

Libby's Hot Weather Meats

Veal Loaf, to serve cold: Cooked Corned Beef, select and appetizing. Chicken Loaf, Ham Loaf and Veal Loaf, delicately seasoned. Vienna Sausage, Genuine Deviled Ham and Water Sliced Dried Beef for sandwiches and dainty luncheons.

Insist on Libby's at your grocer's



Libby, McNeill & Libby, Chicago

NOT A MATTER OF FIGURES

Number of Churches or Synagogues Seem to Be of Relatively Little Moment.

"Is it progress to go to church or not to go to church?" asks Dr. Ernest C. Richardson of Princeton University. Thereupon he answers the question in this wise: "What is almost the last word that can be spoken on universal progress at the present stage of affairs was once spoken by that most gracious and polished author of the most scholarly 'Life of Our Lord,' Dr. Samuel J. Andrews, apropos of this very matter.

"An enthusiastic apostle of Christian endeavor in a quiet library reading room was biding forth in noisy conversation on the wonderful progress of the church in these latter times.

"Why, just think of it," he cried, "there are twelve hundred churches (if it was twelve hundred) in the city of Philadelphia alone today; twelve hundred churches, just think of it!"

"Doctor Andrews looked up from his book at the strenuous declaimer and remarked quietly: 'And there were eight hundred synagogues (if it was eight hundred) in Jerusalem at the time when Jesus Christ was crucified.'

Its Yearnings.

"I see they are going to establish a Jitney line in Manila."

"Ah! Then I suppose the Jitney service is that for which the Philippines."

TAKE PLEASURE IN HAGGLING

Tibetans Will Not Be Denied the Joy That Accrues From the Sense of Bargaining.

"Mornin' time, bargain time!" calls out one of the peddlers by the wayside in Tibet cheerfully as he sees you returning from a glimpse of the snow at sunrise. You bid him come to you, and from one of the innumerable pockets concealed in his voluminous robe he will produce a perfect little jade cup, or a Tibetan silver pot, or gold copper and precious stones, or perhaps a huge lump of rough turquoise to look like a couch with a tiny gold Buddha reclining on it.

Then comes the bargaining, in which he and all his friends take part against your single self.

It can all be done by signs and smiles and patience and in the long run you will get some things well worth having at a very reasonable price.

But you must have no false pride about bargaining. It is an elementary part of these people's nature, and the joy of selling will leave them forever when the day of haggling is done.

Sight Came Too Late.

She—When you married me you said you were well off.

He—So I was, but I didn't know it.

Her Identity.

"Yonder girl's a daisy."

"She isn't, for I know her, and she's a black-eyed Susan."

THE KITCHEN CABINET

Keep a watch on your words, my children. For words are wonderful things; They are sweet like the bees' fresh honey. Like the bees they have terrible stings.

GOOD THINGS FOR THE TABLE.

Everybody who has a garden should raise a few pepper plants to supply the table with the appetizing flavor in salads and made dishes.

Stuffed Peppers With Egg—Parboil six fresh green peppers for five minutes, after cutting off the stem and removing the seeds and white fiber. Put two tablespoonfuls of butter into a hot frying pan and add one finely chopped onion and let it cook slowly for ten minutes; then stir in three tablespoonfuls of fine bread crumbs, salt and pepper to season, with a little catchup. Drain the peppers and set them up in gump pans to hold their upright position. Into each put a tablespoonful of the mixture, then break in an egg, cover with more of the bread crumbs and bake until the eggs are set.

Sausage With Bananas.—Select sound ripe bananas and pork sausages in the link. Cut the sausage apart, prick them and place them in a saucpan with water enough to parboil, leaving the saucepan uncovered; the water boils away and the sausage then begins to fry. When the sausages are done remove to a hot platter, take out some of the fat and to the remainder add the bananas, cut in half lengthwise and dredged with flour, fry to a golden brown and serve on the platter with the sausage.

German Coffee Cake.—Take two cupfuls of soft bread sponge that has become light, add a half cupful of warm milk, a little salt, a fourth of a cupful of melted butter, two eggs, well-beaten and three-fourths of a cupful of sugar. Add half a glass of nutmeg and raisins or currants and as much warmed flour as can be stirred in with a spoon. Put into a greased tin and let rise. When very light, moisten the top with milk, sprinkle with sugar and cinnamon and bake in a slow oven 40 minutes.

Cheese and Nut Sandwiches.—Mix together equal parts of grated cheese and pounded almonds, add whipped cream or mayonnaise dressing to make it creamy to spread.

FRUITS AS MEDICINE.

The more we learn about our diet and how valuable fruits are, rather than drugs, to keep us in health, the less we will need to employ drugs to relieve distress.

The modern tendency seems to be swinging toward the elimination of drugs and medicines entirely, but we still find them efficacious in time of need, yet the future generations, if taught to follow right living, may have no need of them.

The fresh fruits, such as oranges, grapefruit, apples and seasonal berries, are most wholesome when taken at an early breakfast.

Bananas are more heavy, containing starch, and should never be given to a young child without baking.

Fruits in moderate quantities do not exert medicinal effects, but they encourage the natural processes by which the remedial effects are brought about.

Lemonade is a cooling and refreshing drink in hot weather, and especially so in time of fever. The danger of too much acid or too sweet lemonade is one which will cause trouble if taken too frequently.

Lemon juice is valuable as a complexion beautifier, as it whitens and softens the skin. Lemon also applied to corns often enough will soften and remove them, taking away the soreness and making them endurable even before they are cured. Bind on a piece of lemon, peeling side up, to the foot at night.

Raisins and figs split open are a relief to a boil or ulcer. A split raisin with a pinch of red pepper put into it and applied to the gum of an aching tooth will generally bring quick relief. A hot raisin put into the ear for earache is another old-fashioned and good remedy.

Raisins taken on a journey have saved many from car sickness. They should be thoroughly masticated, as the skins are hard to digest. The raisin is high in food value and will make a good lunch, both sustaining and agreeable.

Nellie Maxwell

Extremist.

Hemorrhoids—I like a man of perfect poise, but Beanbrough carries the idea to extremes.

Shimmering—In what way?

Hemorrhoids—He put on a lead pencil over each ear to keep his head from getting lopsided.—Youngstown Telegram.

Voices of Experience.

"It is hard to tell whom you can trust," sighed the romantic maiden.

"I find it much safer not to trust anybody," said the unromantic grocer.

One Drops

ALCOHOL 3 PER CENT.
A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN.

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor other Narcotic.

Not Narcotic.

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Feverishness and Loss of Sleep.

Facsimile Signature of J. C. Fletcher

THE CENTAUR COMPANY, NEW YORK.

At 6 months old 35 Doses—35 CENTS.

Exact Copy of Wrapper

Children Cry For Fletcher's CASTORIA

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

A Modern Incubus.

"Poor Dobble! He was the victim of an unfortunate automobile accident yesterday."

"Goodness! What happened?"

"He fell into casual conversation with a smooth-tongued person who turned out to be an automobile salesman and sold him one."

HAIR OR NO HAIR?

It is Certainly Up to You and Cuticura.

Hot shampoos with Cuticura Soap, followed by light dressing of Cuticura Ointment, rubbed into the scalp skin tend to clear the scalp of dandruff, soothe itching and irritation and promote healthy hair-growing conditions. Nothing better, cleaner, purer, sample each free by mail with Book. Address postcard, Cuticura, Dept. XV, Boston. Sold everywhere.—Adv.

No Doubt.

Teacher—Many, you can tell me how Noah's ark was lighted?

Mary—Yessum, with ark lights.

Every woman's pride, beautiful, clear white clothes. Use Red Cross Blue. All grocers. Adv.

Girls are employed as messengers in the British war office.

A Ghastly Fear.

Mrs. Strongmind—Henry, I want you to come straight home as soon as you leave the office, every day!

You were twenty minutes late yesterday, and I have me quite a shock.

Henry—Yes, Henrietta. But you didn't think I'd been run over by a car, did you?

Mrs. Strongmind—No; but how was I to know that somebody wasn't holding you for ransom?—Puck.

Too Late.

Bill—It has been estimated that the heat received in a year by the earth from the sun is sufficient to melt a layer of ice 100 feet in thickness covering the globe.

Bill—And yet we have to go hacking at it on the sidewalk with an old hatchet, just the same.

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The Judge Says—

Put a package of these real corn flakes—these

New

Post Toasties

on trial beside a package of any other corn flakes on the market. The jury will bring in a verdict of "guilty"—guilty of being the finest corn flakes ever made.

The New Post Toasties are crisp and appetizing, with a true corn flavour, and they don't mush down when milk or cream is added.

But here's the real test. Take a handful, fresh from the package, and eat them without cream or milk. Mighty good, aren't they?

Notice the little "puffs" on each flake—a distinguishing characteristic—resulting from the new method of cooking and toasting, which also brings out and enhances the wonderful, true corn flavour.

Your Grocer has the New Post Toasties. Try them and bring in your verdict—

"Delicious"

Extremist.

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Too Late.

When a man is down and out he is about all in.

Always proud to show white clothes. Red Cross Blue Dyes make them white. All grocers. Adv.

Sympathy.

Mame—I see, operated by two men, a machine invented by a Chicago hotel steward will wash and dry more than 18,000 dishes an hour.

Julie—That's the way of the men. Trying to knock poor mother out of work!

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