

CURE THAT SORE THROAT

Sore throat is inflammation of the mucous membrane of the throat, and if this membrane happens to be at all sensitive, a predisposition to sore throat will exist.

Paxtine Toilet Antiseptic is both a preventative and a cure for sore throat because it possesses extraordinary cleansing, healing and germicidal qualities. Just a little in a glass of water, used as a gargle, will quickly relieve all soreness and strengthen the mucous membrane of the throat, and thus overcome all tendency to sore throat.

Paxtine is far superior to liquid antiseptics or Peroxide for all toilet and hygienic uses.

Paxtine may be obtained at any drug store, 25 and 50c a box, or sent postpaid upon receipt of price by The Paxton Toilet Co., Boston, Mass. Send for a free sample.

For a trainwrecker no punishment can be too severe.

Levin's Single Binder, the famous straight 5c paper—annual sale 11,500,000.

The difficulty of knowing what not to say is knowing when not to say it.

Indefinite.

"Did you have fun taking his candy away from the baby?"

"Fun? My dear boy, it was a scream!"

"Boy Scout" Movement Spreads.

The "boy scout" movement has reached the Malay peninsula, and Singapore is to have a fine organization under the patronage of the governor and chief justice. It is a good thing in many ways, aside from the military training and bids fair to become one of the permanent and most popular institutions of the peninsula. All through the British colonies "boy scout" organizations are being formed.

Thinnest Man Weds.

The thinnest man in the world was married recently by Municipal Judge John H. Newcomer at the city hall.

"I had to look three times to see him," said the judge.

The man is Arthur Atherton, twenty-four years old. Though five feet high, he weighs only 26 pounds. He married Blanche Buckley, nineteen years old, who weighs 126 pounds.—Chicago Daily News.

Work for Extinction of Tuberculosis.

Exhibitions showing in graphic form the prevention of consumption have been shown in every state in the United States, except Nevada, Arizona, New Mexico and Wyoming, and also in most of the Canadian provinces and in Mexico, Porto Rico and Cuba, according to a statement made by the National Association for the Study and Prevention of Tuberculosis. There are now 27 states and 16 cities having permanent and traveling exhibits besides the two operated by the National association itself, and the total number of similar displays is over 210, including about 150 small school exhibits. The first tuberculosis exhibit in America was shown by the Maryland Tuberculosis commission in January, 1904. In 1906 there were four such exhibits.

NOTES FROM MEADOWBROOK FARM



By William Pitt

Named your farm yet?

Salt the steers in the pasture.

Cats are a source of grave danger to chickens.

Bee-keeping is a profitable adjunct to poultry raising.

Fight the weeds of all kinds and keep bad ones from going to seed.

If you want to kill weeds, cultivate or hoe them when the sun shines not.

In producing milk you get no profits until the cost of the feed is covered.

The bear should always receive some consideration as well as the sow.

An electric power is the most convenient power for operating a power churn.

Domestication plays a very prominent part upon the productivity of animals.

Have regular hours for doing the milking and milk the cows in the same order.

The market garden furnishes a large amount of waste products which may be utilized for poultry food.

If you buy a homer that has large warts on its beak you may be sure that it is more than two years old.

More live stock is an economy in the production of the world's food supply rapidly being forced upon us.

Cream should be kept at a uniform temperature and that should be as low as possible as long as it stays on the farm.

Any person who can secure seed of black or honey locust can readily grow his own trees of these two species.

Do not let the little colt follow the dam while she is at work. If the dam becomes heated the milk is injurious to the colt.

Remember that rape may be sown any time in July. It grows very fast if moisture is available and soon makes feed.

Much depends upon the selection of the dairy cow. Do not expect the best type of animal to fill the requirements of the dairy.

During the warmer months horses doing the ordinary farm work derive much benefit and comfort, if given a pasture lot at night.

The time is here when thought must be given to the comfort of the cows if their owners expect to sleep with no twinge of conscience.

Do not change the work horse from grain to grass too suddenly. In fact, horses on heavy work every day should have very little grass.

Milk with clean, dry hands, never allowing the hands to come in contact with the milk. Do not allow dogs and cats to be around at milking time.

An authority says that potatoes should not be planted in hills. It is much better to plant them in deep furrows and keep the ground level.

The eggs laid by the pullet in the first vigor of her life and the eggs laid after a rest of the hen are the eggs that produce the strongest chickens.

Keep the turkey hens with their broods away from the old turkeys of the flock as the latter are sometimes spiteful to the young and may injure them.

From early spring until August sow a few rows of summer lettuce every two weeks or so, and thus try to provide a continuous supply of good heads.

The cost of a concrete floor can often be saved in the amount of fertilizer that is kept from going to waste. It also makes a more sanitary stable.

Steers fed on clover hay will not only consume more roughage, but also more grain than those fed on timothy hay if grain and roughage are fed according to appetite.

There should be placed in every pig yard and pasture a box with salt, charcoal, air-slaked lime, bone meal and hardwood ashes, so the pigs can help themselves at will.

It has been found that the seeds of many weeds will retain their vitality for fifteen to twenty-five years, possibly longer, and not all of the given year's seed grows in any one year.

Milk paint, properly prepared and applied, makes out the best and cheapest weather coating for wooden outbuildings and fences that there is—that is, where milk is on hand, of course.

Most of the laborious work which falls to the lot of farmers' wives and daughters is due to the lack of proper facilities for providing a plentiful supply of fresh water and for removing the waste.

Sheep relish rape greatly.

Give the animals fresh water.

Thumps results if the young pigs set too fat.

The harvest season is the most trying of the year.

The fields that raise the best crops are the fields that are well drained.

During the torrid days the comfort of the fowls must be closely attended to.

It takes a protracted drought to develop any poisonous material in sorghum.

Through live stock we market our products at home in the finished product.

It would be better to give some of your cows away than to feed them at a loss.

Keep the eggs as short a time as possible and at a cool temperature, 40 to 55 degrees.

All the profit of sheep husbandry is bound up in one thing, the keeping of the flock in health.

A good aphid is one of the worst enemies the orchardist has to combat in the young orchard.

Selling less hay and straw, feeding more cows on the farm, will help reduce the fertilizer problem.

Great care should be exercised in all cases in transplanting evergreens to avoid drying of the roots.

Tomato seeds are easily preserved, and if you have extra good ones pick out the best and save the seeds.

It should be remembered that sows that are to feed large litters of pigs should be well fed and cared for.

The pig that is intended for a brood sow should be fed well enough to keep it in good condition, but not extra fat.

The skunk is much less active than the weasel, but it is a very dangerous intruder when it enters the hen house.

As good insect powder is so cheap there is no use or excuse for allowing old fowls to remain covered with vermin.

If you want late celery for winter, it should be planted any time from the first of July to the middle of August.

String beans should be drilled in double rows six inches apart with just enough space between to allow for cultivation.

Buttermilk is one of the best known feeds for pigs, used in moderation and properly mixed with grain or other feedstuffs.

The foremost method of cultivating alfalfa is with the disk harrow, one of the most excellent farm implements ever invented.

If the skin of the horse is kept clean he will sweat more freely, which is necessary to keep him in good condition.

Too much water is as bad as too little, because the surplus fills up the interstices in the soil, excludes the air and smother the plant.

For the large tomato worm which was more numerous than usual last year, the best method is to pick them off by hand and destroy them.

Never feed meat scraps that were made of rotten meat. Good, pure feed is the only thing that ever ought to be fed to a toad of any kind.

It costs money to have things go wrong on the farm or anywhere else, but it is almost inevitable that something will go wrong once in a while.

Before and after the sow farrows, she should be fed very light or the pigs will not be able to take all the milk, or if they do, they will become sick.

Don't forget to thoroughly overhaul the binder before harvest; this is cheaper than to be overhauled by a half-morn because you let the harvesting drag.

Small-fruit growing and truck farming does not mix well with general farming, but an apple orchard is a profitable appendage to any diversified farm.

A gilt that is expected to be kept for a brood sow should never be bred before she is eight months old, and it is better to wait until she is ten or eleven months old.

It is just as cheap to make a pound of good butter as it is to make a pound of poor butter and when it comes to selling it, the prices are very decidedly different.

A few trees in the pasture add greatly to the comfort of the sheep these days. If you can't have them, set up a few posts and cover a bit of ground over for a shed.

A family of barn owls will number from three to seven birds, and the mother owl will capture as many rats and mice in a single night as half a dozen cats. Owls are always hungry.

All we can do towards the moult is to feed well. Keep the birds in the best condition to stand the strain. Do not try starving or over-feeding, or extreme changes in feeding—all fatal processes.

The amount of butter-fat and in many instances the amount of milk produced by a cow are dependent upon inherited capacity. This is not with the idea of discouraging any young progressive dairyman for there are ways in which the yield of milk can be increased or influenced by care and feeding.

Finding of the Book of the Law

Sunday School Lesson for July 30, 1911

Specialy Arranged for This Paper

LESSON TEXT—II Chronicles 34:1-11. MEMORY VERSE—II.

GOLDEN TEXT—They word have I hid in mine heart, that I might not sin against thee.—Psa. 119:11.

TIME—B. C. 621, in the 23rd year of Josiah's reign, when he was 26 years old. Stage IV of the last lesson.

PLACE—The Temple and Palace at Jerusalem.

PERSONS—Josiah the king, Huldah the prophetess, Hilkiah the high priest, Shaphan the scribe or secretary.

With hundreds of millions of Bibles in existence and several millions more printed every year, it is somewhat difficult for us to imagine how knowledge of the written Bible, and of the exact tenor of its teachings could be lost. Some facts will help us to understand.

There were at that time very few copies of the sacred books in existence. They were very expensive. It was customary for these copies to be kept in the temple, while the copy which (according to the law) was made for the use of the king, would most certainly have perished under such kings as Manasseh and Amon. Very few of the people could read the law even if it had been within their reach. A modern illustration is the case of Europe before the reformation, where even in the monasteries the Bible was almost an unknown book. Luther was twenty years old before he ever saw a copy.

It is plain that the finding of this book "was not the discovery of something unknown before, but the rescuing of the temple copy of the law from the hiding place in which it had long lain." It must have been the ancient copy of the law, and not a book written, as some critics think, by unknown persons in the reign of Manasseh, never seen or used among the Jews before. That an unknown book with no authority behind it should produce the effect on Josiah and his people, which this book of the law produced, borders on the absurd. Moreover, many of the laws must have been familiar to Josiah for they had been acted upon by his ancestors in every reform, and by himself in the reforms he began six years before in the twelfth year of his reign. It would have been impossible to impose upon the people, and make them believe that a new book, never before heard of, was the law of their kingdom from God.

When they brought out from the old chest in the temple the money contributed for repairs, which had been deposited in the safest hiding place, Hilkiah the priest, who had charge of the money, in searching the chest found at the bottom a book of the law of the Lord, the law given by Moses.

Hilkiah delivered the book to Shaphan, King Josiah's secretary of state, as the fitting person to show it to the king. When Shaphan reported the contributions and the work on the temple, he brought the book with him, told how it had been found, and read it to the king.

The king heard the book read, and he assembled the elders and priests, and the Levites. They made a public covenant and pledge. The king himself first made a public covenant before the Lord, to walk after the Lord, and to keep his commandments, with all his heart.

This was very similar to the great meeting under Joshua on the slopes of Mount Ebal and Gerizim eight centuries before, on taking possession of the Promised Land. The same motives were presented, and the same covenant made. And the king himself had said to the people as Joshua did: "Ye are witnesses against yourselves that ye have chosen you the Lord, to serve him." And they said, "We are witnesses."

The covenant was made under the power of the strongest and best motives that could be brought to bear upon them, when their minds were uplifted into clearer vision, above the smoke and clouds of earth. That was the right time to make a decision. God has given us feelings on purpose to move us to decide aright.

Josiah restored the regular temple services under the priests and Levites; and he celebrated a passover, such as had not been celebrated from the days of the judges that Judah, nor in all the days of the kings of Israel, nor of the kings of Judah. From all parts of the land the people flocked up to the renovated temple and joined with every demonstration of gladness in the eight days' festivity prepared for them. Thirty thousand males of full age attended. During all these days the services of the temple choir were brought into requisition; the singers of the famous clan of Asaph chanting in relays, the psalms for the season, appointed centuries before by David, Asaph and Jeduthan.

The Bible may be lost today by neglecting it—neglecting to read it daily. Neglecting family reading and prayers. Neglecting to read its stories to little children. By disobeying it. Disobeying its precepts dulls the conscience, and the whole moral nature, so that it may be said, "Eyes have they, but they see not, ears have they but they hear not."

By being so absorbed in worldly things that while he heareth the word with his ears, "the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful." By keeping the Word far from daily life, so that all its blessed truths are admired, but not peared on to right action. They are to be hearkers "as a very lovely song of one that hath a pleasant voice and can play well on an instrument; for they hear thy words, but they do them not."

By making the Bible unattractive. I have heard a number of ministers read the Bible so poorly that people were not interested in it, listened carelessly, and liked it less than if it had been unread. Then the printing of the Revised Version is so solid as to be unattractive and difficult to use. By lessening its authority. It makes a vast difference in the power of the Bible, whether it is received as only the thoughts of men, or as a message from God. By neglecting all the light that is shining upon it from many sources.

MORE EXCELLENT REPORTS FROM WESTERN CANADA

Grains Are Heading Out Rapidly and Harvest Is Now Approaching With a Great Demand for Harvest Help.

Last week it was pointed out in these columns that there would be a yield of about 200,000,000 bushels of wheat throughout Western Canada, an increase of about 100,000,000 over the previous year, and that the demand for farm help was very great. Confirmation of this news is to hand and the cry still is for more help. The Canadian authorities are hopeful that the friends of the 400,000 or 500,000 Americans who have gone to Canada during the last few years will come to the help of these people and induce as many able-bodied men as they possibly can to take advantage of the low rate which is being offered from all points on the Canadian Boundary, and particulars of which can be had from any of the following Agents of the Canadian Government: M. V. McInnes, 175 Jefferson Avenue, Detroit, Mich.; C. A. Laurier, Marquette, Mich.; J. S. Crawford, Syracuse, N. Y.; Thos. Hetherington, Room 202, 73 Tremont Street, Boston, Mass.; H. M. Williams, 413 Gardner Bldg., Toledo, Ohio; Geo. Aird, 216 Traction Terminal Bldg., Indianapolis, Indiana; C. J. Broughton, Room 412, M. L. & T. Bldg., Chicago, Ill.; Geo. A. Hall, 2nd Floor, 125 Second Street, Milwaukee, Wis.; E. T. Holmes, 315 Jackson Street, St. Paul, Minn.; Chas. Pilling, Clifford Block, Grand Forks, N. D.; J. B. Carboneau, Jr., 217 Main Street, Biddeford, Me.; J. M. MacLachlan, Box 197, Watertown, S. D.; W. V. Bennett, Room 4, Bee Bldg., Omaha, Neb.; W. H. Rogers, 125 West 9th Street, Kansas City, Mo.; Benj. Davies, Room 6, Dunn Block, Great Falls, Montana; J. N. Grieve, Auditorium Building, Spokane, Wash.

Every facility will be afforded men of the right stamp to secure advantage of these low rates. To those who propose to go, it may be said that they will have this splendid opportunity of securing first hand information as to the excellent producing character of the lands in Manitoba, Saskatchewan and Alberta. They will have the opportunity of seeing some of the greatest wheat fields in the world and probably the largest yield of wheat, oats and barley that has ever been grown on the Continent. And all this on land some of which cost the settler only the \$10.00 necessary to enter for his homestead, or if he purchased, in some cases, costing him from \$7.00 to \$10.00 per acre, but which is now worth from \$15.00 to \$20.00 per acre. Even at these prices the land is remarkably cheap as will be realized when the statement is made that from 20 to 25 bushels per acre and over of wheat are grown, netting the farmer from \$8.00 to \$10.00 per acre; and this on land that he got for nothing or paid merely a nominal price. In fact the production shows that \$18.00 to \$20.00 per acre would be a normal price for land that would produce as these lands produce.

Rife for Under Water Action. When he is working in water infested by sharks and other sea monsters likely to do him harm, the diver has at present to rely for his safety on the use of the knife, or falling that, on a quick return to the surface. Now comes the invention of Captain Grob, a German diving instructor, who has constructed a rife which can be fired under water, and is designed for the better arming of the diver. The most remarkable thing about this is that it fires, not bullets, but water, which is propelled with such force that it has an extraordinary power of penetration. Indeed, he inventor himself has pierced armor plate of medium thickness with the water jet from his weapon. The rife has a stout barrel and is loaded with a cartridge cased in india rubber.

The Quaker Scored. An old Quaker went into a book-seller's shop, and an impertinent shopman, wishing to have some sport at his expense, said to him: "You are from the country, are you not?" "Yes," replied the Quaker. "Then here is just the thing for you," responded the man, holding out the book. "It is an 'Essay on Rearing Donkeys.'" "Friend," said the Quaker, "thee had better present that to thy mother."

The Retort Courteous. Manager—You prima donnas want so much for your services. Prima Donna—And you managers want our services for a song.

Would Need It. "Gracious, what is all that crape for?" "I had a chance to get it at a bargain, and you know, my husband goes in for flying!"

Stop the Pain. The hurt of a burn or a cut stops when Cole's Carbolicine is applied. It heals quickly and prevents scars. 25c and 50c by J. W. Cole & Co., Black River Falls, Wis.

He Wondered. "What do you think of my hat, dear? I bought it at a great reduction." "Good heavens! What size was it before they began to reduce it?"

Beautiful Post Cards Free. Send 2c stamp for five samples of our very best Gold Embossed Birthday, Flower and Motto Post Cards, beautiful colors and loveliest designs. Art Post Card Club, 21 Jackson St., Topeka, Kan.

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It is a severe test of a man's Christianity to have the minister call on him during business hours.

Mrs. Whitlow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

The worst thing about the silver-lining theory is that you have to turn the cloud inside out to find it.

Many who used to smoke 10 cigars now buy Lewis' Single Binder straight 5c.

There isn't much hope for the fellow who is too lazy to even go fishing.

Here's to Your Good Health and Pleasure

Come—follow the arrow 'til you join the merry throng of palate pleasers and women who have quit asking for the one best beverage because they've found it—

Coca-Cola

Real satisfaction in every glass—snap and sparkle—vibrance and go. Quenches the thirst—cools like a breeze.

Delicious—Refreshing—Wholesome

5c Everywhere

THE COCA-COLA CO. Atlanta, Ga.

Whenever you see an Arrow Brand of Coca-Cola

"I'd really rather swing alone when I am frubly dressed—But since my man bought Faultless Starch The boys give me no rest."

FAULTLESS STARCH

FREE with Each 10c Package—An Interesting Book for Children

HOW IT HAPPENED.

Tom—Was it case of love at first sight?

Harry—No—first call. She was a telephone girl, and he was taken with her voice when he first heard it.

Seventy-One Years in a Shoe Store. Charles H. Wilson of Troy, N. Y., occupies the unique position of having been in business in one building for 71 years; at least he will have completed 71 years in the shoe business at 242-244 River street August 12 next. This record, it is believed, can be equaled by few if any shoe retailers in this country. Mr. Wilson has also been in business for himself for more than 50 years. Mr. Wilson is today just as much in active business as he was almost three-quarters of a century ago, when as a thirteen-year-old lad he entered the employ of John Leonard Williams of Troy. To be exact, that was August 12, 1840. Mr. Williams kept a shoe store at 242-244 River street in a building which had been now occupied by Mr. Wilson for his retail store in 1895, and so the building erected in 1840 is one of the oldest buildings in Troy.

No Luck. "I never do have any such luck as the other boys!" complained young Harold.

"Why, I am surprised!" answered his mother. "You have roller skates, a bicycle, a football suit, and a ticket to the gymnasium. Some boys would think themselves very lucky if they had those things."

"Yes, but Willie Swaddling's house burned down, and he helped to save things! Tom Anderson's home was robbed, and he heard the burglar! And Jack Turner is sick, and the neighbors are carrying ice cream and stuff to him!"

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *W. D. Hoagland* in Use For Over 30 Years. Children Cry for Fletcher's Castoria

Would Need It. "Gracious, what is all that crape for?" "I had a chance to get it at a bargain, and you know, my husband goes in for flying!"

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NOT A "FULL-LENGTH" PAPA

Child Wanted Original of Portrait That Has Been Made So Familiar to Her.

An amusing incident is related of a young service matron who had relinquished her husband for two years and who, having before his departure insisted on a good photograph, applied herself assiduously to the unbringing of her two-year-old baby with a view to the child's familiarity with her distinguished father. Each day she would call the baby girl to her and, kneeling beside her, would hold up the photograph, pointing out each feature to the child.

One day the officer came home, and the baby girl, then four years old, was summoned. "Come, dear," said the mother in glee, "papa has come home at last!" The child surveyed the officer in perplexity and finally shook her head.

"What is the matter, dear?" asked her mother. "Well," replied the child, "he looks something like my papa, but my papa hasn't any legs!"

Wise. "Bobby, didn't you hear mamma tell us to come in out of the rain?" "Yes, but I'm not going to do it 'til I'm so wet that she can't lay me across her lap 'thout spollin' her dress."

SHAKE INTO YOUR SHOES. Allen's Foot-Powder, the Antiseptic powder for Itching, scaling, swollen, nervous feet. Gives rest and comfort. Makes walking delight. Sold everywhere. Don't accept any substitute. For FREE sample address Allen S. Glimstedt, Le Roy, N. Y.

The census would be much larger if all the men who are leading double lives could be found out.

50,000 Men Wanted in Western Canada

200 Million Bushels Wheat to be Harvested

Harvest Help in Great Demand

Reports from the Provinces of Manitoba, Saskatchewan and Alberta (Western Canada) indicate one of the best crops ever raised on the continent. To harvest this crop will require at least 50,000 harvesters.

Low Rates Will be Given on All Canadian Roads

Excursions are run daily and full particulars will be given on application to the following authorized Canadian Government Agent. The rates are made to apply to all who wish to take advantage of them for the purpose of inspecting the grain fields of Western Canada, and the wonderful opportunities there offered for those who wish to invest, and also those who wish to take up actual farm life. Apply at once to

W. V. BENNETT Room 4, Bee Bldg., Omaha, Neb.

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—Have No Appetite

CARTER'S LITTLE LIVER PILLS

Will put you right in a few days. They do their duty. Cure Constipation, Bismousness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

DAISY FLY KILLER—This is a new and powerful fly killer. It kills all kinds of flies, including house flies, stable flies, and mosquitoes. It is safe for use in the house and is very effective. Price 25c per bottle.

SWAMP ROOT—Is not recommended for you if you have kidney, liver or bladder trouble. It will be found just the remedy you need. At drug stores in fifty cent and dollar sizes. You may have a sample bottle of this wonderful new discovery by mail free, also pamphlet telling all about it. Address, Dr. Kitter & Co., Bangor, N. Y.

SMALL INVESTORS can earn 6% to 10% on their money in a secure California Manufacturing Company. Guaranteed security, interest paid monthly and money back when wanted. Full particulars, F. A. OMAHA, 200 Market St., San Francisco, Cal.

W. N. U., OMAHA, NO. 30-1911.

THERE ARE OTHERS.



Call—I thought you said your baby could talk.

Young Mother—So he can, but I'm the only one who can understand him.

FALSE HUNGER

A Symptom of Stomach Trouble Corrected by Good Food.

There is, with some forms of stomach trouble, an abnormal craving for food which is frequently mistaken for a "good appetite." A lady teacher writes from Carthage, Mo., to explain how with good food she dealt with this sort of hurtful hunger.

"I have taught school for fifteen years, and up to nine years ago had good, average health. Nine years ago, however, my health began to fail, and continued to grow worse steadily, in spite of doctor's prescriptions, an everything I could do. During all this time my appetite continued good, only the more I ate the more I wanted to eat—I was always hungry.

"The first symptoms of my breakdown were a distressing nervousness, and a loss of flesh. The nervousness grew so bad that finally it amounted to actual prostration. Then came stomach troubles which were very painful, constipation which brought on piles, dyspepsia and severe nervous headaches.

"The doctors seemed powerless to help me, said I was overworked, and at last urged me to give up teaching, if I wished to save my life.

"But this I could not do. I kept on as well as I could, each day growing more wretched, my will-power alone keeping me up, till at last a good angel suggested that I try a diet of Grape-Nuts food, and from that day to this I have found it delicious, always appetizing and satisfying.

"I owe my restoration to health to Grape-Nuts. My weight has returned and for more