

THE SAFE LAXATIVE FOR ELDERLY PEOPLE

Most elderly people are more or less troubled with a chronic, persistent constipation, due largely to lack of sufficient exercise. They experience difficulty in digesting even light food, with a consequent belching of stomach gases, drowsiness after eating, headache and a feeling of lassitude and general discomfort.

Doctors advise against cathartics and violent purgatives of every kind, recommending a mild, gentle laxative tonic, like Dr. Caldwell's Syrup Pepsin, to effect relief without disturbing the entire system.

Dr. Caldwell's Syrup Pepsin is the perfect laxative, easy in action, certain in effect and, withal, pleasant to the taste. It possesses tonic properties that strengthen the stomach, liver and bowels and is a remedy that has been for years the great standby in thousands of families, and should be in every family medicine chest. It is equally as valuable for children as for older people.

Druggists everywhere sell Dr. Caldwell's Syrup Pepsin in 50c and \$1.00 bottles. If you have never tried it send your name and address to Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill., and he will be very glad to send a sample bottle for trial.

Speaking Airily.

First Aviator—How far is it to the next gasoline reservoir?

Second Aviator—Two graveyards and a spiral glide to your left, old man.—Life.

You will sneeze; perhaps feel chilly. You think you are catching cold. Don't wait until you know it. Take a dose of Hamlin's Wizard Oil and you just can't catch cold.

Contrary Human Nature.

People seem to find it easier to be kind than to be genuinely appreciative of a kindness done them.

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated tiny granules.

If you can't marry the one you love, try to love the one you marry.

Many who used to smoke 10c cigars now buy Lewis' Single Binder straight 5c.

When truth gets busy, fiction is apt to feel ashamed of itself.

THE KITCHEN CABINET



THOUGH Greek and Latin be a lady's boast, They're little valued by her loving mate; The kind of tongue that husbands relish most, Is modern, boiled, and served upon a plate. —Saxe.

DRESSINGS AND GARNISHES.

For those who do not like oil salad dressings, the following will prove a satisfactory one:

Cook together two tablespoonfuls of butter and three of flour; when smooth add a cup of sweet cream. Let it boil, stirring all the time. After cooking five minutes remove and add a half cup of sour cream, the juice of a lemon and a little salt, and sugar to taste. Allow it to become perfectly cold; pour the mixture over sliced apples or bananas and set on ice for an hour before serving.

Mayonnaise Tartare.—This is simply the addition of chopped olives, pickles, parsley, capers and onions to the mayonnaise. Use a fourth of a cup in all with one cup of dressing.

Never mix mayonnaise with meat or fish until ready to serve.

Mayonnaise may be colored with lobster coral, or with pounded spinach or parsley.

Mayonnaise Dressing.—Mix together a half teaspoon of salt and a teaspoon of powdered sugar, a dash of cayenne and add to the beaten yolk of an egg. Drop in a little olive oil, keeping the bowl standing in ice; add a tablespoonful each of lemon juice and vinegar, alternating with the oil a few drops of each until a half cup of oil is used, then add a little more, a teaspoonful at a time, until a cupful of oil has been used. A half cup of whipped cream added to the mayonnaise improves it and makes it go further. This is the dressing par excellence.

Garnishes.—Edible garnishes are the only ones that should be allowed, the custom of tying up food with ribbon is entirely undesirable. Millinery is not in place on the dining table.

The skins of fruits may be used as receptacles for salads and cooked beets, and boats of cucumbers are not opposed to good taste.

A medley of lettuce, parsley, celery and capers or a variety of colors and shades cannot be considered artistic.

The red of beets and the red of tomatoes do not harmonize, and the garnish of a dish should not detract from the main substance. Brains and ingenuity are the best recipes for the use of garnishes.



THE sociable woman is one who, having nothing to do, comes around and bothers one who has.

You may have brains, but can you prove it?

CHAFING DISH DAINTIES.

The chafing dish will ever be a welcome adjunct to any equipment, for one may in a few moments prepare hot soup or a drink with little trouble.

There seems to be in the minds of many that the chafing dish is a modern invention. In fact, it is one of the most ancient, for chafing dishes have been found in the ruins of Pompeii and the Egyptians used similar dishes at the time of the captivity of the Israelites.

The chafing dish of today has kept alive the fires of hospitality in many a "third floor back" apartment, and bachelors and maids alike have become adepts in using the handy little home dish.

Shell fish, lobster, eggs and cream dishes are most adaptable to the chafing dish, and much of housewifely art has been revived by the workaday woman, who otherwise has little opportunity to exercise the art of cookery.

For breakfast dishes there is French toast, poached eggs and any number of creamed dishes.

French Fritters.—Mix and sift together a cup of flour, a half teaspoon of salt and two teaspoonfuls of baking powder. Add three-fourths of a cup of milk, one egg well beaten and one tablespoonful of melted butter. Fry same as griddle cakes. When cooked, spread with currant jelly, roll and sprinkle with powdered sugar. Heat the jelly or heat it with a fork before spreading.

Anchovy Toast.—Toast four slices of bread from which the crusts are removed, and spread with anchovy paste. Scald a cup of milk, add two egg yolks and stir constantly until it thickens. Beat the whites of two eggs until stiff, add the milk, beat thoroughly and pour over the toast.

Buttered Eggs.—Melt three-fourths tablespoonful of butter in a hot blazer. Slip in carefully one egg, sprinkle with salt and pepper and cook until the white is firm, turning once during the cooking. Do not attempt to cook more than one egg at a time.

Grilled Oysters.—Clean a pint of oysters and drain off the liquor. Put

the oysters in a blazer, and as fast as the liquor flows remove it with a spoon. Continue until the oysters are plump. Season with butter, pepper and salt, and serve on crackers.

YOU may have been born inquisitive, but for heaven's sake keep it dark.

The beauty about a thirt for knowledge is that there is no "morning after."

MEATS FOR THE CHAFING DISH.

There are so many delightful and appetizing dishes of different kinds of meats that are so nicely served from the chafing dish.

Rechauffe of Beef.—Brown two tablespoonfuls of butter, add three tablespoonfuls of flour, and when well browned pour on gradually one cup of stock. Season with one-fourth of a teaspoon of paprika and a few drops of onion juice and a half teaspoon of salt. Add a cup of rare cooked beef, finely chopped. Cook one minute and serve.

Hash Balls.—Chop cold corned beef, gristle and which has had the gristle and most of the fat removed. Add an equal quantity of cold boiled potatoes, chopped and seasoned with salt, pepper and onion juice. Moisten with milk or cream, make in flat cakes and cook in a hot buttered blazer. Brown on both sides.

Vienna Steaks.—Chop one-fourth of a pound each of raw lean beef and veal, removing all the fat and membrane. Season with three-fourths of a teaspoon of salt, one-fourth of a teaspoon of paprika, a little celery salt, a few gratings of nutmeg, a teaspoonful each of lemon and onion juice. Add one egg, well beaten; let stand several hours, then shape into small steaks. Put into the hot buttered blazer and sear on both sides. Cook six to eight minutes, turning frequently.

Creem one and a half tablespoonfuls of butter, mix with pepper and salt and spread on the steaks.

Bean Rabbit.—Melt two tablespoonfuls of butter, add one teaspoon of salt, paprika and a cup of cold baked beans, mashed; add one-half cup of milk or cream. When thoroughly hot add a half cup of grated cheese.

Deviled Almonds.—Blanch and shred a half cup of almonds. Cook until brown, using enough butter to prevent burning. Mix two tablespoonfuls of chopped pickles, a tablespoonful of Worcestershire sauce, a fourth of a teaspoon of salt, and a little cayenne.



OH, WHAT will you do with the Minute to Spare?

The gay little, stray little Minute to Spare.

That comes from a glimpse Of old Plenty of Time With never a worry and never a care. We'd better beware of the Minute to Spare.

The wee little, free little Minute to Spare; And never refuse The Minute to use That's always so ready some burden to bear. —Frank W. Hunt.

CLEANING HINTS.

Chloroform will remove grease spots from the most delicate fabric; rub until completely dry and there will be no ring to mark the spot.

Coffee stains on colored goods can be removed if at once sopped up with a clean sponge, wet in cold water. Place the damaged spot over a thickly folded cloth and keep changing the water in the sponge until the coffee disappears.

Oatmeal is a good cleaner for white paint. Rub the paint with a damp cloth dipped in oatmeal, then rub dry with a dry cloth.

To remove grease spots from wall paper, cover with a blotting paper and press with a hot iron.

Brass bedsteads can be cleaned by rubbing with a cloth dipped in sweet oil. Afterward polish with a piece of leather.

This is the season of the year when pepper nuts are in the market. These spicy little cakes are easily made at home and will keep until spring, as there is no shortening in them to grow rancid.

Pepper Nuts.—Mix one pound and a quarter of flour and an even teaspoonful of soda, add two teaspoonfuls of salt. Rub in two tablespoonfuls of shortening and wet to a soft dough with buttermilk. Work until the dough is smooth, roll an inch thick and cut in cakes with a large-sized biscuit cutter. When all are ready, prick with a fork and bake in a hot oven.

Buttermilk Biscuit.—Sift together a quart of flour and an even teaspoonful of soda, add two teaspoonfuls of salt. Rub in two tablespoonfuls of shortening and wet to a soft dough with buttermilk. Work until the dough is smooth, roll an inch thick and cut in cakes with a large-sized biscuit cutter. When all are ready, prick with a fork and bake in a hot oven.

Nellie Maxwell.

HAVE YOU SUSPECTED YOUR KIDNEYS?

There are two ways to tell whether you have weak kidneys. The first is through the pains in the back and other outward signs. The second is by examination of the kidney secretions.

That is why physicians make such a careful examination when you apply for insurance, and if there is any sign of kidney trouble you are surely rejected.

Kidney disease is so dangerous that it is a bad mistake to overlook or neglect it, and if pain in the back, recurring headaches, or a fretful, nervous, tired condition makes you suspect some kidney trouble, take the trouble to watch the kidney secretions. Look for any of the following signs:

More or less than three and one half pints passed daily.

Too dark or too pale a color. Passages too frequent, profuse, or much reduced, or scalding and painful. Sandy, gritty or cloudy settlements. Fat or oily-looking layers which gather on the surface when allowed to stand, or a jelly-like thickening.

Staining of the linen or bed odor. Temporary changes may occur for a time from things eaten, but if the changed appearance continues, your kidneys are out of order and need help. Neglect may prove serious.

Doan's Kidney Pills correct and regulate the kidney secretions, stimulate and heal sick kidneys, and thereby drive away

There are Two Ways to Find Out Whether the Kidneys are Sick or Weak



"Oh, what a pain!"

backache, rheumatic pain, nervousness, dizziness, bloating and other results of kidney disease.

The following case is typical of the cure effected by Doan's Kidney Pills. Grateful testimony is the best evidence.

SAVED AT THE CRISIS.

Cured After Doctors Gave Up Hope.

H. R. Hatch, 2578 Cedar Street, Everett, Washington, says: "I doubt if anyone ever suffered more than I did from kidney trouble. I endured the greatest agony anyone can imagine. My back so bad I could hardly walk. The least jar was or sudden misstep caused sharp twinges through my loins that fairly made me groan. I dreaded to stoop for I knew what I had to suffer when I straightened. At times the kidney secretions passed much too freely, while again there was a marked retention. The secretions were almost like blood, offensive in odor and terribly painful in passage. I treated with several physicians and consulted two specialists in Seattle and one in Tacoma. They all told me I had Bright's disease and could expect to live only a short time. Finally I began using Doan's Kidney Pills on a friend's advice, and to my surprise, I received prompt relief. I continued and was completely cured. Though 75 years of age, I am as supple and active as any man in the country."

"When Your Back is Lame—Remember the Name"

DOAN'S KIDNEY PILLS

Sold by all Dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y., Proprietors



SHE KNEW.

Visitor (examining picture in dining room)—Is that picture one of the old masters?

Hostess—Yes; that's a picture of our cook.

A LEAKAGE THAT CAN BE EASILY STOPPED.

How many people who read this article, realize the weighty influence of one little necessity of life—baking powder—on the cost of living.

Yet it is a leakage that can easily be stopped if the housewife will only pay a little more attention to the choice of her baking powder. So often there is an economy in buying the cheap "Big Can" Baking Powders. These Baking Powders are not always uniform, and sometimes produce failures in the baking, and the result is that more is lost in one or two spoiled bakings than you spend on baking powder in the whole year. The cheap "Big Can" Baking Powders should be avoided.

On the other hand, many housewives feel that a baking powder is of no value unless they pay 50 cents a pound for it. The price charged for the high priced "Brand" brands. This is a mistake, as the best baking powder that can be made can be sold for 25c per pound if the manufacturer is satisfied with a reasonable profit. There is one brand on the market that meets these requirements. It is CALUMET BAKING POWDER, recommended by leading physicians, chemists; used in millions of homes; and given the Highest Award at the World's Pure Food Exposition.

Their Limit.

"There is one queer thing about fish stories."

"What is that?"

"Fishermen, in telling of their catches, never seem able to draw the line."

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try It for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. —Murine is compounded by our Oculists—not a Patent Medicine—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 50c and 60c per bottle. Murine Eye Salve in Aseptic Tubes, 50c and 60c.

Murine Eye Remedy Co., Chicago

Uncertainties.

"A number of men who get to the front are mere accidents."

"Yes," responded Senator Sorghum; "I sometimes think that what our government most needs is some reliable form of accident insurance."

CREAM OF RYE

For health and energy eat it for breakfast. Reduces cost of living. Free Silver Spoon in every package. Ask your grocer for a package.

A silly man is easily convinced that he possesses more wisdom in one day than the late Mr. Solomon did in all his years.

"Lost—A golden hour, set to 60 diamond minutes. There is no reward, for it is gone forever."—Beecher.

What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomach tonic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medicinal forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.

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All Styles, All Leathers, All Sizes and Widths, For Men, Women and Boys.

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THE NEXT TIME YOU NEED SHOES give W. L. Douglas shoes a trial. W. L. Douglas name stamped on a shoe guarantees superior quality and more value for the money than other makes. His name and price stamped on the bottom protects the wearer against high prices and inferior shoes. Insist upon having the genuine W. L. Douglas shoes. Take no substitute.

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W. L. Douglas shoes are not sold in your town, send direct to factory. Take measurements of foot as shown in model; state style desired; size and width; usual weight; plain or cap-toe; heavy, medium or light sole. We ship shoes free of charge to all parts of the world. Illustration Free. W. L. DOUGLAS, 140 Spaulding, Boston, Mass.

PERFECTION SMOKELESS OIL HEATER

In every cold weather emergency you need a Perfection Smokeless Oil Heater. Is your bedroom cold when you dress or undress? Do your water pipes freeze in the cellar? Is it chilly when the wind whistles around the exposed corners of your house?

A Perfection Smokeless Oil Heater brings complete comfort. Can be carried anywhere. Always ready for use—glowing heat from the minute it is lighted.

Ask your dealer to show you a Perfection Smokeless Oil Heater or write for descriptive circular to any agency of Standard Oil Company (Incorporated)

WOMAN'S WAY.

"A woman's convention, eh? What do women know about enthusiasm? Now, at the last national convention we men cheered our candidates for an hour."

"That's all right," said his wife. "We threw kisses at ours for sixty-seven minutes by the clock."

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

Your Liver Is Clogged Up

That's Why You're Tired—Out of Sorts—Have No Appetite.

CARTER'S LITTLE LIVER PILLS

will put you right in a few days. They do their duty. Cure Constipation, Biliousness, Indigestion and Sick Headache. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Wm. Wood

The Farmer's Son's Great Opportunity

Why wait for the old farm to become your inheritance? Begin now to acquire a steady income, own property and independence. A great opportunity awaits you in Manitoba, Saskatchewan and Alberta. Buy 160 acres of land on easy terms. Fine climate, good schools, excellent railway facilities, low freight rates, water, water and lumber easily obtained.

For pamphlet "Last Best West" or particulars as to suitable lands, low and low settlers' rate, apply to Dept. of Immigration, Ottawa, Can., or to Canadian Gov't Agent.

W. V. BENNETT Room 4 Box 812, Omaha, Neb. Please write to the agent nearest you

THOMPSON'S EYE WATER

Quickly relieves eye troubles by dust, sup or other irritating causes. JOHN L. THOMPSON & CO., BUFFALO, N. Y.

BE FAIR WITH YOUR STOMACH

Don't abuse or neglect it, and you will be well repaid. If it becomes weak—REMEMBER—

HOSTETTER'S STOMACH BITTERS

tones—strengthens—invigorates

Try a bottle today for POOR APPETITE INDIGESTION DYSPEPSIA COLDS, GRIPPE MALARIA, FEVER AND AGUE

Nebraska Directory

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PAINLESS DENTISTRY

GOLD CROWN, \$4.00 to \$5.00. Plates or bridges made in 1 day. Examination free. 20 yrs. guarantee.

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Formerly BAILEY & MACH 3rd Floor Fashion Bldg. OMAHA, NEBRASKA

Best equipped Dental Offices in Omaha. Reasonable prices. Special discount to all people living outside of Omaha.

THE "BELL" SIGN

It represents a telephone system whose lines reach nearly every city, town and village.

From a Bell Telephone station you can talk nearly everywhere. Look for the Bell Long Distance booth.