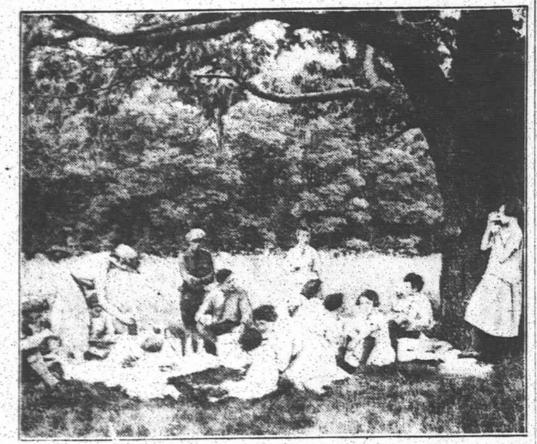
## 



A Picnic Undsr a Big Shade Tree.

aren't what they used to be. They're better. There was a

Prepared by the United States Department Highter type of Junety which is more suitable for the het weather when everyone appreciates a retreat to a time when so much effort was re shady, breezy spot. A well-balanced quired to get the typical piente lunch piente lunch with pienty of fruit and ready that mother and the others who crisp salad materials is easier to get helped had no pep left to enjoy the together and it leaves the family with ouring. But now the importance of better dispositions and digestive sys. recreation takes precedence over the tems the following day, says the Unitcontents of the lunch basket, and in led States Department of Agriculture. eldentally the latter has improved. Per . Form the finbit of picking up a lunch of controlling it had failed. haps there are fewer fried chickens at & picking up the family for shortand howls of policio soled and not so order plentes. The makings for salads many cafes, ples, and homemade and sandwhibes may well be taken cookies. Cortainly there are more with little home preparation and put plante busilets, while a tar of salad in form under the shade of a tree dressing, some whole togintoes, on after the family has "cooled off." One combers and a blad of lettoest washed our two thermes builtles or a thermes, the rate have been killed. The fleat and exisped, a small errors thouse, jug is un judispensable asset for sumsome peanty clins, a rit cooked eggs, mer comfort either at liome or onand a box of bernies, pour hes, or other contings. A, reviving drink made of cors freeds from in season. This change grape juice, ganger ade, lemon juice, months and only less of his and bake slightly sweetened buts new pep into only scatters the live deas but also

#### OUITE POPULAR USE SWISS CHARD MOST VALUABLE FOR FOOD FOR WHIPPED CREAM

#### Politable Source of Calcium Favored as Sauce or Garnish for Desserts. and Iron.

When asparagus and the green leaf . One need not much at the predice in I has I tong sensor it is called in . serves to appear frequently in the some, hearings contained one again, a mean points out the United States is a serby claims and in the leavisy Department of Agriculture .

source of the page and much but the admistrations on his chonolate or the eral supercreek senate of any made is usually expected because these water for the spaces; possible time countains, where whipped tream is filin the same way as spinson and other, so used to garnish the glass of soda greens, Chard has the advantage liver many other greens of being fairly free from grif and burt, he muse the leaves . grow see highly and here is easy to clean that leaves blend well with other treens, especially with knie. flick, sorget thustard or dandellon. The leaves are very large and broad, and do not had down to bulk so much as many greens, so that a smaller quantity of ancooked thard tenves. will serve the same number of people as quite a large amount of spinach of other greens.

When the stalks are used the leafy portions should be stripped from them. They should be cut crosswise late inch. or half-inch lengths and boiled in unsaited water from 10 to 25 minutes. The water should be boiled down rapidly at the last and may be used for soup or vegetable stock.

the stalks, the latter should be cooked cheese can be blended with unsweetfrom 5 to 15 minutes before the eaves are added. A simple seasoning of butter and sult is usually sufficient if the chard is in prime condition. Boiled chard stalks may be used like celery, in scallops or stews, in hash or otherwise with meats, with direct carrots, peas, string beans, or any convenient vegetable combinations. The stalks may also be rooked whole ike asparagus and served on toast. with white or hollandaise sauce or with melted butter. Of course, when one prepares either stalks or leaves only, the other should be served at another meal.

## Important Protein Foods

Meat, poultry, fish, eggs, milk, soy beans, and peanuts, says the United States Department of Agriculture, are the most important protein foods in the dlet. These are the foods which must be depended upon for protein that can be used to special advantage: by the body. Milk is one of the best foods for young and old, and cannot be satisfactorily replaced by any other food in the diet of growing children. Some of these foods are rich in mineral substance; for example, meats and egg yolks in iron, milk in calcium; and peanuts in phosphorus. Many of these protein foods, especially milk and egg yolks, are valuable sources of vitamins A and B.

that Agriculture it

avgetistics of carry spring are gone. Control the average high schools or the Ludest States Department of Apr. Confege girl for fishes dressed up with bullians suggests that the house-scoper | whipped cream " As a mafter of fact, may well from to swiss, hard who is adapped cream is not merely a garand troy may arange from fairly well inish but a valuable food which de-

as a stane their set of head there is a . A popular use for whipped cream is charmt supply the had been the been as a super or garack for desserts, escases of some chargers are been of paying chose made of genium, on serve the states of the same way as cake of the stemmed buildings, for esparages or believe the are The preasure rapided fruit and sweet fresh difference in the are to be the control rouns at while both fined value and enves some the his outside deferred this or theriefte russe is merely electron from the states to specify the present with whipped states the state of th and B. and a considerang appared whipped victin becomes immediately. waininger, more realist wastes the gen look flavored sweetened whilepedoneum by flavor provides a cold in title, drinks are served that way at soda;



Beaten Into Mayonnaise. Dressing:

water or to top off a sundae. Bavarian ream is a combination of custird and whipped cream stiffened with gelatin, and flavored with vanilla, coffee, pineapple, phocolate or other flavors, pers will record the life history of an royal and noble. according to individual preference.

A spoonful of unsweetened whipped cream on chicken or other light soups often serves to tempt an invalid or . If the leaves are to be served with contious taste. Cream or cottage ened whipped cream, nuts and pimentos and stiffened with gelatin to make an unusual funch dish; whipped cream can be heaten into mayonnaise dressing to make it richer and number for use on fruit salads:

The most satisfactory cream for whipping is raw cream with a butterfat content of 30 per cent or more. Of course any caw cream used should be of high sanitary quality. Pasteurized ream can be whipped as well, if slightly higher in butterfut; but homogenized cream will not whip nearly us well It homogenized cream has also been pasteurized its whipping formers and politicians and executives quality is further reduced.

## Children Like Rice and

Cherries as a Dessert Here is a dessert the children will like. The rice can be cooked at any time, and combined with the cherries

rice (salted) cupful cream, whipped (vanilcupful cherries. cut in half la and dash of I cupful powdered 1 cupful cooked sugar

riculture suggests using:

Cook the rice so the grains will be large, dry, and fluffy. Add the sugar, the fresh fruit, and the whipped cream Chill thoroughly before serving.

# HOW TO KEEP

DR. FREDERICK R. GREEN Editor of "HEALTH" (2) 1925, Western Newspaper Union.)

#### CONCERNING FLEAS

PUDDIN HEAD WILSON said that Mr. Beetle. a certain amount of fleas are good for a deg. They keep him from worryin over the fact that he is a be proud, too." dog. This may be true of dogs but it certainly isn't true of human beings.

Fleas are one of the most common and annoying of insect pests. To some persons who are especially susceptible, their bites are not only irritating but also actually poisonous. In an experiment on eight persons, there was little or no irritation in seven, while in the eighth person, the dea bites caused severe inflammation.

But besides the annoyance caused by their bites, fleas have of late years. been consisted as carriers of several "diseases, principally buboine plague, the Black Death, which has repeatedly swept the earth. During the Fourteenth century, an epidemic in Europe killed one fourth of the population. The great plague in London in 1665 nearly wiped out that great city and was only stopped by the great fire, which burned so many old houses and killed so many rats that the disease was Beecked, after all other methods.

No one then suspected the rats and their fleas, though in all great enidemays of this disease it had been nofixed that rats died by the thousands.

The rat fleat is the most dangerous, but will not a back man until most of which most commonly attacks man is the dog flea, also frequently found on, of a family relationship.

A dog or cal Elested with fleas not ing about of time but it also tomins a written fluthanaty in the summer time, the eggs, which the fleas, by and which are not attached to the animal's hair. These eggs are about one fiftieth of an unch long and are a glistening pearly white. They fall on the carpet on the pillows or bimblets and, in about two weeks, fratch out late full grown theirs, which the office attracts themselves to any warm blooded, animal they can find. Affilias may be a dog, a cut, or a human

To avoid deas, keep animals out of the Louise of wash them with strong flow south A 3 per cent solution of weeding is good for dogs, but had for cats, as bassy licks herself and may easily by appropriat by creating by tellaum powder, amstel on freely and hen brushed out, is best for her. If for house is intested; clean tone form nt a tilderby scaleering five pounds of naphtharque on the door and closing policed." the died for 24 borre

#### DOES ALCOHOL SHORTEN LIFE?

D4:00.031 Y no question since shyrgravitax's has aroused so untch disfiscion, as probabilitions. This, is, not beek punch between its hearing that. strange Promotion is not only, a don's of pullipons of antisydents, but I bis actions as the sames Reis also a main soled projection in is in sojentitis problem and a social expert ( Beetless ment Many men of using minds have be "Alc rug dear Mr. Red Winger Lot sensual Stas, open or secret, thought widely different views on the various; bust listen and I will tell thee

on the scientific questions involved. Red Winged Locust. appally weights authorities; differ Arbur effect does drinking alcoholic copie from still further South beverages hig ve on the human Body? There is condicting evidence on both

Experimentally, the evidence is equalty consussing. One day, our news, papers will contain a story of a hale and hearty old man who has just cele brated his one hundredth birthday, and Winged Locust, "I am glad you get so attributes his long and healthy life to | much loy out of that, but for my part the fact that he has never'touched I would rather be named a red-winged aboliok. The next day, the same paequally old and vigorous man who issure his/advanced years and perfect physical condition are due to his hav ing taken, all his life a drink whenever he felt like it or could get it.

"So there ve air," as Mr. Dooley would say. What is the truth? Pilate by away or rather as proudly as a asked the same question two thousand years ago, and it has never been an-

But if you want the opinion of the, business world, that looks at all quesrions from a cold, practical viewpoint, you can get a very positive answer, No railroad will employ or retain an engineer or conductor who drinks even moderately one of our greatest railroads has notflied its employees that any engineer, who even enters a sabon (if there are any left to enter); will be discharged. Scientists and reand social workers and advocates of social liberty can go on discussing the many questions involved as long as they like. Hard-headed business men. whose money is invested in the management of big enterprises, don't want any man around who drinks.

Life insurance companies are net and cream in time to be well chilled. generally regarded as sentimental The United States Department of Ag. Thirty years ago, a Scotch insurance company decided that drinkers must pay a higher premium than nondrink ers. Keeping the two chases of polley hotders separate, it has been found that the death rate of even moderate. drinkers is 30 per cent bigher than total abstainers. Four other compantes have found that deaths among drinkers are from 29 to 49 per cent higher than among nondrinkers.

So again, as Mr. Dooley says, "There ye air."



#### PROUD MR. BEETLE

"his a matter of pride to me," said

"Yes, it is a matter of great pride to me. Anyone in my position would

"I am in your position," said the Red Winged Locust, "and I don't know that I am feeling particularly proud. "I am crawling slowly about my cage here in the zoo as you are doing. "Is that a position of which to be

"My dear Red Winged," said the Beetle, "you are slow. You don't understand."

"Pardon me, my dear sir," said the Red-Winged Locust, "but you are thinking of my distant relatives, the

"That is, they are not my near relctives, and I am not really sure that they are relatives at all,

"In fact, come to think of it, I don't believe they are relatives at all." "My dear Mr. Red Winged Locust," said Mr. Beetle, "why don't you think

"That's an old, old saying, older than you are or than I am. "It's elder than most creatures, I

before you speak?

be liexe.

"But it's a good old saying, just the

"Well," admitted Mr. Red Winged Locust, slowly, 'I suppose I should have thought before I spoke.

That the snails, I suppose do belong to the insect class, and so do I and so do you, so there must be some sort "No more than there is between lays

and girls of entirely different families



He Did Not Mind Being Stepid.

and from different states in transities and Janus," said Mr. Beetle. Tables he all prople, but the he not

"Wath," said Mr. that Wiscoll Locust you said I was son, and I couldn't "Alig" sight Mr. Doorby, "I become that you were stone with cours afted your

Mr. Red Winged Longist see sed too

destion which a cots the personal as he was it could sed us side in the

w legal question a political issue, a law asked after a moment of Mr. scripts).

"Time language, heigraha" and Mr

"I know that you come from the widely "Is alcohol a food or a pelson? | South," commenced Mr. Beetle, "but I

my whole name is Mr. Hercules Beatle.

"I am named after a man of ancient fame who was very brave and who did very wonderful things."

"Well, well, well," said Mr. Red

locust, as red sounds so gay and "I wouldn't care so much just being named after some one else who was tine and brave, and all that sort of

"Each to his own taste," said Mr Hercules Beetle, as he crawled provid

creature can crawl. Which, after all, is a 4 so very fine,

as crawling is not a lofty way of moving about. Still Mr. Herenies Beetle did his

## Father's Knowledge

Benton was bragging thatch's father thew "hour ever'thing" but Ted was nat at all sure that he did.

He could remember, several times when he had answered right straight to some question. "Well, really, Ted. I'm sure I don't know."

But he wanted to drag on his father. too, and so be said; "Well, my father doesn't know everythin', but we got a diction'ry that knows the rest."

#### . Would Be a Man Suzanne's mother telephoned Ted

that she was going to let her come over and play with him,

When he came from the phone he said: "Oh, mother, Sazanne is comin" ober. Quick, take my rempers off and put on my suit. cause I want her to see me as a man."

## Knowledge

"Dolly, what did you learn in school

today?" "I learned the name of the boy whe moved next door, mamma."

## IMPROVED UNIFORM INTERNATIONAL

# Sunday School Lesson '

By REV P B FITZWATER, D.D. Deam of the Evening School, Moody Bible Inattitute of Chicago.)
(E 1925 Western Newspaper Union )

#### Lesson for August 16 TEMPERANCE LESSON

LESSON TEXT -Gal. 5:13-21. GOLDEN TEXT-Be not deceived: God is not mocked; for whatsoever & man soweth, that shall be also reap."

PRIMARY TOPIC-A Picture of & Good Life JUNIOR TOPIC-Good and Bad

INTERMEDIATE AND SENIOR TOP-IC Drunkenness and Kindred Evils. YOUNG PEOPLE AND ADULT TOP-

IC-The Fiesh Against the Spirit.

Having shown in chapters 3 and 4 of this epistle that the believer is free from the law as a means of histification, Paul makes practical application of this doctrine.

1. Christian Freedom (vv. 13-15). I. It Is Not an Occasion to the

'Flesh' (v. 13). Liberty is not license. The notion that when one is free from the law he is free from constraint, is wickedly erroneous. License of the flesh means not merely the indulgence of the flash In actual material sins, but in the expression of a self-centered life in hiting and devouring one another (v. La). Bickering among Christians is an example thereof

2. By Love: Serving One Another

Freedom from the Mosale taw means slavery to the law of lave. The emerging from bondage through Christ is the passing into a sphere of life in which all the powers should at under the dominion of the True and the love."-Morgan.

H. Walking in the Spirit (v. 16.18). This discloses the secret of how a life of service to another can be lived. The generaling principle in the life of a believer is the Holy Spirit, Walking in the Spirit results in 1. Loving Service to Others (v. 13).

2. Victory those the Fiesh (vi. 16.

By the flesh is meant the courted nature of man expressing Book in the realm of sense and self. The renewed man becomes two men between who: a monthly conflict is going on. The Christian must a house thirtyeen good and evil. When he chooses the evil. the Holy Spirit opposes, and when he chooses the good the theb opposes: Notwithstanding this deadly condict. victory is sure if one chooses the

III. The Works of the Flesh (vv.

the works of the this is meant the operation of the carried pattice. The one who chouses to two according to thic impulses and positive of his naturat heart will be practically the fole low interstille

1. Sensuality (v. 10). The sins confidented between pro-"APA-Ed not mind being segued as high fised in the sphere of the body and

(i) Formation (I wood failult-"What is a matter of pride to year" pery" is omitted from the 5 st manu-

(2) Uncleanness The Includes all

(3) Laseiviousness. This means the wanton reckless includences in the shameful practices of the desh. 2 Irreligion (v. 20)

"I come from Souta America, and of the spirit and are: (1) Idolatry, which means the wor:

shining of idols (2) Witcheraft or Sarcery This means all dealing with the occ"t such as magical aris, etc.

3. Sins of the Temper (vv. 20-21. These take place in the sphere of 1,562 bill the mind and are

(1) Hatred. (2) Variance, which means strife.

(3) Emulations, jealousy.

(4) Wrath, bursts of passions, (5) Seditions, factions in the state (6) Heresies, factions in the church.

(7) Envylngs.

(8) Murders. 4. Sins of Excess (v. 21).

(1) Drunkenness. This means in dulgence in Intoxicating liquors.

(2) Revellings, acts of dissipation under the influence of intoxiconts. IV. The Fruit of the Spirit (v. 22

This indicates action in the realm of life, the product of the Holy Spirit indwelling the believer.

1. Love, to God and man. 2. Joy, glad-heartedness because of

what God has done. 3. Pence with God and fellowman.

4. Longsuffering, taking insult and injury without murmaring. 5. Gentleness, kindness to others.

6. Goodness, doing good to others. 7. Faith, believing God and commit-

ting all to Him. 8. Meekness, submission to God. 9. Temperance, self-control in all things. Against such there is no law.

## Man's Sorrows

Man's sorrows are a mystery, but that sinners should not have sorrows were a sadder mystery still. And God plends with us all not to lose the good of our experiences of the bitterness of sin by our levity or our blindness to their meanings.-Alexander Maclaren.

## Do It Today

There are a lot of people who never put off till tomorrow what they can get somebody to do today.-Western Christian Advocate,

That Was the Life of Mrs. Hollister Until she Began Taking Lydia E. Pinkham's Vegetable Compound

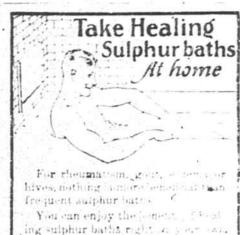
Wyandotte, Michigan. - "After my baby was born I did not do my own work



could hardly take care of myown baby. I always had a pain in my right side and it was so bad I was getting round shoulders. I would feel well one day and then feel so bad for three or four days that I would be in bed. One Sunday my mother came to see how I

was, and she said a friend told her to tell me to try Lydia E. Pinkham's Vegetable Compound. So the next day I got a bottle and before it was half taken got relief. After I was well again I went to the doctor and he asked me how I was getting along. I told him I was taking Lydia E. Pinkham's Vegetable Compound, and he said it did not hurt any one to take it. I am always recommending the Vegetable Compound to others and I always have a bottle of it on hand."-Mrs. HENRY HOLLISTER, R. F.D. No. 1, Box 7, Wyandotte, Mich.

Lydia E. Pinkham's Vegetable Compound is a dependable medicine for all women. For sale by druggists every-



#### Hancock Sulphur Compound

home, and at small cost by using

nature's own blood purford and skin healing remady - Suphur setentifically prepared to make its use most efficiences. Use it in the both. Alcourse dinternally and as a lot in on affected parts. due and \$1.50 the druggetts. If he cannot supply you

send his name and the price in at 1944 and we will send you a bottle lirest. HANCOCK LOST TO STEED R COMPANY Battmare, Maryland  $\begin{array}{lll} Hancoch = & c. & \cdots & \vdots & ma & \forall f \in \mathbb{N} & chart = \mathbf{f} c \\ and & (a-1) & \cdots & (a-1) & \cdots & L & q & \vdots & \mathbf{v} \in \mathbb{N} & \mathbf{v} \end{array}$ 





## Japs Rebuilding Shrines

The control State of the Assistant In the more than their wears and hate Company to the greater days and the great earlieghtue of 1923. At a fecont These acts rake place in the yealth meeting to be a strong resorstruction beginning in his models that those set his destrayed by the s enrihumble are small be equally of theorem a series. In take out its einity, the Sim to Sames were destroyed, although about rost of teconstructing these has been a new at

> A widow al vays less of the for her thre bestoand in P's different with a sleeps wife. - to-



## SICK BABIES

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