Nu-Way Strech

SUSPENDERS

A full year's wear or more guaranteed (75c and 60c), Men's Garters (50c) and Hose Supporters (all sizes, 25c). No rubber to rot from heat or sweat. Phosphor Bronze Rustless Springs give the stretch.

ASK YOUR DEALER. If he can't supply you, send direct, giving dealer's name. Accept no substitute. Get the genuine Nu-Way. Look for guarantee and name on buckle. Write for story of Nu-way Spring Stretch.

NU-WAY STRECH SUSPENDER COMPANY
Exclusive Manufacturers of Nu-Way and Excello Lines
Dept. C Adrian, Mich.

LUCKY STRIKE CIGARETTE

IT'S TOASTED

It's toasted. This one extra process gives a delightful quality that can not be duplicated

Be a Private Secretary or an ACCOUNTANT

YOU can prepare for a high-grade office position in a short time under our instructions. Write for bulletin AA, explaining courses and tuition rates. Opportunities to work for board and room while attending. "The School that places its graduates in 'better positions.'"

DETROIT BUSINESS UNIVERSITY
411 W. Grand River Ave., Detroit
Oldest and Best Known Business School in Mich.

Didn't Want to Talk.

In the smoking room of an east-bound car the other evening there were two men—one of them grouchy, the other receptive. After smoking two indifferent cigars the latter said to the former:

"How far are you going?"

"Buffalo," acknowledged the other, taken off his guard.

"Is that so? Well, Buffalo is a great town. I have a cousin living there and I've been there myself several times. Er—what are you going to do in Buffalo?"

"Change cars."—Chicago Herald and Examiner.

Independent Icelander.

The native of Iceland is dependent upon his own resources for all the necessities of his family. He makes his own clothes, builds his own boats, and shoes his own horses.

Reform always finds some work for idle hands to do—or maybe it's Satan, again.

Sure Relief FOR INDIGESTION

BELL-ANS FOR INDIGESTION 25 CENTS

6 BELL-ANS Hot water Sure Relief

BELL-ANS

25¢ and 75¢ Packages, Everywhere

Constipation

Relieved Without the Use of Laxatives

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowel to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it. Try it today.

Nujol
REG. U.S. PAT. OFF.
A LUBRICANT—NOT A LAXATIVE

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents and one dollar. Write for FREE SAMPLE. Northrop & Lyman Co., Inc., Buffalo, N.Y.

DR. J. D. KELLOGG'S ASTHMA REMEDY

STATE NEWS IN BRIEF

Hart—The farm barns of Fred Luther adjoining this town were struck by lightning and together with contents were totally destroyed with a loss of $13,000.

Albion—Sixty members of the Warner family attended its seventy-seventh annual reunion at Montcalm Lake. Mrs. Mandana Warner, 95, was the oldest person present.

Saginaw—Burns resulting from a fall into a tub left on the floor by his mother, may bring death to Jack Blohm, son of Mr. and Mrs. Edmund C. Blohm, physicians fear.

Battle Creek—After being unconscious in her home for thre days following a stroke of paralysis, Miss Mary N. Hawgood, 38 years old, was discovered by her sister and taken to a local sanitarium.

Traverse City—Jesse George won the woman's club prize of $10 and the title as champion ragweed puller in the city. In an effort to eliminate ragweed the Woman's club enlisted school children to pull the plants. The champion turned in 63,600 of the weeds.

Iron Mountain—According to announcement made by the Cleveland-Cliffs company, operation of its iron furnace and chemical plant at Kipling will be resumed by October 15. The plants will employ about 250 men. They have been closed for two years.

Ann Arbor—Dr. Robert L. Harkness, of Houghton, was chosen commander of the Department of Michigan, American Legion, at the fourth annual convention here, for the fiscal year ending October 1, 1923. Ironwood was chosen for the 1923 convention.

Port Huron—Harry Dale, 17 years old; Dean Livingston, 17 years old, and a 15-year-old boy are under arrest charged with several automobile thefts. The boys have been stealing machines for joy ride for several weeks, later abandoning the autos, it is alleged.

Ypsilanti—The large barn on the farm of Marion Merritt, Ypsilanti township, with 300 tons of hay, seven horses and a large quantity of wheat and oats, was burned to the ground. The fire was caused by spontaneous combustion. The loss will probably reach $20,000.

Dowagiac—Ada Powers, 3 years old, daughter of Mr. and Mrs. John Powers, slipped from the railing of Cass avenue bridge, fell into Dowagiac river and was drowned. A brother, Nelson, 4 years old, and the girl were hanging over the railing when the tot lost her balance.

Kalamazoo—John Griffin, of this city, is the first man ever arrested in Kalamazoo county, under the statute which forbids driving away from an accident without stopping to offer aid. Griffin's car is said to have struck and severely injured occupants of another machine, a few miles south of the city. Griffin asserts he did not know that he had hit another car.

Grand Rapids—Recovered from nearly fatal burns received in a boiler explosion in which a fellow workman was killed, Nurski, 34, waded into the Thornapple river for a swim and drowned in sight of his wife and half hundred other picnickers. Nurski who recently returned to work after his narrow escape in the explosion, had not taken a swim in years. The body was recovered by clam diggers.

Hastings—Mrs. Lora Lavery and her stepdaughter, Beulah Hanks, of Orangeville, strangly disappeared following the suicide of the first woman's husband, John Lavery. Barry county officials were unable to learn where the two women had gone following their release from the hospital here. Both were injured severely by Lavery, who attacked them with a hammer before he shot himself, but they recovered quickly at the hospital.

Rochester—Pinned under his overturned car for four hours, John Robinson, of Rochester, was losing consciousness when rescued by a passing motorist. Robinson, alone, was driving into the city when his car went into a ditch two miles south of Rochester about 1 a. m. The weight of the car held him fast in the soft mud at the bottom of the ditch. A farmer, driving to the city about 5 o'clock, heard moans at the roadside and, investigating, found Robinson.

Pontiac—F. A. Neuman, Detroit man, who pleaded guilty to a charge of assault and battery on two girls in a Lake Orion club, as a sequel of raids at that resort, has taken an appeal to circuit court from his conviction. He drew a 60-day term in jail without a fine. Neuman's appeal is based upon the technicality that the complaint against him was signed by a deputy sheriff and not by the two girls who accused him and another man of attacking them while they were guests in the cottage. He was released on bail, pending trial.

Lansing—Construction work now under way on buildings at state institutions is not to be stopped by the injunction granted Lansing taxpayers in the Ingham county circuit court. Judge Collingwood, by whom the restraining order was issued, said the order did not contemplate interruption of work now under way, but was issued to restrain the state administrative board and disbursing officers of the state from incurring further obligations in connection with such work pending the hearing on the petition for an injunction.

The KITCHEN CABINET

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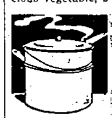
The merit of originality is not novelty; it is sincerity. The believing man is the original man; he believes for himself, not for another.—Carlyle.

WAYS WITH VEGETABLES



The summer squash is such a delicious vegetable, but is so often poorly seasoned. Try this method: Use only the very tender squash, remove the stems and lay them in a kettle with just water enough to keep them from burning. When tender drain and boil down the water to a thick sirup, add butter, salt and pepper and pour over the squash cut in portions for serving. Prepared in this way the delicate flavor of the squash is retained.

Another delicious squash dish is prepared as above, adding cream of milk to the sauce, thickening with a little flour and adding one-half cupful of grated or finely minced cheese; when melted pour over the squash.

Cucumber Sauce.—Pare two cucumbers, cut in quarters lengthwise, remove the seeds if large, chop fine, then squeeze dry. Season with salt, paprika and vinegar and stir in one-half cupful of thick cream whipped until stiff. Serve with boiled fish. A small grated onion may be added if the flavor is liked.

Fried Green Tomatoes.—Cut off both ends of large green tomatoes, cut in thin slices, roll in flour and cook in hot butter in a frying pan. Sprinkle with salt, pepper and sugar and cook until brown. Fry a sliced onion with them if you like the flavor and serve with fish balls.

Wilted Cucumbers.—For those who find the juice of the cucumber disagreeable the following method will be enjoyed: Large seeded cucumbers may be used for this dish. Pare the cucumbers, then cut them in half-inch slices and pare each slice as thinly as possible from the outside to the seed part, making a long, thin, curling strip. Cover with cold water and add two teaspoonfuls of salt for each cucumber. Let them soak for two hours, drain and squeeze them in a soft cloth until dry. Toss in a salad bowl and dress with cayenne, oil and vinegar and serve very cold.

The health and morals of a people depend mainly upon the food they eat, and the homes they live in.—Ellen Richards.

The reward of a thing well done is to have done it.—Emerson.

SIMPLE DESSERTS

A dinner is not complete without some form of dessert, which may be as simple as one's time and means allow.

Two or three stuffed dates, stuffed with fondant or nuts, then rolled in sugar, will make a most acceptable finish for a meal, and one which may be prepared and kept on hand for any emergency.

Prune Dumplings.—Take a cupful of flour sifted with a teaspoonful of baking powder and a quarter of a teaspoonful of salt; mix with good rich milk to make a drop batter. Grease small cups, drop in a spoonful of the batter, then add a spoonful of stewed prunes with some of the juice; finish with another spoonful of batter, leaving room for rising and set the cups into a pan of boiling water; cover closely and boil 15 minutes. Serve with prune juice and cream.

Coconut Pie.—Line a deep pie plate with rich pastry and let stand in the ice chest for an hour. Beat four eggs, one-half cupful of sugar, the rind of a lemon and add two cupfuls of milk. Three eggs are sufficient, but four make a richer pie. Sprinkle two cupfuls of coconut over the top and bake in a moderate oven one hour.

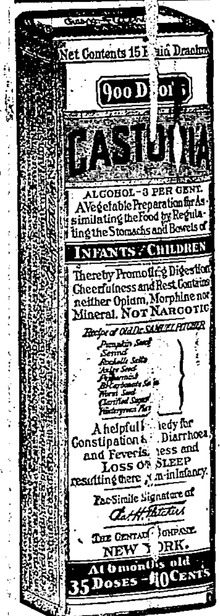
Bread Pudding.—Pour a quart of scalded milk over two cupfuls of bread crumbs; cover and let stand 15 minutes, then add four egg yolks, two tablespoonfuls of melted butter, some grated nutmeg, two cupfuls of apples cut in eighths and one-half cupful of sugar. Fold in the beaten whites with three tablespoonfuls of sugar added and bake in a buttered pudding dish for an hour.

There is no dessert that the children like better, except ice cream, than a layer cake filled and covered with sweetened and flavored, whipped cream. If for a nice occasion a few crushed berries may be added for a garnish.

A green pepper parboiled, finely minced and added to creamed eggs, makes an unusual and appetizing dish to serve with toast for luncheon or tea.

Golden Loaf Cake.—Cream two-thirds of a cupful of butter, add one and one-fourth cupfuls of sugar, beat the whites of eight eggs until creamy, add a teaspoonful of cream of tartar and beat until stiff. Sift two and one-half cupfuls of pastry flour with one-half teaspoonful of soda three times, then add the beaten yolks, two-thirds of a cupful of milk and the flour. Flavor with vanilla, beat well and bake in a tube pan.

Nellie Maxwell



Exact Copy of Wrapper.

Children Cry For Fletcher's CASTORIA

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.

Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.

A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your *ailing* child anything but a medicine especially prepared for Infants and Children? Don't be deceived.

Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS

Bears the Signature of *Chas. H. Fletcher.*

THE CENTAUR COMPANY, NEW YORK CITY.

10 Cents Gives Cheerful New Color Tone to Old Curtains

PUTNAM FADELESS DYES—dyes or tints as you wish

Mitchell Eye Salve FOR SORE EYES

Great relief and solid eye comfort for those afflicted with weak, sore eyes or granulated lids. 25c—At All Druggists, or by mail from HALL & RUCKEL, Inc. 147 Waverly Place, N.Y.

Gray Hair out of fashion; unnecessary—you can have abundant hair in the original shade by using Q-Ban Hair Color Restorer.—Safe as water—try it. At all good druggists, 75 cents, or direct from HESSIG-ELLIS, Chemists, Memphis, Tenn.

MARSHAL FOCH'S FIRST PIPE

French General Discarded Cigarettes When Great Offensive Against German Enemy Began.

The truth about Foch's famous pipe came out also on the Metz trip. It was on the way home, and the marshal was dining in M. Poincare's private car. After dinner the prime minister said: "Pray smoke your pipe if you like, marshal." The soldier pulled a beautiful case, containing two handsome pipes, from his pocket. As the chief of state commented on their beauty, he said they were given to him by a group of American artists.

"Have you been smoking a pipe for long?" asked Poincare.

"My first pipe was on July 18, 1918."

"The very day you began the offensive that led to victory," exclaimed Poincare.

"Yes. The cigarettes were fearful at the time, so I took to the pipe, like everybody else."

And that is the true story of the famous "peace pipe" of Marshal Foch, if we can trust Le Sifflet.

Absolutely.

Flubb—What do you consider the largest expense in running your house?

Dubb—My wife!

TABLET MANY CENTURIES OLD

Recent Find at York, England, Declared to Be Most Important of Recent Times.

An ancient Roman tablet, said to be about 2,000 years old, has been discovered by workmen who were excavating for a new street on The Mount at York, England. The tablet is in a perfect state of preservation, the carving and lettering being as distinct as when first cut. The inscription lauds the virtues of the wife and family of a famous Roman author. The stone, which is over five feet high, is Tadcaster, similar to the stone used in building the minster. It was buried to a depth of five feet. Near the site were also found the casts of two men of the Roman period. Corporation officials state that this discovery is the most important of recent times. The ancient church of St. James' originally stood on the site. A new archbishop on his way to be consecrated in olden times, had to walk from this church to the minster in his hosen. He usually rode from Bishopthorpe to The Mount, and was there joined by the clergy, who always robed at St. James' church. The church disappeared several centuries ago.

Monkeys.

Craveth Wells, explorer, while tramping in Malay jungles, found that the natives had trained broks, small monkeys, to run up trees and pick coconuts for them.

That is interesting because it happens far away.

But, shucks! In our country the monkeys' descendants have been trained to do "a heap sight" more than the broks.

You have noticed in a circus menagerie that the monkeys are just as interested in us as we are in them. This is one of the reasons.

WILL EXCHANGE MODERN EIGHT-ROOM RESIDENCE and ¼ section of land on St. Andrew's Bay for stock of merchandise. BOX S, LYNN HAVEN, FLORIDA.

ALL WOOL KNITTING YARN FOR SALE, direct from manufacturer, 55c, $1.35, $1.60 a pound. Write for samples. H. A. BARTLETT, HARMONY, MAINE, DEPT. H.

ATTRACTIVE TRAVELING POSITION in our educational department. Successful representatives now making $150 to $400 per month. Guaranteed salary, railway fare and drawing account. Write S. F. BUSS, 102 Lincoln Inn Court Bldg., CINCINNATI, OHIO.

Fords Run 34 Miles Per Gallon on cheapest gasoline or half kerosene using our 1923 carburetor. Increased power; styles for all motors; attach yourself. Money back guarantee; 30 days trial. Big profits to agents. AIR FRICTION CARBURETOR CO., 4100 Madison Street, Dayton, Ohio

Balloon Steering.

Drifting for miles in a free balloon might seem to offer little prospect for a landing again on your own doorstep. But an accommodating air current and a little head work turned this trick for Junius P. Smith, of the army air service, at Langley field, Virginia. His experience is unique in lighter-than-air work. Carried off in one direction by the wind, the aeronaut ascended until he struck a calm. Figuring that the calm was caused by two strong air currents moving in opposite directions, he threw out ballast, rose above the calm, caught the current moving swiftly in the direction opposite and returned to his starting point.

Sacrifice to the Fire Fiend.

Completely hemmed in by flames while fighting a forest fire recently near Penfield, on the Low Grade branch, Joseph Golid, section foreman, who is aged sixty-four, promptly organized his gang to conquer the flames. Leading his men with youthful vigor, he became separated from them. The fire suddenly encircled him. To save his life he had to make a blind dash through the wall of fire. His beard, which had embellished his chin for the greater part of his forty years of service, was wholly burned off.—Pennsylvania News.

The Cap that never fits

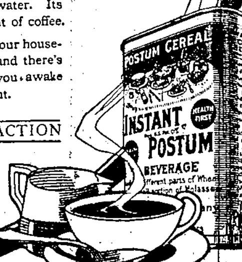
"NO harm can come to *me* from coffee or tea," is what so many people say. Yet those same people are often quick to note the signs of coffee harm in others.

How familiar the danger signals are—upset digestion, sleepless nights and irritability—all warnings of the nervous breakdown that lurks just a little way ahead. How easy and how delightful the escape—by drinking delicious Instant Postum instead of the beverages that contain the irritant caffeine.

Instant Postum is the tempting cereal drink made from roasted wheat. It is prepared instantly in the cup by the addition of boiling water. Its snappy flavor is not unlike that of coffee.

It is safe for everybody in your household, including the children, and there's nothing in Postum to keep you awake even if you drink it at midnight.

"There's a Reason"

Postum FOR SATISFACTION

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