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Must be provided when the

Appetite is Poor
The Digestion Weak
The Liver Lazy and
The Bowels Constipated

= TRY = HOSTETTER'S STOMACH BITTERS

It is an excellent tonic, appetizer and stomach medicine.

Get The Genuine

WHO IS TO BLAME
Women as well as men are made miserable by kidney and bladder trouble. Thousands recommended Dr. Kilmorr's Swamp-Root, the great kidney remedy. At drug-gists in fifty-cent and dollar sizes. You may receive a sample size bottle by Parcel Post, also pamphlet telling about it. Address: Dr. Kilmorr & Co., Birmingham, N. Y., and enclose ten cents, also mention this paper.

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W. N. U., OMAHA, No. 22-1916.

Going and Coming.

"That's Doctor Sharp in the fine motor car," said the native of the town to a visitor. "He's our leading medical man, and very rich."

"Oh," said the visitor, politely interested. "And did he make all his money from his practice in this small town?"

"Not all of it. He invested some money in an oil well company, which has turned out very successful."

"Then he makes his money out of the sick and the well, does he?"

RESINOL SPEEDILY HEALS

ITCHING, BURNING SKINS

Usually resinol ointment, with resinol soap, stops itching at once, quickly and easily heals distressing cases of eczema, rash, ringworm, tetter or similar tormenting skin or scalp eruptions, roughness, and dandruff, when other treatments have proven useless.

Physicians have prescribed resinol for twenty years, while thousands whose skins have been healed say, "What resinol did for us it will do for you." Try it! All druggists sell resinol soap and resinol ointment.—Adv.

Get Some Satisfaction.

Dark, dark was the night; but not so dark as the intentions of the burglarious intruder in the suburban domicile.

Having got that out of the way, let us proceed with the story.

The burglar searched the bedroom, with movements so stealthy that they failed to rouse the snorer in the bed. But he found no booty—he had drawn a blank.

"How 'im!" he murmured, angrily. "But I'll get some satisfaction out of the brute!"

So he set the alarm clock on the mantelpiece for 3:30 a. m. and softly stole away.

Bibles on Watch Chains.

The devout of all lands have their own particular way of giving outward demonstration of their piety. In Russia it frequently takes the form of wearing miniature Bibles as charms on the watch chain. They are got up in attractive form about an inch square and three-eighths of an inch in thickness, and they contain five books of Moses. The text of the book is in Hebrew and the titles in Latin. It is true that the book could not be read without the aid of a powerful magnifying glass, but that does not trouble the Russian. He places his great reliance on the fact that he carries the "Word" on his person.

After a man has been married about so long he joins the peace-at-any-price advocates.

Self-confidence is one of the best brands on the market.

"He who has health has hope, and he who has hope has everything."

(Arabic Proverb)

Sound health is largely a matter of proper food—which must include certain mineral elements best derived from the field grains, but lacking in many foods.

Grape-Nuts

made of whole wheat and malted barley, supplies all the rich nourishment of the grains, including their vital mineral salts—phosphate of potash, etc., most necessary for building and energizing the mental and physical forces.

"There's a Reason"

Sold by Grocers everywhere.

GENIUS --WHENCE COMES IT?

No Amount of Training or Environment Can Create It, but a Child's Natural Talents May Be Developed by Cultivation.

By SIDONIE MATZNER GRUENBERG.



No Environment Can Develop Qualities That Are Not There.

IS IT possible to make a musical genius out of my child by providing a favorable environment for him?"

This question was asked by an ambitious mother of a very young infant. This is the kind of question that mothers (and fathers, too, no doubt) often ask themselves, but feel too timid or modest to ask the family physician. When the question is answered in the affirmative efforts are stimulated, and after many years there is disillusionment and disappointment. When the question is answered in the negative there is disappointment and often neglect and indifference.

The fact is that the question itself involves a contradiction. A genius is an exceptional person by very "nature"—that is, by having inherited a combination of qualities that makes him distinct from his fellows. The most that the environment can do for him is to make possible the formation of certain habits, the cultivation of certain interests, the development of certain native powers. In other words, the environment can provide conditions favorable for the growth of genius; but it can never create genius out of mediocre capacities.

One need not go very far in a study

of the development of children to realize how incompletely do the capacities of most individuals ever develop, compared to the possibilities latent at birth. Every individual is born with rather definite limits to what he may become, whether it be in music or in science, in art or in business, in golf or in astronomy. But it is very seldom that these limits are approached in more than a very few directions by any individual. It is because we are so impressed by the remarkable results that can be attained by systematic and continued training, that we are led to suspect an indefinite increase in talents under proper guidance and cultivation.

But when all allowance is made for lack of opportunity and for improper treatment in childhood and youth, we are still far short of being undeveloped geniuses. A suitable environment can help to develop qualities that are present at the start, but no environment can develop qualities that are not there.

It is the old question over again, of whether any royal food can be found that will make a gosling develop into a swan. From the goose's egg you will get only a goose, although some geese are better than others. Again, after hatching the egg, proper feeding and care will give you a better goose than can develop through neglect and starvation. With the children of man it is unfortunately true that while feeble-mindedness is likely to remain feeble-minded, the people of mediocre abilities often give rise to combinations of valuable qualities that do not reveal themselves in the appearance of the child or in the wealth of the family. It is therefore desirable that every child receive all the opportunities and all the encouragement to show what his possibilities are. This is necessary quite as much for the enrichment of our lives as for the discovery of the occasional genius.

Mother's Cook Book

Fruit Bars.

Mix two and one-half cups of flour, two and one-half cups of rolled oats, one cup of each of shortening and brown sugar, one-half cup of sour milk, and a teaspoonful of soda. Flour the board generously, roll thin and cut with an oblong cutter. Put a half pound of dates and a half cupful of pecan meats through the meat chopper, mix this and roll out in a thin sheet and cut with the same cutter. Put a layer of date paste between every two of the cookie dough, sandwich fashion, and bake in a hot oven. When cold pack edgewise in a jar. Hide the jar.

Apricot Shortcake.

Make a rich biscuit dough, roll out and cut with a large biscuit cutter and bake. Cook six apricots either fresh or dry with the juice of half a lemon, and half a cupful of sugar, mash, strain and flavor with a quarter of a teaspoonful of almond extract. Put three half apricots between the cakes and a half one on top. Pour the sirup over all and fill the top apricot with sweetened whipped cream.

Jam Omelet.

Beat the yolks of five eggs light with a tablespoonful of powdered sugar; into this stir a teaspoonful of cornstarch mixed with three table-spoonfuls of milk, cook. Then fold in the stiffly beaten whites of the eggs and cook in a buttered omelet pan until set. Spread with jam, fold and serve sprinkled with powdered sugar. Serve as a dessert.

Escaloped Eggs.

Make a white sauce as for creamed eggs. Cook six eggs in the shell, cut in eighths lengthwise, put a layer of white sauce, then a layer of eggs and a layer of chopped olives using a fourth of a cupful of olives, repeat and finish the top with a thick layer of buttered crumbs using a cupful and a half of crumbs. Bake until the crumbs are brown.

Egg and Ham Timbales.

Cook together two tablespoonfuls each of flour and butter, add a cupful of milk and when smooth and thick cool and add three beaten eggs and two cupfuls of chopped ham, season well with pepper and salt and put into timbale molds to cook in hot water until firm. Stuffed eggs are always appetizing and may be served as a hot dish with a white sauce.

Nellie Maxwell

Fashion's Edicts.

Fashion influences are now one of several Russian, Spanish, Directoire or Oriental.

Second empire styles in veils fall in with the fashions. They are sometimes nothing more than a frill on the hat, but throw a becoming shade on the face.

The more novel the shape and coloring of the parasol, the more fashionable it is.

Khaki-kool is an imported eastern silk used for men's suitings and now for women's sports coats, suits and frocks.

Pastel shades in broadcloth are used for daytime coats. The raglan sleeve is prominent.

Remember the inevitable touch of red on your costume if you would be "in" in fashion.

"An infantry helmet of the blue fall is a millinery inspiration.

A blouse developed in peace-gray crepe georgette is unique in the single rose motif embroidered in purple and

Timely Hints for Poultry Growers.

The best feed for little turkeys is dry grain chick feed, but it must be free from mustiness or moldiness and be clean and sweet.

Weaklings should never be tolerated in the chicken coop. Kill and bury them, for otherwise they will be the first to become infected and later die.

More ducks are killed by unnecessary handling, chilling and underfeeding than all other causes combined.

Be sure that little ducklings always have plenty of water to drink, especially at meal time, and deep enough so that they can get their heads into it up to their eyes.

Eggs to be used for hatching should not be subjected to either abnormally high or low temperatures. If they can be gathered before they have time to cool after being laid it is all the better for their hatching qualities. From 50 to 60 degrees is the best temperature for storing hatching eggs.

Little chicks should be protected from cool, damp surroundings. Nothing is more detrimental to their health and more certain to bring heavy mortality than to let them out in the wet grass early in the morning.

When shipping live poultry to market always allow sufficient room and use a coop sufficiently high, so that the fowls will not suffer from cramped positions while on the road. Any discomfort reduces their weight and costs the producer a certain amount of money.

Avoid feeding chicks food that has been in stock so long that it is moldy. It is bound to cause much trouble.

To get the most out of your flocks you must adopt present-day methods, so as to be on an even footing with your competitor.

Collars Make Blouses.

Do you know how to "trim up" the plain blouse and make it become your individual style? Get a collar in white chiffon or sheerest organdie which, in turning back, covers the nape and the sides of the neck, runs flatly across the shoulders and straight down over the bust, forming a slender "v" opening below the throat. This collar is bordered with pin-tucked self material straight on its outer edge and widely scalloped along the fine, embroidery outlined inner edge. Another blouse dominating collar has a tapering, narrow turnover coming high against all save the front of the neck, and widened by an extremely broad frilling of the plaited material, a-four hemmed, in crepe de chine this second collar is extremely practical as well as dainty.

Its Confraternity.

"A club buffet furnishes but paradoxical comfort."
"How so?"
"Because the members often use it when they are out of spirits."

Few Women Who Have Plenty to Do Have Fits of Blues

By LAURA JEAN LIBBEY.

(Copyright, 1916)
We have many goodly days to see The liquid drops of tears that you have shed Shall come again transformed to orient pearl. Advancing their loan, with interest, Oftentimes double gain of happiness.

Was there ever a woman—no matter how many blessings surrounded her—who did not give herself up completely to a fit of the blues now and then? They have indulged this habit—for it is nothing else than a habit—from girlhood up until at last it has taken such a hold upon them they are unable to shake off these depressions.

The splendid army of working girls should be an example of cheerfulness to the women in good homes who have nothing to do but nurse their grievances.

These working girls, each and every one, know the value of a smile and how to radiate cheerfulness. If you put the question to them whether or no they ever have fits of the blues, the smile will die out of their eyes as they answer gravely that in the business world there is no place for the girl or woman who gives free rein to fits of melancholy and that good nature, a happy mood and a genial disposition

green on each side of the waist front. The collar and cuff have orchid purple silk hemstitched to the crepe.

With the new vogue for leather trimmings and accessories of all kinds there are now being offered sets of leather articles which consist of stock collar, gloves and tie to match.

Both Disappointed.

Husband (angrily)—When I married you I thought I was getting a helpmate.
Wife (calmly)—And I thought I was getting a man who could supply the meat so I could help myself.

Photographs Growing Plants.

A professor in Kansas university has invented a machine by which it is possible to take motion pictures of growing plants. The process is slow in almost every case, but the result is not only amusing but very instructive.

tion in general are the assets she depends on not only to keep her position, but to forge ahead. There are too many helpless ones at home, usually dependent upon her to encourage fits of the blues.

It is only the idlers or those who have little or nothing to do who rail secretly over really insignificant affairs. The women wedded to men who drink up the greater part of their wages, leaving the family at home to fight starvation, ejection from the home that shelters them and with insufficient clothes to cover them bravely fight the demon discontent, put their shoulders to the wheel and live and dream of the glorious duties they are performing in keeping their children at school and the golden reward that will surely be theirs later on.

The childless wife, who has longed for the clasps of little arms around her neck and childish, loving lips pressed to her own, encounters battles which she must fight bravely to outwit at the value of the blues. Philosophical women accomplish this by answering the cry of their lonely hearts with this truth: Whatever should be, will be. Whatever is, is best. He who denies their earnest prayers knows best.

Even those who have known and lost love can be made to realize that the heart has been enriched by it through memories of the hours when it was tenderest, truest and at its best.

If but one blessing is given us, we should be grateful for that one, shut out discontent and cultivate a happy disposition, though we have it not, and always look on the bright side.

The Boot Question

The girl who wishes to be ultra smart will stick to high boots even when the most of her acquaintances have discarded the same and put on low shoes.

For it is quite the correct thing to adopt shoes made of metallic brocades to wear with the satin, the silk or the chiffon afternoon dress. Then there are high shoes of metallic tissue which well-dressed women prefer to wear with their evening frocks. Many of these are laced.

Evening slippers are of metallic brocades as well as of novelty tissues and satin. In some instances they are completed with an elaborately carved button or with one of rhinestones.

A Cautious Witness.

"Where did you get that chicken you had for dinner yesterday?"
"Look yere, boss; if you axin' jes' out o' inquisitiveness tain' no use o' wastin' time an' if you holdin' an' investigation you's got to stah in by provin' dat I had any chicken in de fust place."

DADDY'S EVENING FAIRY TALE

MARY GRAHAM BONNER

SUN TALKS TO HARRY.

"Oh Daddy," shouted Nick and Nancy almost together, "did you see the wonderful sunset we had this afternoon?"

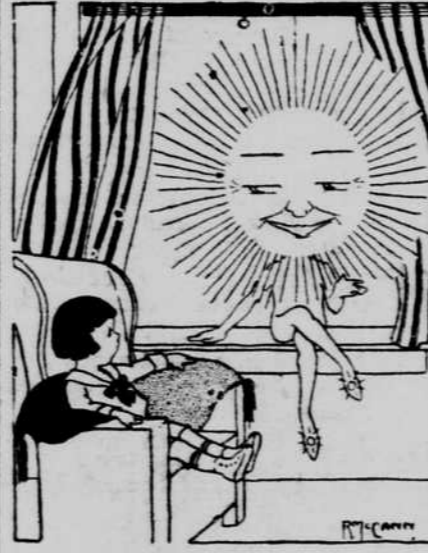
"Yes," said Daddy. "I saw it from my office window in the city, and thought of you children out here, and wondered if you were looking at it too. It certainly was the most beautiful one I think I have ever seen, and it reminded me of the dream a little boy once had, when he fell asleep just at sunset."

"The little boy's name was Harry, and he loved sunsets and everything that had bright colors. But as he had spent all his life in the city, he had not seen half the wild flowers and lovely wood flowers you children can always see."

"One day he had been playing very hard as it was his birthday and his mother had given him a party. So he was tired before it was time to go to bed, and he was sitting by the open window looking at the sun just beginning to thin about going to bed too."

"But the Fairy Queen was whispering to the sun to tell Harry a story as a special birthday treat, and at the same time Harry was saying 'Oh, please go to bed, Mr. Sun, for I want to see all your bright colors.'

"But the sun had no intention of being hurried. He wanted to go to bed when he was tired and not before. Besides in the warm weather he liked to stay up longer, and it was only in the cold winter that he cared



He Came Right in the Window.

about going to bed before the afternoon really was over.

"In a moment or two Harry was sound asleep in his chair by the window. And the sun had listened to the Fairy Queen's whisper. For, soon, Harry was having the most wonderful talk with Mr. Sun.

"He came right in the window, and sat on the sill, just as friendly as a friendly could be. He told Harry the history of his life, and oh, how very, very old he was. It made Harry feel quite old too, to hear the sun talking, and he said to him, 'Mr. Sun, don't you feel very blue when you think how old you are?'"

"Sometimes to be sure I do. That is only natural. And it is then that you see many blue clouds and pale lavender colors around me as I'm going to bed. But you will agree that isn't very often. For when I am sensible I say to myself that there is nothing disgraceful about being old. And it is then that I look bright and rosy. For it is very foolish to mind being old when you are as strong and well as I am and have such a wonderful long record."

"At that, Harry seemed to see the lovely rose coloring, almost flaming, and he heard the sun continue,

"Now tonight I am very proud to think of my wonderful life and how many sick folks I have cured, and how many people say when they see me that it does seem good to see the sun again. That happens after I have been off on a visit, of course. But sometimes I can't help it, and I get blue just because I am old, oh so very old that it gets me tired out trying to think how old."

"Before he knew it, Harry felt his mother shaking him very gently, and saying, "Gracious me, Harry, it is long past bedtime; why even the sun has set and it is quite dark."

"Harry slowly and sleepily went to bed. But he was always so glad that he had had such a friendly chat with the sun and afterwards always knew how the sun was feeling by the colors in the sunset.

"So you see tonight, old Mr. Sun must have been very happy."

NOT WALKING WITH MOTHER

Demure Little Boston Maiden of Seven Has "Very Little in Common, Mamma and I."

A demure little Boston maiden was walking down a fashionable Back bay street, when she met an elderly friend of the family.

"How old are you, my little dear?" he questioned.

"Seven."

"And how is it you are out walking without your mother?"

"Oh, mamma doesn't go in for exercise. Really, we have very little in common, mamma and I."

Lead Soldiers.

"So you are playing with your soldiers, Willie?" said the caller.

"Yes, ma'am."

"They seem very heavy soldiers."

"Yes, ma'am. They're on their way home from the war and they've got a lot of lead in 'em."

Soon Answered.

"Here's a lesson in practical arithmetic for you, Willie. If I take the bone from that dog yonder, what will remain?"

"I guess you won't."

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

In Use For Over Thirty Years CASTORIA

Just the Reverse. "Did the doctor pay a visit?" "No; the visit paid the doctor."

FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly. Five years of unimpaired success of Dr. Kline's Epilepsy Medicine insures lasting results. LAUREL TREAT BOTTLER, PAPE, DR. KLINE COMPANY, Red Bank, N. J.—Adv.

Peculiar. "Pa, what is a hypochondriac?" "A man whose idea of a treat is a treatment."

Millennial Musings. What a great thing it would be if flies pulled up dandelions and dandelions poisoned flies.

DON'T LOSE YOUR HAIR Prevent it by Using Cuticura Soap and Ointment. Trial Free.

If your scalp is irritated, itching and burning and your hair dry and falling out in handfuls try the following treatment: touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Absolutely nothing better. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Persistent Canada Thistle. The cause of the remarkable vitality of Canada thistle and the point that distinguishes it from other prickly plants that are commonly mistaken for it is the long cordlike perennium root. This root penetrates the soil to a depth of eight to fifteen inches or more and gives rise at frequent intervals to leafy shoots. Thus it will often be found that an entire patch of thistles is attached to one roots and is in reality but one plant. The root is exceedingly hardy and can live over winter or through a prolonged drought in a dormant condition. Pieces of the root that are broken off by a plow or cultivator and carried to other places will await a warm, moist period and then begin to send up leafy shoots, thus establishing a new patch forthwith. If the leafy stems are cut down, others will be sent up to take their place and this process may be repeated from two to eight times before the root becomes exhausted.

No Optimist. "Why did you leave your last place?" "The husband of the lady I worked for made love to me, ma'am."

"Well, if you go to work for me I'll see that nothing of that sort happens here."
"Yessum, I hope so, but you never can tell."

Simple Enough. "When do you think peace will come?"
"When some of the belligerents send it an invitation."—Detroit Free Press.

It is usually the bold and reckless swimmer who is drowned—especially in the sea of matrimony.

The cloak of charity is inefficient unless elastic.

VICTIMS OF THE WANDERLUST

Marine Officers Complain That Cooks Who Enlist in the Service Have Mania to "Keep Moving."

No, you aren't the only victim of the servant problem. Here is another sufferer:

Uncle Sam, rich and powerful, good to his "help," and the surest pay in the world, can't keep his cooks any longer or better than the ordinary suburban commuter. He offers them good pay, easy hours and lots of "nights out," but they simply will not overlook the fact that they are cooks, bred and born, and so keep moving on.

United States marine corps statistics covering the last two years show a greater percentage of men deserted who gave occupation prior to entry as "cooks" than any other class enlisted during the period.

Desertions from the marine corps are very light at all times. The average marine considers that the service offers better advantages than anything he could find in civil life, says an exchange, and he believes the opportunities for travel and adventure to be unexcelled, and were it not for the cooks, marine corps officials believe that the "oldest branch of the service" would have an almost clean slate with regard to desertions. No class of men looks so lightly on the oath of obligation as these self-same "knights of the frying pan," marine corps recruiters declare.

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—and apply it to the face a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Understood.

"Strike three," said the umpire. "Batter up!"

"Whaddye mean, out?" protested the batter. "Yuh big stiff, that last one was a mile outside."

"You're fined ten dollars," said the umpire. "Do you understand that?"

"Sure, I get you now. Money talks."

Proprietorship.