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Our Farm Women

Edited by MRS. W. N. HUTT

LIVE IT DOWN

DID you make one sad mistake?
Live it down!

For your name and honor's sake,
Live it down!
Get right back into the crowd,
With your heart and head unbowed,
Lay aside that gloomy shroud,
Live it down!

Did you make an awkward slip?
Live it down!

Rise again with firmer grip,
Live it down!
There are many old and gray,
Good men once who went astray,
Now beloved in every way,
They lived it down!

Did your error cause you pain?
Live it down!

Be a man and come again,
Live it down!
Get in line, don't lose your place,
Look the world square in the face,
Never weaken in life's race,
Live it down!

Did you blunder on life's road?
Live it down!

Straighten up beneath your load,
Live it down!
Come on back and start anew,
With an aim sincere and true,
Your mistake will pass from view,
Live it down!

Selected.

FIRST AID TO THE INJURED

The Wide-awake Girls and Boys Have a Lesson in Caring for the Injured Until the Doctor Arrives

MISS Margaret and the Wide-awake girls and boys were walking leisurely down to the beautiful shady meadow where they were to hold their meeting.

"Well," smiled Aunt Margaret, "who wants to trip on that big root and break his arm so that we can have a real lesson in first aid to the injured?"

"That would be most too exciting; Aunt Margaret, please, you just tell us what to do in case one of us should break an arm. I know I would keep my head."

Broken Bones and Sprains

"ALWAYS remember, children, if you are within reach of a doctor, no matter of what nature a wound may be, always send for him, the instant an accident occurs; it may save much money in the end. Until he comes, take careful notice of the person's symptoms as that helps the doctor a great deal, and do what you can while waiting for him. In the case of a broken arm, if it is broken above the elbow, where there is only one bone, pull it perfectly straight and bind it to a board with strips of cotton. Tear up a shirt or skirt if there is nothing better. Get him to the doctor quickly. A broken bone is known by inability to raise the limb, and by its bending where it ought not, and by pain."

"Aunt Margaret, how can you tell when a collar bone is broken?"

"The collar bone runs from the top of the breast bone to the shoulder. This is generally broken near the middle, where the lump caused by one broken end rises above the other; if the shoulder be brought forward, you will see these parts move, and the person will have pain. If you must act without a surgeon, make a round pad the thickness of a man's arm and five inches long; push the shoulder backwards and press with the other hand on the fracture till you get it in its place; put the pad into the armpit, and secure the arm with a bandage around the body; raise the forearm well up in the sling."

"A sprain is a very painful and serious thing. When you consider that from the tips of the fingers to the

wrist, or from the ends of the toes to the leg there are not less than 30 separate bones, all tied together with straps, cords, and elastic bands, and about 20 hinges all to be kept in good working order, you will not wonder at sprains being frequent and sometimes serious. There is danger of bones being broken or displaced as well as the mere sprain, which means the tearing of these elastic bands which unite bones. Therefore as soon as possible before swelling can take place, see if the joint looks natural; compare it with the other one, and notice if any bone be loose or crushed out of place. Use applications of water as hot as can be borne with comfort, or keep the part immersed in hot water. The part must be kept quiet, not only while painful but even after the pain has gone. A great deal of pain and swelling can be avoided by keeping the limb in a proper position. Whether wrist or ankle, it must not hang down. For the wrist use a sling; for the ankle, the person must lie down or support the foot on a sofa or chair."

What to Do for Snake and Insect Bites

"AUNT Margaret, I have a horror of snakes. What would I do if a snake bit little Billy?"

"Be sure you have no sore on your lips, then suck the wound. The poison mixes with the saliva of your mouth and you must spit it all out. Cut the wound open to let it bleed if there is no one to suck it. Never, never, never give whiskey as the kidneys have all they can do to get rid of snake poison without the whiskey poison, too."

"What do you do when a spider or bee bites you?"

"If you see the sting, take it out. Put on cold applications, water to which hartshorn, ammonia, witch-hazel or soda has been added. Moistened clay will do if there be none of these. If the person feels faint, give aromatic spirits of ammonia or a good drink of cool water or hot coffee."

Fainting and Convulsions

"SUPPOSE the baby suddenly threw its head back and its eyes rolled up, what would you do, Mary?"

"I'd put baby in a tub of very warm but not hot water to take the blood to the skin and away from the brain. To prevent a second attack, then I'd give castor oil, ipecac and enemas to get the food that probably caused the convulsion, out of the body."

"Now, Martha, suppose Alice fainted, what would you do?"

"I'd lay her perfectly flat with no pillow under her head because the blood has left the brain and her heart is not working well. Then I'd shoo every one of you out of the room and open every door and window. Unless she stayed in a faint about fifteen minutes, I should not give smelling salts or dash water on her face but would let the blood come gradually back to the brain, and I should never give whiskey as the after effects are bad."

"Why, you know as much about this as I. Suppose you saw a man overcome by heat. What would you do, Dan?"

"I would lay him in a cool place and treat him as though he had apoplexy—put cold on his head and warm blankets on his body. Of course, if he had apoplexy, I should raise his head a little, keep whiskey from him and put mustard water or poultices to his feet and hands."

"And what about an epileptic fit?"

"Oh," was the answer. "It is best to just let him be perfectly still and see that he does not bite or swallow his tongue."

(Concluded on page 22, this issue)

The Fireless Cooker and Planning Make Summer Work Less Arduous

"I DO like a good supper, the minute I get in from the field," said the man, who was "carrying us over" the other night. However, he added slowly, "Sarah is generally too tired to cook it so we have the left-overs from dinner." He regarded the horse a minute or two, then continued, "It's like that in all homes, I suppose, unless a fellow is rich enough to keep a cook."

The little lady to whose home we were on our way started to answer, but seemed to change her mind. "That man's wife needs an object lesson," she whispered to me. "Since I cannot give it to her, perhaps I can educate him."

A mile or two farther and we reached the farm. We washed our hands quickly in the cool water from the tap and were asked to be seated at the table on the wide screened porch that adjoined the kitchen. The farmer friend who had driven us over looked wonderingly at the table empty of all save dishes, but his astonishment increased as he saw his hostess roll the serving tray on which were three empty vegetable dishes and one empty platter, over to the fireless cooker. She opened one compartment and took out a big, old hen, which she put on the platter, then from the other compartment emptied three vessels containing hominy, snaps and beets, all hot and tender. The wheeled tray was rolled past the iceless refrigerator from which were taken a plate containing butter, a jug of cool milk, a pitcher of cream and a small covered dish of curd cheese. Everything was set on the table within five minutes' time. The removal of a turned-over bowl revealed a large plate of light bread and another a dish of pickle.

"Why, you've been to the meeting all day. How did you do it?" burst from the astonished man's lips.

"Oh, I got it all ready last night and this morning. What was to be cooked I put in the fireless cooker, and what was to be kept cool I put in the iceless refrigerator. The bread, pickles, jam, etc., I just turned a big bowl over. I knew I'd be tired when we got in and you all would be hungry."

Meanwhile, water had been put on the oil stove and just then it boiled up. She poured it on the tea in the little earthen pot and, behold, there was a hot drink for those who preferred it to milk.

That happened last summer, and I have wondered since if that man's home now has a fireless cooker, an iceless refrigerator and a wheeled serving tray.

We want substantial suppers in summer—at least the man in the field does—substantial, but not heavy. He needs food to make good the broken down body cells that come from strenuous work and the exhaustion that results from any extreme of temperature, but if the food must be such as requires much energy to prepare or to digest, then it is better to err on the side of meals that are too light. The labor of many meals is caused by lack of leisure or habit to plan ahead.

The other day, I had some beef left over. Part of it I diced and part I put through the meat grinder. In one pan that fitted in the fireless cooker I sliced a few onions and cold boiled Irish potatoes, and added a little water, salt, pepper (paprika) and diced meat. Over this I put a crust and, behold, a meat pie.

With the ground meat I put onions and dried bread crumbs through the chopper, mixed them all with salt, pepper, raw egg and a speck of sage, then shaped all into a loaf. While making the crust for the meat pie, I made enough for the top of another

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