

Summer Luncheons in a jiffy. Let Libby's splendid chefs relieve you of hot-weather cooking. Stock the pantry with Libby's Sliced Dried Beef and the other good summer meals.



DAISY FLY KILLER placed anywhere, attracts and kills all flies. Heat, clean, economical, convenient, cheap. Lasts all season.

SEEDS Alfalfa, Sweet Clover, etc. Farmers for sale - in bulk or small quantities.

Santos-Dumont. Santos-Dumont is visiting many cities in South America in the interest of the Pan-American aeronautic conference.

He Knew. Tommy—Father, what are "silent heroes?" Father—Married men, my boy!

HOW TO TREAT DANDRUFF

Itching Scalp and Falling Hair With Cuticura. Trial Free. On retiring touch spots of dandruff and itching with Cuticura Ointment.

Wield Pen and Sword. The report of the Authors' club of London gives some eloquent figures. Out of 644 members resident in Great Britain, many of whom are far past military age, no less than 171 are in active service in connection with the war.

Qualifications. Stella—The ostrich doesn't see much and digests everything. Bella—What an ideal husband!



"Go Great Northern" and Register at Spokane, Wenatchee, Colville, Republic or Omak—July 5th to 22nd inclusive.

350,000 acres of desirable agricultural lands open to homestead entry. Five registration points including Omak, only registration point actually on the reservation and reached only by the Great Northern Railway.

Low Round Trip Fares. Round Trip Homeseekers' Fares to all registration points named in effect June 20th, July 4th and July 18th.

The KITCHEN CABINET

Whether a life is noble or ignoble depends not on the calling which is adopted, but on the spirit in which it is followed.—Sir John Lubbock.

CHOICE PUDDING SAUCES. The same attention should be given to the preparation of pudding sauces as is given to meat sauces, as well as the proper sauce to serve with each pudding.

German Sauce.—Boil together one cupful of sugar and a half cupful of water for 15 minutes. Then whisk into it the beaten yolks of three eggs and continue beating over hot water until thick.

Opera Sauce.—Cream a fourth of a cupful of softened butter with a cupful and a fourth of light yellow sugar. Add slowly as much cream as it will take without curdling.

Currant Jelly Sauce.—Beat a cupful of double cream until thick; add currant jelly till a light pink in color.

Brown Sugar Sauce.—Take a cupful and a half of medium brown sugar, add a pint of boiling water and a tablespoonful of cornstarch; boil ten minutes.

Creamy Sauce.—Cream two tablespoonfuls of butter with a cupful of powdered sugar. Add a tablespoonful of vanilla or any desired flavor and two tablespoonfuls of cream, beating well.

Orange Sauce.—Beat four yolks with tablespoonfuls of powdered sugar, a cupful of cream and the grated rind of an orange.

Chocolate Sauce.—Boil together for five minutes a half cupful each of sugar and water. Cool the syrup before stirring in four ounces of chocolate, melted.

Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though it were his own.—Goethe.

DELICIOUS CAKE FILLINGS. An ordinary cupcake or a plain, cheap, simple cake recipe may be varied by frostings and fillings that it is always different.

Pineapple Filling.—Take a tablespoonful of gelatin dissolved in a little pineapple juice, add a half cupful of grated pineapple and enough lemon to make it pleasantly tart; add very stiff boiled frosting to make sufficient quantity of icing, and filling.

Orange Filling.—This is especially delicious with any white cake, but is a great favorite as a filling for chocolate cake. Take the rind of an orange as well as the juice, put into a cup and fill the cup with water, cook two tablespoonfuls of cornstarch, a pinch of salt, the yolks of two eggs and a third of a cupful of sugar with it; add a teaspoonful of butter and a little lemon juice. Cool before using on cake.

Fruit Filling.—Take a cupful of seeded raisins, a half pound of blanched almonds, a half pound of figs, the same amount of dates and a fourth of a pound of citron. Put these twice through the meat chopper and add enough boiling frosting to make a soft paste.

Plain Chocolate Icing and Filling.—Melt two ounces of chocolate over hot water, add two cupfuls of brown sugar, a half cupful of milk and a teaspoonful of butter; cook until it makes a soft ball in cold water. Cool, add a little cinnamon and stir until thick enough to spread. Put it on while the cake is warm.

Maple filling is delicious, using maple sugar for the syrup and beating it as any boiled frosting.

Good to Remember. Every young man should remember that if his income is just a little above expenses every day, he will eventually become well off.

Some Achievements. There's nothing wonderful in the story of the man born without hands who became an expert penman.

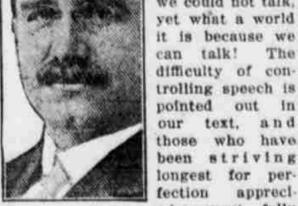
Too Much to Expect. "That man is so honest he wouldn't steal a pin," said Mr. Goode. "I never thought much of the pin test," answered Mr. Cayenne.

Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though it were his own.—Goethe.

THE TONGUE

By REV. L. W. GOSNELL, Superintendent of Men, Moody Bible Institute of Chicago.

TEXT—If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.—James 3:2.



Speech is a distinguishing gift of man. Said a witty German: "I will believe that an animal thinks when he tells me so."

First of all, James speaks of the power of this "little member which boasteth great things" (vv. 3, 4). Like the bit in the horse's mouth which enables us to turn the whole body, or the tiny rudder of the ship, which directs its course through the stormy deep, so the tongue is a great power in the guidance of life.

But James goes on to speak of the mischief which may be wrought by the tongue (vv. 5, 6). It is like a little fire kindling a great forest. A venomous tongue hurts not only others, but oneself; James says: "It defileth the whole body," and we may be certain that so long as an evil thought injures the spirit, we cannot escape from our evil words.

Hedges About the Tongue. An old writer says: "We may see the cunning and curious work of nature which hath barred and hedged nothing in so strongly as the tongue, with two rows of teeth and therewith two lips; besides, she hath placed it far from the heart, that it should not utter that which the heart conceiveth."

Even after regeneration, wrong habits of speech will assert their sway. How easily the oath springs to the lips of the aforesaid blasphemer!

Finally, James speaks of the inconsistency of the tongue (vv. 9-12). Therewith we bless God and yet curse men, made in his image; as one has put it, such abusive railing against men is like spitting on the statue of the emperor whom we profess to honor.

Aesop, the writer of fables, was a slave. He was once ordered by his master to procure the best things in the market for dinner, and served course after course of tongues. He argued: "Is there anything better than a tongue? Is not the tongue the bond of civil society, the organ of truth and reason and the organ of our praise and the adoration of the gods?"

The slave's master directed that the next day he should buy the worst things he could find, and again he brought tongues. This time he reasoned: "The tongue is surely the worst thing in the world. It is the instrument of all strife and contention, the inventor of lawsuits, and the source of divisions and wars; it is the organ of error, of lies, of calumny and blasphemies."

Skimming the Milk. This inconsistency of the tongue appears in the lives of those who even do many deeds of kindness. This was quaintly set forth by an old lady who said to her grandchildren: "If you're going to give me a paw of milk, don't skim it first."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

Hippopotami Can Run. In spite of its clumsy build, the hippopotamus can trot fast. That is why he was given the name of river-horse.

Its Risk. "A kiss may often have deeper meaning than appears." "Perhaps, but it is a thing you have to take on its face value."

Cautious Definition. "Pa, what is a figure of speech?" "H'm! Where's your mother?" "She's gone in next door."

Wonderful How Resinol Stops Skin Torments. The soothing, healing medication in resinol ointment and resinol soap soothes and cools the irritated skin, and usually stops itching at once.

Not Harmonizing. "The man I am engaged to has been terribly wild, but is going to turn over a new leaf."

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher.

A Protest. "I appeal to you as a statesman—" "Don't dig up that statesman rumor about me just now," interrupted Senator Scrogum.

Unfortunate Tree. Church—He says he has a family tree. Gotham—I'll bet it's a eucalyptus, then.

If You or Any Friend Suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure.

Judging by Conditions. "Sin, my dear pupils," said Deacon Barnes to his Sunday school class, "is the legacy of Adam."

Yes, said the deacon, "but it should be remembered that there was enough to go around. I don't remember hearing of anybody who didn't receive his share of the inheritance."

Solicitude. "Of course, you admire the dove of peace." "Very much. But I don't know whether I care to see it flourishing around under present perilous conditions and running the risk of becoming extinct."

Force of Habit. Judge—Discharged! Bridget—Without a reference?—Judge.

Self-Important. "Isn't Bliggins rather self-important?" "I should say so. He thinks he's doing a fish a favor to catch it and let it occupy the same boat with him."

Natural Progression. "How did they get that disabled vessel to port?" "First, they buoyed her and then they manned her."

A barber sometimes combs a man's hair as the man combs it himself, but a tonsorial artist never does.

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

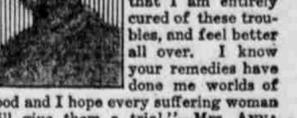
What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured. Burlington, Wis.—"I was very irregular, and had pains in my side and back, but after taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."



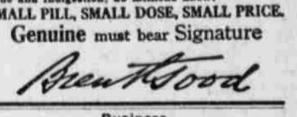
good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. CARTER'S LITTLE LIVER PILLS. Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowel.



Business. "What's in a name?" "There's money in it. Any man who can think up a good name for a breakfast food can buy sawdust in carload lots and sell it in pound packages at a handsome profit."

Profitable. "I don't see how the railroads can afford to give such low rates to commuters." "That's easy. They make their money on the servants who are continually coming and going."

Relief for the Country. "Give your vacation to your country." And thereby give a little unexpected relief to your country relatives.

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Self-Important. "Isn't Bliggins rather self-important?" "I should say so. He thinks he's doing a fish a favor to catch it and let it occupy the same boat with him."

Natural Progression. "How did they get that disabled vessel to port?" "First, they buoyed her and then they manned her."

A barber sometimes combs a man's hair as the man combs it himself, but a tonsorial artist never does.

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

What a solemn word James speaks in the first chapter of his epistle (v. 22): "If any man among you seemeth to be religious and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain."

Bumper Grain Crops

Good Markets—High Prices. Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses. The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle fed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr. Canadian Government Agent