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Aunt Jemima Prepared Buckwheat Flour. Based on the famous Aunt Jemima recipe with just enough fine buckwheat flour added to give the flavor you long for. Ready-mixed simply add water (or milk), mix and bake. Try it. At your grocer's in the yellow Aunt Jemima package.



"I'm in town, honey!"

A man has no worse use for a crying babe than a woman has for a crying man. Clever parlor tricks, laboriously learned, do little to increase one's income.

Yeast Foam Home bread-makers everywhere prefer it

The best way to learn to cook—begin making bread.

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Northwestern Yeast Co. 1730 N. Ashland Ave., Chicago

BOARDING HOUSE FOR PETS

Visitation for Care of Dogs and Cats Planned by Humane Society in Kansas City.

Plans for establishing a boarding house for pet animals, principally dogs and cats, were outlined recently by officials of the Wyandotte County Humane society. The plans will be submitted to the board of directors by Miss Sarah Jacobs, president.

The dog and cat boarding house would be self-sustaining. Miss Jacobs said that the plan contemplated would require the construction of suitable sheds, pens, a run or playground for dogs and a modern system for disinfectant to guard against disease.

"I have had more than 100 calls this summer," Miss Jacobs said, "from responsible persons who desired to pay for a temporary home for their pets while away on vacations."

"It appears content to establish a boarding house for dogs and cats, but the proposal has a serious side. Many animals are valuable, and dogs roaming the streets while owners are away on vacations often become rabid."

Miss Jacobs said provisions would be made to give lodging to horses and

A Dig for His Master. A London physician accepted an invitation to join a house party for a little shooting. When he returned, a privileged butler asked him whether he had enjoyed himself.

"Oh, yes," was the reply. "Kill much, sir?"

"No, hardly anything," admitted the doctor.

"Ah, well, sir," said the butler, "it's nice to have a change."—Boston Transcript.

First Rate Alibi. Mr. Youngwed—This pudding is pardon me—perfectly dreadful. Mrs. Youngwed—I'm sorry, dear, but the fact is the recipe was given me by a friend and her handwriting is simply atrocious.—Pearson's Weekly (London).

POULTRY

Wheat Given Important Place as Poultry Feed

(Prepared by the United States Department of Agriculture.)

With the price of wheat in several states lower than, or about equal to, the price of corn, poultry specialists in the United States Department of Agriculture point out the desirability of giving wheat an important place in poultry rations. The influence of war-time conservation of wheat is still evident, according to specialists of the department, but there are no longer any economic reasons for conserving wheat or using it solely as a human food. On the other hand, it is so plentiful and cheap in many localities that it is a more economical live stock and poultry feed than corn.

Corn and wheat are the two best grains for poultry and are about equal in value for this purpose, although wheat can be fed alone better than corn, which is inclined to be fattening. Best results are obtained when wheat and corn are combined about equally in egg-laying rations. Following is a good scratch mixture: 1 pound cracked corn, 1 pound wheat, 1 pound oats.

While wheat is an excellent feed for dairy cows and meat animals, it needs to be ground for best results with such stock, whereas poultry relish it and utilize it as whole grain.

The department points out also that wheat at 80 cents per bushel, which was the approximate current price recently in seven Middle Western states, is \$20.00 per ton, which is a lower price than prevails for various other feeds having no greater nutritive value. The department's recommendations for putting wheat back on a par with corn as a stock feed are reinforced by action already taken by some farmers. A co-operative association of Michigan farmers recently published a list of feeds for which wheat could be more economically substituted. This association contends that the local wheat market was below the cost of production and that local wheat would bring more when fed to live stock than when sold on the open market.

Wheat for Chickens Is Recommended to Farmers

Wheat fed to chickens is worth considerably more than wheat sold at the present market price, say poultrymen at the Ohio State university, who have modified their rations to allow for this fact.

They are substituting whole wheat for corn in the scratch feed, and intend to continue this substitution as long as the bushel price of wheat stays below the bushel price of corn.

But the largest saving, they say, comes from grinding wheat, and substituting whole wheat in the dry mash for the bran and middlings usually fed. The old formula for the standard Ohio dry mash was equal parts of bran, middlings, cornmeal, ground oats, and meat scrap or tankage.

The new formula, now being fed at the college poultry plant, and recommended to all farmers with 95 per cent wheat on their lands, is: 2 parts ground whole wheat, and 1 part each of cornmeal, ground oats and meat scrap or tankage.

The whole wheat, it is said, increases the feeding value of the mash. Each hundredweight of wheat so fed saves buying that much bran and middlings. With middlings at \$40 a ton, wheat has a substitution value of around \$1.20 a bushel when thus fed.

The farmer with a good-sized flock could more than pay for a feed grinder by the saving made under this plan, the college people believe.

Damp Quarters Cause of Roup and Other Diseases

Damp, dark quarters often are one of the main causes of lack of thrift, disease and loss among fowls on the average farm. Filth and dampness cause 90 per cent of the colds, roup and most of the other diseases that ravage the farm flocks. Coldness is not nearly so destructive as dampness, for dampness seems to work through the feathers of the fowls and produces a creepy, chilly sensation that is not at all pleasant. Fowls can stand plenty of fresh air and ventilation so long as it is a dry cold.

To prevent the conditions outlined above, if you have an earth floor in the henhouse, fill in the entire floor at least six inches above the level of the ground on the outside of house. If there are any cracks in the walls or roof through which the wind and rain can blow, close them up at once.

The saddest part of all the destruction caused by drafts and dampness is that such conditions can almost always be easily remedied.

Plan to Prevent Moist Mash From Packing Hard

An excellent way to prevent moist mash from packing into an indigestible mass in the crop of the hen is by adding short-cut alfalfa or clover hay to the mixture. This sort of food may compose as much as 20 to 25 per cent of the mash by bulk in most cases. The most essential thing in this case is that the hay be leafy and cut in quite short lengths. Before mixing with the mash, first soak the hay in a bucket of water for several hours.

WOMEN CAN DYE ANY GARMENT, DRAPERY

Dye or Tint Worn, Faded Things New for 15 Cents.

Diamond Dyes

Don't wonder whether you can dye or tint successfully, because perfect home dyeing is guaranteed with "Diamond Dyes" even if you have never dyed before. Druggists have all colors. Directions in each package.—Advertisement.

Marriage of Convenience.

An Australian woman in London who had difficulty in becoming naturalized took a short cut by paying an old bachelor \$150 to marry her, thus making her a British subject. By agreement the bride and bridegroom separated after the ceremony, never to see each other again. The British home office says that several marriages of this kind have taken place.

BABIES CRY FOR "CASTORIA"

Prepared Especially for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 50 years as a pleasant, harmless substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups. Contains no narcotics. Proven directions are on each package. Physicians recommend it. The genuine bears signature of

Chas. H. Fletcher.

Rain or Shine.

"Please, Mr. Graft," said the caretaker of the flats, "the gentleman on the next floor presents his compliments and says, seeing as how you can foretell the future, would you be so good as to let him know how long it will be before your bath stops overflowing through his ceiling?"

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.—Advertisement.

All Angora Cats Alike.

It was a valuable Angora cat, but its owner was governed as much by humane instincts as appreciation of its value when she took it to a boarding place when preparing to start on a European trip. Though friends offered to take care of it she felt that her pet would have even better care in a regular cat home. It was therefore with considerable surprise and indignation, a day or so after she placed it in the boarding place, that she ran across her cat roaming the streets.

Swiftly she picked it up and descended on the boarding house. For five minutes she gave vent to her wrath. When he got a chance the proprietor spoke.

"Calm yourself, madame," said he. "Your cat is here. The one you hold in your arms is the twin of yours and it belongs to Mrs. Blank." To prove his point he produced the other.—New York Sun and Globe.

Fish or No Pearl Buttons.

An interesting work in aquaculture is now being carried on in the Mississippi valley under the direction of the bureau of fisheries. It is based upon the fact that the propagation of the mussel is dependent upon the presence of fishes to which the young, free-swimming mussels may cling.

HEALTH FOR WORKING WOMEN

Let Lydia E. Pinkham's Vegetable Compound Help You to Become Well.

Thousands of girls have to work in homes, offices, stores, mills or factories who are physically unfit for work, with often an aged or invalid father or mother dependent upon them for support. Standing all day week in and week out, or sitting in cramped positions a girl often contracts some deranged condition of her organic system which calls a halt to her progress and demands restoration to health before she can be of use to herself or anyone else.

had."—CAROLYNE MANGELS, 407 14th St., Brooklyn, N. Y.

Office Worker Helped. Milwaukee, Wis.—"I have taken Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine for three and a half years, and they have improved my health wonderfully. My mother also has taken the Vegetable Compound and we recommend it to our friends. I am working in an office now and can always do my work as I do not have the troubles I had at first. I read of your Vegetable Compound in the newspaper and you may use my letter in that way if you wish to do so."—ELEANOR SHEBLAK, 687 36th St., Milwaukee, Wis.

Pains and Headache. Webster, Mass.—"I was all run-down, had a bad complexion, and suffered with pains and backache, and was dizzy at times and felt weak. I worked in a mill and my girl chum told me about your wonderful medicine, Lydia E. Pinkham's Vegetable Compound. I am feeling much better since taking it."—MARY PLAZA, 13 West Street, Webster, Mass.

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

Two pleasant ways to relieve a cough

Take your choice and suit your taste. S-B—or Menthol flavor. A sure relief for coughs, colds and hoarseness. Put one in your mouth at bedtime. Always keep a box on hand.

SMITH BROTHERS S.B. COUGH DROPS MENTHOL (orange colored box) Famous since 1847

SHINOLA AMERICA'S HOME SHOE POLISH

Black - Tan - White - Ox-Blood - Brown

SHINOLA is made of the finest wax and oils. It softens and preserves leather. Makes shoes wear longer and look better. SHINOLA is quickly and easily applied - shines in a jiffy. Keeps shoes trim and tidy. SHINOLA Home Set makes the home care of shoes easy "The Shine for Mine"

Movie Pedagogy. One movie director can get his actors to follow him perfectly. His scheme is simple enough, too. "You're a fine actor, Walter," he yells. "Register joy." Walter registers joy. "That is, you used to be a fine actor, but you're slipping. Now register disgust." And Walter does.

Some Men's Idea of Humor. Laughing loudly when you miss a two-foot putt. Calling you on the telephone at two o'clock in the morning. Telling your wife the things you hadn't thought to tell her yourself. Being noisy.

Even if love were not blind, he is absent-minded that he might as well be.

Plague Deadly in Java. In Java, which has a population a third as big as ours, bubonic plague is so common that it kills half of the children before they are five years old. The Javanese take this as a matter of course, reports William Ferguson globe trotter. He found the people of Java with the viewpoint that if the plague didn't kill half of the children the island shortly would be unable to sustain the inhabitants despite its fertility. Nature is cynical in its harshness. She deals only in cause and effect, action and reaction, and the thing we call emotion is alien to her plans. Civilization is merely a banding together for mutual protection against harsh nature. Most of us have lost sight of this original purpose.

Many a man is too lazy to marry a rich widow.

Do you take orders from a Coffee Pot?

It must be humiliating for thousands of people to confess that they lack the will-power to stop coffee.

They know from experience that it results in irritated nerves; keeps them awake nights; makes them nervous. Yet they don't seem to be able to say "no."

If you find that coffee harms you, change to the pure cereal beverage, Postum. You'll find it delicious and satisfying. And it is absolutely free from caffeine or any other harmful drug, so you can drink Postum at any meal, and as much as you want.



Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer the flavor brought out by boiling fully 20 minutes. The cost of either form is about one-half cent a cup.

Postum FOR HEALTH "There's a Reason"

Grape-Nuts and Milk—One of the few COMPLETE FOODS

WHEN you watch robust men and women at work or at play, does it ever occur to you that their strength and health are largely due to the kind of food they eat?

Grape-Nuts and milk supplies complete and balanced nourishment of the highest order. This delicious dish provides the valuable wheat and milk proteins; the "food minerals," phosphorus, iron and calcium; also the vitamins.



Because of its nutritive properties, its crisp texture, and its easy digestibility, Grape-Nuts is the best-balanced cereal food for young and old. When used as an ingredient in other foods, it adds remarkable zest and valuable nutritive elements. Recipes will gladly be furnished on request.



Grape-Nuts — THE BODY BUILDER "There's a Reason" Sold by Grocers Everywhere! Made by Postum Cereal Company, Inc., Battle Creek, Mich.