


Food is the Best Medicine Most of the ills of life are due to wrong living. For a building food, try

## Grape-Nuts

-a cereal devised to rebuild tired. overworked tissues.
Full of flavor, quick to dióest, it supplies real food for mind and mus cle, bone and brawn
"There's a Reason



The Fairy
Cobbler
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As Others See Us


| Happy Hollow | Carter Lake ${ }^{\text {a }}$ |
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## THE CRAVING FOR MEAT

is not a natural craving. Man is mostly herbivorous. Less meat and more cereals mean better health, hioher efficiency, longer life. Shredded Wheat Biscuit is a real whole wheat food-contains more real, digestible nutriment than meat or egos and costs much less. The crisp and tasty goodness of the baked whole wheat is a joy to the palate. Two or three of these Biscuits with milk or cream, or sliced bananas, peaches or other fruits, make a nourishing
satisfying meal, at a cost of a few cents.


You will find it economy

## Electrical Utility Appliances

in the home. Those who are already
using them are highly pleased and well
satisfied
ELECTRIC TOASTERS


ELECTRIC STOVES
$\$ 6.50$


Its waffel ime. If you would seree them
Electric Waffle Iron
-for a short time we offer for cash a $\overline{\text { goodly }}$
number of $\$ 15$ waffle irons for only sody number of $\$ 15$ waffle irons for only $\$ 12.50$.
Waffles made electrically are light, perfectly browned and most delicious.

Nebraska Power Co.

UNUSUALLY
SATISFACTORY
AND
UNUSUALLY-
ECONOMICAL
GOOCH'S BEST FLOUR
"THE BEST YOU CAN BUY

