



Bakers Bake It For You

—no need to bake at home

HERE'S your old-time favorite—*full-flavored raisin bread* with at least eight tempting raisins to the slice—already baked for you by master bakers in your city.

Simply phone your grocer or a neighborhood bake shop and have a fresh loaf for lunch or dinner to delight your folks.

We've arranged with bakers in almost every town and city to bake this full-flavored raisin bread.

Made with big, plump, tender seeded raisins. The raisin flavor permeates the bread. You've never tasted finer food. Order a loaf now and count the raisins.

Raisin bread is a rare combination of nutritious cereal and fruit—both good and good for you. Serve at least twice weekly to get the benefits.

Use Sun-Maid for home cooking of puddings, cakes, cookies, etc.

You may be offered other brands that you know less well than Sun-Maid, but the kind you want is 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."

NAME _____
STREET _____
CITY _____ STATE _____

Great effort is being made in the United States to protect the native birds, mainly because of their usefulness as insect destroyers. One expert says that in the state of Massachusetts birds destroy 21,000 bushels of insects every day, and in Nebraska 170 carloads.

It is folly for an eminent man to think of escaping censure, and a weak one to be affected by it.

QUESTION: How do good cooks make such delicious hot mince pies?

ANSWER: If you mean modern cooks, the majority of them roll out their crusts and use

NONE SUCH MINCE MEAT

"LIKE MOTHER USED TO MAKE"

MERRELL-SOULE COMPANY
SYRACUSE, N. Y.

Queer Job. "What do you mean, your job is a queer one?" "It's a bookkeeper for a bookkeeper."

Don't Be Fooled

Low Price and High Quality Don't Go Together, Stick to

CALUMET

The Economy BAKING POWDER

Never accept "Just as Good" Brands; it will only mean disappointments and failures on bake-day, which are expensive.

Calumet is a High Grade Baking Powder, Moderate in Price

When you use it you never spoil any of the expensive ingredients used—such as flour, sugar, eggs and milk.

The sale of Calumet is 2 1/2 times as much as that of any other brand.

BEST BY TEST

THE WORLD'S GREATEST BAKING POWDER

The AMERICAN LEGION

AMERICAN WEEK, Dec. 3-9

Government, Legion and National Education Association Co-operating to Make Program Successful.



John J. Tigert, United States Commissioner of Education, declares a conviction that a great future lies toward the goal of the American Legion.

John J. Tigert, United States Commissioner of Education, declares a conviction that a great future lies toward the goal of the American Legion as one of its greatest programs of service will be made plain in the weeks of December 3 to 9, inclusive, which has been proclaimed American Week.

Announcement proclaiming the American Education week followed a conference in Washington between President Harding, Commissioner Tigert and Garland W. Powell, assistant national director of the American Legion. President Harding announced he would issue an official proclamation, followed by similar ones from governors of the states.

Monday will have its special slogan—"Americans All by Ages"—and drive throughout the country to assist immigrants and aliens to become good Americans, by starting their education in the United States at which they will be devoted to patriotism, with such subjects as "Universal Use of the English Language," "Music As a Nation Builder," "The Flag Emblem of Freedom," and "The Citizen's Duty to Vote."

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AUXILIARY MAY ADOPT THIS

Headress Fronted With Blue or Gold Star May Be Approved by the Women's Organization.

When pretty Thelma Sines of Logansport, Ind., donned the headpiece that she's wearing in the accompanying picture, she was naively asked "If it wasn't a perfectly wonderful creation, would you members of the American Legion Auxiliary wear at conventions, conferences, etc.," it hadn't been recorded when she wore it for the first time, but it is known that she is the first woman to wear it.



Details, Please. Old Man Matthews' daughter was referred to be the slowest witted and laziest girl in the town. One day her father came in to find her sprawled in a chair with her feet in dangerous proximity to the blazing fireplace.

Serves Chicken Dinner. The Washington—A low record death rate was established during 1921 in registration areas of the United States according to an announcement by the department of commerce, which gave the 1921 rate as 31.7 per thousand compared against 32.1 in 1920. The infant mortality rate for 1921 also decreased from 1920, according to the statement, which gave the rate for 1921 as 68 per thousand against 69 per thousand for the previous year. The registration area includes a population of 70,425,000.

COOKING WITH SUN'S HEAT

A camping party has done all of the cooking with a sun-ray which so successfully cooked meat, bread, cereals and vegetables and furnished the heat to make jellies and preserves and to canning. This sun heat is not a patented device and has not been put on the market, but was invented by the officials of the Washington Sun-Ray Institution to prove that the heat of the sun could be used as a practical fuel, says the New York Mail. The cooker consists of curved aluminum mirrors which focus the sun's rays on pipes filled with mineral oil. These pipes can be heated far above the boiling point of water and will retain their heat for some time. The oil flows through coils in bake ovens and can be regulated to any desired temperature. It is something like a hot-water heater taking advantage of the fact that heavy oil can be safely heated to a much higher temperature than water. Scientists are already working along the same line when the earth's supply of coal will be exhausted and heat must be obtained from some other source. The tides of the ocean if utilized would furnish many times the heat and power the world now uses. It would be easy to utilize the water power of the rivers, which will be done within the next generation or two. The news of its use for the heat of the sun may never come, although in these things here's no "never."

Recent statistics sent out by the census authorities show that the farm population of the United States is only 18,414,293, a little less than 30 percent of the total. The industry, farmers, and farm laborers and their families, who live in the country, and shows an average of about five persons to each farm, says Farm Life. About half the people in the midwest are located as rural, that is, they live in the country or in towns having fewer than 25,000 inhabitants, but only 61 per cent of the "rurals" are actually engaged in farming. This 39 per cent of the rural population and the entire city population will be fed by the men engaged in agriculture. It gives the farmer a job. Only a few years ago each farmer had to provision his own family and one often found the most fertile food for nearby towns other families besides his own. His occupation should not fall.

According to Mrs. Asquith, "tenderness, patience and compassion are the highest qualities of man"—that is to say at once the highest and the most desirable from man's point of view. To these a woman journalist has added "eternal faithfulness, consideration and generosity," with the proviso that "of course, one takes strength as a sine qua non of the highest manhood, likewise wisdom." There is room for other qualities, and probably they will be suggested as the symposium opens. The final picture will be at least a handsome tribute to the potential values of the masculine sex. Evidently, there will be no mistaking the magnificence of that picture—though none individual man will have good reason to regret that he is not an individual woman for content to be quite loyal to beings who fall some what short of it.

London finds its smallest house, open to the street, in the old-fashioned street frontage is only six feet. The owner uses the ground floor for a shop, the cellar for cooking and eating and the second floor for a bedroom and living room. Is this the most economical that civilized civilization is heading the majority of us toward? Steadily mounting land values impulsion us in smaller and smaller metropolitan cells. Yet it is only a few generations since nearly every one could afford a large yard. Here are the cells get smothering small, the airplane may break up the cities.

The movement to abolish tipping in Europe by including it in the bill has moved only in part. It is a long way from the line. It takes something more than a resolution to abolish an abuse of that kind—fundamental training in character being a prime requisite. A few boy scout troops in Europe would accomplish more than all the hotelkeepers in the world can do.

Every nine minutes a baby is born in New York city. Verily, in this great world of ours, where the mother is looking quick well—that is, she fancied she had managed to make herself look smart without putting on her best clothes to think she was good to the day in which to rest and lull.

There are not infrequently substantial reasons underpurch for customs that appear to us absurd. Every speaker should endeavor to cultivate a good style.

Death Rate Low in 1921. Washington—A low record death rate was established during 1921 in registration areas of the United States according to an announcement by the department of commerce, which gave the 1921 rate as 31.7 per thousand compared against 32.1 in 1920. The infant mortality rate for 1921 also decreased from 1920, according to the statement, which gave the rate for 1921 as 68 per thousand against 69 per thousand for the previous year. The registration area includes a population of 70,425,000.

DIYED HER DRAPERIES, SKIRT AND A SWEATER WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple that any woman can dye her best, shabby shirtings, dresses, waists, coats, sweaters, stockings, hangings, draperies, everything like that. Buy "Diamond Dyes" no other kind—then perfect home dyeing is guaranteed, even if you have never dyed before. Tell your druggist whether the material is linen, cotton, or mixed goods. "Diamond Dyes" never streak, spot, fade, or run. So easy to use—Advertisement.

Hope Against Hope. Therefore it is of faith, that it might be by grace; which is of the faith of Abraham, who against hope believed in hope, that he might become the father of many nations.—Romans 4:16 to 18.

Important to Mothers. Examine carefully a bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *Wm. L. Fletcher*. Children Cry for Fletcher's Castoria.

Natural Indignation. Crabshaw—So there's no truth in the report that you've been dodging your income tax? I've tried to do it every possible way, but have never succeeded.—New York Sun.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminence as a medicine for curable ailments of the kidneys, liver and bladder. Dr. Kilmor's Swamp-Root stands the highest for the reason that it has proven to be the remedy needed in thousands upon thousands of distressing cases. It is a healthy, vegetable compound, and its effect is so mild and immediate that it is a general health-giving compound. Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

PLAN TO CONTROL WEATHER. Scheme Has Been the Dream of Many Scientists but Nothing Practical Has Been Evolved.

Three or four years ago a Sheffield (Eng.) workman claimed to be putting the finishing touches to an instrument to enable him "to focus beams of light on clouds," and so control the weather. Unfortunately, the instrument could not be had so perfect as he thought, for nothing further has been heard of it. Before that a Leeds scientist had come to the conclusion that it was "within the scope of human possibility to prevent disastrous cyclones, hurricanes and storms and even to improve permanently the weather of the British Isles." The idea was the production of an instrument enabling the operator to collect or disperse the molecules which form the atmosphere, securing the degree of density desired, and so arranging the best weather required for any district or seasonal occupation. More than twelve years ago Sir Oliver Lodge demonstrated that fog could be dispelled by electricity, though the process was too costly for adoption generally.

The Observant Newsdealer. Of course the woman knows her newsdealer well. He is very friendly. The other day she stopped in for some additional magazines and papers to take with her for a day's outing with her husband. She thought she was looking quick well—that is, she fancied she had managed to make herself look smart without putting on her best clothes to think she was good to the day in which to rest and lull.

There are not infrequently substantial reasons underpurch for customs that appear to us absurd. Every speaker should endeavor to cultivate a good style.

During Hot Weather. "It's a hot world." "That's right, at present,"—Louisville Courier-Journal.

It is far more easy not to feel than always to feel rightly, and not to act than always to act well.

BAYER Aspirin

SAY "BAYER" when you buy. Insist! Unless you see the "Bayer Cross" on tablets, you are not getting the genuine Bayer product prescribed by physicians over 23 years and proved safe by millions for

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 13 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monacochester of Salzgitter.

Abundant Proof That Huge Forests, in Former Epochs of the Earth, Became Petrified.

Although in most instances there are comparatively few traces of its vegetable origin, coal owes its existence to the vast masses of vegetable matter deposited through the luxuriant growth of plants in former epochs of the earth's history, and since slowly converted into a petrified state.

COAL OF VEGETABLE ORIGIN \$1,860.40

Abundant Proof That Huge Forests, in Former Epochs of the Earth, Became Petrified. Coal fields today present abundant indications of the existence of huge ancient forests, usually in the form of coal formed from the roots of trees. Several such forests have been uncovered, one of which in Nova Scotia is a good example. Rebasals of trees have been found there, six to eight feet in height and four feet in diameter. In a colliery in England, in a space of about one-quarter of an acre, there have been found the fossilized stumps of 72 trees, with roots attached, and broken-off trunks lying about, one of them 30 feet long, and all of them turned into coal.

Fate Takes a Hand. Life has many surprising moments, but this was truly a dreadful one. I was a senior in a large university, and had had a romance with a prominent classmate. After our engagement was broken we were not on speaking terms, and this was generally known.

One evening I had been studying at a table in the library reading room when the lights went out. I stood up and collided with some one. I instinctively threw out my arms, and he did likewise.

A Return Desired. "How was the political speaking last night, squirt?" asked old Billy Reardon of Putnam. "My roommate was heckling me so that I didn't feel like attending."

"The Hon. Thomas Reed pleaded with the voters for a return to the principles of the glorious Old Party," replied Squire Ramsbottom. "He did," replied Reardon. "If he is in a dead issue, at present,"—Louisville Courier-Journal.

It is far more easy not to feel than always to feel rightly, and not to act than always to act well.

Postum FOR HEALTH

THE way to satisfaction, comfort and health through Postum, has become a world-wide way. This famous table beverage which has stood the test of twenty-five years, fills every requirement of taste for a hot and invigorating mealtime drink. Unlike coffee or tea, Postum contains nothing that can irritate nerves or disturb digestion. Even the children may safely enjoy it.

Wouldn't it be well for you to avoid the harm which so many have found in coffee and tea, and protect health while pleasing taste, with wholesome, satisfying Postum?

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