Death of Aged Capitol Guard Bares Tragedy

Once Brilliant Latin Scholar
 Blighted in Youlh
wity icm
 man. Embodied in that certificate
a story of tragedy, of unfulfled
mance-and of more tred


IMPORTANT: OVER $\$ 7500.00$ for Grape:Nuts Recipes

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new
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 torms 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 State There Is No Other Food Like Grape-Nuts
 knows Grape-Nuts as a delicious,
nourishing and wholesome oereal, and while it is common knowledge
that Grape-Nuts with milk or cream 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 lend
itself, we eblieve, to more uses than any itself, we believe, to more uses than any
other cereal. The convenience and
economy of Gre 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 interest-
ing letters from women throughout the country, telling about the attrac tive dishes they make with Grape-
Nuts-delicious puddings, salads, dressings for fowls, etc. No doubt
there are thousands of women who
are finding varied uses for Grapeue finding varied uses for Grape more thousands who wwill be andeven to
learn of those varied uses; for while learn of those varied uses; for while
we all cling to old favorite dishes, we we all cling to old favorite dishes, we
also welcome and enjoy a change. So that is the thousht back of our So that is the thought back of our
offer of more than $\$ 7500.00$ in cash
for new ways of using for new ways of using Grape-Nuts.
To those women who are already To those women who are already
using Grape-Nuts in various ways,
other other than as a breakfast cereal or
in the recipes in the recipes given here, and to
those women who would like to try 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 buy at $\$ 50.00$ each not less than 101
new Grape-Nuts Recipes. We plan
to include these new Recipes in new inape-Nuss necteres these new in a
to incle
beautifully illustrated cook book.
What Is Grape-Nuts
Grape-Nuts is a highly nutritious food in the form of crisp, golden
granules. It contains the full nutri-
ment ment of wheat and barley, including
vitamin-B and mineral elements re-: quired for building sturdy health These elements are often lacking
in the ordinary diet, chiefly through "over-refinement" in the preparaNo other food is so thoroughly bake 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 natural sweetness from the grain
themselves.
The form and crispness of Grape decided advantage because this no teeth, but makes for good digestion
Every housewife in the Land should take advantage of this extra ordinary 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 own home. Also the fair and equal
chance to secure one of the liberal chance to secure one of the liberal
awards to be made by Good House awards to be made.
keeping Institute.
Moreover, there's the greate knowledge of the value of Grape
Nuts, not only as a delicious breakNuts, not only as a delicious break
fast cereal, but in the preparation
of a variety of a variety of appetizing dishest that
add to the health and pleasure ot add to the health and pleasure
the whole family. Where you don't find Grape-Nion
you won't find people you won't find people
"There's $a$ Reason" Sold b

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




 Reoipes must be mailed bet
1923 and Augut 31 tat, 1923 .

the ten Recipes printed in this anounce.
ment.
No Reoipe will be purchased from anyone
directly or indirecty connected with the
Potum Cereal Compan lice., or Good
Housekeeping Institute


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 account wiit be taken of the foliowing poiato
(a) Palathily.
(b) simplicy and coonomy.
 Recipes submitted to the Postum Cerreal
Company tor purchase will not bo returrad.

## All Recipes must be addressed to

RECIPE DEPARTMENT
Postum Cereal Company, Inc., Battle Creek, Michigan.


HOT WEATHER HERE Sale on Government Refrigerators


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WEDNESDAY AND THURSDAY SELL-RITE BARGANS

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