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**Are You a 'Canny' Canner?**  
By **JOSEPHINE C. BOND.**

Do you get 100 per cent returns from your canning efforts? It isn't always enough to do "lots of canning." You may have 500 full jars in your cellar at the end of the season, but if 100 of these leak because of cheap or old rubber rings, you are only getting an 80 per cent return on your labor.

One of the greatest mistakes the housewife canner can make, I have found, is to yield to the mistaken clerk who substitutes "unknown brands" for advertised brands produced by reputable manufacturers. Substitution may be all right at times, when an item can be used up in a short time. But when it comes to jar rings—play safe—buy a recognized brand.

There is a lot of difference in jar rings. The rubber used in them is compounded, or mixed, in much the same way that the batter for a cake is mixed, and, like cake batter, unless the recipe is tested and the ingredients of the best, the results will be disappointing. Inferior jar rings will "check" or crack and allow air to seep into the jars.

**KOOL-AID 5¢**  
BOYS GIRLS FREE! AVIATION CAPS  
MAKES 10 BIG GLASSES  
ASK YOUR GROCER

**A Sunny Friend**

A cheerful friend is like a sunny day, which sheds its brightness on all around.—Sir J. Lubback.

**NERVOUS?**

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made especially for women.

For over 60 years one woman has told another how to go "smiling thru" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

WNU-13 28-38

**Sentinels of Health**

**Don't Neglect Them!**

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—life itself—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure.

When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance.

The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use **Doan's Pills**. They have had more than forty years of public approval. Are endorsed the country over. Insist on Doan's. Sold at all drug stores.

**DOAN'S PILLS**

**FARM TOPICS**

**THREE RULES FOR MARKETING CATTLE**

**Important Points Cited by University Expert.**

By R. C. Ashby, Chief in Live Stock Marketing, University of Illinois, WNU Service.

To market fat cattle to advantage cattle feeders can do no better than to follow three fundamental rules. Stated briefly the three rules are to avoid overloading the market, to sell competitively and to fit cattle to the market.

In following the first of these rules, shipments will need to be adjusted to the capacity of the market to absorb them. This will require careful team work between cattle feeders and sales agencies on the markets.

To get the full strength of the market, it is necessary to sell competitively on the open competitive market, and to get the best available sales service it is advisable to sell through strong sales agencies.

By fitting cattle to the market, the third rule laid down, is meant watching them closely and selling when they become fat enough to sell to advantage.

The margin a feeder needs to carry cattle in summer—cattle that could be sold in June but might be held until September in anticipation of a higher price—depends largely upon the age of the cattle, it is pointed out.

Calves can be held much better than older cattle since they will continue to make fairly economical gains. Older cattle, however, if fat, gain little if anything during hot weather. Consequently, their entire feed bill during the holding period must be recovered by a higher selling price.

It is believed that a price increase of about 50 cents a month is needed in holding two-year-old steers in summer. Less is needed with calves, especially on 50 cent corn.

**Scarecrows Modernistic**

When wildlife, protected by game laws, becomes injurious to agriculturists, methods developed by the United States biological survey supplant the old-fashioned scarecrow. Wild ducks and other migratory birds, menacing crops such as fields of ripened grain, are now driven off by flash guns, revolving lights, and especially designed "move-on" noisemakers. Even fireworks, a most effective agent, are brought into play in special situations when the value of the crop warrants the expense. The biological survey desires protection for valuable field crops without damage to the country's wildlife.

**Care in Feeding Horses**

Digestive disturbances are among the most common ailments of horses, and a large percentage of these are caused by improper feeding, says F. H. Olvey of the Missouri college of agriculture. While horses may be affected with digestive disturbances at any season of the year, such troubles are more prevalent in the spring and fall. Feed should be of the best quality, and all changes in feed, with a few exceptions, should be made gradually.

**Keep Biddy Cool**

Hens need assistance from flock owners during warm weather. The hens have elaborate sets of air sacs which communicate with the bronchi and extend into many of the bones. These may be regarded as accessory lungs and assist in regulating body temperature. But these are not so effective but what owners should plan to keep the flock as cool as possible during the summer, says H. M. Scott, poultry husbandry, Kansas State college.

**Winners in Cake Recipe Contest**

THE home economists on the staff of the Experimental Kitchen Laboratory, maintained in New York city by C. Houston Goudiss, who conducts our "WHAT TO EAT AND WHY" series, have reached their decision concerning the prize winners in the recent Cake Recipe Contest. Winners have already been notified and have received their checks.



The first prize of \$25.00 went to Mrs. D. F. Kelly, 1004 Charles St., Whitewater, Wis.

**Second Prize Winners.**  
The five second prizes were awarded to Mrs. H. Harshbarger of 2427 Fifth Ave., Altoona, Pa.; R. A. Williams, 12075 Rosemary Ave., Detroit, Mich.; Mrs. C. A. Burns, Box 788, Oakland, Miss.; Miss Sadie Cunningham, Avonmore, Pa.; and Mrs. Laura Meyer, 107 Pleasant St., Plymouth, Wis.

**Third Prize Winners.**  
Mrs. T. H. Fjone, Flaxville, Mont.; Mrs. Lester Ralston, 127 South Judd St., Sioux City, Iowa; Mrs. Harry A. Kramer, 16 Marin

Road, Manor, Calif.; Mrs. F. D. McDonald, Route 1, Amherst, Texas; Vera Tygar, Commodore, Pa.; Mrs. George Ahlborn, R. D. No. 1, Mt. Pleasant, Pa.; Mrs. B. A. Robinson, Box 578, Emmett, Idaho; Jean Guthrie, 4712 Campbell St., Kansas City, Mo.; Mrs. Walter Richter, Bonduel, Wis.; Mrs. P. C. Blakely, Alden, Mich.

**Honorable Mention.**

Emogene Williams, Damon, Texas; Mrs. Simon Moen, Norma, N. D.; Mrs. Dick Collins, Masonville, Iowa; Mrs. B. F. Herman, Box 1118, Crosby, Miss.; Mrs. Paul Lorenz, P. O. Box 225, Strathmore, Calif.; Mrs. S. S. Arantz, Simpson, Nev.; Mrs. Vida Hilger, Box 257, Rockland, Mich.; Mrs. Grace H. Peterson, Box 335, Amherst, Wis.; Mrs. Cecil Skinner, Bedford, Wyo.; Mrs. Joe Furnace, 317 West Twentieth St., South Sioux City, Neb.

**Magnificent Cakes Entered.**

The judges report that they have never seen a finer collection of cakes assembled at one time. Because almost all the cakes were so exceptionally good, it was extremely difficult to choose the winners. But a most careful scoring system was used, and the cakes were checked for general appearance, including shape, size and crust, both color and character; flavor, including odor and taste; lightness; crumb, including texture, rated as to its fineness, tenderness, moistness and elasticity, color and grain.

C. Houston Goudiss has said that he regrets that every woman who entered the contest could not win a prize. He offers his congratulations to the winners and his thanks to the many other homemakers who helped to make this Cake Contest such a splendid success.

**LATER VERSION**



Bess—No man is a hero to—  
Tess—Anybody who knows him

**\$500 CASH Each Week**

**\$250 to Consumers FREE**

**\$250 to Grocers GIVEN—**

**FLA-VOR-AID**

**NEWS ITEM CONTEST**

1st Prize \$50.00 3rd Prize \$10.00  
2nd " 25.00 4th " 5.00  
5 Prizes, Ea. 2.00 150 Prizes, Ea. 1.00  
159 Cash Prizes Given Each Week

- Here Are the Simple Rules**
- 1—Clip the most unusual or comical News Item from your paper or magazine.
  - 2—Complete this sentence in 10 words or less "THE ONE THING I LIKE BEST ABOUT FLA-VOR-AID is....."
  - 3—Attach entry to wrapper from 5c package of FLA-VOR-AID or facsimile.
  - 4—Add the Name and Address of Grocer where you bought FLA-VOR-AID.
  - 5—Sign your Name and Address plainly.
  - 6—Mail Entry to JEL SERT CO., 1020 S. Central Park Avenue, Chicago, Illinois, not later than Wednesday, July 26th. Judges' decision is final.



**ENTER TODAY**  
You May Win \$50.00

Prize winners will be notified by mail. For list of winners write to the  
**Jel Sert Co.**  
Chicago, Ill.

**UNA and INA Go Camping on the River...**

**SUFFERING KITTENS! WHERE DO YOU THINK WE'RE GOING TO PUT THAT FREEZER?**

**WE'LL WANT TO MAKE ICE CREAM WHILE WE'RE CAMPING, WON'T WE? GRANDPA! COUSIN ED DOESN'T WANT TO LET US TAKE OUR FREEZER!**

**COME ON, ED—THERE'S ICE IN THE SHED DOWN THERE, AND THE GIRLS MAKE SOME MIGHTY FINE ICE CREAM IN THIS CONTRAPTION**

**SURE WE DO! WITH JELL-O ICE CREAM POWDER—YOU'LL SEE**

**O.K. TOOTS, I'LL BELIEVE THAT WHEN I TASTE IT**

**LOOKIT, ED—WE JUST MIXED JELL-O ICE CREAM POWDER WITH MILK...THAT'S ALL**

**UH-HUH, AND NOW I GOTTA CRANK THE FREEZER**

**NO SIR! IT'S ALL DONE**

**YOU WIN, KIDS, THIS IS SUMP'N! SMOOTH AS SILK. IS THERE ENOUGH FOR SECOND HELPS?**

**THERE SURE IS!**

**THERE'S ALWAYS PLENTY WHEN YOU USE JELL-O ICE CREAM POWDER!...**

**...CAUSE ONE PACKAGE OF JELL-O ICE CREAM POWDER MAKES A WHOLE QUART AND A HALF!**

**FOR HAND FREEZER OR AUTOMATIC REFRIGERATOR**

**JELL-O ICE CREAM POWDER**

STRAWBERRY - VANILLA - CHOCOLATE  
LEMON - MAPLE - UNFLAVORED

**AUNT MAY TILGY'S**

**Damson Conserve**

● Lizzie Lowry's Elderflower Cordial... Mrs. Horton's Recipe for Crumb-Cake... Goose-grease Ointment for the Quinsy. How carefully they were guarded—those faded, handwritten formulas in heavy old recipe books! Your mother and grandmother originated them... tried them... proved them, then put the priceless results away affectionately for the daughter who would some day marry.

Assurance of excellence does not come, nowadays, by the slow, costly process of

personal trial and error. We have too much else to do. The experiments, the search for new and better ways take place in million-dollar laboratories! To tell you of his success, the manufacturer advertises.

Here, in the pages of this newspaper, is a seasoned section of the old family cook-book. National advertisers bring you formulas and recipes perfected by greater experience than one family could ever achieve... tested by greater labor than one woman could give in a lifetime. Read them today... and rejoice that you live in a modern world!

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