

Libby's Vienna Style Sausage and Potted Meals. 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.

PATENTS. Watson E. Coleman, Patent Lawyer, Washington, D. C. Advice and loans free. Produce Broker.

Glenn's Sulphur Soap. No other toilet soap is as efficient in clearing the complexion of blemishes. Purifies. Contains 20% Pure Sulphur.

ASSOCIATIONS ARE A HABIT. We Even Form Clubs Over Question of Teething Rings Vs. Thumb.

Our passion for getting up associations is a bad symptom of intellectual restlessness. 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.

Irrefutable Evidence. "She belongs to a fine old family, does she not?" "Oh, yes. She is related to a number of well-known people who never mention the fact."

A Man's Worth depends upon his power to produce what the world recognizes as of value. And when you skirmish 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.

Grape-Nuts FOOD. has that kind of value. It contains all the nutrient 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"

FOR GROWING CHILD

DIRECTION: AS TO DIET, PREPARED BY EXPERTS.

Vegetables and Fruits of the Highest Importance—Many Ways in Which They May Be Used—Valuable Kinds of Food.

(Prepared by the United States Department of Agriculture.) Vegetables and fruits should have an important place in the diet of every growing child, for although they commonly do not contain a high percentage of nutriment, they contribute certain other important elements which the child either does not get at all, or does not get in sufficient quantity from milk, cereals, meats, and eggs.

Vegetables should be served at least once a day, as they help to keep the bowels in good condition. They may be used as flavoring for soups and stews, may be added to milk or meat stews, or served with meat gravy. If gravy is used, it should not be too fat nor made with scorched fat.

Young children can have the young and tender parts of celery and lettuce, a satisfactory way of serving being in the form of sandwiches. For this purpose the vegetables should be slightly salted and the celery chopped or cut into small pieces.

All vegetables, whether served raw or cooked, should be washed with great care. Large vegetables, like potatoes and carrots, should be scrubbed with a brush. Greens should be



At Work in the Home Economics Laboratory of the Department of Agriculture.

washed leaf by leaf under running water, or in a large amount of water. To prevent the sand from getting on the vegetables again lift them from the water instead of pouring the water off.

Most vegetables when served as a separate dish should be steamed, boiled, baked, or stewed. If the supply of fresh vegetables is not generous, the juice in which they are cooked should be used with them as far as possible, or put into soups or stews.

Experience has shown that vegetables, and particularly green vegetables, are at their best when cooked until tender, but not until completely wilted. Spinach requires cooking from 20 to 30 minutes.

Vegetables should be served to young children either quite simply or with a little milk, cream, or butter, to improve or vary the flavor. Salad oil may be served on greens instead of butter. These simple methods are better than complicated ones like frying or scalloping. For the smallest children such vegetables as greens should be finely chopped, and if the tougher portions of other vegetables, the skins of green peas, for example are found to disagree with a child, these portions should be removed by putting the cooked vegetable through a sieve. No such vegetables as raw radishes or cucumbers, which might easily be swallowed in large pieces, should be given to small children.

Fruits, which with vegetables make up one of the five important food groups for children, are also very important in the child's diet. They supply mild acids, and are important for their flavor, for their laxative effects, and no doubt for other reasons also. This laxative effect is well recognized in the very general use of orange juice, prunes, and apples. Then, too, the fruits, like the vegetables, have mineral elements which the body requires.

THE MARKETS

NEW YORK — Wheat—Spot weak; No. 1 Durum, \$1.18; No. 2 hard, \$1.17; No. 1 Northern Duluth and No. 1 Northern Manitoba, \$1.24. Corn—Spot easy; No. 2 yellow, 80 1/2c; c 11 New York. Oats—Spot easier; standard, 46c; No. 3 white, 45 1/2c. Butter—Creamery, extras (92 score), 30 1/4@30 3/4c; creamery (higher scoring), 30 1/2@31 1/2c; firsts, 29@30c; seconds, 28@28 1/2c.

PHILADELPHIA.—Wheat—Car lots, in export, No. 2 red, spot and June, \$1.04@1.06; No. 2 Southern red, \$1.02@1.04; do do, steamer No. 2 red, \$1.01@1.03; do do, No. 3 red, \$1.01@1.03; rejected A, 98 1/2c@1.00 1/2c; do do, rejected B, 97@99c.

Corn—No. 2 yellow, 80@80 1/2c; do do, steamer, yellow, 78 1/2@79 1/2c; do do, No. 3 yellow, 77 1/2@78 1/2c; do do, No. 4 yellow, 74@74 1/2c; cob, per 70 lbs, 79@80c.

Oats—No. 2 white, 48@48 1/2c; standard white, 47 1/2@48c; No. 3 white, 45 1/2@46 1/2c; No. 2 white, 44@45c; sample, 40@41c; purified oats, 45 1/2@47c.

Butter — Western, solid-packed creamery, fancy specials, 33c; extras, 31@32c; firsts, 29 1/2@30c; seconds, 28 1/2@29c; nearby prints, fancy, 34c; do do average, extras, 33c; do do, firsts, 31@32c; do do, seconds, 28@30c; rarlicky prints, 26@27c; jobbing sales of fancy prints, 37@40c.

Eggs—Nearby extras, 26c per dozen; nearby firsts, 27.05 per standard case; other nearby current receipts, 26.60@26.90; Western extras, 25c per dozen; do do, Western, extra firsts, 27.05 per case; do do, firsts, 26.60@26.90 per case; Southern, 26.15@26.45 per case; fancy selected, candled, jobbing, at 28@29c.

Cheese — New York, full cream, fancy, new, 15 1/2c; do do, fair to good, new, 14 1/2c; do do, part skims, 9@10c. Live Poultry—Fowls, 19 1/2@20c; roosters, 13@14c; spring chickens, according to quality, weighing 1@2 lbs apiece, 28@34c; do do, white leghorns, according to quality, 24@26c; ducks, as to size and quality, 15@16c; pigeons, old, per pair, 30@32c; do do, young, per pair, 22@25c.

BALTIMORE.—Wheat—No. 2 red, 104c bid; June, 104; No. 2 red Western and June 108. Corn—Spot and June, 76 1/4c. Oats—Standard white, 46c asked; No. 3 do, 43; No. 4 do, 42 asked.

Rye—No. 2 Western, export, \$1.03@1.03 1/2; No. 2 do, do, \$1@1.03 1/2; No. 4 do, do, 99@99 1/2c; bag lots, nearby, as to quality, 90c@91.

Hay—No. 1 timothy, \$24; No. 2 do, \$22@23; No. 3 do, \$18.50@20.50; light clover mixed, \$22; No. 1 do, do, \$21@21.50; No. 2 do, do, \$17@20; choice clover, nominal, \$18; No. 1 do, do, \$17.50@18; No. 2 do, do, \$14@16; No. 3 do, \$12@13.

Straw—No. 1 straight rye, \$14.50@15; No. 2 do, do, \$12.50@13; No. 1 tangled do, \$11@11.50; No. 2 do, do, \$10@10.50; No. 1 wheat, \$9.50@10; No. 2 do, \$8.50@9; No. 1 oat, \$11.50@12; No. 2 do, \$10@10.50.

Butter—Creamery, fancy, 31@32; do, choice, 30@31; do, good, 29@30; do, prints, 32@33; do, blocks, 31@32; Maryland and Pennsylvania rolls, 23@24; Ohio rolls, 23; West Virginia rolls, 23; storepacked, 22 1/2; Maryland, Virginia and Pennsylvania dairy prints, 23@24.

Eggs—Maryland, Pennsylvania and nearby firsts, 22c; Eastern Shore Maryland and Virginia, do, 22; Western, do, 21 1/2; West Virginia, do, 21 1/2; Southern, North Carolina, do, 21. Live Poultry—Chickens, spring, 1 1/2 lb and up, per lb, 32@33c; do, do, 1 1/4@1 1/2 lbs, do, 29@31; do, under 1 lb, 29@30; do, old hens, over 4 lbs, do, 19; do, do, do, small to medium, do, 19; do, old roosters and stags, do, 10@11; ducks, muscovy and mongrel, old, do, 14; do, white Pekings, do, 15@16; do, Indian runners, old, do, 13@14; do, puddle, fat, old, do, 15; do, do, small, poor, do, 14; do, spring, over 3 lbs, do, 20; pigeons, old, per pair, 25@30; do, young, do, 25@30; guinea fowl, old, each, 40.

Live Stock. CHICAGO.—Hogs—Bulk, \$9.55@9.75; light, \$9.05@9.75; mixed, \$9.40@9.80; heavy, \$9.50@9.85; rough, \$9.30@9.45; pigs, \$7@8.80. Sheep—Wethers, \$7@8.25; ewes, \$4.75@7.75; lambs, \$8@10.60; spring, \$8.50@11.75. Cattle—Native beef cattle \$8.25@11.05; stockers and feeders, \$6@9; cows and heifers, \$4.50@9.50; calves, \$8@11.25.

KANSAS CITY, MO.—Hogs—Bulk, \$9.30@9.55; heavy, \$9.45@9.62 1/2; packers and butchers', \$9.35@9.55; light, \$9.20@9.45; pigs, \$8.85@9.10. Cattle—Prime fed steers, \$10.40@10.80; dressed beef steers, \$8.50@10.65; Southern steers, \$7@10.25; cows, \$5.75@8.75; heifers, \$7.50@10; stockers and feeders, \$6.75@8.50; bulls, \$6@8.50; calves, \$6.50@11.

KEEP YOUNG

As well be young at 70 as old at 50. 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 Pennsylvania Case. Mrs. F. Rodgers, 614 Talbot Ave., Braddock, Pa., says: "Pneumonia left my kidneys disordered and my limbs swelled twice their normal size. I was laid up in bed for a month. My back was terribly lame and sharp pains darted into my shoulders. After the doctors failed to help me, I used Doan's Kidney Pills and they cured me. Occasional use since, has prevented any return of the trouble." Get Doan's at Any Store, 50c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

One can't always measure a good time by the cost. FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly. Fifty years of uninterrupted success of Dr. E. F. Tison's Epilepsy Medicine is borne out by the following cases.

Safety First. "You say you don't care to argue about the war?" "No—at least, not this morning." "Why not?" "The plumbing is out of order at my house and that has used up my stock of patience so completely that I would be sure to lose my temper."

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 sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—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."

Nothing Relieves Tender, Aching Feet like a hot foot bath with Johnson's Foot Soap. Composed of Borax, Bran and Iodine. At Drugists or sent postpaid for 25c by Thos. Gill Soap Co., 711 Kent Ave., Brooklyn, N. Y. Adv. I Didn't Think It Of Her. Mother—Glady's, you stood on the porch quite a while with that young man last night. Gladys—Why, mother, I only stood there for a second. Mother—But I'm sure I heard the third and the fourth.

IF YOU OR ANY FRIEND suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure. Most wonderful book ever written. It's absolutely FREE. Jesse A. Case, Dept. G. W., Brooklyn, Mass.—Adv.

Most of the light rays from metallic filament electric lamps are radiated at right angles from the filaments. It doesn't improve the looks of China to have it Japanned. Except along the Caspian coast, Persian agriculture is dependent almost entirely on irrigation.

Big Sturgeon on Trot Line.

A 400-pound fish was caught in the Sacramento river by Eugene Barion, the "musical fisherman." Barion 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.

Barion's catch was a sturgeon, a big fish that measured seven feet without 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. Barion's catch netted him \$63.—Redding (Cal.) Dispatch to San Francisco Call.

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.

Make the Liver Do its Duty

Nine times in 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. Brewster Wood

Every Woman Wants PASTINE ANTISEPTIC POWDER

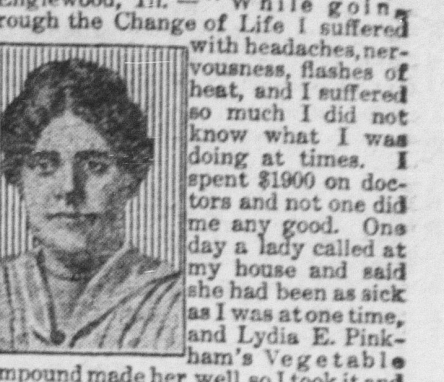
FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. His extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or posted by mail. The Patent Toilet Company, Boston, Mass.

DAISY FLY KILLER

placed anywhere, attracts and kills all flies. Stomach, oropharynx, conjunctiva, throat, chest, lungs all seasons. 25c. of metal, can't spill or tip over, will not soil or injure anything. Guaranteed effective. All dealers or sent by mail for \$1.00. HAROLD SOMER, 130 De Kalb Ave., Brooklyn, N. Y. W. N. U., BALTIMORE, NO. 25-1916. Often the woman in the case is a case in herself. 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 at one time, and Lydia E. Pinkham's Vegetable 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, 5637 S. Halsted St., Englewood, Ill. Physicians undoubtedly did their best, battled with this case steadily and could do 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 pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

Make the Liver Do its Duty

Nine times in 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. Brewster Wood

Every Woman Wants PASTINE ANTISEPTIC POWDER

FOR PERSONAL HYGIENE. Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. His extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or posted by mail. The Patent Toilet Company, Boston, Mass.

DAISY FLY KILLER

placed anywhere, attracts and kills all flies. Stomach, oropharynx, conjunctiva, throat, chest, lungs all seasons. 25c. of metal, can't spill or tip over, will not soil or injure anything. Guaranteed effective. All dealers or sent by mail for \$1.00. HAROLD SOMER, 130 De Kalb Ave., Brooklyn, N. Y. W. N. U., BALTIMORE, NO. 25-1916. Often the woman in the case is a case in herself. Life isn't always a joke for the chap who lives by his wits.

900 DROPS CASTORIA. ALCOHOL - 3 PER CENT. A Vegetable Preparation for Assuaging the Food and Regulating the Stomach and Bowels of INFANTS - CHILDREN. Promotes Digestion, Eases Flatulency and Best Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. A Perfect Remedy for Constipation, Headache, Sour Stomach, Diarrhoea, Worms, Feverishness and LOSS OF SLEEP. THE CENTAUR 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 CENTAUR COMPANY, NEW YORK CITY.