

THE BUILDING OF A COUNTRY

The Natural Pride of Those Who Take Part in It.

To those who have built railroads through and across the prairies of Western Canada, connecting that great empire of grain and cattle, horse and sheep with the world's markets in the east, must be awarded the privilege of looking upon their work, and its results with pardonable pride.

When the builder of the western Canadian prairie looks upon the result of his work, why shouldn't his chest expand? It was probably some of this feeling of pride that took possession of Sir Donald Mann, vice president of the Canadian Northern Railway the other day in Winnipeg, when he said:

"I am not in the habit of giving advice, but I have no hesitation of advising the young men of Canada, every young man, to get out and get a piece of western Canada's land that now can be had for the asking and be their own masters."

"It was 36 years ago when I first came to Winnipeg," he said. "At that time there were less than 150,000 people west of Lake Huron in Canada, and the only bit of railway in operation was between St. Boniface and Emerson—about sixty miles. Today there are nearly 20,000 miles of railway in actual operation and the population is over two and a quarter million, a wonderful achievement in such a short period you will agree, when you have contemplated it a moment."

"At that time all the flour, meat and many other supplies for our contracts were brought from the States. Now consider what the west is doing today. You have a grain production exceeding a billion bushels and yet only a comparatively small area of the tillable land of the country is occupied. Five years hence you will be more than doubling that."

Don't think because a mule takes to his heels that he is a coward.

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapepsin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, get this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food. Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

Hawaii's output in pineapples this year will be nearly ten million cans.

CONSTANT PAIN IN BACK FROM KIDNEY TROUBLE

I wish to tell you of my condition of about four years ago. I was afflicted with kidney and bladder troubles and had a constant pain in my back all the time for about two or three months. I did not have any appetite and could not rest at night and I was hardly able to do my house work. I saw Dr. Kilmer's advertisement and decided to give Swamp-Root a trial; after taking four bottles of Swamp-Root I was restored to health and have not been afflicted since. I will cheerfully recommend Dr. Kilmer's Swamp-Root to others afflicted with kidney and bladder troubles.

Yours truly, SARAH FRAYER, Coffeyville, Kan.

803 E. 6th St. State of Kansas, Coffeyville, Kan. Montgomery County, Mo.

Be it remembered, that on this 17th day of April, 1915, before me, W. G. Bowman, a Notary Public, in and for said County and State, came Sarah Frayer, who is known to me to be the same person who executed the within statement, and such person duly acknowledged the execution of the same to be her free and voluntary act and deed.

In testimony whereof, I have hereunto set my hand and affixed my Notarial Seal the day and year first above written. W. G. BOWMAN, Notary Public.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

It's one of fate's decrees that lovers fall in love before they can fall out.

MELLOR OPPOSES IT

THINKS NEBRASKA WOULD BE INJURED BY PASSAGE OF THE MIXED FLOUR BILL

SMALLPOX AT SOLDIERS' HOME

Items of General Interest Gathered from Reliable Sources Around the State House.

Western Newspaper Union News Service. Nebraska farmers would not be benefited by national legislation permitting wheat and corn to be mixed in the making of flour, according to the view taken by Secretary W. R. Mellor of the State Board of Agriculture. He has therefore declined to endorse a bill now pending before congress having that object in view.

Mr. Mellor received a letter from Robert G. Gould at Washington representing the association of corn products manufacturers, asking that the Nebraska board of agriculture to register its approval of the bill, which bears the name of an Illinois congressman.



R. W. MCGINNIS, Of Fremont, Holt county ranch owner, and Lincoln business man, recently elected secretary of the State Dairy-men's Association.

greesman, H. T. Rainey. The letter stated that the Illinois and Missouri boards had placed their O. K. upon it.

Two principal reasons are cited by Mr. Mellor why the proposed legislation for mixed flour would not be to the best interests of Nebraska. They are:

- 1. This state produces as much wheat as corn and is interested in seeing that quality of flour and the price of wheat are not lowered through the manufacture of a mixed product. 2. Nebraska is one of the chief live stock raising states of the union and for that reason is not in favor of legislation that might increase the price of feed.

Smallpox at Old Soldiers' Home

Five hundred employes and inmates of the soldiers' home at Grand Island are under quarantine and no one is allowed to leave the institution as the result of the discovery of a case of smallpox.

Sam Dietz, one of the inmates, was found to be suffering from smallpox in aggravated form.

Dr. Phelan ordered that the institution be closed.

Dietz has been ill for some time, but for the past few days has been confined to his room and none of the other inmates have been with him. He was at once placed in the farm house at the home, which was converted into a temporary isolation hospital. A number of the inmates and employes who were believed to have been exposed were vaccinated.

Close guard will be kept on those exposed and every measure taken to prevent the spread of the disease.

School funds received by the state treasurer from June 1, 1915, to January 15, 1915, total \$454,410, according to a report made by Treasurer Hall. Of the amount \$228,350 came from bond interests and \$92,000 from lease payments on school lands of the state. The balance came in from various sources.

Setting aside two or three special "pure food days" in Nebraska during the early spring is an idea which Food Commissioner Harman will suggest to Governor Morehead. In connection with this method of directing public attention to clean, sanitary and wholesome food products, Mr. Harman thinks the plan could be employed to give "made in Nebraska" goods a strong boost. What he has in mind is a general cleanup day for all grocery stores, meat markets, eating places and other business establishments where food is sold and served.

It is said that a congressional investigation of the car shortage in Nebraska will be started.

Over 46,000 number plates for motor vehicles were sent out by the employees in the automobile registration department of the Secretary of State's office during the month of January, and owing to the big rush of business the first of the year it cost over \$9,000 to carry on the work in that month.

Twelve to fifteen extra assistants were at work in that department during January. The actual number of plates issued was 46,290, of which 39,240 were renewals of old numbers, 6,100 were new numbers for automobiles, and 950 were motorcycle numbers.

Will Transfer Cash Funds.

State Treasurer George E. Hall has about decided to transfer \$128,000 of state department cash funds to the general fund and use the money for the payment of current expenses of the state. He believes he has discovered that this much money in the treasury can be used to pay the state's current expenses. He and State Auditor Smith and State Accountant DeFrance are now devising a method of making the transfer on the auditor's books and treasurer's records.

County treasurers of the state will meet in annual session at Omaha, February 23 and 24.

WORK ALMOST COMPLETED

Unusual Record Made by the State Examiners

Examiner J. J. Mahoney and F. A. Stech employed by the state auditor's office have almost completed the second examination of all county treasurers in Nebraska since the new administration took charge in January, 1915. They have had assistance from State Accountant De France of the same office in few instances. During February, the examiners will finish checking the eleven treasurers who have been examined only once.

Under former administrations it was considered an unusually good showing when the examiners made the rounds once in a year, but those working under Auditor Smith finished up their first inspections last September, in less than nine months after they started. By keeping steadily at it, they will finish the second examinations in another five months, leaving ten months in which to examine all the treasurers a third time during this biennium.

In additions to the other work, the state auditor's office has employed the services of State Accountant De France in making the annual examination of trust companies. The former custom was to hire outside help for this purpose.

To Investigate Car Shortage

The Nebraska state railway commission in a telegram to the interstate commerce commission and to Congressman Charles H. Sloan of Nebraska supports Congressman Sloan's efforts in congress to correct the present car shortage. The railway commission's telegram closes with a request for a federal investigation. Railway Commissioners Clarke, Taylor and Hall say Nebraska railroads are short 2,500 cars necessary to fill orders for loading. It says a continuance of the car shortage may result in a serious financial loss.

Nebraska Freight Rates Higher.

Grain shipments in Nebraska bear a higher average freight rate for equal distances than shipments moving in Kansas, according to a comparative tabulation prepared by Rate Expert U. G. Powell of the railway commission of this state. The difference in rates ranges from 10 to 25 per cent in favor of Kansas.

To secure the best available comparison, seventeen stations on the Union Pacific railroad in Kansas, located from 28 to 429 miles from the Missouri river, were listed in one table, and seventeen stations in Nebraska, situated 25 to 428 miles from the Missouri river, in another.

The Kansas rates on wheat vary from 5 to 14.5 cents for these distances. In Nebraska, the wheat rates run all the way from 5.95 to 21 cents.

On corn, Kansas rates for the distances given are from 5 to 12.5 cents; in Nebraska, from 5.1 to 19.5 cents. The average earning per ton mile in Kansas are 10.3 mills on wheat and 8.93 mills on corn; in Nebraska, 12.4 mills on wheat and 10 mills on corn.

Want Model High School Building.

Resolutions asking the board of regents of the University of Nebraska to build a model high school, that new schools may pattern after it in the matter of lighting, heating and sanitation, were passed by the Rural School Patrons' association.

The university was commended for its co-operation with the public schools. J. D. Ream, of Broken Bow, was re-elected president of the association, and W. H. Campbell, of Central City, secretary. The meetings next year will be held at the Temple theatre during organized agriculture week.

State Supt. A. O. Thomas told the gathering how progressive the rural schools of Nebraska were, where many of the teachers were college graduates and where in many cases homes were provided for them in connection with the school. Poor schools, he showed, were largely responsible for the depopulation of the rural districts of the east.

Four representatives of Nebraska at the national congress in Washington have written to Secretary Whitten of the Lincoln Commercial club agreeing to oppose the proposed tax on gasoline soon to come up for consideration. Their letters were in reply to a communication from Secretary Whitten enclosing a resolution condemning the tax passed by the board of directors.

Dr. G. D. Griffith, pathologist, at the Lincoln state hospital for insane, has been appointed by the board of control as superintendent of the state institute for feeble minded at Beatrice, and will take charge there on February 1, at the salary of \$2,500 per year. He succeeds Dr. W. S. Fast, who was recently appointed as superintendent of the Hastings state hospital for insane.

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CONDENSED NEWS OF INTEREST TO ALL.

The infant child of John Serann, which wandered away from home at Harrison, was found frozen to death.

Work on a \$20,000 brick building to be used as a wholesale grocery house, will start in a short time.

Frank Kitts of Holstein has been awarded the contract for all concrete bridge construction in Adams county this year.

About 200 delegates are expected to attend the convention of the Nebraska State Optical association in Omaha, February 16, 17 and 18.

Fire damaged the Catholic church of Aurora to the extent of \$3,000. This same church was seriously damaged by fire just a year ago.

The Inter-Mountain Railway, Light and Power company, which is building lines to furnish light and power to Funk, Wilcox and Hildreth, has been obliged to stop work on account of the impossibility of securing material from the manufacturers.

Fire, originating in the basement of a cafe, wrecked the interior of the Brownell building, a four-story and brick structure in the heart of the Lincoln retail business district. The total estimated loss is between \$50,000 and \$60,000.

Rayard H. Paine, of Grand Island, has prepared his petition for one of the nominations for district judge and will file the same in the near future. There are at present three candidates for the non-partisan nomination, though it is expected there will be others.

Three stock receipt records were broken at the South Omaha Stock Yards last month. A new record was established for a month in hog receipts. A new January cattle record was placed among the high marks. The month broke all previous records for the number of cars arriving at the stock yards.

E. R. Purcell, president of the Public Service club of Broken Bow, received a telegram from President Hale Holden of the Burlington, stating that the road will erect a new and modern station in that city, owing to the inadequacy of the present station. This matter has been under consideration for some time.

At the recent annual meeting of the fire and tornado assessment association of Hall county and adjoining counties at Grand Island the reports submitted showed a membership of 567 farmers, with a total fire insurance of \$2,051,000 and a total tornado insurance of \$1,767,000 for 541 members.

For the second time within thirteen months the T. B. Hord elevator at Monroe was destroyed by fire. The origin is unknown. When discovered the whole interior was burning. The building contained 7,000 bushels of grain and had a capacity of twenty thousand bushels. The total loss was about \$15,000.

C. J. Miles, former mayor of Hastings, and president of the defunct Nebraska State league, authorized a public statement announcing his candidacy for the republican nomination for governor. This gives Hastings two republican candidates for governor, Mayor Madgett having filed for the nomination.

In a rousing meeting at Grand Island delegates from many of the towns outside of Broken Bow met and pledged their untiring loyalty to the cause of the division of Custer county into smaller portion of the commonwealth. While there were no formal resolutions the proposed division of the county was agreed upon.

Joe Stecher of Dodge has returned from his triumphant eastern trip. He wrestled fifteen athletes in the three weeks he was on the road and easily defeated them all. This was Stecher's first trip east and he was accorded a big reception by the sporting writers and the public generally. In New York he was heralded as the new world's champion.

The 2-year-old daughter of Mr. and Mrs. Albert Strain of University Place choked to death as the result of swallowing a peanut nearly two months ago. The peanut had been removed by a delicate operation several weeks ago, but the child had been subject to violent coughing spells ever since the operation. It was while in one of these spells that she died.

Over \$150 was raised among the Columbus citizens for the fund to aid the eight million suffering Jews in the war zone.

Prices on horses and mules range high, the steady demand for them for the European war being a factor. At a farm sale held near Tecumseh one day recently an ordinary team of draft horses brought \$415. A team of mules was sold at \$400. Single work horses went at \$170 and \$190. Cows are bringing as much as \$70 on the block.

Theodore E. Nordgren, former representative from Hamilton county in the state legislature, has filed as a candidate for lieutenant-governor on the republican ticket.

That rain and a bumper corn crop go together is shown when it is stated that the rainfall for 1915 beat all records for southeastern Nebraska, and that the 1915 corn crop was the best in that part of the state for many years. Many farmers report that they raised more corn in 1915 than at any time since they have been farming.

Lincoln people have contributed \$2,000 for the relief of Jewish war sufferers.

C. C. Wescott of Plattsmouth, secretary of the Nebraska Retail Clothiers, has just spent some time in Omaha to further the arrangements for the convention of this association, February 15 and 16. Mr. Wescott says a rather remarkable exhibit, now showing at Des Moines, is to be shown at the convention. The exhibit shows all the various stages in the manufacture of woolen goods from the raw wool to the finished garment.

Hastings barbers will hereafter charge 35 cents for haircuts.

Nearly 100 editors of northeast Nebraska attended the annual meeting at Wayne.

The Federation of Nebraska Retailers will hold their annual convention in Lincoln February 8, 9 and 10.

Hastings is making elaborate preparations for the annual convention of the state association of Commercial clubs to be held there Feb. 16.

W. L. McAllister of Neligh has filed for the republican nomination for senator in the Ninth senatorial district, composed of Boone, Nance and Antelope.

Farmers around North Bend are making large stock shipments. Many are selling their hogs on the North Bend market at \$7.40 per hundred-weight.

An authorized official census of the city of Scottsbluff reveals that it is a city of the first class with a population of 5,168, exclusive of suburban villages.

Paul Fender, a young farmer living across the river from Nebraska City, suffered serious injuries, when his hair was caught in a corn sheller. He was completely scalped.

Rev. Mr. Afflebaugh, the street preacher who created consternation at a funeral in Grand Island by injecting debate into the services, was fined \$20 and costs, the maximum penalty.

Hog receipts at South Omaha on Tuesday, February 1st, footed up 26,000 head, the second largest in the history of that market. The record day was February 13, 1912, when 28,969 head arrived.

Charles Breesenia of Hyannis drew the 640-acre ranger station at the recent land drawing at Broken Bow. Mr. Breesenia is a poor man. The place is twelve miles from Hyannis and is valued at \$5,000.

Two brick store buildings two stories high, constituting the principal part of the business section of Ames, were destroyed by fire. The loss on buildings and stock is estimated at \$10,000 and insurance of \$8,500 was carried.

The Hastings municipal bond, supported by the city and directed by John S. Leick, former conductor of the Kitties band and soloist with Sousa, will make a tour next month, beginning with a concert at Kearney, March 2.

The Cedar bank farm, located one and three-quarter miles north of York, was sold one day recently at public auction. It consisted of eighty-seven acres and the price paid was \$280.50 per acre, or a total of \$24,462.50.

At a meeting of the stockholders of the new hotel to be built in Fremont, nineteen directors were chosen and articles of incorporation adopted. The Fremont Hotel company is the name chosen. The capitalized stock is \$200,000, with half of it paid up.

Eddie Sodomka, the 18-year-old crippled lad who shot and killed his father at their home in Omaha, while the latter, in a drunken rage, was beating the boy's mother on the head with a water pail, was exonerated by a coroner's jury and released from custody.

Edna Carney, a school girl at Tallmage, suffered a peculiar accident. While at play on the school ground she stepped on a lead pencil which was frozen in the ground, point up. The pencil went through her shoe and entered her foot to a considerable depth, causing an extremely painful injury.

A new railroad bridge across the Missouri river at Omaha to replace the present bridge, with the exception of the piers, and to cost \$1,000,000, will be built by the Union Pacific Bridge company, work to commence in the spring if material can be obtained. Plans for the bridge have been completed.

The inmates of Sunnyside, the old folks' home destroyed by fire January 16 at Hastings, are circulating a petition addressed to the Carnegie Hero commission asking that a medal be given Miss Margaret Kealy, matron of the institute, for heroism she displayed in saving several of the inmates from the fire.

Guy Boyd, formerly Burlington railway agent at Royal, has sued the Standard Oil company for selling oil to the railroad company that he alleges was far below the standard and highly combustible. In his petition he alleges that a lamp filled with this oil exploded, setting fire to the depot building and severely injuring him.

One of the largest shipments of mules ever made from Nebraska passed through Omaha the other day to the seaboard. It consisted of 800 animals and took thirty-two cars to accommodate them.

An automobile hearse will be among the exhibits at the Omaha Automobile show February 21 to 28, according to announcement of Manager Clarke Powell. This will be the first time in the history of automobile shows that an automobile hearse has been on display.

The West Point farmers' institute will be held on February 18. Much interest being shown by the farming community, especially by the women, who have a strong auxiliary association. This function promises to be both interesting and profitable.

Postmaster Davis of North Platte is planning the extension of one of the rural routes out of the city into one of the longest routes in the state. It will cover a fifty miles of territory and will embrace the town of Bignell on the proposed new Burlington extension.

The First National Bank of Hastings proved the acceptable bidder for \$50,000 city intersection paving bonds to be delivered March 1 and draw 4 1/2 per cent interest. This is the first time in history Hastings municipal bonds ever sold below 5 per cent.

A special train was chartered at Maskell recently to convey Stanley Olson, 5-year-old son of Mr. and Mrs. O. N. Olson, to Sioux City to receive surgical aid. The child had swallowed a small beauty pin, and the case demanded immediate treatment to save his life.

MADE WITH APPLES

DELICACIES PREPARED FROM THE HEALTHFUL FRUIT.

Punch Has Long Been a Favorite, but May Be New to Some—Recipe for Raised Biscuit—Apple Schmarren Excellent.

Apple Punch.—Cut six tart apples in quarters; core, but do not pare; put into a preserving kettle and add one cup of raisins, two bay leaves, a small piece of stick cinnamon, the grated rind of three lemons and two quarts of cold water; let come to a boil and add two quarts more of cold water; cover and let boil for thirty minutes; drain through a muslin bag. When cold add the juice of three lemons and two pounds of sugar; stir until the sugar is dissolved. When ready to serve, add a little shaved ice.

Raised Apple Biscuit.—Scald one cup of milk, add one tablespoonful of sugar and one tablespoonful of butter; let cool. Add one-half cake of yeast dissolved in warm water, one teaspoonful of salt and one cupful of flour. Let rise; add cupful of apple, pared and grated, and one cupful of flour sifted with one-half teaspoonful of soda. Let rise for one hour. Shape into two flat cakes, let them double their bulk, bake in hot oven, split while hot and butter. Serve hot with sugar and butter.

Apples and Rice.—Pare and core apples, place in a baking dish and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has been boiled for fifteen minutes. Cover and bake for fifteen minutes, remove cover and bake for fifteen minutes longer. Serve hot with cream.

Apples in Rice Cups.—Boil rice in salted water until tender. Half fill coffee cups and let stand until cold. Stand in a pan of hot water until they will slip from the cup easily. Scoop out a small place and lay a quarter of an apple that has been cooked in a rich sirup in the cavity. Serve with the apple sirup or cream.

Apple Relish.—Three pounds of apples diced with the skins on. Take three pounds sugar, one pound raisins, one pound pecans, two oranges; remove peeling and grind it in meat grinder; then cut the orange into small pieces. Cook for one hour, adding the nuts five minutes before removing from the stove.

Apple Schmarren.—Make a batter of one tablespoonful of pastry flour, two tablespoonfuls of milk, a pinch of salt and a well-beaten egg. Slice into this batter one good sized apple. Put into a frying pan one teaspoonful of clear lard, heat it and pour in the batter, fry a nice brown and serve with powdered sugar.

Steak Supreme.—Select a sirloin steak at least an inch thick; have ready cooked in brown stock until tender balls or dice cut from carrots and turnips, half a dozen of each for each service, also for each service two small onions. For a steak weighing about two pounds, melt and brown three tablespoonfuls of butter, in it stir and cook five tablespoonfuls of flour until flour is well browned, then add one-half teaspoonful salt and one and one-half cups rich, dark brown broth; stir sauce constantly until it boils, then add cooked vegetables and about a dozen canned mushrooms; let the whole stand over hot water while steak is being cooked; cook steak about six minutes; set steak in hot dish, turn vegetables and sauce over it and set all in hot oven, to stand about four minutes; sprinkle steak with a teaspoonful or more of fine chopped parsley and serve at once.

Nice Sugar Cookies.—Cream one-half cupful of lard, one-half cupful of butter, one cupful of granulated sugar. Add one cupful of rich sour cream, two unbeaten eggs, four cupfuls of flour mixed and sifted with one teaspoonful of soda and one-half teaspoonful of baking powder. Stir just enough to make a stiff dough; toss on to a lightly floured molding board and knead another cupful of flour into it. Flavor with a little nutmeg, roll out and cut into cookies and bake.

Veal Cutlets in Gravy.—One slice veal steak. Remove bone and cut in size you wish to serve. Place in frying pan with one cupful water, cover and allow to simmer. Add seasoning and good piece of butter. Turn and let cook slowly about one hour, and just before removing add one-half cupful of milk or cream. Easy to cook and tastes like chicken. For those who like the flavor add one small onion when the seasoning is added.

For the Farmer's Wife.—Steel knives and forks should not be wrapped in woolen. Good, strong paper is better, as steel is injured by lying in woolen.

Woodenware should be scalded often and tinware should be kept dry. A dress shield cut in two pieces and tucked under a baby's fancy bib will absorb the moisture and keep the little dress from becoming damp and soiled.

Ice Cream Cases.—Dainty and delicious ice cream cases can be easily made by joining with icing three sugar wafers, making a triangular shaped box. Half fill these with vanilla cream and add a tablespoonful of an preserved fruit, topping with whipped cream. Grated maple sugar with a few minced walnuts is delicious over vanilla cream, as is also a sprinkling of rolled macaroons and minced almonds.

New Use for the Alarm Clock.—The busy housewife, who has many things on her mind, sometimes forgets the food placed in the oven to bake. To save that waste which might come from letting dishes burn up through forgetfulness use an alarm clock.

Set the alarm at the hour the baking should be finished, so it will be heard wherever the housewife may happen to be.

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious opportunity to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from any store that handles drugs which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Adv.

"DRUMMER" PLAYED IN LUCK

Elopement Might Have Been a Serious Matter, But Under the Circumstances It Was All Right.

"A man in your business can't get home very often?" asked the curious gentleman of the commercial traveler. "Home, sir?" replied the commercial traveler. "I should think not! Why, I get home so seldom that half the time I can't remember where I live and I have to wire the firm for my address!"

"You don't say so!" "Yes," went on the traveler, warming up to his work, "it's perfectly true. One time I was away so long that I actually forgot I was married, and, taking a fancy to a girl I met in a strange town, I eloped with her!"

"My goodness!" gasped the other. "It might have been awkward for me," the traveler said thoughtfully, "but when we called on the firm during our honeymoon the boss told me she was my wife already!"

Not Up on Poultry.—On board of one of his majesty's ships two seamen were hotly engaged in an argument as to the class of animal a hog belonged, one of them asserting it was a sheep and the other equally certain it was a pig.

Not being able to agree, one of them turned to an old salt, who was