

**Vienna Style Sausage and Potted Meats**

No bother to get summer meals with these on hand

Just open and serve. Excellent for sandwiches.

Libby, McNeill & Libby, Chicago

**THE HIGH QUALITY SEWING MACHINE**

**NEW HOME**

NOT SOLD UNDER ANY OTHER NAME

Write for free booklet "Pamphlet" containing full particulars of the Sewing Machine. Learn the facts. THE NEW HOME SEWING MACHINE CO., CHICAGO, ILL.

W. N. U., DETROIT, MI., 26-1916.

## ASSOCIATIONS ARE A HABIT

We Even Form Clubs Over Question of Teaching Rites Via Thumb.

Our passion for getting up associations is a bad symptom of intellectual foolishness. Every trade and profession among us, every interest and prejudice, every aspiration, hypothesis or question about a question has a gang of club members at its back. The fashionable mothers get up societies to determine what plays their children shall see during the holidays. I know of one woman who was not able to decide whether she should give a rubber ring or a coral to her teaching child or should leave him to nature and the thumb. So accordingly formed a society. It is called the Ring and Coral association and meets twice a month. It has recently split into two organizations through the recession of the antrix and corals. By means of these two societies any mother may today escape the mental anguish of making a decision for herself upon this teaching matter—John J. Chapman, in Atlantic Monthly.

Not Available This Year.

The Rev. W. H. Book, pastor of the Tabernacle Christian church of Columbus, is telling a story told him by a schoolteacher in a county not far from Bartholomew. The teacher and the township trustee were talking over plans for the annual school commencement. The question of a speaker for commencement arose.

"Let's get this here Rip Van Winkle to make the speech," suggested the township trustee.

"Who?" asked the surprised teacher.

"Why, this here Rip Van Winkle," the trustee replied. "I've heard a good deal about him and I thought maybe he might make a right smart speech."

The teacher had to tell the trustee that Rip was not available for commencement addresses this year.

Paper is spun into thread and woven into a substitute for fine textiles by a process invented in Bohemia.

That whooping cough is caused by bacillus has been discovered by two European physicians.

**A Man's Worth**

depends upon his power to produce what the world recognizes as of value.

And when you skim around, you'll find that this power—which is just power of mind and body—depends to a remarkable degree on the food one eats.

For highest accomplishment one must have the best values in food—food which builds well-balanced bodies and brains.

**Grape-Nuts**

FOOD

has that kind of value. It contains all the nutriment of whole wheat and barley, including the important mineral elements so often lacking in the usual dietary.

Grape-Nuts comes ready to eat, is easy to digest, nourishing, economical, wonderfully delicious—a help in building men of worth.

"There's a Reason"

**THE KITCHEN CABINET**

When's a noble deed is wrought, There's a special reward. Our hearts in glad surprise To higher levels rise.

—Longfellow.

**DAINTY PUDDINGS.**

Roll a cupful of water and pour into it six tablespoonfuls of cornstarch, mixed with a cupful of fruit juice; cook until clear, add sugar to taste and fold in the beaten whites of three eggs; cook two or three minutes to set the eggs, add a pinch of salt and pour the wet mold to cool. Serve with a custard sauce made of the yolks of the eggs. Serve cold.

**Prune Whip.**—Stew a half a pound of prunes until soft, then add to cool after draining off the liquor. When perfectly cool chop very fine. Beat the whites of six eggs to a close firm meringue, add six tablespoonfuls of sugar and the prunes. Bake half an hour in a deep buttered dish, covered for 30 minutes. Let the soufflé have risen to its full height. Send to the table immediately with a sauce made of a cupful of whipped cream, sweetened and flavored.

**Rhubarb Pudding.**—Roll out a thin piecrust and heap on a cupful or two of chopped rhubarb and a half cupful of raisins. Roll up and place in a deep dish. Add a cupful of brown sugar, two tablespoonfuls of butter and a cupful of boiling water. Place in the oven and bake an hour. There will be sauce enough to serve with the pudding of the juice and sugar.

**Cake Pudding.**—Beat a third of a cupful of softened butter, add a half cupful of sugar, one egg beaten, a cupful of milk, two and a half cupfuls of graham flour, three teaspoonfuls of baking powder, a little salt and a cupful of raisins cut fine. Steam two hours in a covered mold. A tube mold is better.

**Caramel Rice Pudding.**—Wash a cupful of rice and cook it in salted water (one cupful) until it is absorbed. Add a quart of hot milk and cook until the rice is soft; then add two well-beaten eggs. Melt three-fourths of a cupful of sugar until a light brown, cover with the milk and sides of a pudding dish with this caramel. Turn in the rice and cook in hot water for half an hour. Turn upside down on a serving dish and let stand ten minutes, and it will slip out easily.

Character must stand behind and back up everything—the sermon, the poem, the lecture, the play. Not of them two words a straw without it—J. G. Holland.

## DIFFERENT SAUCES.

The art of making and serving an appropriate sauce is one which many plain dishes may be made more appetizing by a fitting sauce.

**Drawn Butter Sauce.**—Cook together a tablespoonful of butter and a tablespoonful of flour until brown and dry. Add a cupful of warm water, cook two minutes, stirring well; add salt and pepper to taste. Using milk and adding it before the flour is brown makes a white sauce. With half cream and half white stock flavored with onion juice and a dash of lemon juice it becomes Bechamel; cut out half the butter and add the yolks of three eggs, lemon juice, onion and another tablespoonful of butter for a Hollandaise; double the proportion of flour and it furnishes a thick sauce for delicate croquettes.

**Brown Sauce.**—Cook a half a tablespoonful of flour in a tablespoonful of butter until well browned; add a tablespoonful of chopped onion with other vegetables if liked; cover and simmer until soft. Add one cupful of water or stock, a half teaspoonful of salt, six peppercorns, a half a bay leaf and simmer gently ten minutes. Strain and serve.

**Oyster Sauce.**—Parboil and drain a half pint of oysters. Add cream to the liquor to make one cupful, prepare as white sauce adding the oysters at the last.

**Lobster sauce** is prepared the same way, using stock instead of cream and mincing the lobster before adding it to the sauce.

**Bread Sauce.**—Crumble fine stale bread crumbs in a saucepan with a half cupful of cold milk and six cracked peppercorns. Let simmer five minutes, then add a half cupful of cream, a teaspoonful of salt, but do not stir; simmer until all is absorbed. This is excellent to serve with roast birds.

**Neenie May well**

Turks Care Little for Stags.

At Kadl Keul, the ancient Chaldean city, situated on the east end of the Turkish theater in or near Constantinople, a rickety, wooden construction capable of accommodating, however, a large number of onlookers.

Performances are witnessed only by men, are given three times a week, and take place in broad daylight.

Mr. Foster is Unkind.

"Does your niece sing?" "That is what she calls it," replied old P. G. Foster. "I don't know why,"—Judge.

**DAIRY FACTS**

## BETTER STANDARD OF DAIRY

Farmers Allow City Dairymen to Pick Out Best Producers in Herd—Quality Determines.

It seems to be true that the quality of the farm dairy herds is of a much lower standard in practically every way than those of the city dairymen. This really works to the detriment of the farmer and yet he is to blame for the whole thing. The city dairymen who must buy all of his feed know that he cannot afford to keep a cow unless she is a real producer, therefore he goes out into the country and purchases the farmer to part with the very best cows in his herd. The city dairymen who have been working as hard as possible until he begins to fail, when he is sold to the butcher. All of his calves have gone to the same place and thus we see that not only whatever his herd does toward building up the standard of the dairy animals of the country.

Circumstances make it necessary that the city dairymen should make very close study of the business and



Heavy-Producing Cow.

knowledge thus acquired enables him to take advantage of the average farmer or when he goes out into the country in search of cows to select the best. The city dairymen he considers by the cows that the farmer is willing to dispose of but he ferrets out the best that is confident are the real producers and, he is said to the credit of his shrewdness, he usually gets what he wants.

Such sales are bound to keep as hard down to a mediocre standard by the cows that really produced the profit are gone, also there is but little likelihood of any improvement because calves from poor cows seldom prove more valuable than their dam. Such mistakes usually alter the quality of the herd, to the detriment.

## SALTING IS NICE OPERATION

Should Be as Near Absolutely Pure as Possible—Use for Flavoring and Preserving.

Salting the butter is a nice operation which requires considerable knowledge and care to be done properly. In the first place, the butter must be washed until entirely free from buttermilk before the salt is added. The salt should be as near absolutely pure as can be purchased and the finer the better. One pound of salt to one pound of butter added to the butter gradually and well worked in, is the rule.

It is advisable to permit the butter to stand after salting for 24 hours possible, then work it over and put in prints or pack it for market as desired. Salt is added to butter for a twofold purpose. First as a flavoring element and also as a preservative. Water holds in solution an enormous quantity of salt and the salt in butter absorbs the water which persists in the butter in spite of much work and makes the product proper as it comes to the table, nearly dry. The amount of water in the usual sample of butter runs between 10 and 12 per cent. There is no step in the production of good butter more important than the salting.

## EXPENSE OF RAISING HEIFER

Must Be Worth More Than \$60 When Two Years Old To Be Profitable to Dairy Farmer.

Investigations made by the department of agriculture indicate that the average cost of raising a heifer on dairy farm in the northern and eastern sections is about \$51 at the end of her second year; this includes the allowance of \$7.51 for labor. The heifer is given a credit of \$8 for the manure she produces. "But it appears that the dairy farmer in the sections mentioned cannot afford to raise a heifer that is not worth more than \$60 when two years old.

## GOOD COWS TO CONTEMPLATE

Time, Patience and Effort Are Required to Secure Buttermilk—Price Is Worth While.

Cows that produce large amounts of buttermilk are good to contemplate but it requires time, effort and patience to get them, and in the getting a good many blanks will be drawn; but the prize make the effort worth while.

**KEEP YOUNG**

As well be young at 70 as old at 60.

Many elderly people suffer lame, bent, aching backs, and distressing urinary disorders, when a little help for the kidneys would fix it all up. Don't wait for gravel, or Bright's disease. Use Doan's Kidney Pills. They have helped thousands, young and old, and are recommended by thousands.

## A Michigan Case

Mrs. Alfred Ratelle, of Ludington, Mich., says: "I was laid up in bed with pains through the small of my back and rheumatic twinges in my limbs. My first remedy was useless. I tried several other remedies, but failed. Finally I took Doan's Kidney Pills and they gave me a complete and lasting cure."

Get Doan's at Any Store, 50c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

## Big Sturgeon on Trot Line.

A 400-pound fish was caught in the Sacramento river by Eugene Barton, the "musical fisherman." Barton is called the "musical fisherman" because his 200-foot trot line stretched across the Sacramento at Middle Creek is equipped with a chime of twelve Swiss bells—one for each line dangling from the main line with spoon attached.

Barton's catch was a sturgeon, a big fish that measured seven feet from out the head. When the sturgeon grabbed the hook every one of the twelve bells rang a clatter that awakened him from his afternoon nap in his cabin ashore.

The "musical fisherman" was unable to land his big catch alone. He had to call in the assistance of two neighbors. Barton's catch netted him \$62.—Redding (Cal.) Dispatch to San Francisco Call.

## TORTURING SKIN TROUBLES

That Itch, Burn and Disfigure Healed by Cuticura. Trial Free.

Bathe with plenty of Cuticura Soap and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. This stops itching instantly, clears away pimples, removes dandruff and scalp irritations, and heals red, rough, sore hands.

Free same each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

## Analogous Cases.

"One of the most persuasive men I have ever met," remarked Mr. Jagshy. "Yes," replied his friend.

"I hadn't been with him two minutes before he persuaded me to take a drink."

"Umph!"

"Why the cynicism?"

"I was just thinking that it doesn't require much coaxing to make a hungry wolf pounce on a piece of raw meat."

Hard to Answer.

"Philites is greatly interested in chemistry."

"So I hear."

"He always busy with retorts."

"Naturally."

"But the kind that gives him most concern are made by Mrs. Philites when she visits his laboratory to lecture him about wanting his time and spoiling his clothes."

A man can never judge how old a woman is by hearing her tell her age.

## Novelist—How are my novels going?

Bookeller—I can't imagine, sir, unless it's shoplifters.—Fuck.

Most of the light rays from metallic filament electric lamps are radiated at right angles from the filaments.

## IF YOU OR ANY FRIEND

Suffer with Rheumatism or Neuritis, acute or chronic, write for a FREE BOOK on Rheumatism—its Cause and Cure. Most wonderful book ever written. Absolutely FREE. Write: A. Case, Dept. C. W., Brockton, Mass.—Adv.

I Didn't Think It of Her.

Mother—Gladly, you stood on the porch quite a while with that young man last night.

Gladly—Yes, mother, I only stood there for a second.

Mother—But I'm sure I heard the third and the fourth.

Similar Brand.

The fair maid was toying with the new engagement ring.

"Did I understand you to say that your first wife's name was Katherine—and so mine?" she queried.

"Yes, darling," replied the widower.

"And," continued the fair one, "I suppose you loved her very dearly?"

"Indeed I did," answered the party of the second part. "That is why I am anxious to secure a dupli-Kate."

## New Absorbent in Surgery.

One medical outcome of the war is the discovery that sphagnum and the sawdust are excellent substitutes for absorbent cotton as dressings for wounds. The moss is the long-bered kind commonly found in swampy places in this country that forists and nurserymen use for protecting the roots of plants during shipment. It takes up moisture better than absorbent cotton and does not grow sodden so quickly. Of course both the moss and the sawdust are sterilized before they are used for dressings.—Youth's Companion.

## WOMEN SUFFERERS NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer a great deal with pain in the back, headache, loss of ambition, nervousness and may be dependent and irritable.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, restores health to the kidneys and is just the remedy needed to overcome such conditions.

Get a fifty-cent or one dollar bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Poughkeepsie, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

She Couldn't Understand.

Mamie—Why did you leave your last place?

Katie—The master and missus was forever quarreling behind locked doors.

"But wasn't there a keyhole?"

"Yes, but they always quarreled in French."

Efficiency.

Mrs. Knicker—We can't keep a cook.

Life isn't always a joke for the chap who lives by his wits.

**A REMARKABLE STATEMENT**

Mrs. Sheldon Spent \$1900 for Treatment Without Benefit. Finally Made Well by Lydia E. Pinkham's Vegetable Compound.

Englewood, Ill.—"While going through the Change of Life I suffered with headaches, nervousness, flashes of heat, and I suffered so much I did not know what I was doing at times. I spent \$1900 on doctors and not one did me any good. One day a lady called at my house and said she had been as sick as I was some time, and Lydia E. Pinkham's Vegetable Compound.

Compound made her well, so I took it and now I am just as well as I ever was. I cannot understand why women don't see how much pain and suffering they would escape by taking your medicine. I cannot praise it enough for it saved my life and kept me from the Insane Hospital."—Mrs. E. Sheldon, 5557 S. Halsted St., Englewood, Ill.

Physicians undoubtedly did their best; but with this case steadily getting no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old-fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If any complication exists it is pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

## Make the Liver Do its Duty

Nine times out of ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Every Woman Wants

**Paxtine**

ANTISEPTIC POWDER FOR PERSONAL HYGIENE

Disinfects in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing powder for small catarrhs, sore throat and sore eyes. Economical. The extraordinary cleaning and antiseptic qualities. The Paxtine Toilet Company, New York, N. Y.

## THE MODERN NEED

Is a remedy for the evil effects of quick eating, over-eating and enormous living. The medicine that meets this need—that tones the stomach, stimulates the liver, regulates the bowels—is

**BEECHAM'S PILLS**

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

**Wet Contains 15 Fluid Ounces**

**900 DROPS**

**ALCOHOL—2 PER CENT**

**A Vegetable Preparation for Purifying the Blood and Regulating the Stomach and Bowels of INFANTS AND CHILDREN**

Promotes Digestion, Overcomes Indigestion and Constipation, Cures Colic, Worms, Rashes, Eruptions, Scalds, Burns, Itch, and all Skin Diseases.

NOT NARCOTIC

Prepared by J. C. FLETCHER, JR., NEW YORK

Approved Remedy for Constipation, Sour Stomach, Nervousness, Worms, Rashes, Eruptions, and LOSS OF SLEEP.

Best Medical Preparation of Castor Oil.

THE CASTOR OIL COMPANY, NEW YORK

At 6 months old 35 DROPS—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 CASTOR OIL COMPANY, NEW YORK CITY.