



A Sour Stomach

In the same time it takes a dose of soda to bring a little temporary relief of gas and sour stomach, Phillips Milk of Magnesia has acidity completely checked, and the digestive organs all tranquilized. Once you have tried this form of relief you will cease to worry about your diet and experience a new freedom in eating.

This pleasant preparation is just as good for children, too. Use it whenever coated tongue or fetid breath signals need of a sweetener. Physicians will tell you that every spoonful of Phillips Milk of Magnesia neutralizes many times its volume in acid. Get the genuine, the name Phillips is important. Imitations do not act the same!

PHILLIPS Milk of Magnesia

Find Classic Old Jest to Be Founded on Fact

According to historic lore a sardine once blocked exit and entry of the famous harbor of Marseilles. It is one of the most heroic of stories worked on visitors to that famous city. But now it seems that classic jest is true after all, writes a London Morning Post contributor. It was a corvette, La Sardine, that fought in the French revolutionary wars. Toulon was being besieged by the French, held as it was by a British fleet and army, and to prevent the latter from effecting a diversion at Marseilles, La Sardine put herself in the mouth of the harbor and was scuttled by her captain's orders. So at least says the learned Abbe Marais Rocher, who has unearthed the facts from the dust of the past and communicated it to the Academy.

Mosquito Bites

HANFORD'S Balsam of Myrrh

Mules Scored Victory
Driving along a Kansas City (Mo.) street, Glenn Hakes met a team of mules. The mules were driverless, obstinate, and in the middle of the street. It was impossible to pass them, and in the hope that the animals would instinctively step aside, Hakes stopped his car. "Not so!" the mules advanced steadily and the only alternative was to back the automobile. At this the mules quickened their pace, and soon there was a peculiar race in progress. Then Hakes backed into the courthouse driveway, the mules still following. The marathon was ended only when Hakes' car was up against the courthouse wall.

More Experience
Blinks—It cost me \$25 to learn a car won't run if the gas tank is empty.
Jinks—How did that happen?
Blinks—The garage man tore the car down trying to locate the trouble before he thought to look at the tank.

Accidentally an Arkansas lady cared fits in a valuable dog with Russ Ball Blue. Many others now use it. Never fails, she says.—Adv.

Insurance Against Divorce
Insurance against the risk of divorce is a novel innovation made by a Parisian company. Husbands and wives may take out a joint policy covering both against a change of affection, the amount paid in the event of a decree varying with the amount of the premium paid.

No Coeds for China
The Chinese province of Hunan has tested co-education and decided that it does not work. An order issued by the provincial commissioner requires all schools to abandon teaching girls and boys together.

The Secretary's View
Some men are just funny little boys playing at the popular game of getting.—American Magazine.

RECOMMENDS IT TO OTHERS

Lydia E. Pinkham's Vegetable Compound Helps Her So Much

Cleveland, Ohio.—"I can't recommend Lydia E. Pinkham's Vegetable Compound to any woman in the condition I was in. I was so weak and run-down that I could hardly stand up. I could not eat and was full of misery. A friend living on Arcade Avenue told me about this medicine and after taking ten bottles my weakness and nervousness are all gone. I feel like living again. I am still taking it until I feel strong like before. You may use this letter as a testimonial."—Mrs. Elizabeth T. Wood, 54913 Hale Ave., Cleveland, Ohio.



NUTRITIVE VALUE OF FAMILY DIETS

New Short-Cut Method Developed by Dr. Edith Hawley.

(Prepared by the United States Department of Agriculture.)
A new short-cut method for calculating the nutritive value of diets has been developed by Dr. Edith Hawley of the bureau of home economics. A forty per cent saving in time can be effected in studies of food habits by this method when a large number of family records of food consumption must be analyzed.

This contribution by Doctor Hawley to the methodology of dietary studies is a continuation of the research begun in the Department of Agriculture by Dr. W. O. Atwater nearly 50 years ago. Since then investigators for state, federal, and private agencies have collected data on the food consumed by more than 75,000 families in the United States. Only about 1,500 of these records have been analyzed for the nutritive value and cost of food for the individual family. From the majority of these records, analysis has not gone beyond cost or quantity of foodstuffs consumed for the families as a group. Consequently, the detailed facts on food habits now in demand by food producers and economists are not available. The chief drawback to complete analysis of food records has been the labor and time involved in the methods hitherto used, but the short method now proposed by Doctor Hawley would cut this nearly in half. General adoption of this method by food economists will also yield comparable results and make it possible to obtain in shorter time a larger and more accurate picture of present-day American food habits.

Copies of the bulletin describing this method may be obtained free, as long as the supply lasts, from the United States Department of Agriculture, Washington, D. C. Write for Technical Bulletin 105-T, "A Short Method of Calculating Energy, Protein, Calcium, Phosphorus, and Iron in the Diet."

"Noodle Ring" Somewhat Novel and Dainty Dish

A somewhat novel and dainty lunch dish is a "noodle ring" filled with creamed meat or stew, such as creamed chicken, minced lamb in gravy, chicken, or cooked fish in white sauce. The bureau of home economics gives directions for making a noodle ring.

1/2 pound noodles 2 tbs. butter
2 quarts boiling water 2 eggs
1 1/2 tsp. salt 1 cup milk
1 tsp. grated onion 1/2 cup basco sauce

Cook the noodles for about 20 minutes in the water to which 1 teaspoonful of salt has been added. Drain well, add the onion, butter, tabasco sauce, and remaining three-fourths teaspoonful of salt. Beat the eggs, add the milk, then the seasoned noodles, and stir until well mixed. Butter a ring mold, pour in the mixture, place in a pan with water surrounding the mold, and bake in a moderate oven until the mixture has set. Turn into a heated platter and fill the center with any kind of a creamed meat.

SUITABLE SUMMER DRESS FOR WOMAN

Simple and Less Trimmed Garment Is Much Cooler.

(Prepared by the United States Department of Agriculture.)
A woman who is of medium stout build must choose her summer wardrobe with especial care if she wishes both to feel comfortable and look well. Fortunately there is now such a wide variety in washable cotton fabrics suitable for street or office wear that she can easily find a sufficient number to supply her needs and permit frequent changes of costume. In planning the design of her summer dresses, however, it may be that details which would look well in silk or other fabrics would not be practical in those intended for tubing. The simpler and less trimmed the garment, as a rule, the more successfully can it be laundered and the cooler it is on a scorching summer day.

Here is a particularly good summer dress for the woman inclined to weight. It was photographed by the bureau of home economics to show what could be done with blue dotted Swiss, trimmed with Valenciennes edging. The dress is made in two pieces, with the tucked, lace-trimmed



Attractive Two-Piece Dress of Dotted Swiss for Medium Stout Woman.

vest made on the bodice from which the skirt is hung. The blouse is finished by a belt which ties in front and gives the dress the appearance of a one-piece dress. A long rolling fitted collar edged with lace completes the blouse. Cuffs of tucks and lace are attached to half the bottom of the sleeve and the other half is hemmed and allowed to hang out from the arm.

Fullness for the knees is provided by several large inverted box plaits in the skirt. On a woman of somewhat large figure skirts should not be too tight or too short if they are to look graceful.

THE KITCHEN CABINET

It matters not what we profess. What we may wish or think or say. The only test is righteousness—We must obey.
In times of trial, when truth is rare, And when the clouds obscure the day, The true disciple needs to dare—He must obey.

BREADS FOR SANDWICHES

Now that the outing season is in full swing, we look for appetizing food that we may use on picnics and camping trips.

Nut and Raisin Bread.—Sift four cups of flour with four teaspoonsful of baking powder, add one-half cupful of sugar, one teaspoonful of salt, one-half cupful of raisins and three-fourths of a cupful of nutmeats. Chop the nuts and raisins coarsely. Add two beaten eggs to the dry mixture with two cups of milk. Beat well, add four tablespoonsful of melted shortening and pour into two single loaf bread tins. Bake forty-five minutes.

Peanut Butter Bread.—Cream one-half cupful of peanut butter with one-half cupful of sugar. Add one well beaten egg. Sift three and one-half cups of flour with three teaspoonsful of baking powder and add alternately with one cupful of water. Beat the mixture well, add one-half teaspoonful of salt and bake in a well-greased tin in a hot oven.

Nut Bread.—Take one cupful of milk, one-half cupful of sugar, one well beaten egg, two and one-half cups of flour, three teaspoonsful of baking powder, one-half teaspoonful of salt and three-fourths of a cupful of nutmeats. Mix all together and let stand twenty minutes. Bake in a moderate oven forty to fifty minutes.

Luncheon Bread.—Beat one egg, add two cups of sweet milk, two tablespoonsful of molasses, one-half cupful of brown sugar, two cups of graham flour, one-fourth cupful of white flour, one cupful of corn meal, four teaspoonsful of baking powder, one teaspoonful of salt and two-thirds cupful of nutmeats, chopped. Mix and put into bread tins; let stand twenty minutes before putting into the oven. Bake one hour in a moderate oven.

Oatmeal Bread.—To one quart of cooked oatmeal add one-half cupful of molasses, one yeast cake dissolved in one-fourth of a cupful of water, one teaspoonful of salt and flour to make a sponge. Let rise one and one-half hours in a warm place and then make into loaves. Let rise, and when light, bake.

Frozen Orange Dressing.—To a pint of plain boiled unsweetened custard add one-half cupful of orange juice, the juice of one lemon, one cupful of sugar, and one-half cupful of chopped nut meats. Turn the dressing into a freezer and freeze to a mush, then freeze again in a cupful of water. Pack in ice and salt and let stand an hour before using. This is especially good with bananas salad.

Cakes for the Picnic.
No picnic is complete without a variety of cakes. Small ones are most convenient for serving and liked the best.

Oatmeal Macaroons.—Take one and three-fourths cups of rolled oats, put through the meat grinder after brooding well in the oven, add one teaspoonful of salt, one-half cupful of sugar and one to one and one-half cups of butter, blended with the sugar. Flavor with vanilla and add a beaten egg. Drop by spoonfuls on a baking sheet and bake until crisp in a hot oven.

Raisin Drop Cakes.—Take four cups of flour, three teaspoonsful of baking powder, salt and one beaten egg, one cupful of seeded raisins, one teaspoonful of vanilla. Cream the shortening; add sugar; when well blended add the beaten egg and milk alternately with the flour which has been well sifted with the dry ingredients. Bake in small cake tins. Sprinkle with sugar before placing in the oven.

Chocolate Cookies.—Cream one-half cupful of shortening, add one cupful of sugar, one well beaten egg, one-fourth teaspoonful of salt, two ounces of melted chocolate, two and one-half cups of flour, two teaspoonsful of baking powder and one-fourth cupful of milk.

Butter Wafers.—Take one cupful of butter, two cups of sugar, two well-beaten eggs, one-third of a cupful of milk, one-fourth teaspoonful of soda, flavor with vanilla, add flour enough to roll very thin. Cut into rounds and bake in a hot oven. Sprinkle with sugar before baking.

Drop Cookies.—Take one cupful of shortening, two cups of sugar, five cups of flour, one cupful of sour cream, three eggs, two teaspoonsful of baking powder, salt and flavoring. Mix and drop with a teaspoon and flatten with a tumbler dipped in sugar. Add nuts if desired.

Unheard, Unseen
In the old days it was said children should be seen and not heard. Lately the maxim has been applied to the old. . . . And wise old people aim to be seen as little as possible, in addition.—E. W. Howe's Monthly.

Avoid Misunderstandings
Pat families and frightful pestilence cannot equal the evils and the diversity of troubles which misunderstandings scatter throughout the universe.—De Ruhliere.

FLASH THE LEAD DOG

By GEORGE MARSH

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CHAPTER XI

The Spruce Speaks

"Wake up here! You sleep all day! From the one hundred and eighty pounds of growing by buried in the rabbit skin robes by the fire in the snow hole, came groans of protest. "Go on! Lennie sleep—a minute—uh! yuh!" grunted the heap on the spruce brush by the fire, which fit the dusk-filled timber circling the camp. Above, the rear-guards of the stars dimmed before the blue dawn. Again the dark shape, squatted before the small fire on which bubbled a small tea pail, changed the frying pan heaped with sputtering caribou steak to his right hand while, with his left, he reached back and pulled at the feet of the one who protested. "We got to leave here, Brock! De snow stop ten de night; de dog find our track near de camp and dey see some ting walk de trail—onlee few inch snow oval eet."

CHAPTER X—Continued

The lean face of Gaspard relaxed in a smile; his eyes glittered as he whispered into Brock's ear: "Eef de dog smell us now, onlee de cook can travel—de oders dry dere footgear." But, notwithstanding, two 30-30's were aimed through the mark on the figures in the yellow glow. Two boys, strings tense, nerves strung like bow strings, as they watched, listened with alert ears for the challenge of a suspicious husky awakened from his sleep by the warning from his nostrils of a strange scent in the air. From somewhere outside the radius of the firelight a low growl, followed by the warning challenge of an awakened husky, split the gloom of the spruce.

"Don't shoot—wait!" came the guttural command beside Brock's ear. Swiftly, the awakened dogs of the team filed the forest with their yelps. But the thicket of fir, fifty yards from the fire, vomited no double flash of exploding rifles.

"Eef de dog come alone," muttered Gaspard to the tense muscled Brock, crouched, with elbow on knee, to steady his aim, "we tak dem wid de knife. At de fire de Cree are blind." Reaching behind him, Brock moved the sheath of his knife nearer his right side, his heart pounding under the strain of inaction. He could hear the dogs thrashing around in the brush near the fire, snarling at the unknown enemy, yelping their fears, but not getting the direction of the scent.

Still the Indians went on with the drying of their clothes, occasionally calling to the dogs to keep quiet. "De dog are scare to leave de fire—for wolf. Onlee de one smell us. He oes scare to come."

"We'd better get out," whispered Brock. "I won't fire into that camp unless I have to." An Indian rose and stood between the fire and those who watched, his figure silhouetted as if cut from black paper. He called to the dogs: "Go on, you! 'Cuteh de wolf!"

Encouraged, the huskies beat about the camp, plunging through the deep snow into the wall of blackness, shortly to return. "Dey find us—eef we at y. We go!" commanded Gaspard, his rifle lined on the black shape at the fire, his nervous forefinger playing with the trigger. Notless as the muffled flight of the snowy owl was the retreat of the stalkers to the lake shore.

"De dog no good—scare de wolf!" grunted Gaspard with contempt. "Flash and Yellow-Eye hunt us out quick!" "Gee, but that was a tough wait!" exploded Brock. "All I could do not to fire when that husky smelled us—but I didn't want to shoot, it's too cold-blooded."

"We had dem for sure!" grunted the halfbreed. "We could get dem all before dey left de light." There was no wind, but a few inches of snow, and the night not cold, so the boys kept on up the lake. Walking the trail which they followed by the feel of their feet, they continued until it swung in to the shore where they had first seen it. Slipping into the shoes they carried on their backs, they continued for a mile, then went ashore into the thick timber, where, with the greatest difficulty, in the hats of the fifteenth and sixteenth centuries this was used to parry the thrusts of the adversary's rapier.

Why Some Wives Have Thoughts of Murder

"These eggs don't taste as fresh as they might, dear. Where did you get them? . . . Why do you have the gas burning so high? Look at that—what was our gas bill last month, anyway? . . . I wonder if we could not have lunch promptly at 12 today, Ethel? . . . Where on earth is my pipe? I left it here on the piano last night. . . . What did you move the gateleg table over in the corner for? . . . That picture is all right where it is. What's the difference whether it is over the piano or the marble-top table? Besides, the wall is already so full of nail holes that it looks like a cribbage board. . . . Don't you think you had better let up on that candy, Magnolia? Remember that you gained a couple of pounds last week? . . . I'll bet that with a month's practice I could do all the housework that is done around here in less than two hours a day. . . . This is the fifth accident we've had with the new car, and every one of them has occurred with you at the wheel—and every one of them has been the other fellow's fault. Remarkable!"—Kansas Industrialist.

Danger in Transplanting

Trees, like people, lose adaptability with advancing age, and a comparatively minor change in their environment may be fatal. Entomologists of the Department of Agriculture say that transplanting at most always is a severe test for trees of considerable size and many transplanted trees are attacked by insects if most of the large trees in a grove are killed, leaving only a border of trees or small groups, the survivors often suffer serious damage and die. This may be the result of a disturbance of moisture conditions and a change from general shade to large areas of sun-baked soil. Workers then may complete the deadly work.



SAME PRESCRIPTION HE WROTE IN 1892

When Dr. Caldwell started to practice medicine, back in 1875, the needs for a laxative were not as great as today. People lived normal lives, ate plain, wholesome food, and got plenty of fresh air. But even that early there were drastic physics and purges for the relief of constipation which Dr. Caldwell did not believe were good for human beings. The prescription for constipation that he used early in his practice, and which he put in drug stores in 1892 under the name of Dr. Caldwell's Syrup Pepsin, is a liquid, vegetable remedy, intended for women, children and elderly people, and they need just such a mild, safe bowel stimulant. This prescription has proven its worth and is now the largest selling liquid laxative. It has won the confidence of people who needed it to get relief from headaches, biliousness, flatulency, indigestion, loss of appetite and sleep, bad breath, dyspepsia, colds, fevers. At your druggist, or write "Syrup Pepsin," Dept. B, Monticello, Illinois, for free trial bottle.

Effort of the Artist

The artist who recently told how, when painting a landscape at the foot of the Pentlands, he was asked by the occupants of a cottage nearby not to paint the cottage windows till clean curtains were put up, now tells of another incident which occurred to him. He was painting a landscape when a man appeared on the scene and looked over his shoulder in the annoying manner of passers-by who silently criticize—or maybe admire—the incomplete picture. The man produced a pair of horn-rimmed spectacles, through which his eyes gazed at the canvas. Then he removed the "headlamp" to observe in a marked American accent: "You'll excuse me for saying so, but I'm curious to know just what makes you fellows paint these things, when there are so many that be bought up easy and cheap."—Montreal Family Herald.

Change in French Feeling

Frenchmen are abandoning the old sugar bowl, the loose brick on the hearth and the woolen sock for savings banks, figures published by L'Officiel, the Congressional Record of France, indicate. On deposit in the savings banks of France December 31 was 17,961,664,203 francs, which is almost \$1,000,000,000, representing an increase over 1927 of 3,355,408,290 francs. The number of accounts was 9,251,791, of which 608,888 were new ones. These statistics are regarded as interesting in view of the belief entertained universally that the wealth of France could not be revealed statistically because most of it was hoarded and hidden from the eye of the governmental calculators.

Score One for the Mosquito

Great Britain has a Mosquito Control Institute which maintains a laboratory on Hayling Island for the study of mosquito problems and the director claims to have discovered, in the course of his investigations, that the bite of the mosquito is a cure for paralysis. The insect was used as a means of conveying the malaria germ to the paralysis patient and according to the reports the fever was invariably lessened and in several cases complete cure was effected.

Early Written Works

Illuminated manuscripts are those whose texts are brightened and heightened by vignettes and otherwise decorated in colors or in gold and silver. Fifteen centuries before Christ the papyrus rolls of the Book of the Dead were illuminated with brilliantly colored scenes. Later, as writing became alphabetic, the important letters were illuminated.

Questions and Answers

"You have shown a remarkable familiarity with public questions."
"I have heard every question that can be asked," said Senator Sorghum. "What worries me is that I don't know any answers."

Many find Russ Ball Blue good tonic for chickens.

Large package at Grocers.—Adv.

Must Study Safety

Seven states now have safety instruction as a part of their school curriculum. They are New Jersey, North Carolina, Ohio, Virginia, Pennsylvania, Illinois and Indiana.

Perhaps Both

Georgie (ordering dinner for two)—Waiter, let me know when it is eleven-thirty.
Waiter—The time or the check?

Any summer girl is willing to compromise by returning the young man's heart and keeping the ring.

A Perfect Day

IS NOT one that leaves you with tired, aching feet. They will swell any day, but if you shake Allen's Foot-Ease into your shoes in the morning you will walk all day or follow a long trip with perfect ease. It takes the sting out of corns, bunions and calluses. Sold everywhere.

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