



"Ach! Such QUALITY"

Blue Ribbon is America's Biggest Seller, because of QUALITY! And such quality can only be maintained by constant laboratory test and control. Quality can always be depended on for 100% purity, richness and uniformity. Buy Blue Ribbon TODAY.

Blue Ribbon Malt Extract  
PLAIN OR HOP FLAVORED

Wholesale Distributor,  
SCHNULL & CO.  
Indianapolis, Ind.

Get This  
Lena Rag DOLL  
Send 10c with Coupon!  
FREE Recipe Book!

Send coupon for Free Recipe Book containing over 200 tested recipes for delicious foods and candies.

Premier Malt Sales Co., Dept. 7146  
720 N. Michigan Ave., Chicago, Ill.  
I enclose my payment in full, for which  
please send me the Lena Rag Doll  
ready to cut and stuff. (15 inches high)

Put X here for DOLL   
Please send me, FREE and PREPAID, the  
Blue Ribbon Malt Extract Recipe Book.  
Put X here for BOOK

Items \_\_\_\_\_  
Address \_\_\_\_\_

## Prize Winning Recipes

(Continued From Page 23)

Twenty minutes, prepare peaches, but into quarters. Place cloves into syrup, put half of peaches into syrup at one time, cook and seal, then cook remainder of peaches and seal in same manner.

RUTH MAE OWENS,  
Route 8, Claymont.

### Chop Suey

Shred one and one-half pounds of pork and cook in one-fourth cup of vegetable oil fifteen minutes. Add one and one-fourth cup of diced onions and fry three minutes. Add one and one-half cups bamboo sprouts, one and one-half cups bean sprouts, one and one-half cups celery, three-fourths cup mushy beans and piece of ginger root. Cook ten minutes and add one and one-half tablespoons sorghum, two tablespoons soy sauce, one cup of chicken stock. Serve with rice.

MILDRED MARY SMITH,  
3945 Park Ave., Indianapolis.

### Dill Pickles with Garlic

Make brine strong enough to bear an egg. Put in pickles well washed and let stand one week. Take out and wash in cold water and put in cans. To one quart of pickles add two small red peppers, three blooms of dill or one tablespoon of seed, one and one-half tablespoons of white mustard seed, and two sprigs of peeled garlic. Boil one cup of sugar to quart of cider vinegar, pour over pickles, cool and seal.

MISS TERESA BEDINGHAUS,  
1650 Union St., Indianapolis.

### Cheese Hominy

Take a can of lye hominy and a half pound of cream cheese or more if you particularly like cheese. Place a layer of hominy in the bottom of a baking dish, then a layer of cheese cut fine, alternating layers until cheese and hominy are used. Season to taste, cover with

## ANCIENTS USED CRAWL STROKE

Swimmers of Egypt, Rome and Greece Knew Method.

By Science Service  
WASHINGTON, Sept. 7.—The "modern" crawl stroke recently adopted by European and American swimmers was nothing new to the Egyptians 3,000 years ago, according to Prof. James E. Dunlap of the University of Michigan, writing in Art and Archaeology.

Study of ancient mosaics and vases has convinced Prof. Dunlap that overhand strokes were practiced by swimmers of Egypt, Rome and Greece. The Assyrians appear to have been less at home in the water.

In one scene of Assyrian soldiers crossing a river, two of the three soldiers stopped to blow up inflated skins, so that they would have support. Clinging to the long balloons-like skin, the soldier pushed back and down with his free hand and so propelled himself across.

That the Greeks used the overhand stroke is shown by a vase depicting a scene in a women's bathing establishment. One of the women is swimming with her right arm extended forward to begin the downward and backward stroke, and her left arm is near her side at the end of a stroke. Two of the other Greek women in the picture were bathing caps, but bathing suits were thought unnecessary.

Swimming instructors were known upon the banks of the River Nile at a very early date, Prof. Dunlap points out. A nobleman of Egypt, who lived before 1800 B. C., recorded proudly that his children and the children of the king took their swimming lessons together.

### Rent a Piano

\$1 Per Month  
PEARSON'S  
128 N. Penn. St.

### Used Furniture WANTED

Call MAIN 3929  
Washington Furniture Co.  
361 W. Washington St.

## "TRIPLE-EX" Malt Syrup

IT'S ALL QUALITY!  
100% PURE

Just One Trial Will Convince You!

—Because  
It's  
Better!

**FREE!**

A large stone pitcher and six  
mugs given away FREE!  
Ask your Dealer!

Sold at All  
Leading Stores  
Hoosier Grocery  
Sole Distributors

### Specials for Friday and Saturday

**BUEHLER**  
PRODUCTS

**BUEHLER BROTHERS, Inc.**

42 NORTH PENNSYLVANIA STREET

|                  |        |                               |
|------------------|--------|-------------------------------|
| Lamb Leg.....    | 29c    | Buehler Best                  |
| Stew.....        | 16c    | Bacon, Sliced..... 35c        |
| Shoulder.....    | 20c    | 1/2, Whole..... 28c           |
| Franks..... 20c  | Cooked | SWISS STEAK<br>OFF ROUND, 27c |
| Weiners..... 22c | Corn   |                               |
| Bologna, 20c     | Beef   |                               |
|                  | 30c    |                               |

SUGAR CURED, SMOKED

**HAMS**  
24c

Buehler Best Sugar Cured Picnics..... 19c

Genuine Milk-Fed Chickens..... 35c

Fresh Eggs..... 34c

Imported Swiss Cheese..... 50c

Safe food for hot days

## SHREDDED WHEAT

12 ounces  
full-size  
biscuits



Toasted shreds of whole wheat  
Filled with nature's health givers  
Delightful for any meal

TRISCUIT™ The shredded wheat wafer

VISITORS WELCOME TO ALL FACTORIES

## GAUGE HEART'S RATE WITH DYE

Shows Five Quarts of Blood  
Pumped Each Minute.

By Science Service

LOUISVILLE, Ky., Sept. 7.—Using a specially devised instrument, Drs. W. F. Hamilton, J. W. Moore, J. M. Kinsman and R. G. Spurley of the University of Louisville School of Medicine here, have solved a 300-year puzzle of medicine and physiology when they determined by experiments just completed that the heart pumps blood at the rate of 5.2 liters, or about 5½ quarts, per minute.

The amount of the heart's output has been an unsolved problem since Harvey discovered and announced in 1628 how the blood circulates from the heart through veins and arteries. That was just 300 years ago.

The method used by the investigators here is an improvement on one developed over 10 years ago.

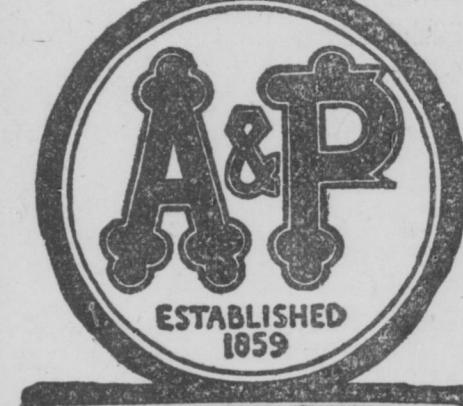
A harmless dye is injected into a vein and samples of blood are taken from an artery every second, using a special apparatus designed for the purpose.

From the concentration of the dye in these samples the workers were able to determine the heart's output and also the length of time it takes for the blood to flow from the vein into and through the heart and back out the artery. This figure was found to be twenty-three seconds.

This harmless method will be used to help solve some of the problems of heart disease and will be of assistance in treating this condition, it is hoped.

If a Malay child falls ill after receiving its name, it is temporarily adopted by another family, who give it a different name.

MISS MATTIE CAWTHON,  
2118 Bellis St., Indianapolis.



Pure Foods lead to  
Good Health!

**Salted Soda Crackers** 2 lb. 25c

Duchess

6 lbs. 25c

15 lbs. 23c

4 qt. basket 30c

6 lbs. 25c

APPLES

POTATOES

U. S. No. 1 Grade

CONCORD GRAPES

SWEET POTATOES

Jersey

**FLOUR**

IONA

24 Pound Bag 85c

MILK

JELLY

BUTTER

NAVY BEANS

NUTLEY OLEO

White House Evaporated

Assorted Flavors

Blue Valley or Sugar Creek Lb. 57c

Silverbrook Hand-Picked

lb. 50c

2 lbs. 25c

lb. 19c



Headquarters  
Nationally  
Famous  
Foods



**COFFEE**

8 o'clock

Gold Medal  
Winner

lb. 35c

lb. 15c

lb. 34c

Largest  
Can 17c

2 Pkgs. 15c

PEANUT BUTTER

N. B. C. Chocolate Graham Cookies

DEL MONTE SPINACH

Corn Flakes or Post Toasties

KELLOGG'S

In Our  
Meat Depts.

**QUALITY MEATS**

In Our  
Meat Depts.

SWISS  
OR  
ROUND

**STEAK**

Tender  
Beef

Pound 39c

**CHICKENS**

Springers, Fresh Dressed

Lb. 40c

MINCED LUNCHEON

BRAUNSCHWEIGER

COOKED CORN BEEF

**SPRING LAMB**

BREAST, ROLLED, Lb. 25c. CHOPS, Lb. 45c. LEGS, Lb. 33c.

**ATLANTIC & PACIFIC TEA CO.**