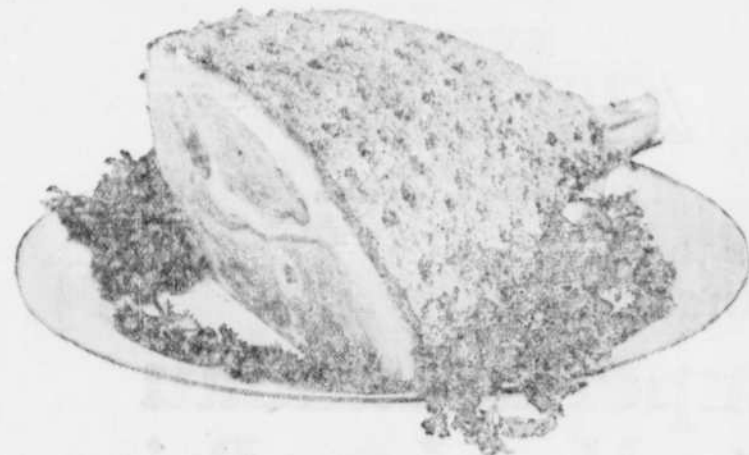


REDUCE COOKING DURING SUMMER MONTHS



Ham First Boiled, Then Baked is Excellent.

(Prepared by the United States Department of Agriculture.)

One of the food problems in summer time is to dispense with as much cooking as possible and nevertheless give the family plenty of variety. With so many kinds of fresh vegetables obtainable in abundance at this season it is easy enough to have variety in vegetables. As most of the vitamin-rich kinds should be cooked the shortest possible time or stewed raw, as in salad, the chief problem is how to have the meats the family likes without monotony or overheating the kitchen.

Ham is of course a standby in summer time, because after it has once been cooked it may be served sliced cold, or quickly heated up in a number of different ways. Here are several ham menus suggested by the bureau of home economics for use in warm weather.

Several Ham Menus.

1. Ham, boiled and baked; scalloped or baked potatoes; Swiss chard; blackberry ice.
 2. Cold sliced ham; potato salad; sliced tomatoes; raspberries and cream.
 3. Ham omelet; corn on the cob; string beans; peach shortcake.
 4. Ham hash; New Zealand spinach; tomato, cucumber and cress salad; watermelon.
- Baked or scalloped potatoes are suggested for the first menu because the oven will be in use for browning the ham. On the other days all necessary

cooking can be done in half an hour or less. Fruit and green vegetables are used at each meal.

To prepare the ham for the first dinner: Wash it thoroughly and trim off any mold or loose pieces. Soak overnight if the ham is unusually dry. Otherwise, put directly into cold water with a teaspoonful and a half of pickling spice, three slices each of carrot and onion, a stalk of celery, half a teaspoonful of celery salt, a sprig of parsley, and a quarter of a cupful of strong vinegar. Bring to a boil and cook slowly until it is tender when pierced with a long-tined fork. For an old ham, five or more hours' cooking may be necessary. The meat will be somewhat shrunken from the bones, but the ham should not be overcooked or it will be difficult to carve nicely. If it is to be served as cold boiled ham, let it cool in the water in which it was cooked.

To Bake Ham.

To bake the ham remove the skin, then cover the surface with a paste made in the following proportion: One cupful of brown sugar, one cupful of fine soft bread crumbs, one teaspoonful of mustard, and enough ether or vinegar to hold the paste together. Stick the ham all over with whole long-stemmed cloves and bake in a hot oven so that the crust forms quickly. Then reduce the temperature of the oven and baste with a mixture of ham liquor and cider or vinegar until the ham is evenly browned.

TWO WOMEN FOUND HELP

Their Sickness Banished by Lydia E. Pinkham's Vegetable Compound

Mrs. Nina Matteson, Box 205, Oxford, N. Y., writes—"If it had not been for your medicine, I could not have done my work as it should have been done. Mother told me of Lydia E. Pinkham's Vegetable Compound, and I had read in different papers what it had done for different women. She wanted me to try it, so my husband got me one bottle at first; then I took two others. Now I am feeling quite strong again."



Mrs. Ernest Tanguay of Adams, Mass., says she was ill for four years and could not sleep nights or go out on the street. She read about the Vegetable Compound and decided to try it. After taking eight bottles she was able to do all her work and go anywhere and is quite herself again.

This dependable Vegetable Compound is a household word in thousands of homes. The fourth generation is now learning the merit of Lydia E. Pinkham's Vegetable Compound. For more than half a century, this reliable medicine has been used by women with very satisfactory results. If the Vegetable Compound has helped other women, why shouldn't it help you?

HANFORD'S Balsam of Myrrh For Piles, Corns Bunions, Chilblains, etc.
All dealers are authorized to refund your money for the first bottle if not suited.

Mitchell Eye Salve For SORE EYES
AVOID drooping heavy lids in eyes sore from ABALL or other irritations. The old simple remedy that brings comforting relief in hours. 25c. All drug stores. Retail, New York City.

Dead or Alive
"In Arizona my brother is worth \$10,000."
"Is that so? How come?"
"That's what the sheriff offered for him, dead or alive."—Vancouver Province.

Indians' Vanity Shown by "Fake" Ornaments

The ancient Indian chiefs whose bones lie buried in Ohio mounds were not above making and wearing artificial jewelry when the natural materials were not readily available. Investigation of the relics of the so-called "Hopewell Culture," by Dr. H. C. Shetrone of the Ohio State Archeological and Historic society, has disclosed a number of bone ornaments accurately and artistically carved in imitation of bear teeth. Bear-tooth necklaces were highly prized by this long-buried people. They accompany many of the more important burials. Only the long, tusklike eyeteeth were used, and the larger ones were frequently inset with river mussel pearls as big as peas. Most of the teeth are of the common black bear, which ranged throughout North America, but frequently specimens are found of undoubted grizzly bear origin, which must have come by primitive trade routes from as far away as the Rocky mountains.

Canada's Peat Deposits

It is entirely possible that at no distant day Canada may be making commercial use of the great peat deposits which are to be encountered in various parts of the dominion. A peat committee appointed by the government and the province of Ontario has been thoroughly investigating the subject and has made some very valuable suggestions. Field operations have been conducted for some time at a point 40 miles east of Ottawa and these have led to the solution of many problems incident to the commercial production and utilization of peat fuel. Machines have been developed for the economical extraction of the peat from the bog and it was found entirely practical to dry the fuel in the air, as the essential climatic conditions prevail over a period of 100 days during the summer season.

Map to Cover an Acre

The great topographic map of the United States is less than half completed despite the fact that the work has been in progress for a generation. When finished and assembled into one sheet, the map will cover considerably more than an acre of ground.

What so tedious as a twice told tale?—Pope.

Sleep stores up good nature for you. See that you get enough.



Cuticura Soap Shampoos Keep the Scalp Healthy

Regular Shampoos with a suds of Cuticura Soap and hot water, preceded by light applications of Cuticura Ointment, are most effective. They do much to cleanse the scalp of dandruff, allay irritation, stimulate circulation and promote the healthy condition necessary to a luxuriant growth of hair.

Soap 25c. Ointment 25c. and 50c. Tubes 50c. Sold everywhere. Sample copy free. Address: Cuticura Laboratories, Dept. 28, Malden, Mass.

And He Couldn't
Wife (with newspaper)—I notice, dear, that a post-mortem examination is often made in murder cases. What does that mean?
Hub—A post-mortem examination, my dear, is intended to allow the victim to state verbally his own testimony against his assailant, and is taken down in writing.
Wife—Thanks, darling; and you won't look down on me, will you, because I haven't your education?
He said he wouldn't.—Boston Transcript.

Mothers Try This

Here is something you should have in your home. When the awful itching of Eczema or any skin disease nearly drives you mad, remember here is a remedy you can try before you pay. Bismoline is the best healing cream made. Will also take away pimples, freckles, brown spots and heal all sores.

We trust you so you cannot lose. Send your name and address for a large box of Bismoline, use it for 20 days, then send us one dollar or return what you have left.
The Young Co., 79 Dorr St., Toledo, O.

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There's quick, positive relief in **CARBOIL**
At All Drugists — Money Back Guarantee

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"Can I speak to your father today, my little man?"
"Papa is at the law courts."
"But you said that a month ago."
"He's still there."—Die Muskete, Vienna.
About the only sure way to keep a secret is not to have a secret.

FOR OVER 200 YEARS

haarlem oil has been a world-wide remedy for kidney, liver and bladder disorders, rheumatism, lumbago and uric acid conditions.



correct internal troubles, stimulate vital organs. Three sizes. All drugists. Insist on the original genuine Gold Medal.

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Removes dandruff, restores falling hair, restores color and beauty to gray and faded hair. Cleans, cures, and grows hair. Makes hair soft and fluffy. No combing by mail or at drugists. H. C. Parker Chemical Works, Paterson, N. J.

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W. N. U., PORTLAND, NO. 35-1927

Millions for Bananas
Of the money spent by the people of this country for imported fruit, more than half of it was spent for bananas last year. The value of banana imports reached \$22,074,410, as compared with \$19,738,503 in 1923. Americans, particularly Bostonians, own most of the banana plantations in this hemisphere.

BACK YARD HINTS FOR WASH DAYS

Good Policy to Hang Out Clothes Soon as Rinsed.

(Prepared by the United States Department of Agriculture.)

Many women do not seem to know that it is good policy to hang out clothes as fast as a tubful is rinsed and put through the wringer. They wait until the whole washing is done, thus losing valuable morning sunshine and crowding the lines. Often the colored pieces, which ought not to stand while wet, are left in the basket until a place can be made for them.

If you are using a washing machine, the first lot can be hung out while the next tubful is in the machine, thus releasing some of the lines by the time the last tubful is ready. If you do not have a machine, letting the second tubful of clothes soak in the water while the first is being hung out makes them easier to wash, and the change in work will prevent you from getting too tired, working at the tubs.

Galvanized wire clotheslines have the advantage of permanence. They are easy to clean with a damp cloth and are useful for all but thin materials. They must be looked over for rust spots from time to time. Many homemakers have in addition to a permanent wire line for general use a rope line to put up on wash day. Boiling a new rope for a few minutes in soapy water softens it and lengthens its life.

There is no best way of putting up a clothesline. Available space and personal preference will determine to a large extent whether to string the clothesline from posts or buildings, or on a stationary or revolving drier, or on a pulley line which makes it possible to hang clothes without leaving the house or porch. Keels are a convenience in stringing and storing lines and may be easily made at home.

Some provision must be made for indoor drying during bad weather. A good kind of drier for the small home is a wooden frame equipped with rope and pulleys so that it can be pulled up to the ceiling.

The old-fashioned wooden clothespin is cheap and serviceable for general use, provided it is made of sound, smooth wood. Spring clothespins are usually of better quality, although the metal wire is likely to corrode and may break. A basket for clothespins with wire hooks can be pushed along the line and much time saved when hanging clothes; or one of the various kinds of clothespin aprons may be preferred. A clothes bag similarly equipped with hooks for the line can be used to hold the clothes as they are removed after drying. A small stool which keeps the hamper at a convenient height also prevents tiresome stooping. A child's wagon can be used for the same purpose if available. It saves lifting the filled basket.

The United States Department of Agriculture has recently issued a bulletin on home laundering, Farmers' Bulletin 1497-F, in which many additional suggestions will be found for making laundry work easier. It is free while the supply lasts.

FLOATING ISLAND CUSTARD DESSERT

Secret Is to Drop Egg Whites by Spoonfuls.

(Prepared by the United States Department of Agriculture.)

Among the many ways in which custard may be used for dessert there is none nicer than old-fashioned "floating island," when it is carefully made. It should have a rich, creamy, smooth custard, and delicate "islands" of egg white floating on top. The secret of success which you must know in making this dessert is that the egg whites must be dropped by spoonfuls on the hot milk for a few minutes, until they are thoroughly set, before the yolks are added to make the custard. Complete directions for making floating island are given by the bureau of home economics:

Floating Island.

- 1 quart milk
- 5 or 6 egg yolks
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/2 cup sugar

Put the milk into a double boiler with the sugar and salt. When this mixture is hot, drop the stiffly beaten sweetened egg whites on the surface by spoonfuls, and let these "islands" cook for a few minutes until thoroughly set. Then skim them off and put aside until the custard is made. Beat



Floating Island.

the egg yolks lightly, and pour slowly into them some of the hot milk. Pour back into the double boiler and stir constantly until the custard coats the spoon. Remove at once and place the pan in a bowl of cold water, stirring until cool. Add the vanilla, or other flavoring if preferred. Chill and serve in individual glasses or dishes.

Would Be Pie-Maker

At some stage in her housekeeping experience every woman privately longs to be considered a good pie-maker. She may not admit it, but she welcomes a chance to exhibit her art. She will find one in this menu, for the dessert is fruit pie, rhubarb, black berry, huckleberry—whatever fruit is in season. One little hint about this: When making any juicy fruit pies, prebake the undercrust till it begins to color up to prevent its being soggy. Then fill with thick, sweetened stewed fruit, put the top crust on, and bake as usual.

FACTS
-AND THE OPEN MIND

THE MOST important element in business success—and the most difficult—is to be sure that you have all the facts before you act.

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OUT of such thinking come the new models announced from time to time by Chevrolet, Pontiac, Oldsmobile, Oakland, Buick, LaSalle, Cadillac—all with Fisher Bodies. And by *Frigidaire*. Each new model is a tested step forward. Nothing goes into it as a result of habit or guess or pride of opinion. Nothing counts but hard-won facts, gathered and used with an open mind.

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