

THE CHEERFUL CHERUB

I never mind the
troubles day,
However hard it
seems.
I simply look ahead
to night
And think about my
dreams



CLASSIFIED DEPARTMENT

SCHOOLS

ANNAPOLIS—WEST POINT COAST GUARD ACADEMY
High School graduates, undergraduates, 16 to 22. Write Lieut. A. W. Bryan, U.S.N. (Ret.), Annapolis, Md. Oct. Civil Service exam. for appointments.

Uncle Phil Says:

Stumps the Best of 'Em

There are enough unanswerable queries in one intelligence test to induce a man to say all intelligence tests are silly.

Most of the wild daring things are done by a humanity distraught from ennui.

Why the classics are famous, and deservedly so, is because the chaps who wrote them said the smart things first.

Except Conditionally
Free and democratic people cannot be forced to obey. There's too much wildcat in them.

Get a scientific or art hobby and pursue it. It will keep you from eternally chasing "a good time" that you never come up with.

There is no self-confidence like that of the man who thinks he can tell a toadstool in the woods from a mushroom.

How Women in Their 40's Can Attract Men

Here's good advice for a woman during her changes (usually from 38 to 52), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.
Get more fresh air, 8 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

Matter of Taste
The greatest element of criticism is taste.—Sainte Beuve.

ruined eyes

by neglect; they get red and sore and you let them go. Don't do it. Leonard's Golden Eye Lotion cures soreness without pain in one day. Cools, heals and strengthens.

LEONARD'S GOLDEN EYE LOTION MAKES WEAK EYES STRONG
35¢ at all druggists
New Large Size with Dropper—50 cents
S. B. Leonard & Co., New Rochelle, N. Y.

Sentinels of Health

Don't Neglect Them!
Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure. When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.
Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance.
The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use Doan's Pills. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

DOAN'S PILLS

FARM TOPICS

RENOVATING THIN PASTURE ADVISED

Seeding of Legumes May Be Solution of Problem.

By R. F. Fuelleman, Assistant in Crop Production, University of Illinois, WNU Service.

Renovation of thin sods and bare spots by means of scarification and the seeding of legumes may be the solution of the pasture problem on many farms.

Renovation is especially useful on pastures that should not be plowed or that have only small areas that are in need of attention. Such areas can be located this summer for treatment in the fall.

First step is to test the soil and apply needed limestone in the fall. Phosphates can be applied prior to scarification, which consists of tearing up the grass sod with a disc set at a sharp angle. The ground is then harrowed.

Usually the three dry weather legumes—alfalfa, sweet clover and red clover—are seeded along with some timothy. In most cases it will pay to firm the seed bed by rolling after the seeding. Grasses may be seeded in this process, but the prime objective of renovation is the establishment of deep rooted, drouth-resistant, nitrogen gathering legumes. Timothy is usually seeded with the legumes since it insures a greater percentage of grass during the first and second years than would ordinarily be present. After renovation it is well to manage the pasture in such a way that the legumes have an opportunity to reseed themselves.

This practice is not recommended on good pasture sods which may need only a little rest. Neither is it recommended for steep hillsides.

Hens Need Special Care During Hot Summer Days

In summer weather, it is well to give some consideration to the hens, whether on range or in confinement, advises a poultryman in Wallace's Farmer.

First, examine their quarters for mites. If any are present, get right after them with a good painting of the roosts with some anti-mite preparation. Hens can scarcely stand both mites and hot weather, much less lay eggs. Lice, too, should be exterminated if any are present.

Another menace to the summer health of hens is the open corn crib. If a hen frequents the crib daily, she is apt to eat too much corn and to become too fat to lay, and perhaps so fat that she will drop dead. Many young poultry raisers, not noticing how their birds run to the crib, say: "I don't know what's the matter with my hens; they are dying so!" Their grandmothers probably could tell them that the trouble is too much corn.

In summer, some grief is caused by the broody hen. If not broken up immediately, broodiness almost always ruins a good layer. She will hold to the nest without laying, and will dwindle in size until weak. Some poultry raisers simply gather up their broody hens and sell them. But, if what a culler once said at one farm is true, that policy is unwise. He said, "Your hens have almost culled themselves. The best ones have gone to sitting."

To break up broodiness, place the hens in a slat-bottomed coop so that the air can circulate under it. Offer the birds plenty of mash and fresh water.

Hog Cholera

Cholera is to hogs what blackhead is to turkeys, except that hog growers are luckier than turkey growers in that one can vaccinate against hog cholera, whereas this cannot be done for turkeys, advises a writer in the Missouri Farmer. Blackhead can be prevented by an operation—the blind intestines can be tied off almost entirely, which prevents the cecal worms from gaining access to these pouches, but the operation is both expensive and risky and is therefore impractical. Strict sanitation will prevent blackhead, however—sanitation and a balanced ration—which is also the case with nearly all diseases.

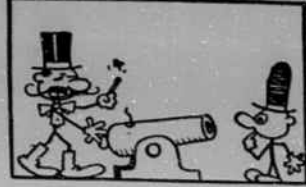
Agricultural Briefs

Parts of Australia have not sufficient water for the sheep this year.

Changing hens from one home to another is sure to stop production.

A dairy cow drinks about 11½ tons of water a year, an average of 2 gallons a day.

DIZZY DRAMAS—Now Playing—"Two Pins"



By Joe Bowers

WHAT to EAT and WHY

C. Houston Goudiss Discusses the Food Value of Ice Cream

Nationally Known Food Authority Describes Its Place in the Diet

By C. HOUSTON GOUDISS
6 East 39th Street, New York City

ONE of the most significant contributions of modern nutritional science was the discovery of the importance of the protective foods—milk, eggs, fresh fruits and vegetables. These foods abound in the minerals and vitamins that help to insure normal growth and health, and safeguard us against the deficiency diseases.

In this group, milk and dairy products made from it assume a commanding position because milk is the best and most practical source of calcium and vitamins A and G. These substances should be consumed in much greater proportions than at present if we are to increase health and efficiency and improve our chances for longevity. The first rule in providing adequate amounts of the protective foods is to allow daily a quart of milk for every child and at least a pint for each adult. This amount of milk need not always be consumed as a beverage, however. It may be used in cooked dishes or eaten in the form of cheese and ice cream.



Home-Made Ice Cream

An easy way to make certain of the purity of the ice cream you serve is to make this delicious dessert at home. Motor-driven freezers are available, as well as those that are manually operated. And the homemaker with an automatic refrigerator finds it easier to make ice cream than to prepare many less interesting and nutritious desserts.

Ice cream powders which simplify the preparation of home-made ice cream, can be obtained unflavored, or in a variety of flavors, including lemon and maple, in addition to the popular vanilla, chocolate and strawberry. The ice cream powders may be used with milk or a combination of milk and cream to produce a healthful dessert suitable for every member of the family. They also may be used for less rich but equally refreshing milk or buttermilk sherbets.

A canned freezing mix is likewise available and is especially nice in a fruit flavor as it contains pieces of the whole fruit.

A Comparison With Milk

If we regard one-sixth of a quart of ice cream as an average serving, and compare it with one cup of milk, we make the interesting discovery that there is a close relation between the two. The ice cream provides about 24 more calories and only a trifle less protein, calcium, phosphorus, iron and vitamin A. There is considerably less vitamin G, but ice cream is nevertheless considered an excellent source of this important vitamin.

A Healthful Food

It then becomes apparent why ice cream is considered as an excellent food, not only for adults but for children and convalescents, and why one outstanding authority urges the liberal use of ice cream as a means of increasing the vitamin A content of the diet.

Plain ice cream may be used interchangeably with simple milk puddings. Rich mixtures, such as those filled with nuts and crystallized fruits, rank with the heartier desserts and should follow a lighter meal.

Ice cream is so rich in nourishment that it should not be consumed indiscriminately between meals, but should always be con-

Send for this Free BULLETIN on Keeping Cool with Food

You and your family will enjoy better health and greater comfort during the sizzling days of summer that remain, if you send for "Keeping Cool with Food," offered free by C. Houston Goudiss. It lists "cooling" and "heating" foods and is complete with cooling menu suggestions. A post card will do to carry your request. Just address C. Houston Goudiss, 6 E. 39th St., New York City.

Effect on Digestion

One frequently hears the question, "Doesn't the eating of ice cream retard the digestion of other foods consumed at the same time?" The answer is that it does slow up slightly the emptying time of the stomach but this delay is without significance and is more than compensated for by the important nutrients it provides.

Many people believe that it is injurious to follow ice cream with hot coffee. But it has been demonstrated that just the opposite is true. The coffee raises the temperature of the food in the stomach and thus modifies the cooling effect of the ice cream.

Another common question concerns the effect of cake or pie a la mode. Experiments indicate that eating ice cream with cake or pie produces a more satisfactory gastric juice than when either of these foods is eaten alone. One must take into consideration, however, that cake or pie a la mode is a rich combination and plan the remainder of the meal accordingly.

Use More Ice Cream

It has been estimated that five billion pounds of milk are used each year in the production of commercial ice cream, which provides about three gallons of ice cream per capita. The amounts of ice cream made at home will raise this figure somewhat. But the amount consumed may well be further increased, because when properly made from pure ingredients, ice cream deserves to rank with other dairy products among our most wholesome and nourishing foods.

Questions Answered

Mrs. M. J. B.—A baby is born with a reserve store of iron in his body, but after the first few months he must receive iron-bearing foods daily, to help prevent nutritional anemia. Children and adults also require a daily supply of this blood building mineral. It is estimated that 3 per cent of the red blood cells are destroyed daily. At this normal rate of destruction, they must be completely renewed every month, and for this purpose, iron is necessary.

Mrs. F. G. L.—Yes, several fruits are considered a good source of calcium, including oranges, grapefruit and figs. When orange juice is included in the diet, the retention of calcium is greater than can be explained by the amount of the mineral in this fruit. It is thought possible that the presence of vitamin C in oranges may be responsible for the beneficial results obtained.

THIS FREE BULLETIN REVEALS THE SECRETS of a BALANCED DIET

SEND for the Homemaker's Chart for Checking Nutritional Balance, offered free by C. Houston Goudiss, and discover that a balanced ration is not a puzzle.

This useful chart lists the foods and the standard amounts that should be included in the daily diet. It contains skeleton menus for breakfast, dinner and lunch or supper to guide you in selecting the proper foods in each classification.

Just ask for the Nutrition Chart, addressing C. Houston Goudiss, 6 E. 39th Street, New York City