



**Green's
August Flower**

Which for 50 years has contributed to the health and well being of countless thousands everywhere. 25c and 75c.

"ROUGH ON RATS" Rats, Mice, Beasts, and all other vermin. Kills them. Guaranteed.

There are at present more than 1,500 Esperanto societies in the world.

Send to Dr. Pierce, Invalids' Hotel, Buffalo, for large trial package of Anuric for kidney-cure. Satisfaction guaranteed.

Tomato seeds ground and pressed into leaves constitute a valuable cat-todder.

The Ontario That Does Not Affect The Head (The Ontario That Does Not Affect The Head) is a new and improved formula for the cure of all cases of "Rough on Rats".

England Conserves War Timber. The English crown woods, which cover 125,000 acres and contain timber worth \$15,000,000, are being extensively and carefully exploited to furnish war timber for the front.

10 CENT "CASCARETS" FOR LIVER AND BOWELS. Cure Sick Headache, Constipation, Biliousness, Stomach, Bad Breath—Candy Cathartic.

No odd job had your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases, take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep—Adv.

Wrist Watch in the Desert. One night a company of Arabs attached themselves to our party. They saw that we were well armed and came with us for safety. One of them, a dignified young chief, was accompanying a woman across the desert. She was well dressed, this Arab girl, with a yellow turban and a silken robe. On her wrist she wore a Swiss gold watch. And though harrowed, I know and Newport. One of my men apparently made an insulting remark to her, and she called him down just as an American girl would here do. According to the custom of the desert we had to give him a thrashing, which Mahmood did lustily with a big stick. After that, the Arab party always showed us white men the deepest respect. Peter MacQueen, in World Outlook.

Any Divorcement Would Do. "She had attained some success as an authoress and after her marriage decided to write a novel. Some months later she complained to her husband: 'My new novel goes but slowly, dear; and my publisher assures me it would go into the thousands if we'd just get up some sort of a sensation-for instance—get you into divorce proceedings!'"

The husband meditated thoughtfully a few moments.

"Well," he said, "I can't afford that; but I'm willing to run away."

Chrimade, Scotland, has a novelty—a woman blacksmith.

Girls are acting as caddies on British golf links.

Instead of Worrying

about the high cost of living, just buy a package of

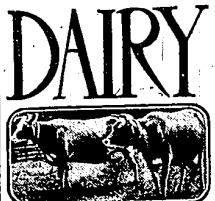
Grape-Nuts

—still sold at the same fair price.

Enjoy a morning dish of this delicious food, and smile over the fact that you've had a good breakfast and

Saved Money

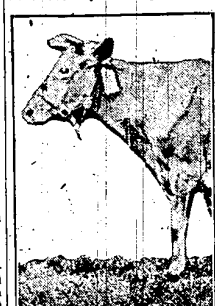
Isn't that a fair start for any day?



DAIRY

COMPOSITION OF SKIM MILK

Guernsey Milk, Like That of Jersey, Has High Percentage of Protein and Sugar.



English Prize Guernsey.

to that of the Jersey, while Ayrshire milk is intermediate between that of these two breeds and the Holstein. These analyses indicate that the percentage of protein in milk increases with the fat content, but fat in protein. Skim milk from Holstein milk having 3.2 per cent fat contained 8.5 per cent protein, while Jersey milk tested 4.7 per cent fat and 4.1 per cent protein. The variation in the sugar content showed a similar tendency. Thus the fat content of milk offers a practical basis to compute the composition of skim milk derived from it.

RIGHT SPEED FOR SEPARATOR

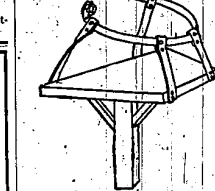
Often Nearly One-Half of Fat May Be Found in Skim Milk When Machine Is Run Slowly.

As much as 50 per cent variation in the richness of cream may be obtained by variation in speed of operating the separator. If normal speed is 55 turns of the crank per minute, 75 turns will bring rich cream and 25 turns will bring thin cream. A great deal of fat is lost in the skim milk when low speed is used. Sometimes nearly one-half of the fat may be found in the skim milk when the separator has been run too slowly. This demonstrates the fact that there is only one speed for economical operation of the separator, and that is the right speed. This speed is indicated on the crank handle.

MILK STOOL IS CONVENIENT

Device Buckled Around Waist of Milkmaid by Means of Straps Is Always Ready for Use.

A very handy stool for use in milking the cows in yard or field may be made as follows: It is merely a one-legged stool to which are attached four



A Convenient Stool.

straps connected with a broad strap that is buckled around the waist. The stool is quickly fastened to the milkmaid and is always in a position so one can sit down anywhere. Such a stool with a slight variation from this pattern may be used in the calf.

CAUSE INDIGESTION IN CALF

Found From Experience That Slight Variation in Temperature Will Bring on Disorder.

Under natural conditions, milk consumed by the young calf has a temperature of approximately 100 degrees. It has been found by experience that a slight variation from this temperature may cause indigestion. Especially is this true with calves under two months of age.

INVESTMENT

Brick four-family on paved corner rents \$152 year—price only \$5,800. A sure and safe investment. We handle all classes property and farms. For quick action call, write or phone Wallace Campbell Realty Co., Inc. 604 Free Press Bldg., Detroit.

Have You

Impaired Features—Wrinkles, Lines, Blemishes or Bad Complexion? Then you need a good skin cream and face powder. You want a skin cream that is quick and sure, and that is not greasy or sticky. You want a skin cream that is not greasy or sticky. You want a skin cream that is not greasy or sticky.

TODAY while you have a little time to spare, get a box of **Pratt-Facial-Inc.** 213 Woodward Ave., Main 2024. Wonderful results are obtained by the study of our written lessons without the aid of personal teacher. Special low rates are now being made in such cases. Write today. Address: Automobile, 734 Woodward, Detroit, Mich.

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Piano Instructions

The Written-Oral method will accomplish better results for the student in three months than a year or more study under most other methods. Why? Because the written lessons are arranged and illustrated in such easy and thorough form that the student clearly understands and retains all the important points. He is mentally prepared for the practical work to follow. The student's mind must be properly trained to insure any degree of success.

The carefully trained teachers on our staff review with the pupil all written lessons and put into practice with the pupil (on the proper exercises, etc.) the principles and theory mastered in each written lesson.

These written lessons contain the latest and best ideas of all modern methods, and are so arranged as to attract the student's interest and cause him not only to grasp the principles and theory, but the working out on the piano of those ideas in a most practical and satisfactory way.

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THE KITCHEN CABINET

The cares of the day, old moralists say, are quite enough to perplex one; then drive today's sorrow away till tomorrow, and then put it off till the next one.

DIFFERENT SALAD DRESSINGS.

In making salad dressings it is most important that all materials should be of the best, eggs, olive oil, vinegar and seasonings.

Salad dressings should be a pleasing contrast to the salad. It is not possible to use the same dressing on all kinds of salads without sacrificing the

flavor of a salad.

French dressing is the easiest to make and one of the most popular ones. It may be varied by using different combinations with it, such as

American cheese, Roquefort, minced beef, cooked eggs, chopped olives, green onions, chili sauce, green pepper, parsley, chives, tabasco and Worcestershire sauces. Fruit juices such as pineapple juice, makes one of the most delicious of salad dressings used as a base.

Pineapple Dressing—Mix all of the following in a double boiler: two tablespoonfuls of sugar, one-half tablespoonful of flour, two egg yolks, and one-half cupful of pineapple juice. Cook over water until thick, add the juice of half a lemon and a half cupful of whipped cream. If the cream cannot be obtained use condensed milk, mixing it slowly into the mixture, beating all the time.

Whipped Cream Dressing—Take one-half cupful of whipped cream, add one-half cupful of vinegar, two tablespoonfuls of sugar, one teaspoonful of mustard, and salt and pepper to taste. Shred a cabbage very fine and stir the vinegar over this, mix well, then ready to serve pour off all the liquid possible and fold in the cream beaten stiff.

Chili Dressing—Use three tablespoonfuls of olive oil to one of vinegar, add a few drops of onion, juice and salt and pepper to taste. When ready serve with finely chopped green pepper and enough thick chili sauce to cover the dressing red. Serve on cabbage or any desired vegetable combination.

Hot salads are delicious to serve as a dessert or with a heavy dinner, as they are lighter than the ordinary salads.

The loss of money and comfort, and even temper sometimes, by not learning to be more careful—Dickens.

What a folly, excellent, lovable man it is—Dickens.