THREE WAYS OF GETTING IN THE DOUGH

Here are three delicious baking recipes using flour as the major ingredient. Above are shamrock cookies in which you use ½ cup of shortening; 1¼ cups of sugar; 1 egg; 3¼ cups of flour; 4 teaspoons of baking powder; ¾ teaspoon of salt and ¼ cup of milk. Cream the shortening, add sugar and cream together until light and fluffy. Add egg and beat well. Sift flour and measure; mix and sift with baking powder and salt. Add to creamed mixture alternately with milk. Chill dough. Place on floured pastry cloth and roll to one-eighth inch thickness. Cut with shamrock cutter, place on ungreased cookie sheet and bake in moderately hot oven (400 degrees F.) for 7 to 10 minutes.

Yeast bread is another delicious flour recipe. The ingredients are 1 cake of compressed yeast; ¼ cup of lukewarm water; 1 cup of milk; 1 tablespoon of sugar; 1½ teaspoons of salt; 1½ teaspoons of shortening and 3 cups of flour. Yeast is softened in lukewarm water. Scald the milk, add sugar, salt and shortening. Cool until lukewarm. Add yeast and stir in flour to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in a greased bowl and let rise until doubled in bulk. Shape into a loaf, place in a greased bread pan and let rise until double. Bake 10 minutes at 425 degrees F. and 35 minutes at 375 degrees F.

This pie crust is made from 2½ cups of flour; ¾ teaspoon of salt; ⅔ cup of shortening, and cold water for moistening. Sift flour and salt together. Cut in shortening until mixture resembles a coarse meal. Add just enough cold water to make the dough stiff enough to handle. Divide in half. Roll out one part to ⅛ inch thickness and line the pie pan. To make the fresh fruit filling use 3 cups of prepared fresh fruit; 1 to 1½ cups of sugar; 2 tablespoons of flour; ¼ teaspoon of salt and 1 tablespoon of butter. Prepare the fruit. Combine the dry ingredients and add to the fruit. Fill lined pie pan with fruit mixture and dot with butter. Roll out remaining dough for upper crust and arrange on top, crimping edges. Bake in hot oven (450 degrees F.) for 10 minutes, then reduce heat to moderate (350 degrees F.) and bake 20 to 30 minutes longer.

STORY for BEDTIME

By THORNTON W. BURGESS

BUSTER BEAR yawned as he lay on his comfortable bed of leaves and watched the first early morning sunbeams creeping through the Green Forest to chase out the black shadows. Once more he yawned, then slowly got to his feet, stood up on his hind legs, and stretched as high up on the trunk of the tree as he could and scratched the bark with his claws. Then he sat down to think what he wanted for breakfast.

All the time he sat there trying to make up his mind what would taste best he was at the same time listening to all the sounds that told of the waking of all the little people who live in the Green Forest. He heard Sammy Jay way off in the distance screaming: "Thief! Thief!" and grinned. "I wonder," thought he, "if some one has stolen Sammy's breakfast or if he has stolen the breakfast of someone else. Probably he is the thief himself."

He heard Chatterer the Red Squirrel scolding as fast as he could make his tongue go and working himself into a terrible rage. "Must be that Chatterer got out of bed the wrong way this morning," thought Buster.

He heard Blacky the Crow cawing at the top of his lungs and he knew by the sound that Blacky was getting into mischief of some kind. He heard the sweet voices of happy little singers and they were good to hear. But most of all he listened to a merry, low, silvery laugh that never stopped but went on and on until he just felt as if he must laugh, too. It was the voice of the Laughing Brook. And as he listened it suddenly came to him just what he wanted for breakfast.

"I'm going fishing," said he in his deep, grumbly-rumbly voice to no one in particular. "Yes, sir, I'm going fishing. I want some fat trout for my breakfast."

He shuffled along over to the Laughing Brook straight to a little pool of which he knew and as he drew near he took the greatest care not to make the teeniest, weeniest bit of noise. Now it just happened that early as he was some one was here before Buster Bear. When he came in sight of the little pool who should he see but another fisherman there and he had already caught a fine, fat trout. Who was it? Why, little Joe Otter to be sure. He was just climbing up the bank with the fat trout in his mouth.

Buster Bear tiptoed up very softly until he was right behind Little Joe Otter. "Whoof, whoof!" said he in his deepest, most grumbly-rumbly voice. "That's a very fine looking trout. I wouldn't mind if I had it myself."

Little Joe Otter gave a frightened little squeal and without even turning to see who was speaking dropped his fish and dived head first into the Laughing Brook. Buster Bear sprang forward and with one of his big paws caught the fat trout.

"Here's your trout," Mr. Otter," said he as Little Joe put his head out of the water to see what had frightened him so. "Come and get it."

But Little Joe wouldn't. The fact is he was afraid to. He snarled at Buster Bear and called him a thief and everything bad he could think of. Buster didn't seem to mind.

"It's too bad to waste such a fine fish," said Buster thoughtfully. "I wonder what I best do with it." And while he was wondering he ate.

© T. W. Burgess.—WNU Service.

Contrast!

The vivid effect of Arleen Whelan's hair gives effective contrast to this all-gray man's twill suit. Cut-on tailored accessories are of gray. The blouse is of white satin. Arleen is among the coming young motion picture starlets.

Careful Budgeting Is Magic-Worker; Makes Money Talk

By BETTY WELLS

ONCE upon a time it wasn't considered quite nice to talk about money. Genteel ladies hid their poverty behind much-darned lace curtains and "paying guests," and people went around with those crack-the-face smiles because of the bills on their desks at home. More and more in the last few years, this old tradition has receded and now we all seem to have a pretty healthy regard for budgets, which is mathematical magic that makes dollars sit up and talk. Here are a few rules for spending the family fortune so as to make both ends meet:

Always let your right hand know what your left hand is doing. And let the whole family in on the budget and give them a voice in working it out. Then agree that oversteps will be met with tolerance and the "Kitty." (An item all human budgets should include—it's

A budget is mathematical magic that makes dollars talk.

a sinking fund, an anchor to windward for the times you'll miscalculate on the cost of that dinner bridge, or spend the milk money, or, foolish lady, on a new bonnet.)

If you are a money-through-a-hole-in-my-purse sort of person and get your income weekly, while your bills come monthly, try the envelope system. Put so much for each oncoming bill in the envelope every week and consider that once you've deposited your money there, it's the same as paid out.

Keep an office as conscientiously as you keep house—in a pleasant spot to settle down for your home work. File bills and receipts carefully; balance your bank book and have a spike for day-by-day grocery slips, or better still a day book for grocery lists. Here also you ought to keep lots of sharp pencils and crisp clean paper to figure on.

For buying-on-time items, remember to make a place for them in apportioning your weekly money. That will keep you from getting into trouble when payments that seemed so easy at first begin to look like major catastrophies every time their due date rolls around. Buying on time is a fine method for many of us to acquire big things, but unless the budget says "yes," those seemingly small payments may look like the war debt after a while.

© By Betty Wells.—WNU Service.

Imported Gorrilla Enjoys Auto Ride

ST. LOUIS.—Wonder what a gorilla thinks about when taking his first—and only—automobile ride? The young fellow on the left, just imported from French Equatorial Africa for the St. Louis zoo, views a new and startling world from the window of an automobile in which he rode from the station to his new home.

TWO-MINUTE BIOGRAPHIES

WALTER S. GIFFORD

Just before he graduated from Harvard, Walter S. Gifford wrote General Electric for a job. But he inadvertently addressed the letter to Western Electric and they gave him a job as payroll clerk at $10 a week. Today Gifford is president of the American Telephone and Telegraph company, the "biggest company in the world."

Gifford was born in Salem, Mass., and entered college at sixteen, graduating three years later. Western Electric sent him to Chicago where he became acquainted with Jane Addams of Hull House, who interested him in welfare work. Later he was to head the Charity Organization society and President Hoover's national agency for unemployment relief.

Western Electric promoted him rapidly and soon A. T. & T. kidnaped him to be statistician in the Boston office. By 1916 he was in New York and before the year was out became assistant director of the national defense council. In 1919 he was made vice president of the telephone company and in 1925 he succeeded H. B. Thayer as president.

Unlike most major executives, Gifford is a "hired man" and would lose his job if he didn't show profits.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By HAROLD L. LUNDQUIST, D. D.
Dean of The Moody Bible Institute of Chicago.
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Lesson for July 17

DEBORAH: EMERGENCY LEADERSHIP

LESSON TEXT—Judges 4:1-9, 12-14.
GOLDEN TEXT—Who knoweth whether thou art come to the kingdom for such a time as this?—Esther 4:14.
PRIMARY TOPIC—Why Deborah Sang.
JUNIOR TOPIC—Why Deborah Sang.
INTERMEDIATE AND SENIOR TOPIC—Ready for Emergencies.
YOUNG PEOPLE AND ADULT TOPIC—Emergency Leadership.

"Every man did that which was right in his own eyes." Such is the divine summary of what was wrong in Israel during the period of the judges (Judges 21:25). "There was no king in Israel," no competent and inspiring leadership. The people lived according to the whims of the day, and, as always, humanity left to itself drifted to lower and lower levels. This was true morally and spiritually and ultimately politically, for they came repeatedly into bondage to other nations and were only delivered as God raised up judges to lead them to repentance and victory, as well as to rule over them.

I. A People in Disorder (vv. 1-3).

Any people that forgets God and begins to live after the dictates of the flesh will at length come to the place where some strong man with "chariots of iron" will rule over them. We, in America, look at the other nations of the world, viewing their plight with sympathy but ever assuring ourselves that "it can't happen here." We ought to arouse ourselves and face the facts lest our own land, happy in its possession of God's great blessings of "life, liberty, and the pursuit of happiness," abuse those privileges, neglect the worship of God, spurn the leadership He gives us, and become "lovers of pleasure more than lovers of God; having a form of godliness, but denying the power thereof" (II Tim. 3:4, 5). If we do not awake and repent the Lord may have to "sell" us, as He did Israel, into the hands of the oppressor.

II. A Leader Called of God (vv. 4-9).

God always has His man ready for the hour of need—only in this case His man was a woman. Glorious indeed is the record of faithful and capable womanhood in annals of God's work on earth. Deborah was a woman of unique gifts—a poetess, a prophetess, and withal "the wife of Lapidoth," evidently a woman who cared well for her own household.

Brains and natural ability are much needed, especially in a time such as ours when few there are who even care to think for themselves and few who have any desire to develop native ability, except for the purpose of "making money." But true leadership calls for more than talent and intelligence; it calls for a burning in the soul, a divine zeal, the urge of God in the heart.

Deborah had this fiery touch upon her life. Barak, while undoubtedly a man of ability, evidently did not have it. Many excuses have been offered for the weakness indicated in verse eight. It has been said that he was cautious, or that he wanted to give the place of honor to Deborah as the leader of her people. These suggestions may be true, but somehow one has the feeling that what he really lacked was the "flaming heart." May God give it to us, that in our much doing of His work the divine fire may warm and inspire us!

III. A Divine Victory (vv. 12-14).

God gave Deborah and Barak a great victory, but note that it was God and not man who brought about the defeat of Jabin (Judges 4:15, 23). It was a complete victory and the enemies of Israel troubled them no more for many a day.

Dr. Wilbur M. Smith aptly points out that we should look "upon these conflicts in the book of Judges as certainly symbols of the great conflict that every Christian knows as he wrestles, not with flesh and blood, but against principalities and powers, against the world-rulers of darkness and spiritual wickedness in heavenly places. Victory is certain only when the Lord is with us and only when we walk in His will and contend against evil in His power. We are more than conquerors, but only through the Lord Jesus Christ" (Peloubet's Select Notes).

In closing this lesson the writer of these notes wishes to recognize the blessing of God in enabling him to complete two years of this service to Him and to His people. He also wishes to thank those readers in every state of the Union and in a number of foreign countries who have written to him words of appreciation, encouragement and counsel.

Value of Meditation

It is not he that reads most, but he that meditates most on Divine truth, that will prove the choicest, wisest, strongest Christian.—Bishop Hall.

Attaining Perfection

The warm loves and fears, that swept over us as clouds, must lose their finite character and blend with God, to attain their own perfection.—Emerson.

Procrastination

Indulge in procrastination, and in time you will come to this, that because a thing ought to be done, therefore you can't do it.—Charles Buxton.

Opportunities

The man who has anything in him creates opportunities for himself.—F. M. Crawford.

The Greatest Lie

Popular opinion is the greatest lie in the world.—Carlyle.

FARM TOPICS

THREE RULES FOR MARKETING CATTLE

Important Points Cited by University Expert.

By R. C. Ashby, Chief in Live Stock Marketing, University of Illinois.
WNU Service.

To market fat cattle to advantage cattle feeders can do no better than to follow three fundamental rules.

Stated briefly the three rules are to avoid overloading the market, to sell competitively and to fit cattle to the market.

In following the first of these rules, shipments will need to be adjusted to the capacity of the market to absorb them. This will require careful team work between cattle feeders and sales agencies on the markets.

To get the full strength of the market, it is necessary to sell competitively on the open competitive market, and to get the best available sales service it is advisable to sell through strong sales agencies.

By fitting cattle to the market, the third rule laid down, is meant watching them closely and selling when they become fat enough to sell to advantage.

The margin a feeder needs to carry cattle in summer—cattle that could be sold in June but might be held until September in anticipation of a higher price—depends largely upon the age of the cattle, it is pointed out.

Calves can be held much better than older cattle since they will continue to make fairly economical gains. Older cattle, however, if fat, gain little if anything during hot weather. Consequently, their entire feed bill during the holding period must be recovered by a higher selling price.

It is believed that a price increase of about 50 cents a month is needed in holding two-year-old steers in summer. Less is needed with calves, especially on 50 cent corn.

Use of Roost Poles for Turkeys Is Recommended

When poults reach the age of approximately ten weeks, and no longer need artificial heat, they prefer to roost in the open. At this time they may be transferred from their old brooding quarters to new range where heavy roost poles have been provided, says E. M. Funk, Missouri College of Agriculture.

A tier of roost poles made of 2 by 4 inch material laid sideways, and spaced from 18 to 24 inches apart on a platform of framing material that is 4 to 6 feet high, makes satisfactory roosting quarters for the turkeys. Posts are generally used to support the timbers on which roost poles are placed. Poultry netting or finely woven fencing wire should be used over the roost poles and around the sides of the roosting platform, to keep the poults from coming in contact with the droppings.

The same location for roosting quarters may be used throughout the summer and the turkeys driven to and from their daily range. This method of management will prevent the use of range some distance from where the turkeys roost. On many farms it is desirable to have them roost near the farmstead as a protection against theft. Where there is no danger of theft, roosting quarters may be changed at the time a rotation of the range is made.

Kafir Corn, Milo Maize

Kafir corn normally grows about 5½ feet high and if fully developed each stalk carries one head about 10 or 12 inches in length, three or four inches in diameter and rather loosely formed. Dwarf milo maize grows four or five feet tall and develops a very compact head, slightly larger in diameter in the center but not as long as kafir and rounded at the base and pointed at the tip. The grain of kafir is white, while that of the milo is reddish orange.

Care in Feeding Horses

Digestive disturbances are among the most common ailments of horses, and a large percentage of these are caused by improper feeding, says F. H. Olvey of the Missouri college of agriculture. While horses may be affected with digestive disturbances at any season of the year, such troubles are more prevalent in the spring and fall. Feed should be of the best quality, and all changes in feed, with a few exceptions, should be made gradually.

Keep Biddy Cool

Hens need assistance from flock owners during warm weather. The hens have elaborate sets of air sacs which communicate with the bronchi and extend into many of the bones. These may be regarded as accessory lungs and assist in regulating body temperature. But these are not so effective but what owners should plan to keep the flock as cool as possible during the summer, says H. M. Scott, poultry husbandry, Kansas State college.

Kills Groundhogs

Groundhogs that are troublesome around ditch banks and embankments may be gassed in their dens by using either carbon disulphide or calcium cyanide, says George D. Jones of the Missouri college of agriculture. A small amount of either chemical should be placed in the entrance of each tunnel, and all openings closed with dirt. If the animals are not killed they will clean out the burrow and another treatment will have to be given.

Are You a 'Canny' Canner?

By JOSEPHINE C. BOND.

Do you get 100 per cent returns from your canning efforts? It isn't always enough to do "lots of canning." You may have 500 full jars in your cellar at the end of the season, but if 100 of these leak because of cheap or old rubber rings, you are only getting an 80 per cent return on your labor.

One of the greatest mistakes the housewife canner can make, I have found, is to yield to the mistaken clerk who substitutes "unknown brands" for advertised brands produced by reputable manufacturers. Substitution may be all right at times, when an item can be used up in a short time. But when it comes to jar rings—play safe—buy a recognized brand.

There is a lot of difference in jar rings. The rubber used in them is compounded, or mixed, in much the same way that the batter for a cake is mixed, and, like cake batter, unless the recipe is tested and the ingredients of the best, the results will be disappointing. Inferior jar rings will "check" or crack and allow air to seep into the jars.

It Was Quite Natural for the Justice to Inquire

Mr. Justice Dunne, of the New York State Supreme court, was presiding over an action for damages, when came this dialogue:

"Did you see the plaintiff knocked down?"

"Who, me?"

"Yes, you."

"No, not me."

"Did you see the defendant at all?"

"Who, me?"

"Yes, you."

"No."

"Then why are you here?"

"Who, me?"

"Yes, you."

"To see justice done."

"Who, me?" asked the judge.

If your dealer cannot supply you, send 20c with your dealer's name for a Trial Package of 48 genuine Pe-Ko Jar Rings; sent prepaid.

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A Sunny Friend

A cheerful friend is like a sunny day, which sheds its brightness on all around.—Sir J. Lubback.

NERVOUS?

Do you feel so nervous you want to scream? Are you cross and irritable? Do you scold those dearest to you?

If your nerves are on edge and you feel you need a good general system tonic, try Lydia E. Pinkham's Vegetable Compound, made *especially for women*.

For over 60 years one woman has told another how to go "smiling thru" with reliable Pinkham's Compound. It helps nature build up more physical resistance and thus helps calm quivering nerves and lessen discomforts from annoying symptoms which often accompany female functional disorders.

Why not give it a chance to help YOU? Over one million women have written in reporting wonderful benefits from Pinkham's Compound.

RHEUMATIC PAINS

are quickly relieved with Yager's Liniment. A Doctor writes that he uses it for backaches, sprains and rheumatic pains. Buy Yager's Liniment today. Let it help you rub aches and pains away. In use over 50 years. 25c and 50c bottles.

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Sentinels of Health

Don't Neglect Them!

Nature designed the kidneys to do a marvelous job. Their task is to keep the flowing blood stream free of an excess of toxic impurities. The act of living—*life itself*—is constantly producing waste matter the kidneys must remove from the blood if good health is to endure.

When the kidneys fail to function as Nature intended, there is retention of waste that may cause body-wide distress. One may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel tired, nervous, all worn out.

Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance.

The recognized and proper treatment is a diuretic medicine to help the kidneys get rid of excess poisonous body waste. Use *Doan's Pills*. They have had more than forty years of public approval. Are endorsed the country over. Insist on *Doan's*. Sold at all drug stores.

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