

# With the Fingers! Corns Lift Out Without Pain

Apply a Few Drops, Then Lift Corns or Callouses Off. Stops Corn Soreness Instantly

This tiny bottle holds the wonder of modern medicine. It contains an almost magical drug discovered by a Cincinnati man. It is called **Frezone**. It is a compound made from fruit.



Apply a few drops of this frezone upon a tender, aching corn or a hard-corned callous. Instantly the soreness disappears and shortly you will find the corn or callous so shriveled and loose that you just lift it off with the fingers.

You feel no pain or soreness when applying Frezone or afterwards. It doesn't even irritate the skin.

Just ask in any drug store for a small bottle of Frezone. This will cost but a few cents but will positively rid your feet, suffering feet of every hard corn, soft corn, or corn between the toes, or the tough callouses on bottom of feet. If your druggist hasn't any Frezone he can get it at any wholesale house for you.

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**CHATTANOOGA ROFFINE & FURNACE CO.**  
Dept. 10 Chattanooga, Tenn.

## HOME CANNER

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**The Carolina Metal Products Co.,**  
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Can Your Own Fruits With the Famous **HUDGE PATENT CANNER**. Fully ripe fruits easily canned, keeping natural form, color, and flavor. Quicker and cheaper than preserving—sugar unnecessary. Two jars or cans of peaches every 5 minutes. Whole tomatoes 12 minutes, on any stove. Endorsed by highest authorities—book of directions by Mrs. Hodge. Simple to operate. Sent prepaid for \$6.50 money order. West of Mississippi, \$7. **Hiddle-Gaumer Co.,** 3846 P. Lancaster Avenue, Philadelphia.

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**HOME CANNERS**  
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# Our Farm Women

Edited by MRS. W. N. HUTT

## HAVE FRUIT WITH EVERY MEAL

Besides Food Values, It Contains Iron, Phosphorus, Etc., Which Doctors Prescribe as Tonics—Use Fruit Juices, Raw Fruits—Some Recipes

LET us get our health from garden and berry patch instead of from bottles and pill-boxes. Let us "live like kings" but on the income of cobblers.

To do this requires thrift, thought and a fair expenditure of money. No one ever heard of a stingy man living well and cheaply. To do this money and energy must be spent for the best trees, bushes, plants, sprayer, spraying material, fruit jars, and in buying things in quantity. Failing to do this, money and health must be spent for doctors, drugs, and grocers' bills and with it all there is but a hand-to-mouth existence.

Let us enjoy fruit and not have to put our spectacles on every time we eat a peach—just a little worming and spraying of trees; that is all.

Let us make use of fruit when we have it. To eat it out-of-hand is splendid, but to use it with every course of the meal is better.

Begin the meal with fruit. A dainty little glass cup of cut peaches or freshly gathered berries will stimulate the appetite of any hot and weary man. Sugar very lightly, if at all, as it may lessen the appetite for other food. At the plate, have a glass of cool fruit juice. Plum and blackberry make a good combination, as do strawberry and lemon. In fact, a little lemon should be added to any fruit juice, as it develops the flavor of the other as does salt with beef. Grape juice and raspberry vinegar are delicious. If you can get ice, pound it fine and fill the glass with it, add the juice, and put in a sprig of mint. Straws can be bought wherever drinks are sold for thirty-five cents for five hundred. Children enjoy them.

A few fruit recipes follow: please try all of them. Though but one fruit is suggested others can be substituted.

**Fruit Cobbler.**—Fruit cobbler is better than pie because it has more fruit and less crust. Fill an earthen or enameled pan three-fourths full, that is, two or three inches deep, with fruit. Add sugar enough to make quite sweet. Sprinkle flour over it and put a small up-turned cup in the middle to support the crust and keep the juice from boiling over. Cover with a pie crust or a thin, rich biscuit crust. Prick, and bake in a hot oven.

**Fruit Pie** is best made in perforated pie tins, as the crust will not be soggy. They cost the same as the other pie tins. If you have none, bake the crust beforehand on the bottom of the tins, instead of the inside. Keep in a tight tin box, in a cool place. When you wish a pie or two, fill with fruit, add sugar and some strips of crust and shove in a hot oven.

**Fruit Gelatine.**—One-fourth box gelatine or one tablespoon granulated gelatine, one-fourth cup cold water, one cup boiling water, one cup sugar, one-fourth cup lemon juice, whites of three eggs.

Soak the gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Mold, or pile by spoonfuls on glass dish; serve cold with boiled custard. A very attractive dish may be prepared by coloring half the mixture with fruit red.

**Fruit Trifle.**—Line a glass dish with thin slices of stale fruit cake. Sprinkle in one-half cup of fruit juice. Fill the bowl one-half full of berries or slices of peaches. Make a boiled custard, flavored with lemon. Chill and just before serving pour over the berries and cake. Decorate with the beaten whites of eggs sweetened, and a few red berries. Serve very cold.

**Fruit Shortcake.**—Flour to make soft dough, four teaspoons baking-powder, one-half teaspoon salt, three-fourths cup milk, one-fourth cup butter. Mix the dry ingredients sift twice, work in butter with tips of fingers, add milk gradually. Toss on floured board, divide in two parts. Pat, roll out, and bake twelve minutes in a hot oven in buttered tins. Split, and spread with butter. Sweeten the fruit to taste, place on back of range until warmed, and put between and on top of short cake.

**Snowball Fudding.**—One-half cup butter, one cup sugar, one-half cup milk, two and one-fourth cups flour, three and one-half

teaspoons baking-powder, whites of 4 eggs. Cream the butter, add sugar gradually, milk, and flour mixed and sifted with baking powder; then add the whites of eggs beaten stiff. Steam thirty-five minutes in buttered cups or baking-powder tins; serve with preserved fruit, quince marmalade, or strawberry sauce.

**Baked Pears.**—Wipe, quarter, and core pears. Put in a deep pudding dish, sprinkle with sugar or add a small quantity of molasses, then add water to prevent pears from burning. Cover, and cook two or three hours in a very slow oven. Small pears may be baked whole. Seckel pears are delicious when baked.

**Blackberry Flummery.**—Cook four pints of ripe blackberries with two cupsful of sugar for fifteen minutes. Boil one quart of milk and stir in one cupful of ground rice; cook for twenty minutes. Add the blackberries, a teaspoonful of lemon extract, and stir till thick. Cover with two whites of eggs beaten stiff with two tablespoonfuls of powdered sugar.

**Fruit Salad.**—Cut up into one-half inch squares any fruit that you may have. Try to have a red fruit, a white fruit, and a yellow fruit if possible. Try also to combine acid fruits, like cherries, grape fruit, or sour plums with other milder fruit. For crispness add celery or apples cut in the same way, with a sharp knife, and moistened with lemon juice to prevent discoloration. Serve on a lettuce leaf, or if you have none, with a little sprig of green. A big grape leaf looks very pretty but, of course, cannot be eaten. Moistened with the juice of some sour fruit. Just before serving add a cream dressing.

**Cream Dressing.**—One teaspoon mustard, one teaspoon salt, two teaspoons flour, one and one-half teaspoons powdered sugar, a few grains cayenne pepper, one teaspoon melted butter, yolk of one egg, one-third cup hot vinegar, one-half cup thick cream. Mix the dry ingredients, add butter, egg, and vinegar slowly, cook over boiling water, stirring constantly, until mixture thickens; cool, and add to heavy cream, beaten until stiff.

**Frozen Grape Juice.**—To every quart of water allow half as much grape juice, by measure, and the same amount of sugar as of juice. Make a syrup, and when it is cold add juice and freeze. When half frozen add the beaten whites of two eggs.

## Some Flower Hints

IF YOU want the most beautiful climbing roses this side of paradise, try "American Pillar." Several years ago I saw them advertised and decided if one-tenth of what was said of them was true they would be well worth while, so three were ordered and planted along the south porch. Now they have grown into 75 feet of such absolute loveliness that one gasps for breath. They are rampant growers, and such masses of bloom I have never seen in any other rose. The blossoms are single, a deep rose with white center, growing in clusters. Selecting one at random, I counted 32 buds and blossoms and as they grow on long stems, many nearly a yard in length, they are fine for decorative purposes. Any good rose nursery has them for sale. So far there has been no insect enemies and no blight. La Fiamma is another beautiful rose; so dainty it is almost a fairy flower, but mine was spoiled by planting it next the American Pillar, so this fall it will be moved where it will not suffer by comparison.

The peonies are all gone and were not even missed, because I have been so busy thrilling over the yellow coreopsis, blue larkspur and red poppies. That combination, although it has no perfume, is so riotously cheerful it is enough to make old Job himself sit up and take notice, and decide that even if he did come into the world with no clothes to speak of and was going out the same way, there was a lot to see that was well worth while between coming and going.  
**MRS. LINDSAY PATTERSON.**

## ALL HOUSEWIVES TO BE ENLISTED IN NATIONAL SERVICE

**HERBERT C. Hoover** has outlined his plans for enlisting the Nation's housewives as members of the food administration, and appeals to them to join him in the fight for conservation measures and the elimination of waste. The women will be enrolled during a period of registration from July 1 to July 15 through the Council of National Defense and the state defense councils. He says:

"We ask every woman in the United States engaged in the personal control of food to register for actual membership in the food administration entering directly into the National service. We shall later on ask various classes of men likewise engaged in food preparation and distribution to also volunteer to the National service in their various branches.

"The proper assurance of the food to our allies in war. Without a larger margin from our abundant food supply, only to be secured by individual effort and volunteer sacrifice, the war will be prolonged and thousands of lives, not only of men but also of women and children, needlessly lost. The guiding hand of women in the home can alone control this matter.

"In all of the arrangements which we plan to make during the forthcoming year for the supply of our allies, we will bear the first regard to our own people, that they shall have plenty.

"We not only want the names and addresses but we want the number of persons in the household, we want to know whether the household employs a cook, whether it has a garden, and we want to know the occupation of the bread winner.

"We have six general principles of instruction: "First—To save the wheat. If we eat as usual from our harvest this year, we will have little more than enough for our own supply, but we can divide with our allies if each individual make some sacrifice; by eating at least one wheatless meal a day, substituting corn-bread or other cereals.

"Second—We want to save the meat, for our cattle and hogs are decreasing, and we must send to our allies, so we wish every householder to buy less, to serve smaller portions and to allow no waste.

"Third—We wish to save the fats. We consume three times the fats that are necessary for nutrition, and we need them now for war. We wish no butter used in cooking; we want less butter served on the table; we want less lard, bacon and other pork products used.

"Fourth—Any deficiencies in food supply, by economy along the above lines, can be amply covered by increasing the use of fish, potatoes, beans, peas, turnips, cabbage and vegetables generally, corn, buckwheat, rye and rice which we will have in abundance this harvest.

"Fifth—We want to save transportation. Our railways are unable to meet the war pressure for munitions, men and coal so that we wish every one to consume products of local origin so far as possible, to buy from the local miller, the local packer, buy and eat vegetables grown near home.

"Sixth—We preach and want everyone to preach 'the gospel of the clean plate;' to buy less foodstuffs, to serve smaller portions and to see that nothing of value goes into the garbage can."



MR. HOOVER