Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomainelike poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from any druggist or storekeeper, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.-Adv.

Why Not?

"Pa," said the six-year-old, "what is a prince?" 'A prince," said his father, "is a

king's little boy. Now, if I were a king you would be a prince." The youngster thought it over for a

Class A-Horses, L. W. Leonard, Pawmoment. "Why don't you be one?" he asked.

"CASCARETS" FOR **SLUGGISH BOWELS**

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out-the headache, biliousness, indigestion, the sick, sour stomach and foul gases-turn them out to-night and keep them out with Cascarets.

Millions of men and women take a know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great. -•A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head. sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

Mrs. Hep's Sayings. "Liza Spriggs is afful forehandud," admired Mrs. Jonathan Hep to her neighbor, "she sez she ain't gonna let nothin' git ahead uv her, sose she's got her new di'ry thet she got fer Chrismus all writ up till next August. -Pittsburgh Dispatch.

WHEN KIDNEYS ACT BAD TAKE GLASS OF SALTS

Eat Less Meat If Kidneys Hurt or You Have Backache or Bladder Misery -Meat Forms Uric Acid.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.-Adv.

It is not always advisable to tell all one knows, but it is well to know all that one tells.

The longer a man does nothing the more he seems to like it.

DEPARTMENT HEADS PRIMARY ELECTION.
Tuesday, April 18, is Day Set

from Reliable Sources Around

the State House.

departments of the 1916 state fair:

Amphitheatre-J. E. Reynolds, In-

Auditorium—C. G. Crews, Culbertson, Bands—W. W. Cole, Neligh, Boys' Encampment—Charles Strader,

Camping Ground—V. Arnold, Verdon. Collseum—Z. T. Leftwich, St. Paul. Concessions—Hiram Meyers, Lincoln. Feed and Forage—J. H. Harms, Up-and

nd. Fish Exhibit—W. J. O'Brien, Gretna. Gates—E. R. Purcell, Broken Bow. General—William Foster, Lincoln.

Guards-Adjutant General P. L. Hall,

ton.
Class E—Poultry, A. H. Smith, Lincoln.
Class F—Agricultural products, T. E.
Class F—Agricultural products, T. B.
Lohn Hasik.

Class F-Agricultural products, T. B. Keedle, Minden; assistant, John Hasik,

The Legislative League

1891 session, for a toast.

Beauty Not a True Standard.

This revolutionary legal provision is

Bryan petitions.

Form of Primary Ballot Uncertain.

Governor Morehead has issued his LIST OF SUPERINTENDENTS FOR proclamation for a primary election to STATE FAIR. be held Tuesday, April 18, for the following purposes:

To express a preference for candi-LEGISLATIVE LEAGUE BANQUET dates by each of the political parties for president and vice president of the United States. Items of General Interest Gathered

tricts.

For nomination-at-large of two candidates at large and one from each congressional district in the state for presidential electors by each of the political parties. Western Newspaper Union News Service. Secretary Mellor of the state board

By Law.

For the election of four delegatesat-large and two from each congresof agriculture has announced the folsional district in the state to the nalowing list of superintendents for all tional convention of the respective political parties and for a like num

ber of alternates. For the election of one national committeeman for each of the said political parties.

For the nonpartisan nomination of two candidates for chief justice of the supreme court to fill vacancy and six candidates for judges of the supreme

By each political party, the nomination of one candidate for United

States senator. One candidate for congress from each of the six congressional dis-

Also candidates for the following offices: One governor, one lieutenantgovernor, one railway commissioner, two regents of the state university, one state auditor, one state treasurer one secretary of state, one attorney general, one commissioner of public lands and buildings, one superintendent of public instruction, thirty-three state senators in twenty-eight senatorial districts, 100 representatives from the seventy-seven districts. District judge.

Objects to Commissioner's Figures.

The figures cited by the Nebraska railway commission to prove that the Chicago, Rock Island and Pacific Railroad company can maintain a 2 cent passenger rate over its Nebraska lines and still realize a fair profit are not at all satisfactory to the Rock Island. The company has a lot of figures of of Crete, Nebr., ex-president of the State Corn Improvers' association. For many its own showing that the rate is un reasonable and unfair. years Mr. Hogue has been prominent in this movement.

In a thirty-page statement filed with the clerk of the federal court Thurs day afternoon E. H. Smith, an ac Newspapers—Peter Youngers, Geneva.
Sanitation—J. H. Taylor, Waterloo.
Tickets—Joseph Roberts, Fremont.
Transportation—W. B. Schermerhorn,
review of the "volume of exhibits" prepared by U. G. Powell, rate expert class B—Cattle, G. E. Hall. Waterloo. Class C—Swine, O. G. Smith, Kearney. Class D—Sheep, W. C. Caley, Creighted and the commission have erred in the commission preparing their side of the case in the suit brought by the Rock Island to bring about a higher passenger rate Class G-Dairy, W. C. Andreas, Beat- Some of the commission's figures, Mr Class G-Dary, W. C. Aldreas, Deterrice.
Class H-Domestic products, Mrs. E.
E. Brown, Central City.
Class I-Bees and honey, William James, Dorchester.
Class J-Textiles, Mrs. J. P. MasterClass J-T

man, Lincoln.
Class K-Fine arts, Mrs. Mae Morley, Unappropriated Cash Funds.

Lincoln.

Class L.—Educational, Lulu Wolford.

Pawnee City.

Class M.—Machinery grounds, W. B.

Class M.—Machinery grounds, W. B. Banning, Union.
Class N-Machinery hall. Jacob Sass, ought to be turned into the general Class O-Better babies, Mrs. C. L. Le-fund and used for paying the miscel Mar, Osceola. Ciass S—Speed, H. V. Riesen, Beatrice; assistant, James Lamb, Nelson. laneous expenses of the state government, as recommended by State Accountant DeFrance in a report made to the governor and the auditor.

Governor Morehead will occupy the Of this amount, \$90,568 is fees toastmaster's chair at the banquet of turned in by the food the Nebraska Legislative league on to April 1, 1915. The remainder conthe evening of February 25, accord- sists of these items: Auditor's fees, ing to announcement made by Henry \$514; state board of irrigation, \$3,266; C. Richmond of Omaha, secretary of state dairymen's association, \$234; the league, Friday morning. Mr. Rich- state veterinarian, \$215; game and fish mond called upon the governor at his commission, \$38.

office and obtained his consent to of-Accountant DeFrance finds further ficiate at the head of the speakers' that there is in the hands of Treasurer table. The banquet will take place at Hall \$45,486 of fees and cash funds the Lindell hotel, starting about 6 the status of which is uncertain. He o'clock. Among those who are expect- calls these moneys "unadjusted aced to talk are John M. Thurston of counts" and makes no recommendo Omaho, R. B. Windham of Platts- tions concerning them. These acmouth, T. J. Majors of Peru, W. J. counts are as follows: Board of health Taylor of Merna, John Mattes of Ne- secretaries, \$1,411; board of pharmacy, braska City and W. R. Patrick of \$2,606; board of osteopathy, \$366; Bellevue. Secretary Richmond hopes board of optometry, \$152; board of also to secure Marsh Elder, the famous embalmers, \$38,246; railway commispopulist speaker of the house in the sion's blue sky fees, \$2,700. All of these moneys, except the last item, have accumulated since April 1 last year.

Secretary of State Pool declines | Cash funds of the state institutions just at present to make any official rul- under the board of control, the state ing on the form of the ballot to be university and its branches, the state used in the state primaries, April 18. normal schools and certain depart-The last legislature changed the bal- ments, all of which were specifically lot law for general elections so as to appropriated by the 1915 legislature, have the names of the candidates and now have balances aggregating \$67, propositions printed in three columns, 829, the state accountant reports. instead of one, thereby cutting down The grand total of all cash funds and the length and increasing the width fees in the hands of the state treasof the sheet. Mr. Pool is personally urer is \$208,150.

of the opinion, however, that the Blauser act relating to the ballot for Lorenzo D. Woodruff, a Lincoln general elections does not apply at printer, has brought suit in district the primaries, and that the party tick- court, against Governor Morehead, as ets should be made up according to ex-officio chairman of the bureau of the old style. Others at the capitol printing, and E. A .Walrath, deputy take a different view, pointing out that commissioner of the bureau of printthe legislature never intended to have ing, to restrain them from permitting two different ballot forms in use, that the Milburn & Scott Printing comthe primaries are governed by the gen- pany of Beatrice printing the copies eral election law, except where there of the proceedings of the Nebraska is specific provision to the contrary. State Historical society. The contract An opinion from the state legal de- was let to the Beatrice firm about partment will probably be secured by August 10, 1915, but the historical sothe secretary of state for his guid- ciety has not yet furnished any copy for the book.

Brings Suit to Enforce Payment Declaring that physical beauty is not The counties of Gage and Stanton a true standard for judging the worth having refused to pay the state for of a woman, University of Nebraska the care of insane patients, suits of girls, as represented by the senior and the state to recover will be tried in junior societies of the Black Masques the supreme court. J. H. Broady of and Silver Serpents, have refused to Lincoln has been appointed referee to nominate twenty from their number take testimony and report findings for a "beauty section" in the 1916 of fact and conclusions of law. The university year book, the "Corn-county of Stanton owes the state The resolution of refusal to about \$5,000, ond Gage county owes suggest the names of the twenty most considerably more, according to the beautiful girls, was unanimously petition of the state. Three years adopted at a meeting of the two so- ago W. B. Howard, state auditor, commenced the collection of \$96,000 due from about two dozen counties under the provisions of the old law, Cannot Lawfully Sign Two Petitions. which required counties to pay the No man in the state can sign more state for their own insane maintainthan one governorship petition or peti- ed in state hospitals for the insane. tion for any office, for that matter. If All of the counties except Stanton he does he is guilty of a misedmeanor and Gage have either paid or promand is therefore subject to county jail ised to pay. imprisonment from one to six months.

Lincoln's birthday was observed in pointed out in an opinion given by Nebraska as a state holiday for the Deputy State's Attorney Barrett. An first time Saturday. In the affairs of inquisitive reporter discovered that the ordinary citizen, however, it meant eleven prominent democrats of this only a few more flags flying, and a city had signed both the Berge and thought or two of the great emanci**NEBRASKA** STATE NEWS

light plant.

Citizens of Waco recently celebrat-

ed the opening of their new electric The Frank Tooley farm, located

near Central City, was sold recently for a consideration of \$175 per acre. The Hastings city council is advertising for bids to be opened March 13th for ten and a half miles of street

A big wolf hunt was held near West Point last week. The ground covered by the hunters was approximately thirty sections. A number of wolves were dislodged and two were 4 4 4

M. E. Crosser, who succeeded F. M. Hunter as superintendent of the Norfolk schools several years ago, has notified the Board of Education that he will not be an applicant for re-election.

Twenty-eight head of horses were shipped in a special palace stock car by express from Bristow to Boston, Mass., recently. This is the firs, car of horses to be shipped from that territory by express.

The three municipal wells at Falls City were found to be contaminated with surface drainage and decayed vegetable matter, through tests made by the state bacteriological bureau. Probably new wells will be sunk. A two-section state aid bridge will

be constructed across the Platte river at Sutherland early this spring. The cost will be \$20,448. Each section will Hastings for use during the democratbe 250 feet long. There will be a ic state convention there next July. 1,100-foot fall between the two sec-A gravel pit which will no doubt

prove of great value to the Northwestern railroad, has been discovered at Bristow. This gravel pit is nearly 100 rods long and 40 rods wide with an average depth of gravel of about thirty feet.

E. S. Davis, for several years postmaster at North Platte, has been succeeded by P. H. McEvoy, administration appointee. McEvoy's appointment was confirmed by the senate Deceniber 17, but his commission has just

A contract for plans and specifications for the new hotel to be built at a cost of \$200,000 in Fremont has The building will be either four or five stories in height.

Eugene T. Westervelt, editor of the Scott's Bluff Republican, has announced that he will be a candidate for one of the delegates from the Sixth district to the republican national convention at Chicago. His petition will be filed shortly. Approximately six hundred dollars

will be required for the corn and poultry raising contests to be conducted this summer and to stage the shows to be held next December in Beatrice by the Gage County Crop Improvement society.

Petitions are being circulated at Wymore asking the board of education to call a special election for the purto be used in the construction of a sheep, 48,724. new school building and the balance to repair the old building.

for unimproved farm land in Nebraska vating to enlarge a ditch near the was paid when Jacob Purbaugh mouth of the Nemaha river on the bought 100 acres near Havelock of R. Rulo bottom. Some of the land own-E. Moore of Lincoln. The price paid ers on the bottom had brought suit to was \$250 per acre and was a part of an unbroken tract of 1,920 acres.

The operation of the Scottsbluff factory for the year just closed made 10,000 carloads of freight, which is a large factor in making the city of coln only in point of freight earnings.

Nebraska Midway racing circuit will be held at the Douglas county fair dividend of the same amount, making grounds at Benson, June 8, 9 and 10. a total of \$50 distributed to each of Meets will be held at Nebraska City the eighty-four stockholders since June 13, 14 and 15; Auburn June 20, January 1. 21 and 22: Aurora June 27, 28 and 29: and Kearney July 3, 4 and 5.

banquet recently given by the Y. M. lating for the past several years. The occasion was the ninth anniversary of building of the Y. M. C. A. in Colum-

Sarpy county wolf hunters, numbering about 100, killed one wolf in their chase a few days ago. The hunters said they saw fifteen big wolves, but the line was stretched out so thin that the animals slipped through and

Contract has been let for the state aid bridge at Schuyler, between Colfax and Butler counties to the Elkhart Construction Co. of Elkhart, Ind., steel spans to be attached to the present six spans.

Fire of an unknown origin destroyed three store buildings at Odell the other day, entailing a loss of about

The crop census of the North Platte Nebraska-Wyoming irrigation project recently completed by the United States reclamation service shows that during the past year 68,130 acres were cropped and a total value of \$1,263,616, or an average of \$18.55 per acre was realized. The most valuable crop was sugar beets, returns about one-third of the amount that two tablespoonfuls of butter and one showing \$537,641, from 7,872 acres, or \$63.30 per acre.

Horses and milch cows are bringing good prices at the public farm sales in Gage county. At a sale near Pickrell the other day, a team of mares brought \$475 and milch cows brought as high as \$60.

Plans for the organization of a class in journalism at the Beatrice high school are being made by Principal A. Hillyer. This class is to work in conjunction with the recently organized class in argumentation. . Fifteen of the students have signified

Farmers and business men of Sidney are contemplating the construction of a \$50,000 elevator and flouring mill.

Seward has appropriated the sum of \$100 for a public playgrounds, the grounds to be under the supervision of the Y. M. C. A.

Five hundred persons took part in a wolf hunt in the vicinity of Daykin one day recently and six wolves and many hundreds of rabbits were killed

Rushville, Hay Springs and Gordon have virtually entered into an agree ment whereby a farm demonstrator will be secured for Sheridan county.

The Burlington road has indicated that it will give Tecumseh a new station this year to take the place of the old frame building it is now using.

After running seven block to catch a train at David City, Lincoln L. Lott of Rising City fell dead in the depot immediately upon purchasing a ticket to his home.

The plans and specifications for the steel bridge to be built across the Niobrara river at the Parshall crossing, just south of Butte, are ready for bids. O. M. Edwards of Fairbury has filed

for the office of sheriff on the demo-

cratic ticket. This makes nine candi-

dates, three democrats and six re-Earl Caddock, the Anita, Ia., grappler, and Cal Wood, the Stanton heavyweight, have been matched for

a bout at Hooper, March 7, before the Hooper Athletic club. William J. and C. W. Bryan are among democratic leaders who have engaged suites at the Clarke hotel at

A cash box containing \$104 in various school funds was robbed by unknown parties at the Norfolk high school just recently, according to an-

nouncement made by the authorities. The fifteen hundred dollar tabernacle erected for the recent revival in Fremont, has been taken over by the Commercial club directors, and will be used as an auditorium for all public meetings.

The Nebraska Gas and Electric company was given a twenty-five-year franchise by an ordinance passed by the Blue Springs city council recent ly. The present franchise expires the latter part of this year.

Office days for Madison County Farm Demonstrator, A. G. George been let. Work of preparing the site have been established at Norfolk, Tilfor the structure has been started. den and Madison, where farmers may and red pepper to taste. receive any information or advice they desire.

Federal Judges Martin J. Wade, T C. Munger and W. I. Smith, sitting as a chancery court in Omaha, granted the Rock Island ratiroad a temporary injunction restraining the state railway commission from enforcing the 2-cent-a-mile law, thereby giving the road power to raise its intrastate passenger fare to 3 cents a mile A total of 2,858 cars of live stock,

the second largest number in the history of the South Omaha yards for a single week, were received last week. Its olive oil, meets the requirements estly believe that Jonah was swal-The record for a single week was of an all around hearty and nourishing lowed by a whale! made last month, ending January 22 when a total of 2,988 cars were marketed. Cattle receipts for the week pose of issuing \$45,000 bonds, \$40,000 were 29,912 head; hogs, 196,445;

Drainage District No. 1 in Richardson county, will soon adver-What was probably the top price tise for \$20,000 worth of exca ford. compel the drainage board to build a levee that was part of the original plan, but had been changed by the board. The court held that the board necessary the handling of more than had a right to make the change and

dismissed the suit of the land owners. The stockholders of the Bhie Scottsbluff second to Omaha and Lin- Springs Farmers' Elevator company, who received a dividend of 100 per The first racing meet of the New cent on their stock at their recent annual meeting, are receiving a second

Fifty members of the state association of commercial clubs held an en-About one hundred and fifty busi- thusiastic convention in Hastings last ness men of Columbus attended a week. The association went on record as favoring the drafting of a bill for C. A., in celebration of the payment a state highway commission and one of the last of the building debt and of for a state publicity fund. Water the deficits that have been accumu- power development. Missouri river navigation and the drainage undertaking at Holdrege were also given inthe first subscription made for the dorsements by the organization. The association will hold their next meeting in Omaha May 24 and 25.

"Jack" Boom, famous trapper and hunter, organized a successful wolf hunt in Center precinct, Cass county, which covered twenty-four sections and in which 400 men participated. The hunters were successful, killing eight out of twelve wolves seen.

Charley Peters used the scissors hold and won in straight falls at Papillion from Fred Schmarder, a heavyweight wrestler, who hails from its bid being \$51,500 for four 175-foot Louisville. The first fall took seven minutes and the second fall four min-

A checking up of the recent re total of 1,115 persons were converted bake. This makes two loaves. and that a total of \$1,906 was paid Revivalist Rayburn for his work.

The elevators and mill of Holdrege are now 105 cars short of their needs. One elevator has been obliged to stop buying grain several times recently. Since the first of the year there have been fifty-five cars of grain shipped from Holdrege. This is would have been shipped had cars been plentiful.

Columbus won the state volley ball championship by defeating Fremont in the final round of the tournament at Columbus in three straight games Omaha, Fremont, Norfolk, Grand Island, York and Hastings associations were represented.

Payard 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. their intention of taking up the jour- though it is expected there will be

SUBSTITUTE FOR MEAT

MANY PREPARATIONS THAT MAY BE UTILIZED.

Macaroni Served With Kidney Beans Will Be Found Entirely Acceptable-Vegetable Roast Also Well Worth a Trial.

Are you looking for a dish that can be substituted for the expensive meat. and will yet be good eating and strenghening? Try

Macaroni With Kidney Beans .- One cupful macaroni, one pint kidney beans, one-half pint tomato sauce, one teaspoonful salt, one quart water, two tablespoonfuls flour, two tablespoonfuls butter, three-quarters cupful hot milk, one-quarter cupful tomato (strained).

Break the macaroni in small pieces and cook in boiling salted water until soft. Drain, pour a cupful of cold water through it. In preparing the tomato sauce, heat the milk to the scalding point and stir into it the creamed butter and flour. Cook five minutes, add the heated strained tomatoes, drained macaroni and the cooked beans, with more salt if needed. Heat thoroughly, pour into a vegetable dish and serve. Sufficient for four or five persons.

Vegetable Roast.—One quart beans slices zwieback, one cupful sweet cream.

through a colander to remove the skins, then mix with the finely-chopped nut meats. Season to taste. Put onehalf the mixture in a buttered baking alphabet, but lip formation of words. dish, spread over it a dressing made At length he discovered her residence. as follows: Pour boiling water on and proposing, was accepted. four slices of zwieback, cover, let stand for a few minutes, then break them up with a fork and pour over one-half cupful cf sweet cream. Season with salt and sage. Cover the dressing with the remainder of the nut | Kidney Pills, also Diamond Dinner mixture, pour over all the remaining half cupful of cream and bake for one

with cranberry sauce. Potato Salad With Sardines.-One pint potatoes, one onion, half green pepper (sweet), three sprigs parsley, three olives or pickles, three teaspoonfuls olive oil, one and a half tablespoonfuls vinegar, one can sardines. one tablespoonful beets or olives, salt

and one-half hours. Serve in slices

Boil potatoes in their jackets, then peel, and when cold cut into cubes. you to publish this letter. I am glad Mix together the potatoes, onion, green to have an opportunity to say to all pepper, parsley, olives, salt and a dash | who are suffering as I have done that of red pepper. Add the oil and vine I obtained relief by using Dodd's Kidgar. Mix lightly and put in a salad ney Pills and Diamond Dinner Pills. bowl. When ready to serve, open the sardines, drain and wipe free from oil your dealer or Dodd's Medicine Co., and arrange on top of the salad in a Buffalo, N. Y. Dodd's Dyspepsia Tabcircle. Put the chopped beets or olives lets for Indigestion have been proved. in the center and serve. Brown or 50c per box .-- Adv. whole wheat bread goes well with this. This will serve three people. A salad of this description, with its fish and dish.

Have you tried not polishing your cooking stove, but keeping it well washed? It saves your own aprons, tea towels, etc., and the children's clothes, if they come around the stove clothes cl in the kitchen.-Emma Paddock Tel-

Grapefruit Salad.

The grapefruit is a cheap and dellcious fruit. It makes an excellent hors d'oeuvre when cut in half, the hard center and seeds removed, and a little maraschino or rum poured over it. It is equally successful as a salad. Select a large heavy fruit and separate the flesh from the bitter skin in good good-sized pieces. Line the salad bowl with tender lettuce leaves, chicory or romaine, add the grapefruit, and sprinkle over it a tablespoonful of finely chopped fines herbs, then pour over this a good French dressing, and garnish with white, hard-boiled egg rings with an olive curled in the center of each.

Supper Dish. A novel and tasty way of serving frankfurts and tomatoes for either a supper or luncheon dish is as follows: Put about a tablespoonful of butter in a frying pan, and when melted slice in a large onion and fry brown. Add one can of tomatoes, one-half teaspoonful of salt, a small amount of red pepper and one whole clove. Take one pound of frankfurts and remove the skin and slice lengthwise into halves, and remove and cook ten minutes. Serve with baked potatoes.

Oatmeal Bread.

Pour over one cupful of rolled oats two cupfuls boiling water and let stand for one hour. Then add onethird cupful of molasses, one-half tablespoonful salt, one tablespoonful butter, one-half yeast cake dissolved in one-half cupful of luke-warm water. Then add four and a half cupfuls of bread flour. Let raise in the morning, cut down and beat thoroughly when light enough, and put into buttered vival effort in Fremont shows that a bread pans and let raise again, then

Chop, not too fine, four large cold potatoes, about three-quarters that quantity of cold beets, and one-third onion. Mix all together and dust with flour, salt and pepper. Pick up one cupful of salt fish. Put water over the fish to soften. Make a cream with of flour and one-half cupful of hot water and same of milk. Drain water off the fish and add the cream with the vegetables. Heat and serve.

Fairy Ginger Cake.

One cupful of molasses, one-half cupful of sugar, one heaping tablespoonful lard, one egg, one cupful sour milk with one teaspoonful soda stirred in until it begins to foam over top of cup, one teaspoonful ginger. About a pint of sifted flour, making a rather | Electric Starter Specialists thin light dough. It will be light like a sponge if not mixed too stiff, Can omit ginger and use spices and raisins if desired.



By Using PE-RU-NA

44 YEARS LEADERSHIP Catarrh means inflam-

mation, which is stagna-

tion-the gorging of the

circulation with impure

blood. Correct all catarrhal conditions, wherever located, by the use of PERUNA, obtainable in either liquid or tablet form at all druggists or the

Peruna Company Columbus, Ohio

Searched Long for Mute Bride. At a wedding celebrated at Peterborough, England, a few days ago the bride, bridegroom, best man, and bridesmaid were all deaf and dumb. The history of the courtship provides romantic reading. The bridegroom was formerly a motor bodymaker at Peterborough, and while living there was informed about a young lady living in the city who was also deaf and or peas, one quart nut meats, four dumb. For a long time he kept a careful watch in the streets for people using the dumb alphabet, hoping Put the well-cooked beans or peas to discover the lady. The would-be wooer was disappointed for a considerable time owing to the fact that the lady in question never used the

A GRATEFUL OLD LADY.

Mrs. A. G. Clemens, West Alexander, Pa., writes: I have used Dodd's Pills. Before using them I had suffered for a number of

years with backache. also tender spots on spine, and had at times black floating specks before my eyes. I also had lumbago and heart trouble. Since using this medicine I have been Mrs.A.G.Clemens relieved of my suf-

feriag. It is agreeable to me for Dodd's Kidney Pills 50c per box at

Proof Unnecessary.

The Rev. Blox-Then you don't hon-His son-Sure, did. I'd believe anything of a Jonah .- Judge.

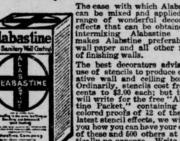
Not Gray Hairs but Tired Eyes Chicago, Sends Eye Book on request

But an heiress never has cause to doubt her husband's love for her



assist you to procure the correct tones and col-combinations that will harmonize perfectly with your rus furniture, draperies, curtains, and wearing apparel. Alabastine

The superior wall finish



Alabastine Co.

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