

Sure Relief FOR INDIGESTION BELL-ANS Hot water Sure Relief 6 BELL-ANS 25c AND 75c PACKAGES EVERYWHERE

The KITCHEN CABINET (©, 1923, Western Newspaper Union)

Piles are usually due to straining when constipated. Nujol being a lubricant keeps the food waste soft and therefore prevents straining... Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

The world is all dark or the world is all bright. Just as we choose to make it; Our burden is heavy, our burden is light.

WHAT TO EAT

During the summer, when bread dries and accumulates, try using the fresher slices for French toast. Beat an egg, add one-half cupful of milk and dip the bread, covering both sides. Fry in a little sweet fat until brown on both sides. Serve with or without maple syrup.

Bread Griddle Cakes.—Take three or four slices of bread, or its equivalent, cover with sour milk and let stand overnight. If very dry, dip in cold water before adding to the milk.

Bread Pudding.—Take two cupfuls of stale bread, moisten with a little milk, add three eggs and beat well into the bread crumbs, adding gradually one cupful of sugar and a quart of milk.

Cracker Crumb Cake.—Take one and one-half cupfuls of graham cracker crumbs; add one-half cupful of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt and one cupful of softened butter.

Currant Pies.—Take two cupfuls of ripe currants; crush and add one cupful of sugar, the yolks of two eggs, slightly beaten, and a tablespoonful of flour mixed with four tablespoonfuls of water.

French Turnips.—Pare, cut into dice and cook until tender one pint of small white turnips. Have ready the following sauce: to four tablespoonfuls of flour, one teaspoonful of salt, one-half teaspoonful of pepper and four tablespoonfuls of butter, add one pint of milk and stir the whole until it boils.

Strawberry Venus.—Make a rich biscuit dough, using two cupfuls of flour, four teaspoonfuls of baking powder, two tablespoonfuls of shortening, one-half teaspoonful of salt and milk to make a mixture to roll. Roll out and cut into good-sized biscuits and place on a plate, set into the steamer and steam for half an hour.

Potato Varieties Free From Wart Tests Show That American Species May Be Planted in Infested Areas.

It is now well established that potato culture need nowhere be abandoned on account of the prevalence of potato-wart disease, so long as suitable immune varieties are available, according to the United States Department of Agriculture. Co-operative tests conducted by the department have shown that there are a number of American varieties of potatoes which are immune from the disease and may safely be planted in infested areas.

Quarantine Policy. The use of wart-immune varieties of potatoes was adopted as a quarantine policy in 1920, the disease first having made its appearance in this country in 1918. As a preliminary step in this direction all owners of gardens and fields actually infested with potato-wart were permitted to grow only wart-immune varieties.

Easily Digested Feeds Are Suitable for Ducks To be suitable for ducks, food must be soft and easily digestible, such as meals, grasses, vegetables, and small scraps of meat, because ducks do not have crops like fowls, and the food passes directly from the mouth through the gullet into the gizzard.

It Pays to Dehorn All Stock Before Marketing Dehorned steers or heifers not only can be handled more conveniently on the farm than cattle with horns, but if put on the market either as stock calves, feeders, or finished fat cattle, will sell for an average of one-half cent a pound more. This statement is made by W. H. Peters of the animal husbandry division at University farm, who says further:

Handing of Parasites of European Corn Borer More than 1,000,000 individuals of an important parasite of the European corn borer, Habrobracon brevicornis Wesm., have been successfully reared and liberated in the densely infested area in New England. It was believed by entomologists of the United States Department of Agriculture that it might be worth while to attempt to introduce it into the badly infested areas of southern Ontario.

Stomach Worm Loss in Sheep Is Preventable Animal husbandry division men at University farm say that sheep owners of the state have suffered great losses among their flocks by reason of the stomach worms. The lambs suffer the most. These losses can be reduced by treatment that is inexpensive and easily administered.

Panels in Mixed Car of Hogs Will Prevent Loss Rather heavy losses are sometimes reported from the mixing of different lots of hogs in a car sent by local shipping associations. Strange hogs put together are very likely to fight and do much damage.

Premium Money Used to Purchase New Seed By utilizing \$46 of the premiums won by the previous year's agricultural exhibit at the state fair to purchase seeds of crops, vegetables, and melons on the premium list of the fair which were not grown in the county, Keith county, Neb., last year introduced a number of desirable crops into its farming system, according to a report to the United States Department of Agriculture.

Panel in Mixed Car of Hogs Will Prevent Loss Rather heavy losses are sometimes reported from the mixing of different lots of hogs in a car sent by local shipping associations. Strange hogs put together are very likely to fight and do much damage.

Panels in Mixed Car of Hogs Will Prevent Loss Rather heavy losses are sometimes reported from the mixing of different lots of hogs in a car sent by local shipping associations. Strange hogs put together are very likely to fight and do much damage.

Panels in Mixed Car of Hogs Will Prevent Loss Rather heavy losses are sometimes reported from the mixing of different lots of hogs in a car sent by local shipping associations. Strange hogs put together are very likely to fight and do much damage.

Premium Money Used to Purchase New Seed Number of Desirable Crops Introduced in Nebraska.

The seed for each variety, including many kinds of corn, wheat, oats, barley, rye, and other grain, seed, and forage crops, tame and native grasses, potatoes, onions, tomatoes, cabbage, squashes, pumpkins, melons, root crops, and miscellaneous field and garden crops, was divided into four parts and one part given free to a volunteer grower in each of four different sections of the county under condition that the seed be planted on good soil, well cultivated, and two samples of the best of each product furnished for exhibition at the state fair.

A number of new crops, such as milo, fetaria, orange cane, broom corn, Iowa oats, and Japanese millet, seem particularly well adapted to the local conditions and are being grown again this year, according to reports to the Department of Agriculture.

Tea is an institution in Buenos Aires. All offices sweep off work temporarily at 4 o'clock each afternoon, while white-capped porters bring steaming cups around to the employees, and employers gather up canes and derby hats and saunter forth for the nearest tea salon.

A Discoverer Discovered. J. W. Hussey of Martinsville teaches a class of about thirty-five early teenage boys in the Presbyterian Sunday school. Because of certain propensities, more or less common to boys of that age, the class is known as "The Bronco Class."

Discouragement to Joy Riding. Gasoline sells at \$1.20 a gallon in Nairobi and is even more expensive in the large regions of Konga and Tanganyika and throughout Uganda.—Department of Commerce Report.

One way to make an army fly is to break its wings.

A Deceiver. "How intellectual that gentleman looks!" "Doesn't he? But he isn't—he writes poetry."

The Quality Car

CHEVROLET SUPERIOR 5-Pass. Sedan \$860 f. o. b. Flint, Mich.



CHEVROLET MOTOR CO. Division General Motors Corporation Detroit, Michigan

Four O'Clock is Tea Hour

Tea is an institution in Buenos Aires. All offices sweep off work temporarily at 4 o'clock each afternoon, while white-capped porters bring steaming cups around to the employees, and employers gather up canes and derby hats and saunter forth for the nearest tea salon.

A Discoverer Discovered. J. W. Hussey of Martinsville teaches a class of about thirty-five early teenage boys in the Presbyterian Sunday school. Because of certain propensities, more or less common to boys of that age, the class is known as "The Bronco Class."

Discouragement to Joy Riding. Gasoline sells at \$1.20 a gallon in Nairobi and is even more expensive in the large regions of Konga and Tanganyika and throughout Uganda.—Department of Commerce Report.

One way to make an army fly is to break its wings.

The Meat of the Wheat

STARCH is the "meat" of the wheat berry. It is the great energy-producing element of the grain. But, in order to do you any good, it must be thoroughly digested, and it is right here that such a food as Grape-Nuts renders special service.

Grape-Nuts FOR HEALTH "There's a Reason" Your grocer has interesting details of our offer of over \$7500.00 for Grape-Nuts Recipes.

FRECKLES Now is the Time to Get Rid of These Ugly Spots There's no longer the slightest need of feeling ashamed of your freckles...

Vaseline Pure and healing a grateful aid on countless occasions CHESEBROUGH MANUFACTURING CO. Sole Street Consolidated New York

MAXWELL HOUSE COFFEE Good to the last drop I should say it is! I could tell a cup of Maxwell House blindfolded.

Be like the bird that, halting in its flight, Awhile on bough, too slight, Feels them give way beneath her, and yet she sings Knowing that she hath wings. —Victor Hugo.

SUMMER LUXURIES At this season there is such a wealth of good things to choose that we need not suffer for variety.

Soup of Green Peas.—Shell enough green peas to make a quart, add six cupfuls of water and a sprig of mint; cook until the peas are done, then add salt. Press through a colander, add two tablespoonfuls of sugar, one tablespoonful of arrowroot and a little white pepper.

French Turnips.—Pare, cut into dice and cook until tender one pint of small white turnips. Have ready the following sauce: to four tablespoonfuls of flour, one teaspoonful of salt, one-half teaspoonful of pepper and four tablespoonfuls of butter, add one pint of milk and stir the whole until it boils.

Strawberry Venus.—Make a rich biscuit dough, using two cupfuls of flour, four teaspoonfuls of baking powder, two tablespoonfuls of shortening, one-half teaspoonful of salt and milk to make a mixture to roll. Roll out and cut into good-sized biscuits and place on a plate, set into the steamer and steam for half an hour.

Nellie Maxwell