

A New Delight
Libby's Chili Con Carne
 With real Bayou beans, or plain. Made after the real and famous Mexican formula. The seasoning is most piquant—a zesty tasty dish anywhere—any time.
Libby, McNeill & Libby
 Chicago
 Look for the triangle
 Insist on Libby's at your grocer's



COLD IN HEAD CATARRH
 INSTANTLY RELIEVED BY THE OLD
DR. MARSHALL'S CATARRH SNUFF
 25¢ AT ALL DRUG STORES OR SENT PREPAID BY WILLIAMS MFG. CO., CLEVELAND, O.

GALL STONES OPERATIONS
 (No Oil) No more Gallstones, Pain in the Back, Side or Shoulders, Liver Troubles, Stomach Misery, Dyspepsia, Colic, Gas, Bloating, Headache, Constipation, Piles, Catarrh, Nerve-rheumatism, Blurred Vision, Appendicitis. These are common Gallstone symptoms—GALL STONES! Send for free literature. **FREE**
 Gallstone Remedy Co., Dept. W-9, 519 N. Dearborn St., Chicago

POSTER CAMPAIGN IS ENDED
 England Used Over 500 Kinds of Pictorial Appeals for Men to Join the Army.

The blinds have been drawn and the doors closed at the Publicity department, Central Recruiting Depot, Whitehall, London, thus concluding what was perhaps the greatest poster and advertising campaign in history.

How many bundles of these war posters have reached America it would be impossible to say, for one of the joys of the souvenir hunter in London has been the collecting of these posters to sell in America, big sums being asked for complete sets.

From the humble origin of one small poster, Lord Kitchener's appeal for 100,000 men for the war, more than 500 different kinds have been issued since.

One popular poster showed an assortment of headgear, with the query, "Which will you wear?" the khaki cap being in the center. One of these was stuck outside a hatter's shop in the East End, and the enterprising tradesman having printed the price under each style, marked the khaki cap "free."

It is not on record whether a certain billposter had a sense of humor or not, but the fact remains that he placed the invitation, "Wake Up, England! Join the Army Now," on a graveyard wall, which so tickled a certain major passing to the war office each morning that he insisted on it being left there, and part is there still.

What will always rank as the greatest achievement of this large output was the night of the king's own appeal, when 40,000 posters appeared on London walls between the hours of 6 p. m. and 6 a. m. Forty-five men were employed.

Many people have said "What a waste!" but when one comes to consider that the new armies were raised to a great extent by this method of appeal the question arises, "Was the money spent on posters that got 3,000,000 men all waste?"

A new typewriter attachment automatically feeds envelopes or cards into a machine to save an operator's time.



Adds to the Joy of Living—

It isn't alone the deliciously sweet nut-like taste of Grape-Nuts that has made the food famous, though taste makes first appeal and goes a long way.

But with the zesty flavor there is in Grape-Nuts the entire nutriment of finest wheat and barley. And this includes the rich mineral elements of the grain, necessary for vigorous health—the greatest joy of life.

Every table should have its daily ration of

Grape-Nuts

"There's a Reason"

THE KITCHEN CABINET

Stand up right, speak thy thoughts, declare the truth thou hast, that all may share.
 Be bold, proclaim it everywhere They only live who dare.
 —Lewis Morris.

USES FOR TOMATO.
 If you have never tried the combination of tomato with the tart apple in marmalade you have something yet for which to live.

You will never find any left over tomato soup in the spring no matter how much you prepare, for this soup may be served in such a variety of forms that it is always new.

When preparing soup use a quart of tomatoes, a pint of water, a slice of onion, a bay leaf, a teaspoonful of salt and a dash of pepper and mace. Cook for 15 minutes, then add two tablespoonfuls of butter, mixed with four of flour, cook together until smooth, then strain through a sieve; reheat and serve with croutons.

Tomato Marmalade.—Peel and slice four quarts of firm, ripe tomatoes; add four pounds of sugar, the juice and pulp of six large lemons and a cupful of raisins. Put these in a kettle in layers and cook one hour until it is quite thick. Put in jelly glasses or jars; cover with paraffin.

Tomato and Apple Butter.—Take seven pounds of ripe tomatoes, four pounds of light brown sugar, one-half cupful of strong vinegar, a teaspoonful of salt, cinnamon, ginger and cloves. Slice the apples without peeling, cut up the tomatoes and cook in a half pint of water until tender. Then press through a colander, add the sugar and vinegar and boil until thick. Add the spices to the vinegar and can while hot.

Canning Tomatoes Whole for Salad.—Wash the tomato, removing the stem but not the peeling; be sure that they are firm and not over-ripe and of a size that will slip into the jar without crushing. Drop them or dip them in a wire basket into a kettle of boiling water a moment to boil so that they are scalded through, then carefully transfer them to the jar and fill up with boiling water with a teaspoonful of salt added to each jar. Seal and in the winter they may be used as fresh tomatoes, sliced for salad, or otherwise served.

Tomatoes stuffed with various fillings make a most appetizing salad.
 When you have that tired feeling
 When you feel inclined to shirk
 'Tis no use the cause concealing
 What you need is some more work.

FOOD FOR THE FAMILY.
 These are some of the dishes that will taste like "those that mother used to make."

Pot Roast of Beef.—Wipe one and a half pounds of beef, cut from the forequarter and cut in half-inch cubes. Put in a casserole dish and add one sliced onion, eight slices of carrot, two sprigs of parsley, one and one-half teaspoonfuls of salt, and a half teaspoonful of pepper corns. Add two cupfuls each of boiling water and tomatoes. Cover and bake in a slow oven three and a half hours. One-half hour before serving time, thicken with three tablespoonfuls of butter mixed with the same amount of flour. Remove the onion, carrot, pepper corns and parsley and add a cupful of peas. Serve hot, on the croquettes.

Ohio Pudding.—Mix and sift two and one-half cupfuls of flour, one-half cupful of sugar, three and a half teaspoonfuls of baking powder and a fourth of a teaspoonful of salt; cut in a third of a cupful of butter. Beat one egg, and add a cupful of milk. Combine the mixtures, beat vigorously; turn into a buttered mold, cover and steam two hours.

Ohio Sauce.—Cream a half a cupful of butter, and gradually beat in a cupful of brown sugar. When the mixture is well blended add four tablespoonfuls of thick cream, a little at a time, then add two tablespoonfuls of chopped pecan meats, two tablespoonfuls of chopped dates, and a half teaspoonful of lemon extract.

Prune Ice Cream.—Cover a cupful of prunes with cold water and let stand over night. Cook in the same water until tender in the morning, remove the stones and put the fruit through a strainer. Add a cupful of sugar, four tablespoonfuls of lemon juice, a pinch of salt and one and a fourth cupfuls of heavy cream whipped. Freeze as usual.

Rice Croquettes With Cheese Sauce.—Make seasoned rice into croquettes and add a cupful of grated rice to a thick rich cream sauce. The sauce may be made with rich milk as the cheese will add richness to the sauce. Serve hot, surrounded with dumplings.

Boston Brown Bread.—Take a cupful of corn meal, two cupfuls of rye meal, a teaspoonful of salt, a half cupful of molasses, a teaspoonful of soda and a pint of sour milk; beat well to-

gether and steam three and a half hours, and bake a half hour.

Next to the message of the stars and the sea and the great wide spaces of unfenced nature; next to the glimpses of transfiguration that come to us in great human love and sorrow; I think that flower fragrance is one of the best influences to keep our natures from brutalizing under blows of necessity, from turning ashen gray in the fires that burn out our dreams.

FOOD WITH NO WASTE.
 Cheese is one of our foods that is absolutely without waste and as we realize the amount of waste in meat, we will come to appreciate the value of cheese. Cheese contains no cellulose as we find in vegetables, no gristle and bone as waste in meat.

Because of its high nutritive value and being in such concentrated form if eaten hastily and in any amount, causes indigestion. The reason we serve hard crackers with cheese is to insure the thorough mastication of the cheese as we must of necessity chew the cracker in order to get it down.

Cheese is more wholesome if lightly cooked, but overcooking toughens it and has even more disastrous results on the digestion than overcooked meat. Cheese to be used in various dishes where grated cheese is called for, may be put through the meat grinder, in many dishes; simply cutting it in bits is sufficient. There should never be a morsel of this good food thrown away, for even a bit grated may be sprinkled over a piece of pie, adding much to its attractiveness.

There are numberless methods of preparing cheese, as canapes, soups, entrees, omelets, souffles, with vegetables as escalloped dishes, and as dessert with a cracker and a small cupful of coffee.

Rice Croquettes With Cheese Sauce.—Cook a cupful of rice in two and a half cupfuls of milk and a teaspoonful of salt. When tender add the yolks of two eggs, two tablespoonfuls of butter, and a dash of paprika. Chill and roll into the desired shape. Roll crumbs, then in egg and water, diluting the egg white with cold water, then roll in crumbs again and fry in hot fat, using the 40-second test.

Cheese Sauce.—Melt three tablespoonfuls of butter, add four of flour, and when well mixed add one and a half cupfuls of milk, a half teaspoonful of salt, a fourth of a teaspoonful of paprika, and one cupful of chopped cheese.

Is not the sin of sins unkindness? Because of it tears flow, hopes die, friendships are strained and hearts well nigh broken. Not to be kind widens the breach between rich and poor, labor and capital, the fortunate and the unfortunate. Just to be kind heartens the discouraged, strengthens the weak and makes heavy loads easy to carry.—J. Wilbur Chapman.

GOOD THINGS FOR THE TABLE.
 Just now the tomato is coming into its own, and for those who enjoy this vegetable-fruit anything new will be appreciated. As there is nothing new under the sun to everybody, old ideas redressed will no doubt be welcome. Those who do not know the pleasure of a dish of well-seasoned cooked tomatoes, served on well buttered toast, have yet to try that wholesome breakfast dish. One family can never get enough of the fruit put up to supply the demand just for this breakfast dish and for soup.

Take fresh, nice tomatoes which have been hollowed out; fill with fresh mushrooms, fried in butter for five minutes, with a seasoning of onion, celery salt and pepper.

Fried Tomatoes.—Select firm, ripe tomatoes and slice without peeling in half-inch slices, dip in beaten egg and crumbs and fry a delicate brown in a tablespoonful of olive oil. Season with salt and pepper and make a cream sauce in the pan in which the tomatoes were sauted. Serve on buttered toast with the cream sauce poured over.

Canning Tomatoes for Salads.—Here is another recipe which is highly recommended and sounds worth trying: Take perfectly sound, not quite ripe tomatoes from the vines, leaving a half-inch of the stem on each. The tomatoes must not be bruised or cracked. Put a layer of clean grape leaves in the bottom of a large glass jar, then lay in a layer of tomatoes and more grape leaves until the jar is filled. Fill with hard water; if not obtainable, add lime-water to make it hard. On the top of each jar pour a half-inch of olive oil to keep out the air; cover tightly and keep in a cool place. In two or three weeks examine the fruit and renew the water and oil. This should be done when any fruit is taken out also.

Tomatoes scooped out and an egg dropped into the cavity, seasoned and baked until the egg is set, is a dish well liked, though not new.

Neenie Maxwell

FARM POULTRY

WELFARE OF YOUNG TURKEYS

Dampness is Fatal to Poults During First Few Weeks—Allow Flocks to Roam at Will.

Young turkeys must have dry ground on which to roam. Dampness is fatal during the first few weeks. Poults that come out in bright weather and are blessed with two weeks of sunshine in which to get a start in life, may leave earlier-hatched birds behind. Assuming that the parent stock is vigorous, young turkeys are not difficult to rear successfully. The mother turkey will rid herself of vermin and teach the young to do the same if she has access to a good dust bath. A little pure lard or sweet oil on the head and under the wings of the poults will destroy lice effectively.

Unless the weather is unusually warm and dry it is better to keep the young birds in a roomy open air pen the first two weeks of their life. After that they may be allowed to go where they will, except that it is better not to let them out until the dew has dried off in the morning for a few weeks longer. Restraint is detrimental to turkeys, as a general thing. The average grower should allow the flocks to roam over the fields at will. By so doing they will pick up nearly all of their summer and early fall food.

MALE IS DISTURBING FACTOR

Practice of Allowing Roosters Freedom of Flock After Hatching Season is Over is Bad.

(By T. E. QUISENBERRY.)
 The one fault in the management of farm flocks which, from the viewpoint of improving the quality of market eggs, is worse than all others combined, is the almost universal practice of allowing the males the freedom of the flock after the hatching season is over. Nine-tenths of the vast number of eggs that are candled out every summer as unfit for food are fertile eggs in which the germ has started to develop. A temperature of 70 degrees will start the germ in a fertile egg to slowly developing. A fertile egg subjected to a temperature of 100 degrees for 24 hours will be unfit for food, while an infertile egg may be subjected to the same temperature for a week and still be perfectly good for cooking purposes.

The simple expedient of shutting up or disposing of the adult male birds as soon as the hatching season is over, if it should become the general custom, would result in the saving of a million of dollars' worth of eggs every season. Another important advantage in having no males in the laying pens is the fact that the hens without males running with them are much more gentle and quiet. The male is a disturbing factor.

CAPONIZE FOR BEST PRICES
 Fowls Sell in Winter for 25 to 30 Cents a Pound—Most Attractive in Dozen Lots.
 (By M. E. DICKSON, University of Wisconsin.)
 Don't sell late chickens cheap; caponize them.
 Capons sell in winter from 25 to 30 cents a pound.
 Rhode Island Reds, Plymouth Rocks and Brahmas make the best capons.
 Keep fowls without food for 24 hours before caponizing.
 Be careful to cut away from and not

toward the backbone when making the incisions.
 Always dress capons "in style"—leave feathers around necks, hocks, on wing tips and end of the tail.
 Ship capons in dozen lots; they bring better prices.

GIVE ATTENTION TO SHELTER

Fowls Require Shade in Summer and Protection From Cold and Damp Weather in Winter.

Attention must be given to shelter. The fowls will require shade in the summer and shelter from cold and damp weather in the winter. To meet these requirements it will require preparations. To wait till protection is actually needed may be too late. One must anticipate the needs of the fowls.



Typical Capon.

Japan's Rising Cotton Trade.
 Japan's exports of cotton yarn have shown a large increase since the latter part of last year. According to the Japan Chronicle, report of investigations made by the Spinning association, exports of various cotton cloths during the first half of this year amounted in value to \$23,415,072. This figure is unprecedentedly large and shows an increase of \$4,123,467 over the amount for the preceding six months and \$10,960,488 over that of the corresponding period last year. The highest rate of increase was seen in the exports to India, followed by the exports to Siberia, while the exports to the Philippines decreased by about one-half, as compared with the preceding half year.

Age Made No Difference.
 "Here's a wonderful thing," ejaculated Grandma Fisher. "I've just been reading of a man who had reached the age of forty-two without learning how to read or write. He met a woman, and for her sake he made a scholar of himself in two years."
 "H'm, that's nothing!" exclaimed William, just out of college. "I know a man who was a profound scholar at forty-two. Then he met a woman and for her sake he made a fool of himself in two days."
 Patience is a plaster for all sores.

IF
 THE APPETITE IS POOR
 THE DIGESTION WEAK
 THE LIVER INACTIVE
 OR YOU NEED A TONIC
TRY
HOSTETTER'S STOMACH BITTERS
 IT HELPS TO IMPROVE CONDITIONS
 PATENTS Watson E. Coleman, Wash. D.C. Books free. Right out references. Best results.
"ROUGH ON RATS" Rats, Mice, Bugs. Use outdoors. No bad smell.

W. L. DOUGLAS
 "THE SHOE THAT HOLDS ITS SHAPE"
\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN
 Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.
 W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearers protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.
 The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.
 Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other shoe. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.
LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.
 W. L. Douglas Shoe Co., Brockton, Mass.

Avoiding Litigation.
 "Well," said the far West mayor to the English tourist, "I dunno how you manage these affairs over there, but out here, when some of our boys get tied up in that bankrupt telephone company I was tellin' yer about, they became mighty crusty."
 "Oh!"
 "Yus; they didn't like the way the receiver was handling the business no-how."
 "Indeed!" commented the earnest listener. "Then, may I ask what they did?"
 "Sartinly; I was goin' ter tell yer. They just hung up the receiver."

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** In Use for Over 30 Years.
 Children Cry for Fletcher's Castoria

Giovanni Libretto, dead in New York, ordered \$10,000 spent on his funeral.

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 200% in Ten Days

In Many Instances—Persons Have Suffered Untold Agony for Years Doctoring for Nervous Weakness, Stomach, Liver or Kidney Disease or Some Other Ailment When Their Real Trouble Was Lack of Iron in the Blood—How to Tell.

NEW YORK, N. Y.—In a recent discourse Dr. E. Sauer, Specialist, of this city said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin; another is burdened with unhealthy fat; some are so weak they have dyspepsia, kidney or liver trouble; some can't sleep at night, others are sleepy and tired all day; some fussy and irritable; some skinnier and bloodless, but all lack physical power and endurance. In such cases, it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your flagging vital powers for the moment, maybe at the expense of your life later on. No matter what anyone tells you, if you are not strong and well you owe it to yourself to

make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the time double, and even triple their strength and endurance and entirely get rid of their symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form, and this, after they had in some cases been doctoring for months without obtaining any benefit. You can talk as you please about all the wonders wrought by new remedies, but when you come down to hard facts there is nothing like good old iron to put color in your cheeks and good sound, healthy flesh on your bones. It is also a great nerve and stomach strengthener and the best blood builder in the world. The only trouble was that the old forms of inorganic iron like tincture of iron, iron acetate, etc., often ruined people's teeth, upset their stomachs and were not assimilated and for these reasons they frequently did more harm than good. But with the discovery of the newer forms of organic iron all this has been overcome. Nuxated Iron, for example, is pleasant to take, does not injure the teeth and is almost immediately beneficial.

NOTE—The manufacturers of Nuxated Iron have such unbounded confidence in its potency that they authorize the announcement that they will forfeit \$100.00 to any Charitable Institution if they cannot take any man or woman under sixty who lacks iron and increase their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. Also they will refund your money in any case in which Nuxated Iron does not at least double your strength in ten days' time. It is dispensed by most druggists. If your druggist or general store is without a supply, ask them to get it for you.—Adv.