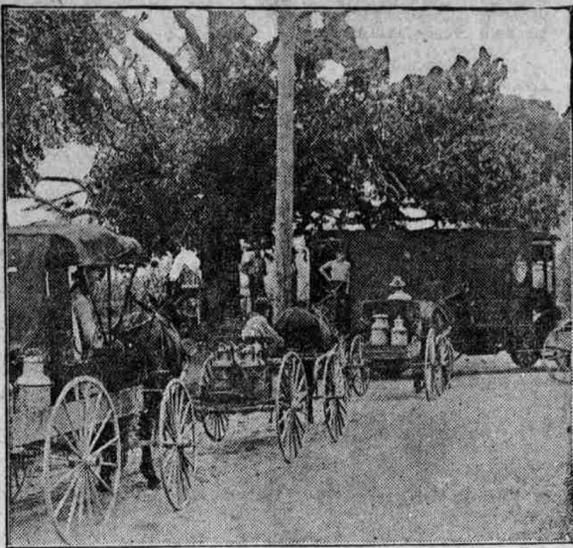


**IMPROVED ROADS AND MOTORTRUCKS
WILL CUT COST OF TRANSPORTATION**



Collecting Milk at the Cross Roads to Be Delivered by Motortruck to City.

The man who never gets out of sight of the tall buildings, as well as the man who has yet to see a city skyscraper, should be a booster for better roads. Highways are used in transporting practically every article of food at some stage in its journey to the consumer's table. Bad roads add to the cost of transportation, but good roads cut marketing cost.

From the time when farm products were first hauled in wagons to markets there has been an interest in better roads as a means of reducing the cost of transportation, but improved highways mean more now because of the extensive use of motortrucks in hauling products from the farm to the railroad station or direct to the city markets. Trucks are not only replacing horse transportation but in many cases they are supplementing and even doing the work of railroads. In fact, motor trucks offer a solution of modern transportation problems, but roads built only for horse-drawn vehicles or light automobiles will break down under heavy motor traffic.

Maintenance of thousands of miles of roads so that the enormous government and commercial truck traffic of the past two years could move has taxed the abilities and called forth every energy and plan on the part of highway officials. In many states officials found themselves without sufficient funds to handle properly the repair and rebuilding work necessary. Nearly all of them had to struggle under the handicap of an insufficient labor supply, and all had to meet the increased cost of labor and material.

War Lessons Aid in Peace.

Only a few states were unaffected by the restrictions on the supply and transportation of materials which had to be brought from a distance. None escaped the difficulties which followed the great and rapid increase in traffic at this country's entrance into the war. From New England to the Pacific coast new demands were made upon the highways, and unusual conditions developed everywhere in maintenance and construction. In several states high type roads, which had originally been constructed without sufficient foundation to meet the new demands, had to be rebuilt, and part of this construction work was carried on

while the heavy traffic was kept moving.

The extensive use of motortrucks for transportation during war time has emphasized the possibilities of well-built roads as a means of marketing farm and other products. Solving road problems when there was a constant procession of heavily loaded trucks traveling over them has been a great lesson to road officials, which will be put to good use in peace times.

The federal aid road-building program for this year is the most stupendous in the history of the world. The expenditures for road-construction for the year are likely to reach \$500,000,000. Plans have been made for the construction of continuous highway systems, the states through which the highways are to pass co-operating with each other as never before. Improved roads will not terminate at state lines, but will run from one large marketing center to another.

Free Trucks, Added Appropriations.

More than \$45,000,000 worth of motortrucks, to be used in road construction work, will be distributed by the secretary of agriculture through the bureau of public roads to the state highway departments. These trucks, about 20,000 in number, have been declared surplus by the war department, and all that the states must do to acquire them is to pay the loading and freight charges. The trucks range in capacity from two to five tons, 11,000 of them are new, and all are declared to be in serviceable condition. They will be apportioned to the states only upon request of the state highway departments on the basis of a request received from the respective states with the apportionment provided in the federal aid law approved in 1916. The requirements of the law are such that none of the trucks will be distributed to counties or individuals.

Further interest in the nation-wide need for good roads is shown by the fact that shortly before the last session of congress adjourned that body made an extra appropriation of \$209,000,000 in the post office appropriation bill to meet the federal part of the road-building program. This is the largest appropriation ever made by any government for a similar purpose, say road officials of the department of agriculture.

**The KITCHEN
CABINET**

Would you remember the young, and would you carry all the joyousness and buoyancy of youth into maturer years? Then have a care concerning but one thing—how you live in your thought world.—Ralph Waldo Trine.

SUMMER SALADS.

Skill is required in arranging salads; the garnishing is most important. Color combinations should be used with care, not mingling too many in one dish. Bright splashes of red, vivid green or yellow give zest to the appetite.



Pimientos, chives, and hard boiled eggs thinly sliced make attractive garnishing, as do olives stuffed or green, when shaved and placed on cheese or on pineapple salad. Capers and sweet green peppers are good in combination with lettuce, tomatoes or chicken. Lemon sliced and sprinkled with chopped parsley or sprays of parsley with quarters of lemon make a fish salad most dainty.

Beet and Potato Salad.—Take six beets and six potatoes, one cupful of chopped olives and chives, with mayonnaise dressing. Cut the cooked beets and potatoes with a potato cutter into small balls. Put the potatoes in the mayonnaise dressing to which has been added the chives and olives. Dip the beets in vinegar and dish alternately, serving on lettuce.

Poinsettia Salad.—Take six tomatoes, a stalk of celery, a sweet green pepper and three apples, one-half cup of walnut meats and mayonnaise dressing. Scald the tomatoes, chill them and with a sharp knife, mark five divisions from the top center over half way to the base. Carefully turn back the skin to form five petals, scoop out the pulp and fill with apple, celery and nuts. Heap a little extra dressing on each and garnish with a ring of green pepper.

Jellied Egg Salad.—Take one quart of chicken jelly; this may be made very economically by cooking a half dozen pairs or more of chicken's feet. Scald, then cut off the toes and skin, then cook in a quart or more of water until the flesh falls from the bones. Slice the eggs, using six, and stir them gently in the cooling jelly so they will be evenly mixed. When cold place on a platter and garnish with mayonnaise dressing and parsley or water cress.

Fruit Salad with Orange Dressing.—Take a half a pound of dates, scalded and seeded, two small apples, half a cup seeded white grapes and quarter of a cup of black walnut meats; chop all but the grapes and mix well with a dressing made by using one-fourth of a cup of orange juice, three tablespoonfuls of lemon juice, one-fourth of a cup of sugar syrup and one large egg. Cook together in a double boiler until thick.

Sliced oranges with French dressing make a dainty salad to serve with game.

A child is not a blank paper on which we may write our own ideas, but an individual, who has a character to be developed and a place to make in the world.

FOOD FOR THE SICK-ABED.

Illness will come in all homes at times and it is vitally important that we realize how valuable proper food is in the recovery of a patient. A trained nurse should be well equipped in knowledge of food values and how to prepare a tempting tray, yet it is not always possible to have a trained nurse, and the mother in the home will need this knowledge.

A person who is ill in bed is out of balance, both mentally and physically, and it is wise to treat them with as much consideration as one does a child. Variety even in the serving of milk is important. Surprises are important to remember in the serving of food for grown-ups as well as for children.

The tray should be arranged to please the eye first, then the palate. A rose or a small flower beside the plate or in a small vase will often make eating a pleasure what would otherwise be refused or eaten under protest.

With little people many kinds of games will be thought of by the nurse to amuse and distract attention when the appetite is poor.

In the case of serious illness a small quantity of nourishment is given often, with as much attention to daintiness as possible.

If milk is the only food allowed it may be served in various ways. Chilled or hot, albumenized or as junket or koumiss, buttermilk and whey. It may be served with cocoa, nutmeg, orange or lemon rind, with a bit of whipped cream and fruit if it is allowed. Egg-nog is a favorite method of serving milk, but it must not be overdone. A variety of flavors may be used in egg-nog.

Gelatin is an easy food to digest, and combined with fruit and juices of fruits is a valuable addition to the food for the sick. It lends itself to

many tempting dishes, from soups, jellies, blancmange to ice cream.

Toast is the most common of tray foods. It should be dry and well browned, then cut in finger strips to make it easier to handle. When serving any creamed dish or egg on toast it should be cut in small squares before placing the egg.

To set the face in the right direction, and then simply travel on, un-mindful and never discouraged by even frequent relapses by the way, is the secret of all human achievement.

FOR THE CHOCOLATE LOVER.

Chocolate is so well liked by nearly everybody that a few recipes using the popular food may be welcome.

French Chocolate.—Melt two ounces of bitter chocolate; add two tablespoonfuls of sugar and a half-cupful of boiling water; cook three minutes. Scald three cupfuls of milk with one-fourth of finely ground coffee; strain and add to the chocolate with an eighth of a teaspoonful of salt. Beat with a Dover egg beater and serve with whipped cream flavored with vanilla.

Cocoa Ice Cream.—Take two cupfuls of milk, one cupful of sugar, a tablespoonful of arrowroot or corn-starch, a half-cupful of cocoa and cook in a double boiler for twenty minutes. Add four egg yolks well beaten, two cupfuls of cream or rich milk, and a teaspoonful of vanilla with a little salt. Freeze as usual.

Chocolate Mousse.—Melt three squares of chocolate; add one and one-half cupfuls of sugar and one cupful of thin cream; boil one minute; cool, add a teaspoonful of vanilla, a pinch of salt and the whip from three cupfuls of heavy cream. A tablespoonful of gelatin mixed with one-fourth of a cupful of cold water, is, when softened, added to the hot mixture. Pour into a mold and let stand packed in ice and salt four hours.

Chocolate Sauce.—This is a good sauce to serve on various puddings. Cook two squares of chocolate, a cupful of sugar and one-half cupful of water together with two tablespoonfuls of butter and one-fourth of a teaspoonful of salt. Cook twelve minutes; add one teaspoonful of vanilla and serve hot. This is nice served on vanilla ice cream, and is good with a gelatin dessert or with cooked rice.

Orange Chocolate Sauce.—Melt three tablespoonfuls of grated chocolate in a double boiler; add three tablespoonfuls of butter; stir until well mixed; add three egg yolks, one at a time, four tablespoonfuls of sugar and one-fourth of a cupful of rich milk. Cook until thickened. Add the rind and juice of an orange and serve at once.

FEEDING THE CHILDREN.

The "child welfare" movement which is doing such splendid work in our country should be encouraged, for there is no system of care or feeding which insures a child's health. Further, a child's appearance can never be trusted. No mother can be sure that her child is well, except on a physician's examination and a thorough one, including a blood test. It will pay parents and it will be profitable for the state and nation to see that every child is examined every year. By the system of height and weight charts sent out by the children's bureau, any mother may know whether her child approaches the normal or not and, if underweight, he should be examined at once.

Children need whole wheat. Other cereals may be used for variety. They need fat, particularly butterfat, which contains the wonderful substance which promotes growth. They should have sugar in moderate quantities and an abundance of fruit and fresh vegetables, especially those like spinach, chard and lettuce, for in them also is this life-promoting principle found in milk, butter and cream.

Another food that a well-nourished child should have is the egg. Serve one in some form daily for each child. Then fruit of various kinds, orange juice particularly, are good for infants. Prunes, figs, dates and raisins when well masticated or cooked, are most wholesome for children. Apples, baked, are especially good; bananas when thoroughly ripe and scraped to free them from the stringy fibers are also good. As each fruit has some valuable property in itself it is wise to have a variety. Children fed on prunes with no other fruit will develop scurvy, so that orange juice with potatoes is recommended for that trouble. The younger child can take orange juice; the older ones are able to take potatoes.

Fish, if fresh and carefully cooked, is a food which may be given children in place of meat. Poultry, if one can afford it, is another good food for the child. Cornmeal, mush, rice and potatoes once a day to young children are all good foods, provided they are well cooked.

Neenie Maxwell

**Crackproof Felt
Waterproof Asphalt
Fireproof Slate**



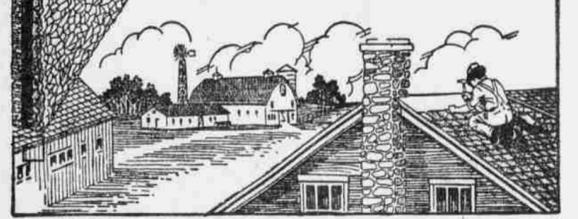
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It is not permissible to photograph women in China.

Many a man salts away money in the brine of other people's tears.

**"BAYER CROSS" ON
GENUINE ASPIRIN**



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

Discussions are for details—before the bugle blows.

Take life as you find it—but don't leave it there.

The Makin's.
Small Boy—Sir, please have ye got an old cigarette 'older yer don't want? Goller—And what do ye want a cigarette holder for, my lad? Small Boy—Cos father says I can smoke when I get a little older.—Auckland News.

A torpid liver prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently. Adv.

A Leading Question.
"Oh, Meestaire Soaping," exclaimed Count de Bustup, "I love your daughter! Eet would give me ze supreme pleasure to marry wis her!"
"A'right, count; but now listen t' me: Are ye able t' be supported in th' manner in which my daughters are accustomed t' supporting their husbands?"

Lots of people who reb Peter to pay Paul manage to stand Paul off.

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W. N. U., CINCINNATI, NO. 31-1919.

OIL AND TIRES

Oil and gasoline are deadly enemies to automobile tires. If you don't believe it, take a rubber band and immerse it in gasoline. Watch it swell—grow before your eyes. Then, after allowing it to soak for a short time, just stretch that rubber—no life or vitality left.

Gasoline has a similar effect on automobile tires. "Gas" eats a weak spot into the tread or sidewall and starts deterioration. Oil and grease have the same effect.

Great care should be exercised in the use of oil around a garage. Oil or gasoline should not be allowed on the floors. Spare tires should always be protected by cover.

NEED NOT FIT NEW RINGS

Comparatively Easy Matter of Overcoming Spark Plug Fouling From Oil Which Leaks Through.

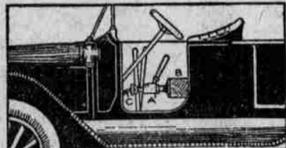
When an engine starts to pump oil and the spark plugs become fouled, it is not always the best and cheapest plan to fit new rings. A good method to overcome spark plug fouling from the oil which leaks through and one that does not require the fitting of new rings is given herewith.

The piston is taken out and centered up in the chuck of a lathe and a groove is cut in the skirt of the piston. Then eight or ten holes are drilled at equal spaces around the periphery of the piston. These holes are drilled at the top of the groove and at an angle so they point upward and inward. This groove will serve as a wiper of the excessive oil and the holes will drain the groove and, because of their direction, will tend to lubricate the wrist-pin and the rod.

KEEPS FOOT BRAKE ADJUSTED

By the Use of This Device One Man May Easily and Successfully Do Work.

Many automobile owners neglect the close adjustment of foot brakes, causing needless expense and possible danger. The principal reason for such neglect is that it usually takes two men to adjust the brakes successfully. One presses the pedal, while



the other tests the wheels to insure even braking power. One may very easily and successfully adjust the brakes with the use of a jack, as shown in the illustration. The jack A, with a block, B, to protect the seat, is placed between the seat and the brake pedal C. The jack is applied to the desired pressure on the brake pedal, and the proper adjustments made.—Koerner Rombauer, Prescott, Ariz., in Popular Science Monthly.

VERY INGENIOUS TOOL RACK

May Be Made by Boring Number of Holes in a Board and Then Driving in Clothespins.

A very ingenious tool rack for flat tools may be made by boring a number of holes in a board, each hole being just large enough to take the head of a clothespin. Clothespins are then driven into the holes and the cleft ends are used to receive the tools. The pins may be made secure by a small wire nail driven through their heads and into the board.