet, induce walking ease. Use by mail or at drug stores. Hinson Chemical Works, Fairport, N. Y.

W. N. U., OMAHA, NO. 45-1922.

Truly an Optimist. He was an optimist, and had just moved into new lodgings with his wife.

On the north of them dwelt a gas company. Chemicals were made in the east. A glue factory perfumed the south. The west wafted weird soap-bubbling effluvia. But, bless you, he was an optimist!

"Of course, dear," he murmured, holding his nose, "it is a little trying sometimes. Still there's an advantage in the arrangement. At least, we don't need to buy a weathercock to tell the way the wind is blowing."—London Tit-Bits.

Our Patriots. Senator Lodge of Massachusetts was discussing office seekers. "They are the bane of a legislator's existence," he cried, adding, "and most of them seem to think that government positions are nothing but graft. It never seems to occur to them that it takes able workers to carry on the machinery of the greatest government in the world."

"Why, the other day, in talking to a candidate for a really important position requiring a good all-round education, I discovered that the fellow actually thought that South Bend was a morning exercise."

Selfish Parent. He was blonde and blue-eyed and seven years old at most. This youngster, who was complaining about the way his father treated him.

"Oh, gosh, I hate to go home. My father's so selfish. You can't guess how selfish my father is."

"Selfish?" said an old man, all tenderness in his tone.

"Yes, selfish," said the lad. Why, he wouldn't ever think of lending me his washrag or his toothbrush. Not ever."

New Book Ends Invented. Because book ends relying on their weight have a tendency to slide apart on smooth tables an inventor has patented a pair mounted on rollers and held together with a spring to keep them against books between them.

Every department of housekeeping needs Red Cross Ball Blue. Equally good for kitchen towels, table linen, sheets and pillowcases, etc.—Advertisement.

Where Marks Are Faty. Departing New Yorker—I'll be glad to get out of this topsy-turvy land. One of my chauffeurs has bought a German castle.—Simplicissimus (Munich).

The way of the average woman exasperates the average man.

Never limit your mental exercises to jumping to conclusions.

MURINE Night and Morning. Have Strong, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Hurdis Eye Remedy Co., Chicago



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Are you among these thousands?

THOUSANDS of people keep on trying, year after year, to build health from food that has been robbed of certain elements required for perfect nutrition.

If your food doesn't contain the mineral properties that go to build up nerve, tooth and bone structure, there is no other means by which you can get these vital elements.

This is one reason why so many well-informed people eat Grape-Nuts

Get a package of Grape-Nuts from your grocer today, and give the family a help to health.

Grape-Nuts

—the Body Builder

Postum Cereal Co., Inc. Battle Creek, Mich.

—the food that enriches the blood, and builds sound, healthy bodies.

Grape-Nuts is made from whole wheat flour and malted barley—baked for 20 hours, which develops the natural richness of the grains and makes for ready digestibility.

And Grape-Nuts is perfectly delicious—served with milk or cream, or made into an appetizing pudding for dinner.

