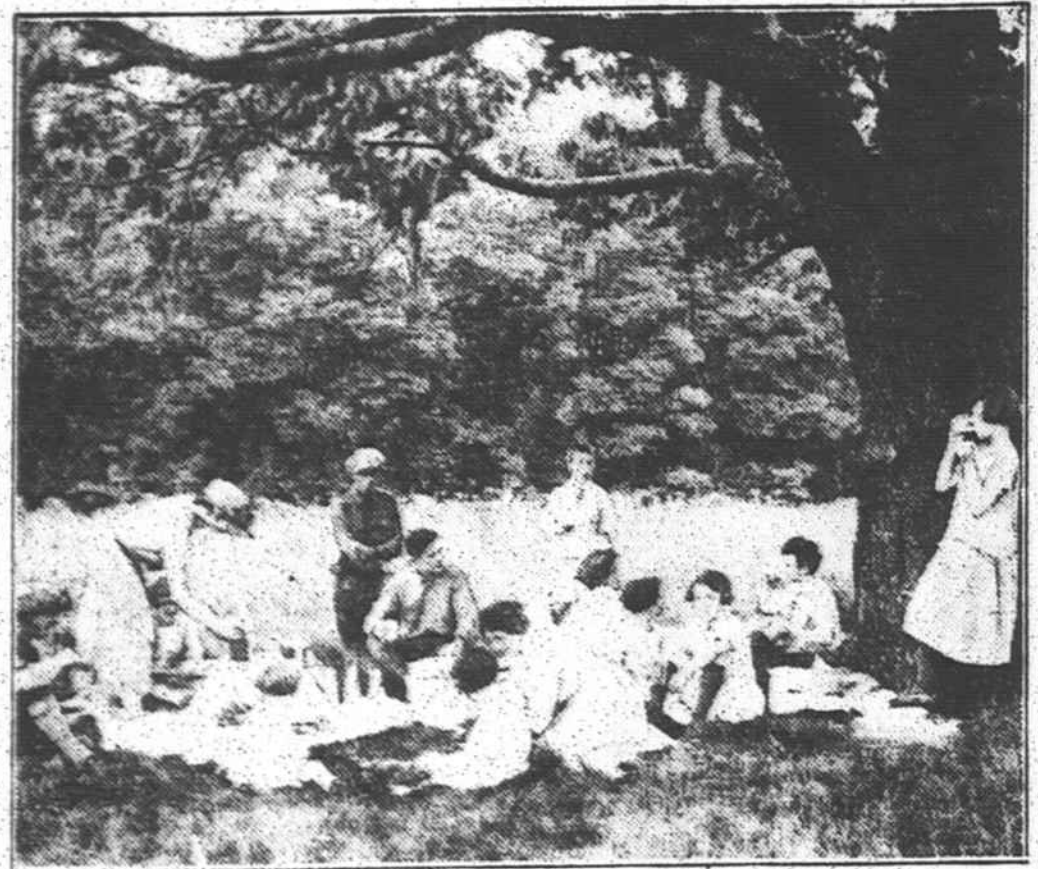


LIGHTER TYPE OF LUNCH FOR PICNICS



A Picnic Under a Big Shade Tree.

Prepared by the United States Department of Agriculture. Picnics aren't what they used to be. They're better. There was a time when so much effort was required to get the typical picnic lunch ready that mother and the others who helped had no pep left to enjoy the outing.

Lighter type of lunch which is more suitable for the hot weather when everyone appreciates a retreat to a shady, breezy spot. A well-balanced picnic lunch with plenty of fruit and crisp salad materials is easier to get together and it leaves the family with better dispositions and digestive systems the following day.

SWISS CHARD MOST VALUABLE FOR FOOD

Poitable Source of Calcium and Iron.

Prepared by the United States Department of Agriculture. When asparagus and the green bell vegetables of early spring are gone, the United States Department of Agriculture suggests that the lettuce-rotter may wish to turn to Swiss chard, which is a good source of calcium and iron.

QUITE POPULAR USE FOR WHIPPED CREAM

Favored as Sauce or Garnish for Desserts.

Prepared by the United States Department of Agriculture. The creamiest, not much of the product, of the average high school or college girl for dishes dressed up with whipped cream. As a matter of fact, whipped cream is not merely a garnish but a valuable food when the berries to appear frequently in the menu points out the United States Department of Agriculture.



Beaten Into Mayonnaise Dressing.

HOW TO KEEP WELL

DR. FREDERICK R. GREEN Editor of "HEALTH" CONCERNING FLEAS

Puddin' Head Wilson said that a certain amount of fleas are good for a dog. They keep him from worrying over the fact that he is a dog. This may be true of dogs but it certainly isn't true of human beings.

No one then suspected the rats and their fleas, though in all great epidemics of this disease it had been noticed that rats died by the thousands. The rat flea is the most dangerous, but will not attack man until most of the rats have been killed.

To avoid fleas, keep animals out of the house or wash them with strong flea soap. A 3 per cent solution of mercuric iodine for dogs and cats is good for dogs, but not for cats.

DOES ALCOHOL SHORTEN LIFE?

PRIMARY question since slavery days has posed a search for a solution is prohibition. This is not strange. Prohibition is not only a question which affects the personal habits of millions of individuals, but it is also a highly complicated political, scientific, and social question.

Experimentally, the evidence is equally convincing. One day our newspapers will contain a story of a hale and hearty old man who has just celebrated his one-hundredth birthday, and attributes his long and healthy life to the fact that he has never touched alcohol.

Life insurance companies are not generally regarded as sentimental. Thirty years ago, a Scotch insurance company decided that drinkers must pay a higher premium than nondrinkers.

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 and cream in time to be well chilled. The United States Department of Agriculture suggests using:

- 1 cupful cream, rice (salted), whipped (vanilla), 1 cupful cherries, 1/2 cupful sugar, 1/2 cupful powdered sugar, 1 cupful cooked sugar.

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.

Daddy's Evening Fairy Tale

MARY GRAHAM BONNER

PROUD MR. BEETLE

"It's a matter of pride to me," said Mr. Beetle. "Yes, it is a matter of great pride to me. Anyone in my position would be proud, too."



He Did Not Mind Being Stupid.

Mr. Beetle, you are slow, and I wouldn't like to see you crawling about in my cage here in the zoo as you are doing. "Is that a position of which to be proud?"

"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 Winged Locust, "I am glad you get so much joy out of that, but for my part I would rather be named a red-winged locust, as red sounds so gay and royal and noble."

Father's Knowledge

Benton was bragging that his father knew "bout ever'thing," but Ted was not at all sure that he did.

Would Be a Man

Suzanne's mother telephoned Ted that she was going to let her come over and play with him.

Knowledge

"Daddy, what did you learn in school today?" "I learned the name of the boy who moved next door, mamma."

IMPROVED UNIFORM INTERNATIONAL Sunday School Lesson

Lesson for August 16

TEMPERANCE LESSON

GOLDEN TEXT—Be not deceived; God is not mocked, for whatsoever a man soweth, that shall he also reap. Gal. 6:7.

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

Freedom from the Mosaic law means slavery to the law of love. The emerging from bondage through Christ is the passing into a sphere of life in which all the powers should put under the dominion of the true and loving love.

III. The Works of the Flesh (v. 19-21).

The works of the flesh is meant the operation of the carnal nature. The one who chooses to live according to the impulses and passions of his natural heart will be practicing the following sins:

- (1) Sensuality. (2) Envy. (3) Unbelief. (4) Hatred. (5) Wrath. (6) Strife. (7) Jealousy. (8) Murders. (9) Sins of Excess. (10) Drunkenness. (11) Revellings. (12) The Fruit of the Spirit.

Man's Sorrows

Man's sorrows are a mystery, but that sinners should not have sorrows were a sadder mystery still. And God pleads with us all to lose the zodiac 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.

WELL ONE DAY IN BED THREE

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 for six months and could hardly take care of my own baby."



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 I 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.

Take Healing Sulphur baths At home. Hancock Sulphur Compound. For rheumatism, gout, skin eruptions, itching, and all other ailments.

Makes Your Teeth Snow White TARTAROFF. Removes Tartar, Film, Grease, Chloride and all other stains from your teeth.

FREE Write for attractive booklet of Parisian perfumes, powders, rouges, etc. BOURJOIS.

Japs Rebuilding Shrines. The Japs Rebuilding Shrines is a new and interesting book.

A widow always has a hard time for her first husband, but it's different with a sleep.



SICK BABIES

Respond instantly to a short treatment of Dr. Thornton's EASY TEETHER.

RESINOL Soothing and Healing Promotes Skin Health

Boschee's Syrup for Coughs and Lung Troubles. Successful for 59 years.