

ENGRAVER SETS NEW RECORD

Washington Man Has Carved Picture of the National Capitol on a Pinhead.

SIMPLE STATEMENT OF FACT

Explanation Showed That Manager and His Assistant Had Told the Truth.

August C. Habicht is the creator of these two minute pieces of art, and what is more, he has just completed the construction of a machine and die that will transfer the portrait of the President onto the heads of an unlimited number of pins.

"Will it grow well in the sunshine?" she inquired. "Yes, madam."

microscope, and used the regular engraving tools, but those of the most delicate type.

"This car has all the latest attachments," said the salesman, "car holder, dome lights, spot lights, foot warmers."

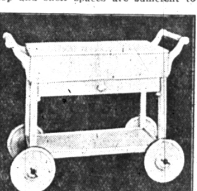
Statistics show that if a man and a woman are riding together in a train which meets with disaster, the woman has more chances of escaping death than the man.

CONVENIENCE IN ANY HOUSEHOLD

Serving Tray Saves Housewife's Time and Strength in Many Different Ways.

(Prepared by the United States Department of Agriculture)

A serving tray on castors or wheels, serving called a "wheeling" tray, is a household convenience that saves the housewife's time and strength in many ways.

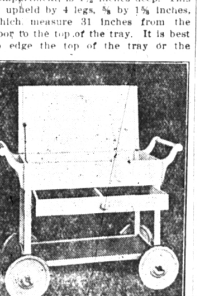


Wheel Tray Saves Many Trips Between Dining Room and Kitchen.

Young dining rooms have a delicacy of flavor and freshness of color that should be preserved by gentle, rather than violent cooking.

Dimensions of Tray.

The United States Department of Agriculture recommends the dimensions given below for making a convenient serving tray which will go through doorways without danger of bumping.



Drawer is Useful to Store Silver and Table Linen.

Below this serving compartment is a drawer 2 inches deep, which is divided into two parts. One side is used for linen and one side for silver.

OF INTEREST TO THE HOUSEWIFE

Baste corset steels on the ends of ropes to prevent them from turning up. Potatoes that are pared before cooking lose much of their food value.

Cleanse Marble Slab

To cleanse the marble slab cut a slice of lemon, dip it in salt and rub it over the marble; let it remain an hour, then wash the slab the usual way.

Warm a Knife-Board

Warm a knife-board before using it, and the knives will polish more easily.

Cleaning Knives

Peart-handled knives should be cleaned with fine-salt and polished with a chamois leather.

Mixture for Scorchates

Scorchates on furniture should be rubbed with a rag dipped in a mixture of kerosene and paraffin.

Remove Shine From Serge

Viscous water removes the shine from serge. Use a tablespoonful of vinegar to a tumblerful of water.

DIFFERENT WAYS TO PREPARE VEGETABLES

Special Care Should Be Taken to Preserve Peculiar Characteristic of Each Dish.

(Prepared by the United States Department of Agriculture)

Boiling vegetables, although so common and usual a method, is only one of a variety of ways which they may be prepared for the table.

The method of cooking selected depends somewhat on the place of the vegetable in the menu. A fried vegetable that brings out the color and flavor of a vegetable generally conserves the food value.

In general, vegetables should be cooked in small quantities of water, which salt has been added in the proportion of about one teaspoonful to a quart of water.

Some of the delicately flavored vegetables may be cooked by that method called "en papillote."

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WASTAGE IN MANY LINES

Figure on No. 10. Statistics, however, are figures, and by figures it is possible to prove almost anything, says the Insurance World.

They mean has sitting up nights and as a result of his burning the midnight oil he finally arrived at the startling conclusion that 225,000 man years have been spent wasted, scattered away during the course of the current year through strikes alone.

We presume, knowing not to the contrary, that he has figured on the basis of the present year's experience, which will probably live to see the year 2000.

To realize, however, that 225,000 man years is beyond human comprehension, or how many hours a day and how many days a week, would be a waste of time.

Every call, however, every individual, has a duty to perform, which it is possible to ascertain from individual experience. Figure it out for yourself, and see how many eight-hour day years you have wasted.

Of the Pan-Hispanic movement little is known outside a narrow circle in North America—we know too little of our neighbors, writes David Y. Thomas in the North American Review.

The movement seems utterly hopeless, for the economic interpretation of history is the correct one in the case of the Pan-Hispanic movement.

Spain and her former colonies are very, very small. But some day we will learn that economic determinants are more powerful among some people than among others.

They are powerful in the United States, but equally powerful in Latin America, some also beyond dispute.

Spain, perhaps, we shall learn that spiritual life of blood and culture are stronger than bonds forged by the Pan-American has not arrived.

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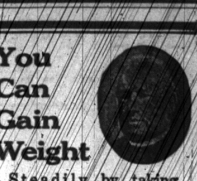
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You Can Gain Weight

Steadily by taking Father John's Medicine. It strengthens weakened tissue and builds new flesh and energy.

Start taking this old-fashioned food medicine today. It will enrich your blood and drive poisonous waste matter from your system.

One Who Was In Pain

Father John's Medicine Builds new health.

Kidney, liver, bladder, and uric acid troubles are most dangerous because of their insidious attacks.

Look for the name Gold Medal on every box and accept no imitation.

Chronic Constipation Relieved Without the Use of Laxatives

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. When you are constipated, get Nujol.

Doan's Backache Kidney Pills

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IMPORTANT: Save this announcement, read it carefully, and keep for reference. It may mean more—and knowledge to you.

Over 150 Recipes for Grape-Nuts

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying \$50.00 for each one accepted. And 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 terms 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 States can take part in this National Recipe Festival!

There Is No Other Food Like Grape-Nuts

WHILE practically every man, woman and child in the English-speaking world knows Grape-Nuts as a delicious, nourishing and wholesome cereal, and while it is common knowledge 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 lends itself, we believe, to more uses than any other cereal. The convenience and 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 interesting letters from women throughout the country, telling about the attractive dishes they make with Grape-Nuts—dresses puddings, salads, dress-

ings for fowls, etc. No doubt there are thousands of women who are finding varied uses for Grape-Nuts in their home cooking, and even more thousands who will be glad to learn of all these varied uses; for while we all cling to old favorite dishes, we also welcome and enjoy a change.

So that is the thought back of our offer of more than \$7500.00 in cash for new ways of using Grape-Nuts. To those women who are already using Grape-Nuts in various ways, other than as a breakfast cereal or in the recipes given here, and to those women who are developing some new way to use Grape-Nuts, we offer to buy at \$50.00 each not less than 101 new Grape-Nuts Recipes. We plan to include these new Recipes in a beautifully illustrated cook book.

What Is Grape-Nuts?

Grape-Nuts is a highly nutritious food in the form of crisp, golden granules. It contains all the nutrition of wheat and barley, including vitamins-B and mineral elements required for building sturdy health. These elements are often lacking in the ordinary diet, thereby through "over-refinement" in the preparation of food.

No other food is so thoroughly baked 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 themselves. The form and crispness of Grape-Nuts invite through mastication—a decided advantage because this not only provides proper exercise for the teeth, but makes for good digestion.

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

The Postum Cereal Company will buy not less than 101 Recipes or suggestions for new Uses of Grape-Nuts, paying \$50.00 for each one accepted. This offer is open to every person in the United States.

Below are ten Recipes showing a few of the many appetizing dishes that can be made with Grape-Nuts.

1 cup Grape-Nuts 1/2 cup raisins 1/2 cup sugar 1/2 cup cream

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