TWO VARIETIES WELL KNOW

et or Sour Preparation at ervice of Different Tastes—Or Recipe That Has Been Highly

There are two varieties of fruit salad—one prepared like the ordinary agreen saink, with a dressing of oil and vinegar; the other a sweet macedone or a mediesy of fruits, dressed with sugar or a sweet sauce, and the salad is more or less of manually and a sweet sauce, and the saint saint

azines and cookbooks.

White grapes and nuts are often used together as garnishes to salads or used by themselves as a salads seried on a bed of lettuce. The nata may be stuffed into the grapes after the acceptance of the seeds have been removed from

serged on a bed of lettuce. The native may be suffed into the grapes after this seeds have been removed from the Vatter.

A housewife whose seven sailed are much appreciated by her quests gives much appreciated by her quests gives much appreciated by her quests gives the control of the property of the

Apropae to the silver cleaning ques-tion one might add that when it is easy to the silver cleaning ques-tion one might add that when it is easy to the silver of the silver of the course, this applies—arror of the course, this applies—arror of the course, this applies—arror of the silver of the larger pieces, the silver of the silver of the silver of the sets and so forth, are most as well as use.

Meet for ornament as well as use.

Meet Angis Four.

One cupful of sugar, 114 in blespoonnis or shortening, one-half cupful of
milk, one heaping cupful of flour; two
milk, one heaping cupful of flour; two
milks, one heaping cupful of flour; two
milks, one heaping cupful of flour; two
milks one heaping cupful of flour; the
sublespoonting to half in place in the
sublest of a bowl and beat until
stiff. Then gently fold the whites for two
eags fine how and the beatter; do
two distributions of the sublest of
two distributions of the sublest of
two distributions of the sublest of
the sublest of the sublest of
two distributions of the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
the sublest of
th

Economy Pudding.

Half-pound of rice, one pint of mflk, half-pound of sigar, some preserve. Bold the rice in water till nearly soft, then add the milk and boil again, stirring it all the lime; add the sugar. The state of the significant of the simple, and very attractive to children.

Swiss Pudding, in small pieces enough stale of ill a medium size pudding rec-quarres full; add one-quarspoon cloves, half (faspoon cin, a few gratings nutureg, tea-butter; cover with enough mitte disp; bake 55 minutes in modiven. Serve with vanille sauce.

SQUIRRELS RANG TELEPHONE

It is to examine a little bear of about the telephone effice.

The next day a man appeared from the telephone office.

The come to see what makes were converged and Finds it Nearly full of Nuts.

A last it occurred to the intheritation of the telephone office.

The next day a man appeared from the telephone office.

The come to see what makes with the washes for a short ties to examine a fittle bear of a boat ties of an disasse to the prize was Miss Dora Kohler of St. Louis.

The next day is man appeared from the telephone office.

The come to see what makes with the washes for the prize was Miss Dora Kohler of St. Louis.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone office.

The next day is man appeared from the telephone of its size of an disasse and the salts of the time.

The next day is man appeared from the telephone of its size of an disasse and the salts of the time.

The next day is man appeared from the telephone wites the size of an disasse and the si

BACHELORS 2 CENTS A POUND | fused to accept him. The without of what was the status to the prize was Miss Dora Kohler of St. | Percy Alas Jave div

## Some Suspicious Persons

## Enquired if we were "hiring" a certain "weekly" paper to abuse us.

Of course every time a spot light is turned on from any source it offers a splendid chance to talk about the merits of the products, but 'pon honor now, we are not hiring that "Weekly."

The general reader seldom cares much for the details of "scraps."

A few may have read lately some articles attacking us and may be interested in the following:

Some time ago a disagreement arose with a "Weekly." They endorsed our foods by letter, but wanted to change the form of advertising to which we objected.

The 'Weekly' discontinued inserting our advertisements while they were negotiating for some changes they wanted in the word-ing and shape of the advertisements, and during this correspondence our manager gave instructions to our Advertising Department to quit advertising altogether in that "Weekly." The "Weekly" discontinued inserting our advertisements while

Quite a time after the advertising had been left out, an editorial We replied in newspapers and the scrap was on attack came.

Then came libel suits from both sides, and some harsh words.

Generally tiresome to the public.

That "Weekly" has attacked many prominent men and repu-

Our Company seems prominent enough for a sensational writer to go after, hunt for some little spot to criticise, then distort, twist and present it to the public under scare heads.

twenty-five of our workmen and took their testimony. Every single one testified that the foods are made of exactly the grain and ingredients printed on the packages; the wheat, barley and corn being the choicest obtainable—all thoroughly cleaned—the water of the purest, and every part of the factories and machinery kept scrupulously clean.

That all proved disappointing to the "Weekly." There are very few factories, hospitals, private—or hotel and restaurant kitchens that could stand the close spying at unexpected times and by an enemy paid to find dirt or impurities of some kind.

In any ordinary kitchen or factory he would find something to magnify and make a noise about.

But he failed utterly with the Postum Works and products.

He next turned to discover something about our advertising

An analysis of the methods and distorted statements of the An analysis of the methods and distorted statements of the "Weekly!" may interest come readers, so, we take up the items one by one and open them out for inspection. We will "chain up" the harsh words and make no reference in this article to the birth, growth and methods of the "Weekly" but try to coufine the dis-cussion to the questions now at issue.

So an attorney from New York spent more or less time for months in Battle Creek hoping to find impurities in our foods, or dirt in the factories. After tireless spying about he summoned

Twenty to thirty thousand people go through the factories annually and we never enquire whether they are there to spy or not. It makes no difference to us.

## Some Facts

Battle Creek, Michigan, December 30, 1910.

We the undersigned certify that never to our knowledge has testimonial letter been printed by the Postum Cereal Co., Ltd., which did not have behind it a genuine letter signed, and believed to be an honest statement.

to be an honest statement.

To the best of our knowledge and belief the Company has receive upwards of fifty thousand (50,000) known testimonial letters.

This company has never knowing that nor permitted an untruthful statement regarding its products or its methods.

M. K. HOWE, Treasurer. (With Company about 1, 1827) J.

L. J. LAMSON, Inspector of Advis. (With Company about 9 years)

F. C. GRANDIN, Advertising Manager. (With Company about 13 years.) R. M. STERRETT, M. D., Physician in charge of Scientific Dep't.

CHESTON SYER, Advt. Writer. (With Company about a years)

CHARLES W. GREEN, Advt. Writer. (With Company about 5 years) HARRY E. BURT, General Sup't. (With Company about it years)

H. C. HAWK, Assistant to Chairman. With Company about y marks

C. W. POST, Chairman. (With Company 16 years, from the beginning.)

It has never been the policy of this Company to advertise Grape-Nuts or Pos-tum to cure snything.

tum to cure anything.

We say that in cases where coffee discress and is causing stokings its dismissal grees and is causing stokings its dismissal was suggest the use of Postum for the reason that it Turusbes a lot politable norming beverage, and contains natural elements from the grain which can be used by nature to assist in relative contains and of the case of the contains and the contains the contain

Charge No. 2 states that the passage of the National Food & Drugs Act compelled us to drop from the packages some assertions regarding the nutritive value of Grape-Nuts.

We have never been "compelled" to make any change.

make any change.

Since the beginning it has been a univerand rule to print clearly on every packare,
exactly what the contents are made of.

Before the passage of the Pure Food
Law the packages stated that (Grape-Nuts
food was made of wheat and barley.

We did no esteron it.

Ollows:

"The system will absorb a greater mount of hourishment from one pound of Grape-Nuts than from ten pounds of meat, wheat, oats, or bread,"

life. Therefore we have reason to believe that our contention is right that concentrated food like Grane-Nust, which is partly dispetted afterwish for easy are mourtained to that the avoid for easy as the contract of the second of the secon

Law it is pressure of the Pure Food food was made of wheat and barder.
We did not exteem the small amount provided in the profit of John taffer the residual are stated in the profit of John taffer the next Law extensive we became as Jechnical as -the officials at Wainfaron and salide the works of the provided of the works of the provided of the provided in the pro

of \$5.00 and five of \$10.00 each, -tsting that each must be an honest letter with name and address. We acreed not to pullab. names, but to furnish them to respect to the control of the c

Another of less contained in the potential and the protection of offerent kines of the same of the protection of the pro

sands of dollars. We hold down those letters exactly as a newspaper writer bolk has nexa,—sitching sarerdly to the important facts and eliminating details about the facts and eliminating details about the facts and of boling down, or editing, is done honestly, and with a full knowledge of the facts of t

men and women as to the means by in they recovered health as of tree thou value to those in search of it. In the convenced that some for it.

Biochaires has been meant of it. In the convenced that some for it.

Biochaires has been more a search of it.

Biochaires has been more a search of it.

Carey. They never criticize the purity foods, for so much we are thankful

He attended clinics in Europe and fitted himself for a future career in which has a more of the food experts of the world, fitted to judge both from the material as well as the mental side of the question.

This is an example of distortion and This experience challenged his investigation into causes of disease and their means of the control of th

high. He was shown there was never—some who know him closely.

He will make a public announcement for the first contract to be published in newspapers and magazine.

We believe that most of the gitte contract the first contract the first contract the first contract the first contract to be published in newspapers and magazine.

197 if.

Prevarication No. 8. "Post spends nearly a million's year in advertising and relies on that to keep out of the seasfeles on that to keep out of the seastiles on particular of the nublic."

The Postum Company does pay out upwards of a million and pay out upwards of a million pay out upmarked to the pay of the pay of the pay

They are compile of tailine the million.

They are compile of tailine the million.

They are capable of telling the public whether or not we "bribe" them.

It may have escaped notice that we did not "bribe" that particular weekly.

No. 9 states that the amount of the

Item 10 is a "discovery" that wheat

environme distorted matter to his readWhile on the ovirons stand Mr. Polystestified to his studied in Anatomy. Physical
logy. Dictories, and Psychology. Sill redlogy. Dictories and Psychology. Sill redfood. Asked to name anthorities tudiedhe mentioned us or eight from memory.

Visince povering several spars in annual

Source's to Europe.

Now notice the distortion, (Copy from
"He (Past) rotated out a pille of beoke

for possession of his attorneys as the very

"Me (Past) rotated out a pille of beoke

for possession of his attorneys as the very

"Notice." He were once he had read,"

ological Chemistry, by Hamman

sten. Biochepiio System of Medicine, by Carey, The "Weelty" carefully eliminates from its printed account testimony teararding the years of research and study by Mr. Post in fitting himself for his word, and would lead the reader of the distorted article to believe that his clausible begin since 1909.

Distortion No. 12 reports Mr. Post at

meys. When M. Bost was allowed to reply, be said, "I don't know until I reset the book over to see".

This book, 'I turne out, was written by Mr. For seweren, years and and break high bas not been read custofully by him as the been men to be the book of the

The following is quoted from one of

For a moment the Court Room was in

It may be remembered that we were first attacked and have since defended ourselves by placing facts before that great jury--The Public.

In the case lately tried, an appeal has been taken to the higher courts. We have unbounded faith in the ultimate decision of our American Tribunals.

Our suits against the "weekly" have not yet been tried. They are for libel

A good "scrap" is more or less comforting now and then, if you know

and \$500,000.00 is asked as damages, and may the right man win

After all the smoke of legal battle blows away, the facts will stand out clearly and never be forgotten that Postum, Grape Nuts, and Post Toasties are perfectly pure, have done good honest service to humanity for years, the testimonials are real and truthful and the business conducted on the highest plane of commercial integrity.

"There's a Reason"
Postum Cereal Co., Ltd., Battle Creek, Mich.