

COULD HARDLY STAND AT TIMES

Hips, Back and Legs Would Have That Tired Ache

Everett, Washington.—"For several years I have had trouble with the lower part of my back and my hips and my legs would ache with that tired ache. I could hardly stand on my feet at times. I was always able to do my work although I did not feel good. I saw Lydia E. Pinkham's Vegetable Compound advertised and having heard several praise it I decided to try it. I feel first-rate at the present time. It has done wonders for me and I keep it in the house right along. I always recommend it to others who are sick and ailing."—Mrs. J. M. SIMBERT, 4032 High St., Everett, Washington.

To do any kind of work, or to play for that matter, is next to impossible if you are suffering from some form of female legs to ache. It may cause your back to ache, it may make you nervous and irritable. You may be able to keep up and around, but you do not feel good. Lydia E. Pinkham's Vegetable Compound is a medicine for women. It is especially adapted to relieve the aches of the trouble and then these annoying pains, aches and "no good" feelings disappear. It has done this for many, many women: why not give it a fair trial now.

Too Optimistic. "I like optimists. They are good men to follow." "Not always at the races."

A humorist's chief success is in pointing out what isn't funny in our lives.

"Vaseline" Carbolated Petroleum Jelly is an effective, antiseptic first-aid dressing for cuts, wounds and insect bites. It helps prevent infection.

CHESEBROUGH MFG CO
State Street New York

ASTHMA

DR. J. D. KELLOGG'S ASTHMA REMEDY for the prompt relief of Asthma and Hay Fever. Ask your druggist for it. 25 cents a bottle. Write for FREE SAMPLE.

Northrup & Lynn Co., Inc., Buffalo, N. Y.

Gray Hair

DR. J. D. KELLOGG'S REMEDY

Keeps hair from falling out. Restores color to gray hair. Makes hair abundant and glossy. Write for FREE SAMPLE.

Northrup & Lynn Co., Inc., Buffalo, N. Y.

No Soap Better For Your Skin Than Cuticura

Soap 25c, Ointment 25c and 50c, Talcum 25c.

Help Wanted

WANTED: Male help over 18 for automobile machine shop and assembly work. Experience not necessary. Ideal living conditions in best resort town on Lake Michigan. Apply or write Employment Department, Continental Motors Corp., Muskegon, Mich.

Mitchell Eye Salve FOR SORE EYES

Great relief and solid eye contact for those afflicted with redness, sore or granulated lids, eye or granulated lids, eye or granulated lids.

W. H. BUCKLE, Inc. 147 Waverly Place, N. Y.

TOO LATE

Death only a matter of short time. Don't wait until pains and aches become incurable diseases. Avoid painful consequences by taking

GOLD MEDAL HAMBLIN OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles—the National Remedy of Holland since 1863. These clean, all-druggists.

W. H. U. DETROIT, NO. 23-1922.

TEMPERATURE AT CENTER OF CAN IMPORTANT IN PRESERVING FOOD



For Uniformly Good Results a Sufficient Degree of Heat Must Penetrate All Parts of Jar and Be Maintained Long Enough to Render All Micro-organisms Harmless.

(Prepared by the United States Department of Agriculture.)

In canning a work unit of the most important considerations is the time required for the food at the center of the container to reach the temperature of the retort or water bath in which it is being processed. United States Department of Agriculture Bulletin 506, A Study of the Factors Affecting Temperature Changes in the Canning of Fruits and Vegetables, which has been issued, contains attention to these temperature relations. The purpose here has been to bring out the underlying principles, rather than to lay down definite rules of procedure. The results of this experimentation are of interest to scientific workers in the field, to commercial canners, and to similar large-scale canners of foods.

Successful preservation of foods by canning is due primarily to the fact that in the processing, or cooking, bacteria and other micro-organisms which cause spoilage are destroyed. Since the elimination of these micro-organisms is dependent upon the use of heat as a sterilizing agent, it becomes of paramount importance to know just what temperature and processing periods will destroy them. The uniformly good results are to be expected a sufficient degree of heat must penetrate to all parts of the can or jar and must be maintained long enough to render all micro-organisms harmless. Before an accurate judgment as to the proper cooking period can be formed it is necessary to know how long a time is required for the heat to reach the food at the center of the container.

The fruits and vegetables, if properly cut and standardized, has been found sufficiently accurate for practical work. A satisfactory apparatus has been devised for using the mercury thermometer to measure temperature changes at the center of the can.

The fruits and vegetables as processed in these tests fell roughly into two groups with reference to tem-

FISH FLAKE TIMBALES

Pick the contents of one can of fish flakes into bits with a silver fork, add one-half cup sifted bread crumbs from the center of a stale loaf, a fourth of a teaspoonful of paprika, two well beaten eggs, salt and pepper and a half of milk. Mix well, turn into buttered timbale molds or party pans, stand these in a pan of boiling water, and bake until the tops are brown. Turn out on a hot platter, decorate with sliced hard-boiled eggs and turn over all a cupful of drawn butter, cream or tomato sauce and serve at once.

SOAP NEEDED IN HOUSEHOLD

Amount May Be Cut Almost in Half by Careful Use—Keep in Dry Place if Possible.

The amount of soap required in a household may almost be cut in half by careful use. Keep a box ahead, not a bar in two, ready to use at a moment's notice in a dry place if possible. Green soap is used up twice as fast as the seasoned bars. Never allow it to soak in a floor pan, tub or dishpan—a great but very common waste. To save soap and clean your hands, try putting clean scraps of dry toilet soap through the food chopper, using the finest plate. Mix one part of the powdered soap with four parts of cornmeal. Another good way to remove soap from the hands and to keep them soft is to use cornmeal and vinegar and rub thoroughly. Or try conserving soap by washing the hands with a table-spoonful of cornmeal. It is gritty enough to remove the dirt and leaves the hands soft and white.

To Clean Mattings. Sweep with a broom over very wet with hot water, then go over it with a piece of flannel or a sponge wet with salt and water. Salt freshens the color and prevents the matting from turning yellow. Dry quickly with another cloth before the water soaks in.

Attractive Toilet Set. A celluloid toilet set can be made attractive enough for a very acceptable gift if it is decorated with hand-painted flowers.

Cotton Frocks for Summer; Blouses Fit Every Occasion

SUMMER has brought in some new cotton frocks that aim to please by being as much like their forerunners of the winter as cotton can be like silk. They are trailing along in the wake of their next-of-kin, the silk crepe, and are an honor to the family, with their soft texture and delightful colors. Cotton kasha cloth, and other weaves, are proving their worth, especially in those straight-line dresses with neat and strange decorations. But along with these come the fabrics that mean summer to us: the



CUTE AFTERNOON DRESSES OF ORGANDIE

organdies, organdies and batistes that are as welcome as the flowers of May. They come in lovely new colorings, in almond green, flamingo, yellow, tan, and are better acquainted, and they are better and better in novel ways. In violet and batiste, even tan, are shown, with an extra providing a fine background for "purple frock" decorations of figures or landscape. These and the perfectly plain blouses, or skirts, of English print (which may be had in several pretty colors) are all "must-haves" with small pearl buttons.

Stepping into the realm of dressier things, one finds it crowded with the

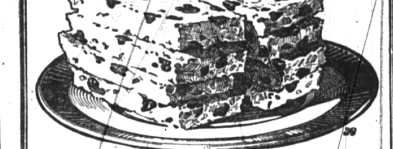


sheer silk models. Georgette, tulle de Chine, and other silks are the mediums for more or less elaborate versions of the lace-like or floral designs of the organza and tulle. Many a stinging print in the decoration of these silken creations.

There is a fad for embroidery of opaque white beads on colored crepe and beads in the color of the blouse, combined with crystals, prove very effective. Sleeves continue to be much varied, and necklines accommodate themselves to becomingness.

A review of the little procession of blouses as worn during a full day in the life of almost any busy woman, might easily sketch its activities, for there are blouses for all times and places. Women who know as a rule do not make a pretty combination. But maroon silk is being combined with black lace and the result is not bad. Two other oddities, the facts are which lately have drawn attention are an uncompromising purple which most persons cannot wear and

Had Your Iron Today?



Let's Have Raisin Bread Tonight

HOW long since you've had delicious raisin bread—since you've tasted that incomparable flavor?

Serve a loaf tonight. No need to bake it. Just telephone your grocer or a bakery. Say you want "full-fruited bread"—generously filled with luscious seeded, Sun-Maid Raisins. The flavor of these raisins permeates the loaf. A cake-like daintiness makes every slice a treat.

Serve it plain at dinner or as a tasty, fruited breakfast toast.

Make delicious bread pudding with left-over slices.

Use it all. You need not waste a crumb. Raisin bread is luscious, energizing, iron-rich. So it's both good and good for you.

Serve it at least twice a week. Start this good habit in your home today.

But don't take any but a real, full-fruited genuine raisin bread.

Your dealer will supply it if you insist.

Sun-Maid Seeded Raisins

Make delicious bread, pies, puddings, cakes, etc. Ask your grocer for them. Send for free book of tested recipes.

Sun-Maid Raisin Growers
Membership 11,000
Dept. N-22-5, Fresno, Calif.

NATURALLY OBJECT OF ENVY

After All, What is Power and Wealth Compared With Quality That Vincent Possessed?

Vincent wanted fame more than anything else when he was a young man, and he beat all his energies to attaining it; but though it came to many of his friends it passed him by. Later, he thought that, after all, he would rather have money, for money could buy almost anything, but every venture that promised success turned out to be a failure. He became somewhat bitter, for money seemed to come of itself to others.

He had many friends who held corporations, titles, and in some cases almost the country, in their power. He looked on it in envy, for though he tried with every power within him, he could not make others follow, and his friends seemed to do it easily and naturally.

He hated women. But they followed him around. Everywhere he went some woman was sure to dog his footsteps. And all the other men, who won other things in life, looked on in envy at the ease with which he won them.—Katherine Neville in Judge.

Established a Record.
An Irishman who was to return to his native land by a certain steamer, arrived on the pier just as the vessel was starting in fact, she was already on the move.

Taking a flying leap, he covered the intervening space of six or eight feet at a bound, but tripped on alighting and fell on his head, temporarily stunning himself.

When he recovered his senses, the vessel was a couple of hundred yards on sea.

"He jabbers!" he exclaimed, not realizing what had happened, "what a jump."

Limited Audiences.
"I'll tell you," said a man in debt. "That's a poor expression. You'll never have much of an audience."

Next Case.
Judge (trying liquor case)—What is the next case?
Clerk (absently)—Scotch, your honor.

Let the children share this mealtime beverage

No NEED to warn the little folks away from the table beverage when Postum is served, every reason to invite every member of the family to join in the enjoyment of this wholesome, satisfying drink.

Postum is made from Nature's best grain—wheat—and contains nothing to harm nerves or digestion.

You'll greatly relish its full-bodied flavor and aroma.

Your grocer has Postum in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for fully 20 minutes.

Postum for Health
"There's a Reason"

Made by Postum Cereal Company, Inc.
Battle Creek, Michigan

