

Had Your Iron Today?



Never Mind— Re-vitalize

YOU BET it's warm—the more you need then for keeping the vitality up to par.

Vital men resist heat easily. Languid ones are floored. Re-vitalize yourself and you won't mind the weather.

Get new energy in little raisins. 1560 calories of energizing nutriment per pound in Little Sun-Maids. 75 per cent pure fruit sugar.

Wonderful because this sugar doesn't need, and, therefore, doesn't tax digestion and thus heat the blood. Yet energizes almost immediately.

Contains iron-resisting food-iron also. Try a box today.

Little Sun-Maids
Between-Meal Raisins
5c Everywhere
—in Little Red Packages

Sometimes we are so contrary that it is a positive pleasure to have people dislike us.

Unkind Remark.

A scenario writer experienced great difficulty in getting his plots accepted. As a rule, they were so uninteresting that a complete hearing was seldom granted. At last he managed to persuade a weary producer to listen to the synopsis of his latest play. "Imagine," he began, "midnight, all silent as the grave."

"Two burglars force open library windows, and eventually liberate operations on the safe. The clock strikes one."

"Which one?" yawned the producer.

SAVE SHOES AND STOCKINGS

They will last twice as long if you shake into your shoes ALLEN'S FOOT-EASE, the powder for the feet. It takes the friction from the shoe and gives quick relief to corns, bunions, calluses, sore, aching, swollen, tender feet. Shake Allen's Foot-Ease into your shoes and enjoy the bliss of feet without an ache.—Advertisement.

By No Means. She—Home is where the heart is. He—But heart disease is not necessarily home-stickness.

They Cost Less because they give longer service Every pair of

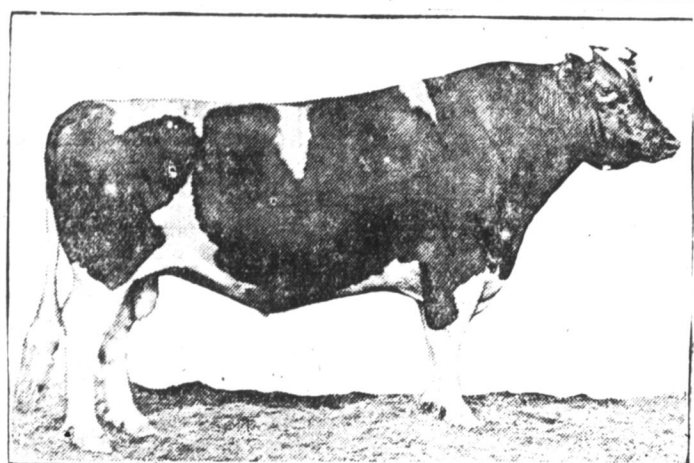
EXCELLO SUSPENDERS

is guaranteed for a full year's wear. Men like their easy stretch and comfy feel. Ask Your Dealer. If he can't supply you, send direct, giving dealer's name.

By No Means. She—Home is where the heart is. He—But heart disease is not necessarily home-stickness.

Wanted Young Men to Learn the BARBER TRADE Best college in the South. Write Charlotte Barber College, Charlotte, N. C.

IMPROVEMENT OF DAIRY INDUSTRY AIMED AT BY RECENT CONFERENCE



There is a Decided Need for Improvement in Dairy Animals and in Making the Best Use of Those Now Available.

(Prepared by the United States Department of Agriculture.)

As a result of the conference of representatives of the purebred dairy cattle associations held in Washington, May 5, at the invitation of Dr. C. W. Larson, chief of the dairy division of the United States Department of Agriculture, a number of important recommendations were made for the improvement of the dairy industry, especially the purebred dairy cattle business. Each of the breed associations, including the Ayrshire, Brown Swiss, Guernsey, Holstein-Friesian, and Jersey, was represented by two or more delegates. The subjects of discussion had to do with the improvement of dairy cattle, advanced registry, fairs, and sales.

No conferences of this kind had been held for several years, and the representatives expressed the desire that this one might result in the formation of a permanent organization to thresh out problems of mutual interest and to work for the general betterment of the industry. Figures prepared by the department showed a decided need for improvement in dairy animals and in making the best use of the improved animals that are now available. The average production of the cows of the United States is about 4,000 pounds of milk and 100 pounds of butterfat a year, while the average cow in some other countries produces almost twice as much. There are 30 million grade and scrub dairy animals in the country and less than a million purebreds. There are 4,566,964 American farms having dairy cattle, and only 208,251 of these farms have purebred dairy cattle. It is estimated that approximately 2,000,000 purebred dairy bull calves born each year are not needed on the farms where purebreds are kept. Of the purebred animals that were registered last year, about 150,000 were females and less than 75,000 males, which indicates that not half of the purebred dairy bulls are registered.

Recommend Better Sires. Among the recommendations made by the conference were those expressing approval of plans for increasing the use of purebred bulls in scrub and grade herds, and of the plans for cooperative bull associations as being the best known means for distributing surplus bulls and introducing them into new territory. All such plans are a place in this country for all the purebred dairy cattle that may be produced for some time, it was the consensus of opinion that an expert business in purebreds would help to stimulate interest among farmers at home.

A number of questions related to advanced registry were brought up. Co-ordination of effort by and between the agricultural colleges and the breed associations was suggested, and it was recommended that these organizations and institutions make special efforts to cooperate. In this connection it was suggested that the various representatives ask their associations at their earliest meetings to appoint committees to meet with the Dairy Science association to see if an improved plan for making official tests of cows can be worked out, which will be agreeable to the breeders, the associations, and the colleges that send out the official testers.

The showing of dairy animals at fairs and expositions received a good deal of attention from several angles. It was decided to recommend to the associations that they cease giving money prizes at these shows, but spend the funds in putting on educational exhibits; that more attention should be given to production records in awarding prizes at fairs and shows; that the associations represented should give more attention to educational exhibits showing the economic advantage of purebreds in dairy practice; that each association has a distinct duty in connection with the selection of suitable persons to act as judges of the various breeds of dairy cattle at fairs and shows; that no animals should be admitted to fairs and expositions unless they are from herds accredited as being free of tuberculosis or in herds under federal or state supervision, and that fairs not enforcing such a rule should not be favored with exhibits.

Live Stock Sales Discussed. Questions relating to private and public sales were discussed, and it was decided to suggest a meeting at an early date of all the dairy cattle associations with a view to drafting a code of ethics for sales that would eliminate some of the undesirable conditions. Since an excessive amount of attention is given to a few high prices to the neglect of average conditions, it was also agreed to recommend to the associations that they send in to the bureau of markets and crop estimates of the department regular reports of prices paid for purebred dairy cattle.

The representatives were well pleased with the accomplishments of the conference and were in favor of holding similar ones at frequent intervals. During their stay in Washington they were received by President Harding and were addressed by Secretary of Agriculture Wallace. Dr. John R. Mohler, chief of the bureau of animal industry, attended the meetings and addressed the conference. A part of the second day was spent in a visit to the department's farm at Beltsville, Maryland. The list of associations and their representatives taking part in the conference is as follows: Ayrshire Breeders' association; Paul O. Reymann, president, West Virginia; S. M. Burlingham, secretary, Vermont. Brown Swiss Cattle Breeders' association; A. E. Bower, president, Ohio; L. E. Hull, Ohio. American Guernsey Cattle club; Robert Scoville, president, New York; S. M. Shoemaker, Maryland; Karl B. Musser, New Hampshire. Holstein-Friesian Association of America; Fred Pabst, Wisconsin; H. W. Norton, Jr., Michigan; D. D. Altken, Michigan. American Jersey Cattle club; M. D. Munn, president, Minnesota; R. M. Gow, secretary, New York; O. H. Baker, New York; C. J. Tucker, Missouri.

REFILLING SACKS IS PROHIBITED BY LAW

Food and Drugs Act Is Violated by Some Feed Dealers.

Federal Officers Have Been Instructed to Watch for Interstate Shipments of Feeds Adulterated or Misbranded.

(Prepared by the United States Department of Agriculture.)

Some feed dealers are refilling used feed sacks stamped or printed with the name of the manufacturer and the brand name of the feed that was originally in the sack, so that the names and brands are not true in reference to the feed in the sack after refilling, according to officials of the bureau of chemistry, United States Department of Agriculture, who are charged with the enforcement of the Food and Drugs act.

A feed dealer of Iowa was recently cited to a hearing under the Federal Food and Drugs act for shipping into interstate commerce a molasses feed in bags which he had refilled but which bore the name of another feed manufacturer. The sacks also bore a brand name under which the original owner of the sacks sold a stock feed of much higher grade than the feed with which the sacks were refilled.

The Federal Food and Drugs act does not require the name of the manufacturer or the brand name to appear on sacks of feed coming within its jurisdiction, according to officials of the bureau, but if the name of the manufacturer and brand are given on the sack they must be true. The Food and Drugs act prohibits the use of any statements on foods or feeds that are false or misleading in any particular.

A dealer who contemplates refilling used feed sacks on which is printed the name of another manufacturer or any statements that are not correct when applied to the product he uses in refilling the sacks should be very careful to see that all such statements are obtained.

Inspectors have been instructed to look out for interstate shipments of stock feeds which are adulterated or misbranded in this or any other particular. Appropriate action will be taken in all cases found to be in violation of the law. It is said.

BEES PLAY IMPORTANT PART

Especially Valuable to Orchard Owner During Rainy Season in the Blooming Period.

Bees play an important part in the production of fruit in cross pollinating and fertilizing the flowers. They carry and distribute pollen. Prof. W. A. Price, entomologist at Purdue, says bees are especially important to the orchard owner in rainy, backward seasons, during the blooming period. When it is rainy the flies, butterflies, and the wind, pollinating agents, may not function, but the bees work between showers and are often responsible for the success of the fruit crop.

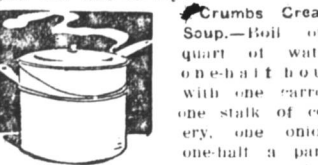
The KITCHEN CABINET

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"The cuckoo drinks the celestial juice of the mango tree and is not proud. The frog drinks the swamp-water and quacks with content."

WHAT TO EAT

Here are two unusual soups that you will like to try:



Crumbs Cream Soup.—Boil one quart of water on a half hour with one carrot, one stalk of celery, one onion, one-half a parsnip, all to be finely

chopped. Strain; add one tablespoonful of salt, one teaspoonful of white pepper, one cupful of finely sifted crumbs, and two tablespoonfuls each of butter and flour, blended. Stir over the fire until the soup boils, then add three cupfuls of thin cream, and two well-beaten eggs, continue cooking with careful stirring until the eggs are set.

Flemish Soup.—Cook two ounces of minced raw ham in one-half cupful of olive oil or butter; add three onions, three stalks of celery, and six potatoes, all sliced; and let cook until the vegetables begin to brown. Turn the whole into a soup kettle containing one quart of stock, and continue to cook until the potatoes are cooked to a mush. Strain, return the liquid to the kettle, thicken with three tablespoonfuls of flour, rubbed smooth with a little water. Add one-half teaspoonful of poultry seasoning and salt and pepper to taste. Just before serving, add one cupful of cream and two well-beaten eggs; stir until the eggs are set, and serve immediately.

Fruit Rolls.—Take one cupful each of raisins and walnuts and one-fourth of a cupful of candied ginger, all chopped fine. Add shredded coconut and powdered sugar, knead and roll in a long roll. Coat with coconut and set in a cold place until firm.

Prune Souffle.—Let soak over night one-half pound of prunes in cold water. In the morning cook in the same water until tender, sift through a colander and sweeten with one-half cupful of sugar. Beat the whites of two eggs until very stiff, add the prune pulp, beating from the bottom up with a wire beater. Pour into a greased pudding dish and bake 20 to 30 minutes. Serve with a custard made by using the yolks of the eggs, one cupful of milk and two tablespoonfuls of sugar. Use four whites, if a larger amount is needed, as the egg adds the bulk to the dish.

"Trust him little who praises all, him less who covets all, and him least who is indifferent to all."

"Self-conquest is the greatest of victories."

GOOD EATING

A good goulash is a dish not to be despised. The simplest of foods may be most appetizing if carefully prepared and seasoned. The most complex and extravagant food may be spoiled by the handling.

Hungarian Goulash.—Take one pound of veal from the shoulder, cut in small pieces and brown in a tablespoonful of drippings. Remove the veal to a casserole, add four tablespoonfuls of drippings to the frying pan and cook one cupful of diced onion until yellow, then add the onions to the veal and three tablespoonfuls of flour to the drippings and reserve to add to the gravy. To the veal and onions add 1½ cupfuls of boiling water, cover and cook slowly for three hours; a hour before serving add two cupfuls of diced potatoes and one of diced turnips. Cook until tender, add the fat and flour to the casserole and serve from the casserole.

Melt four tablespoonfuls of fat, add one tablespoonful of minced onion, and cook until soft; add four tablespoonfuls flour, seasoning to taste, and three cupfuls of tomato; cook, stirring constantly until smooth and thick. Cook five minutes, then add one cupful of grated cheese and the spaghetti, mixing with a fork lightly. Pile in the center of a hot platter, garnish with strips of boiled ham.

Veal Soup.—Take two pounds of the knuckle of veal, cover with water and cook until the veal is tender. There should be five or six cupfuls of stock. Add two cupfuls of diced potatoes to the stock and cook until tender. Cut the meat in small cubes, add them to the cooked potatoes, 1½ tablespoonfuls of mushroom catchup, one-half teaspoonful of salt and pepper to season. Thicken slightly with a tablespoonful of flour mixed with one tablespoonful of butter, and when well cooked, to the meat and stock. Chop one hard-cooked egg and pour the meat and vegetables over it. Lay one-half lemon, thinly sliced, over the meat and serve hot.

Honey Caraway Loaf Cake.—Cream one-half cupful of butter, add one-half cupful each of sugar and honey, two well-beaten eggs, two cupfuls of sifted flour with two teaspoonfuls of baking powder and one teaspoonful of caraway seeds. Pour into a buttered shallow pan and bake twenty-five minutes.

Nellie Maxwell

Wraps for Summer Trips; Knitted Accessories

THE least showy and conspicuous of our friends often proves to be the best friend in need, and so it is with coats and wraps. Now that the time for summer journeyings is here, ask the unexperienced globe-trotter, and she will tell you to begin your outfitting with a practical, roomy coat made of a soft, warm material, in a neutral or half color. Whether your path leads to the mountains or the sea, the tropics or the desert, take

en. The sweater has been multiplied to suit occasion, scarfs have been varied for the same reason, hats and bags to match them have joined the cheerful company of knitted accessories. These things, and others, are taken as a matter of course in the wardrobe while emphasis is placed on the kind of yarns employed and on style and color. Knitted things, including dresses, are especially voguish for sportswear.



Practical Wraps for Summer Journeys.

A sturdy coat along, for you will have need of it.

One does not acquire a coat of this kind for a single journey or a single season, therefore eccentricities of style are not among its possessions. We may count on straight lines, youthful and mannish styles to be long-lived and not affected by passing whims of fashion, but entirely comfortable. Such a coat is shown at the right of the two pictured here. It is provided with capacious pockets, a simple collar and is loosely belted. Made of hamespun, tweed, ducryn and camel's-hair and similar coatings, it is the tourist's delight.

The coat at the left of the picture proclaims itself as of this season with its wide, capelike sleeves, but it is

but their usefulness does not begin or end there, unless we make "sportswear" a term of very wide application. Knitted garments, cleverly styled, appear almost everywhere. Many of them are products of wonderful looms and many of them are hand-knitted—the latter having the usual prestige of handwork over machine work. Now that they are so fashionable it is well worth while to learn to knit. Women find it fascinating work, good for the nerves—and an important relief to the strain on their pocketbooks. A novice might make a beginning in the gentle art of knitting by copying the pretty scarf of Iceland wool shown here at the right of the illustration. A fine zephyr, in any color desired, is used for it and the border of stripes



Slip-Over Sweater and Scarf.

a candidate for the position of traveling companion and has much to recommend it. Where only one wrap is to be taken along for a journey or visit, it is prepared to serve for all sorts of occasions, and will prove as good a choice as any. It has a convertible collar and long girdle of the material. In beige color or tan and lined with soft satin to match it will harmonize with everything.

Already coats for fall are occupying the attention of manufacturers. They assure us that lines will continue straight and sleeves large. Even if these details are changed, the straight-line, ample coats of today are a good investment. There will be no great difficulty in having off a little of the amplexness that Fashion approves this summer if she changes her mind by fall. Coats can't grow larger—the may become smaller.

Striding along, keeping pace with the ever-increasing disposition to out-dooring, many knitted things have been added to the belongings of wom-

in contrasting colors, may suit the individual fancy.

The slip-over sweater at the left is machine-knitted and may be had in almost any color. It is a practical and youthful affair with a "V" neck, elbow sleeves, and fancy border banded with white. The collar and cuffs match the border and a narrow knitted belt, having no particular business, is there because it is there, to make a pretty finish. It buttons at each side after crossing at the front.

Just at the moment many slip-over sweaters are shown in gay colors with horizontal stripes in white, or white interwoven with the color, and manufacturers are featuring sweaters in white with horizontal stripes in Navajo patterns. They are fine for sportswear. The tuxedo maintains its place for older people.

Striding along, keeping pace with the ever-increasing disposition to out-dooring, many knitted things have been added to the belongings of wom-

Julia Bottomley

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EACH IS A GENUINE GOODYEAR

Each of the two tires illustrated above is a genuine Goodyear through and through.

One is the famous reliable 30 x 3½ inch Goodyear All-Weather Tread Clincher.

Its companion is the popular 30 x 3¼ inch Goodyear Cross Rib.

The Goodyear Cross Rib is built of the same high grade Egyptian cotton fabric that goes into the All-Weather Tread Goodyear.

It has a long-wearing but differently designed tread, and sells for less money.

More than 5,000,000 of these tires have been sold in the last five years.

Their fine performance has demonstrated the folly of buying unknown and unguaranteed tires of lower price.

Ask your Goodyear Service Station Dealer about their advantages.

GOOD YEAR