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Immediate Looks

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We believe in the economy of building well and for the future.

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ALMA, MICH.

MAZOLA

the vegetable oil from corn which gives the best results in general cooking—at less cost

THE housewife has found that Mazola—the pure oil from corn—is even better than the old cooking mediums for deep frying, sautéing and shortening.

And more economical.

Mazola does not transmit taste or odor from one food to another—can be used over and over again.

A recent demonstration showed that the same tins of Mazola could be used eighteen different times for deep frying.

Since it is a vegetable oil, it enables you to save butter, lard and suet, as requested by the Food Administrator.

And next time you want an especially delicious salad dressing, try Mazola.

Mazola comes in pint, quart, half-gallon and gallon tins—buy the large sizes for greatest economy. Also ask your grocer for the free Mazola Book of Recipes, or write us direct.

Your money refunded if Mazola does not give entire satisfaction.

Corn Products Refining Co.
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Gerhardt Store News

CORSETS

The La Camille

Does Your Corset Fit?

Here is our plan for finding the corset you should wear. We take your bust measure, waist measure and hip measure under arm length, and then select a corset to fit those measurements. The stock number and size of your corset is recorded, thus enabling you to get the same style whenever in need of one.

We have many out of town customers who order the La Camille Corset and we send the style and number they wear. This corset has a ventilated back with patented stayed front. Without a doubt the most scientific front lace corset on the market today.

Try a La Camille and you will be satisfied.

prices from

\$2.00 to \$25.00

J. A. Gerhardt

POWER OF JOY RULES WORLD

Pain, Declares Woman Lecturer, Should Never Be Resorted to in Correcting Unruly Children.

A woman is lecturing in the East on "The Influence of Joy." It is also an attack on the influence of pain, which parents so much resort to in the management of children. She declares, according to the Ohio State Journal, that pain should never be resorted to to make children good, and, hence, she advises that all spankings and whippings should be eliminated.

There is nothing in pain to reconstruct a child. Joy is the only medium that should be used. Make a child happy, instead of sad, is the gospel of child training. The power that lived, moved and ruled the world, she said, was the power of joy; and this was the influence the parent should use in training the child. This is not the way of parents. The rule is to whip the child to make him good. It cannot result that way. A kind word and a gentle association are far more powerful than a rod or any other method for producing sorrow or pain.

The other day we heard a mother shout to a little boy: "I'll skin you alive!" That is enough to make a worse boy out of a bad one.

The "mild power wins" is an old adage and every parent should take it to heart.

CAUSE OF TIRED FEELING

Complaint, Common With Many People Every Morning. Due to Pressure of Too Much Purin.

The familiar condition in which one wakes up in the morning, after a good night's rest, with a dry mouth, spirits depressed, feeling tired, aching all over, was explained by Dr. Nathan Rosewater of Cleveland in the course of a discussion at a recent meeting of the American Medical Association. He said such a person will go ahead and do a hard day's work and feel better as the hours pass, until in the evening all signs of trouble have gone. Such a person often had severe pains in the abdomen, the muscles of which were extremely sensitive; but the more they were pressed the less sensitive they became.

This condition is not, as often believed, due to intestinal toxemia, or poisoning of the blood by the products of imperfectly digested food, but to the pressure of too much purin in the system.

When the foods that are rich in purins are given up the sufferers rapidly improve. They were never really fatigued, their symptoms being merely a stimulation of fatigue.

Auguste Rodin.

A keener interest in more and more aspects of humanity, a readiness to find more and more kinds of men and women worthy of plastic representation, a preference for expressiveness to traditional beauty, a love of life because it is life—by these tokens we may know Rodin for a modern of the moderns in his day, who made the spirit of his time incarnate in marble and bronze. Like every artist who begins by outraging our love of the familiar, he ended by forcing some of us to revise our definition of beauty, says the New Republic. Even those who most passionately deny that his beauty is beauty can never see quite as they would have seen if Rodin had not lived. He makes them less at ease in presence of the conventionally noble, even when excellent in its kind; reveals a humanity which cannot reach us through the conventionally noble without an effort. Those wrappings of nobleness hid something from us. Was it truth?

It Can't Be Done.

Few know better than Vincent Tabor the utter absurdity of trying to please the women of today. From evidence presented in the Court of Domestic Relations, writes a New York correspondent, it appears that he has at no time tried it, but the demands made by his wife have convinced him that there would be no hope anyway. The matter in consideration was a means to keep Mr. Tabor at work, a means to force him to provide \$8 a week for his wife's support and a means to terminate his desperate struggle to drink a barred world dry. "Aw, judge, nothin' can be done," admitted the somewhat fearful defendant, "as long as yuh can't make money enough to satisfy all the highfalutin' ideas of the women. Two months ago we wuz all right again an' everything goin' good, when Minnie made me move to a house what had a bathtub in it. We sin't had a day of happiness since."

To Induce Sleep.

When trying to induce sleep it is well, observes an authority, to put away all serious thoughts and try to get the mind into a pleasant, elevated state. Some people make a habit of reading before retiring, but too often one reads on until eyes and head ache. As a result the following morning the eyes are bloodshot and bulging from the overstrain and the individual has lost the necessary amount of rest because of this enforced strain. It is most important that the ventilation of the sleeping apartment be attended to; that there is clear, fresh air circulating. Windows should be raised from the bottom and lowered from the top also, so that the air may circulate freely. The question of whether it is healthy to sleep with a pillow or without one has been debated many times, but a happy medium is recommended as the most comfortable one.

Forethought.

There's nothing so comfortable as the feeling which follows the discovery of the trouble that would have happened if you had said the thing you were about to say, but had had the good sense not to say.

Most Important Bees.

The most important of the true bees are the honey bee and the bumble bee. Next to these are the cuckoo bee, carpenter bee and the unson, leaf-cutting and potter bees.

"WE WON'T WIN IF WE WASTE"

Tested Wartime Recipes

FOR USE IN MICHIGAN

To the Housewives of Michigan:

The following recipes have been prepared and tested at the Michigan Agricultural College under the supervision of Dean Georgia L. White, member of the executive committee of the Michigan food conservation service. They are practical, economical, and of first class dietary value.

They have been prepared with especial view to Michigan conditions—native products being utilized so far as possible, and market prices in this section of the country being taken into special account.

They lay down a practical method by which Michigan crops may assist in the great movement to save our foodstuffs. Use them. Help the cause. Help win the war.

GEORGE A. PRIBICOTT,
Michigan Food Director.

WAR BREAD.

1 1/2 lb. cornmeal (2-4 C); 1 1/2 lb. bran (4-5 T C); 2 1/2 lb. bread flour (8-9 C); 5 T fat; 5 T sugar; 4 t salt; 5 C water; 1 cake compressed yeast.

Soak yeast in 1 1/2 C of water. Boil remaining 1 1/2 C of water. Pour into it the cornmeal stirring constantly. Cook 5 minutes. To the hot cornmeal add the fat, sugar, and salt, stirring until fat is melted. When cooled to lukewarm, stir in the dissolved yeast cake, and add flour and bran. Knead on board until smooth. Place in pan, grease top, and let rise until its bulk is doubled. Bake. Make four good-sized loaves. This may be shaped into rolls if preferred.

RYE BREAD.

1 qt. milk; 2 T sugar; 4 t salt; 2 T butter; 1 cake compressed yeast; 6 C rye flour; 3 C white flour.

Scald the milk and pour it over the sugar, salt, and fat in a large mixing bowl. Allow this mixture to cool until it is lukewarm. Dissolve the yeast cake in some of the mixture, being very careful not to use the liquid until it is lukewarm. Add the yeast to the rest of the mixture and if there is time put in a warm place for an hour. If not convenient, add the flour gradually, reserving one cupful to be used in the kneading. Set in a warm place for about 1 1/2 hours. Mix down and let rise again for one hour. Mold, shape, and put into greased bread tins. Set in a warm place, and when dough has doubled in volume bake in a moderate oven for one hour. This makes two large loaves or three medium ones; weighing all together about 4 1/2 lbs.

NUT BREAD.

2 C sour milk; 1 1/2 C sour cream; 1 t soda; 1 t salt; 1 C nut meats; 3 C graham flour; 1 C white flour; 1 C sugar.

Mix dry ingredients, add sour milk and sour cream, and lastly the nut meats broken in small pieces. This will make two loaves. Bake in a slow oven. Nuts are used for garnishing in combination with most of the salads. They are also combined with many of the dried fruits when preparing them for the table and in the fruit conserves.

WHOLE WHEAT OR GRAHAM BREAD.

1 1/2 C lukewarm milk; 3 T brown sugar; 1 1/4 t salt; 3 C whole wheat or graham flour; 1 1/2 yeast cake.

Scald the milk, together with the sugar and salt. When lukewarm, add the yeast, mixing it first with a little of the milk. Add the flour, beat well, and let it double its volume. Beat it thoroughly, put into a pan, and let it rise. In a pan of standard size it should come nearly to the top. Bake. Makes one large loaf.

SOUR MILK CORN BREAD.

2 C corn meal; 2 C sour milk; 2 T butter; 2 T sugar, white or brown; 2 eggs; 1 t soda; 1 1/2 t salt.

Mix all the dry ingredients, including the soda, together. Then add the sour milk and the eggs well beaten and butter. The bread should be baked in a shallow iron or granite pan for about 30 minutes. Buttermilk may be substituted for the sour milk, in which case the butter should be slightly increased; or sour cream may be used and the butter omitted.

GRAHAM-NUT BREAD.

1 C graham flour; 1 C white flour; 1 C sugar; 2 C milk; 1 egg; 4 t baking powder; 1 t salt; 1 C nut meats (nuts).

Mix and sift flour, salt, and baking powder together; combine with milk, to which the beaten egg has been added; add sugar, then nut meats, and mix thoroughly. Put in bread pans and allow to rise in a warm place for 30 minutes. Bake in a moderate oven. Sufficient to bake two loaves.

BRAN BREAD.

1 C bran; 1 C flour; 1 T sugar; 1 t salt; 1 t soda; 1 T melted fat; 1 beaten egg; 2 C buttermilk or sour milk.

Mix bran with sifted flour, sugar, salt, and soda. Add melted fat, and beaten egg, and lastly buttermilk. 1 1/2 C chopped figs or raisins may be added before the milk. Eggs may be omitted.

HONEY AND NUT BREAD MUFFINS.

1 1/2 C honey; 1 C flour; 1 1/4 t soda; 1 1/4 t salt; 2 C bran; 1 T melted butter or other fat; 1 1/2 C milk; 1 1/4 C English walnuts.

NOTE: In all of these recipes all measurements are level, and T equals tablespoon, C equals cup, and t equals teaspoon. 1 1/2 equals one and one-half.

Tasmanian Apples Cheap.

A large shipment of Tasmanian apples arrived in London at a time when there was a glut of home-grown fruit and when the lifting of the embargo on French fruit had brought a heavy shipment of pears from the other side of the English Channel. Ordinarily the Australian fruit would have been put into cold storage, but no space was to be found there, and the apples had to be sold for what they would fetch, some good varieties of cooking apples selling as low as 62 cents a case.

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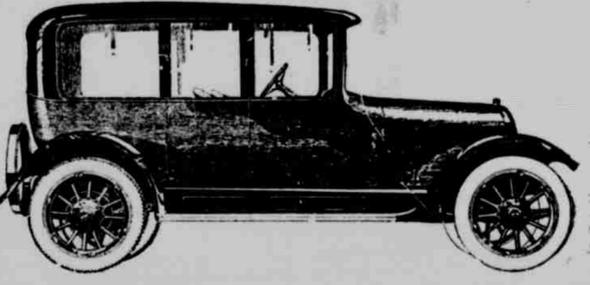
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