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.

Health First

Health is best for mortal man, next beauty; thirdly well-gotten wealth; fourthly, the pleasure of youth among friends.—Simonides.

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.

United States Rubber Products, Inc.
Room 601, 1790 Broadway, New York
United States Rubber Company

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.

YAGER'S LINIMENT

WNU—4 28—38

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.

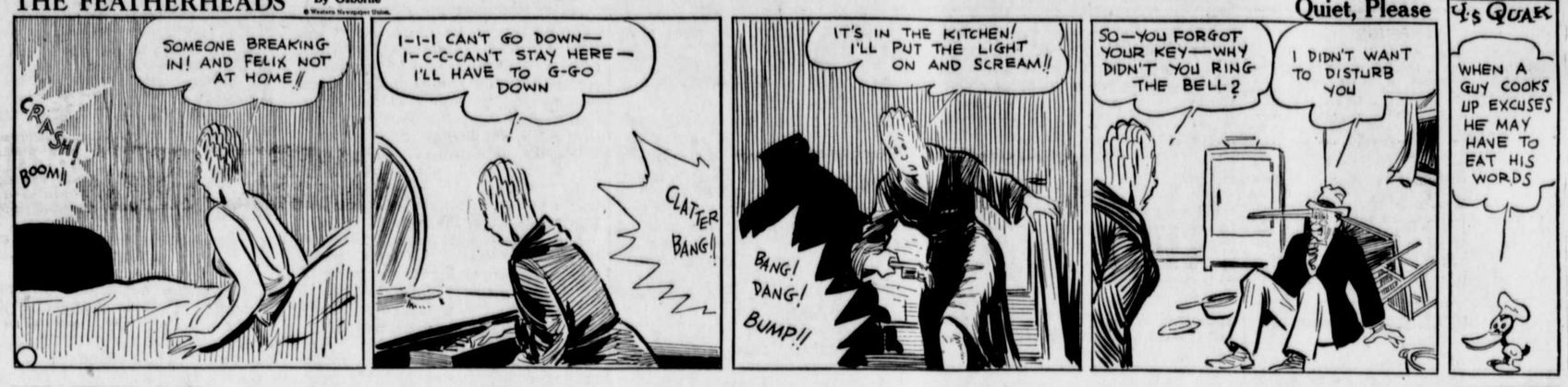
Frequent, scanty or burning passages may be further evidence of kidney or bladder disturbance.

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.

DOAN'S PILLS

Fun for the Whole Family

THE FEATHERHEADS By Osborne



Quiet, Please

S'MATTER POP— Considering the Up and Down Season By C. M. PAYNE

MESCAL IKE By S. L. HUNTLEY

All Set Until the Next Letter

FINNEY OF THE FORCE By Ted O'Loughlin

Quite Boring

POP— The Proof By J. MILLAR WATT

THE MINUTE THAT SEEMS A YEAR By GLUYAS WILLIAMS

DISCRETION

"Do you still take lessons in painting"

"No," answered Mrs. Jud Tunkins. "After three lessons I manicured my finger nails and decided that a woman ought not to sacrifice too much for the sake of a personal career."

Vicious Circle

Customer (after paying an account)—I's square now.

Shopkeeper—Yes, sir, but I hope you'll soon be round again.—Montreal Star.

True

John—What is truth?

Pa—What you hear when two women are having a row.

CONDENSED

Smith looked up from his paper and handed it to his wife. "Wrong sort of heading that, isn't it?" he said, pointing to the line, "Woman's Talk."

"Why wrong?" she inquired.

"Well," replied he, "there is only half a column beneath it."

IRIUM Conquers Surface-Stains for Pepsodent Users

Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

● "It's Pepsodent for me!" . . . That's what thousands of people the country over are saying about the new, modernized Pepsodent containing Irium. Yes . . . and *you'll* say the same once you've used this remarkable fast-action dentifrice.

For Pepsodent—thanks to Irium—is now more effective than ever!

See how Irium helps brush away dingy surface-stains . . . leaving your teeth naturally radiant! And Pepsodent is SAFE! It contains NO GRIT, NO PUMICE, NO BLEACH! So give Pepsodent a trial!