

Imperfect Digestion

soon undermines your health and impoverishes your blood, but this may be corrected by careful diet and the assistance of

HOSTETTER'S Stomach Bitters

It tones and strengthens the entire digestive system and is a real aid to Nature in cases of indigestion, cramps or malaria.

Every Woman Wants

Partine ANTISEPTIC POWDER

FOR PERSONAL HYGIENE Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleaning and germicidal power. Sample Free. 50c. All druggists, or postpaid by mail. The Partine Toilet Company, Boston, Mass.

BLACK LEG

LOSSES SURELY PREVENTED by Cutler's Blacking Pills. Low-dose, fresh, reliable, prepared by Western stockmen, because they protect their own valuable flocks. Write for booklet and testimonials. 10-cent size, Blacking Pills 1.00. 50-cent size, Blacking Pills 4.50. For any inquiry, but Cutler's best is the superiority of Cutler's products. It is due to over 15 years of specializing in vaccines and serums only. Visit us at our headquarters, The Cutter Laboratory, Berkeley, Cal., or Chicago, Ill.

FOR ACUTE AGES OF THE FEET!

Sprinkle one or two Allen's Foot-Ease powders in the Foot Bath and soak your feet for 15 minutes. It takes the sting out of Corns and Bunions and stinging, itching feet. Then for lasting comfort, shake Allen's Foot-Ease into your shoes. All dealers sell it, 25c. Sample package FREE. Address: Allen S. Olmsted, Le Roy, N. Y.

PARKER'S HAIR BALSAM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

Avoiding Discussion. "You must give your wife credit for knowing as much about the political situation as you do?" "That's what I want to do," replied Mr. Growcher. "I want to give her credit for about everything without putting her to the trouble of explaining a single word."

If You Need a Medicine You Should Have the Best

Although there are hundreds of preparations advertised, there is only one that really stands out pre-eminent as a remedy for diseases of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root is not recommended for everything. A sworn certificate of purity is with every bottle. You may receive a sample-size bottle of Swamp-Root by Parcel Post. Address: Dr. Kilmer & Co., Birmingham, N. Y., and enclose ten cents.

For sale at all drug stores in bottles of two sizes—50c and \$1.00, also mention this paper.—Adv.

Some Kicks.

"And you say the mule kicked you, Sam?" "Indeed, he did, boss." "How far did he kick you?" "How far did he kick me?" "Yes, how far were you from him after he kicked you?" "Does you mean how far was I from him after he kicked me first or de last time, boss?"

IF YOU OR ANY FRIEND

Suffer with Rheumatism or Neuritis, acute or chronic, write for my FREE BOOK on Rheumatism—Its Cause and Cure. Most wonderful book ever written. It is absolutely FREE. Jesse A. Case, Dept. C. W., Brockton, Mass.—Adv.

"Say, how would you class these expert military aviators?" "Why, as shooting stars."

Fish abound in the Everglades.



The Simplex Auto Trailer

Saves Time, Money and Horse Flesh. Makes Your Auto Pay Dividends. Costs little to own, and for least several times every year. Your car will pull two to four times what it will carry and still carry full load. Our Camp Trailer makes you independent of hotels and can also be used as ambulance or passenger bus. Special price there we have no equal. Some good territory open for live wires. Write today. SIMPLEX TRAILER CO., Levan, Cal., or Astoria, Ind.

THE HIGH QUALITY SEWING MACHINE

NEW HOME

NOT SOLD UNDER ANY OTHER NAME. Write for free booklet "Points to be considered before purchasing a Sewing Machine." Learn the facts. THE NEW HOME SEWING MACHINE CO., ORANGE, MASS.

Kill All Flies!

They Spread Disease. Kill them before they reach your food. Kill them before they reach your food. Kill them before they reach your food.

SEEDS

Alfalfa, Sweet Clover, etc. Farm and Garden. J. W. HALL, Soo City, Iowa

PATENTS

Watson E. Coleman, Washington, D.C. Books free. High-class references. See results. Wanted Agents to sell Perfection Fly Paper. Send 5 cents in stamps for sample. G. F. Jones, Excelsior, Nebraska

Nebraska Directory

THE PAXTON HOTEL

Omaha, Nebraska. Rooms from \$1.00 up single, 75c up double. CAFE PRICES REASONABLE.

W. N. U., OMAHA, NO. 27-1916.

HONEY'S MANY USES

ARTICLE REALLY IS NOT PROPERLY APPRECIATED.

Healthy and Economical Food Should Be Far More Widely Used Than It Is—Some Ways to Employ It.

Honey is one of the healthiest and most economical foods, and it is not only delicious, but has invaluable medicinal qualities. It cannot, of course, take the place of sugar, as sugar is more convenient, for one thing, but it is better adapted to certain cooking than sugar and its flavor is an aid in securing that variety which all cooks are seeking.

For instance, cream cheese and honey, either liquid or in the comb, makes a delicious and healthful combination.

Two ounces of honey and six ounces of strawberries, with three ounces of cottage cheese, two ounces of bread and two-thirds of an ounce of butter, the latter either spread on the bread or mixed with the cheese, makes a very well-balanced meal.

As a filling for sandwiches, honey may be used with chopped nuts, or the nuts may be added to cheese and honey for the same purpose.

Honey can be used instead of sirup or jam with cereals and pancakes, and if a little hot water is added to it it will be easier to pour. It is more convenient than sugar for sweetening lemonade or other fruit drinks, as it does not have to be dissolved. With charged water it has less of a tendency to expel the gas. Solid honey makes a delicious filling for cake.

It may be substituted for molasses in all forms of bread and cake cookery, and gives a more delicate flavor. It contains less acid than molasses, and so requires less soda in recipes which form when poured into cold water. Beat the white of the egg until stiff, and when the sirup has cooled slightly pour over the egg, beating the mixture constantly until it will hold its shape. This frosting is suitable for use between layers of cakes, but is rather too soft for the top.

Cakes made with honey will keep fresh much longer than when sugar is used. Indeed, if butter is omitted they will keep for months, and even improve in flavor.

Honey can be used in a variety of ways for preserving. A good jelly may be made by combining a cupful of apple juice with a cupful of honey and proceeding as in ordinary jelly making. Other combinations of the sort could probably be worked out.

Cranberries cooked in honey and water are delicious. Take equal weights of each of the ingredients, and after pricking each berry several times to prevent bursting and permit the sirup to penetrate to the interior, cook them slowly until they are soft and boil down the sirup until it just covers them. Pour into glasses and cover like jelly. A good method is to place all the ingredients in a double boiler and heat them very slowly. If this method is followed the boiling down of the sirup is even more necessary than when the berries are cooked more rapidly. Honey is good to use with sugar for candies, because it causes it to remain soft.

To Mend the Screens. The broken door or window screen is an eyesore all summer if it is left unattended, or the repairing is done clumsily. The neatest way to mend the screen is to cut a piece of wire netting about three inches larger than the hole. Remove the wires around the edge of the patch for half an inch or more, like drawing away the threads from a piece of linen. Bend the resulting prongs at right angles and fit the patch in place with the wire ends sticking through the screen. Press the patch flat against the larger surface, then on the other side press the ends back to their original position. This secures the patch.

Fish Entree. Free two pounds of any white fish from bones and skin, chop fine, then rub through a sieve. Put in a mortar with four ounces of butter and two ounces of bread crumbs, and pound until well mixed. Season with pepper, salt and nutmeg, add three raw egg yolks, beat well, then add two whole eggs. When thoroughly mixed add one tablespoonful of thick cream and the juice of a lemon. Turn out on a floured board, divide into 12 parts, form into oval cakes, dip in beaten egg, then in bread crumbs, and fry in butter. Dish them in a circle, filling the center with cooked mushrooms, and serve with a lemon sauce.

Johnny Cake. To one cupful of buttermilk and one of sweet milk add one tablespoonful of soda, one of salt and a tablespoonful of melted butter. Stir in enough white cornmeal to make a very thick batter. Spread about half an inch thick in a buttered baking tin and bake in a moderately hot oven until it has a crisp brown crust. Brushing the top with melted butter improves the crust. Serve hot.

Small Baked Mackerel.

After splitting and cleaning fish place in a buttered dripping pan. Sprinkle with salt and pepper and cover with one-half cupful of thin cream. In place of the cream two-thirds of a cupful of milk and a little butter may be used. Bake in a hot oven for 20 minutes.

Apple Sauce.

Roast goose, duck or pork should have apple sauce. First pare, core and quarter a pound of apples. Boil them till soft in a saucepan, with half a cupful of water. Add an ounce of sugar and half an ounce of butter and beat them up.

Light and Fluffy Potatoes.

After the potatoes have been mashed and the milk added, add a pinch of baking powder and beat it with an egg-beater. You will find that this will make them light and fluffy.

DIPPING FLOCKS TO PREVENT SHEEP SCAB



Advanced Case of Scab, Showing Area Denuded of Wool.

(From the United States Department of Agriculture.)

Sheep owners should continue for some years to come to dip their flocks at least once a year as a precaution against sheep scab, according to specialists in the department. During the past ten years systematic efforts to eradicate this disease have been so successful that there is a tendency on the part of many flock masters to believe that all danger of loss from this cause is at an end. This, however, is in the opinion of the department, is not the case. It is true that the economic losses from the disease at the present time are insignificant, but scab has not been completely eradicated, and it is necessary for the protection of the industry that dipping be continued for some time to come.

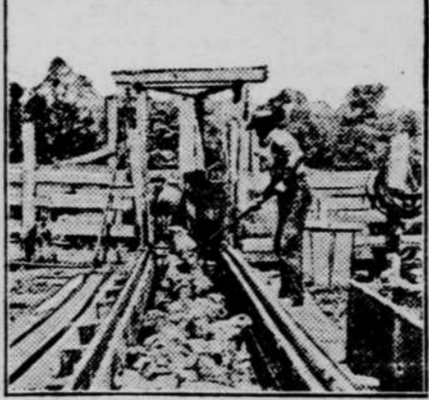
Common scab was formerly the greatest drawback to the sheep industry in the United States. It is, however, easily controlled by regular dipping in lime sulphur or nicotine and sulphur solutions. These are the only preparations recognized by the bureau of animal industry for official dipping. The dipping solutions are not difficult to handle, and every sheep owner is urged to make certain by their use that sheep scab does not gain a foothold in his flock. In the cost of dipping, labor, fuel and the necessary materials are the principal items. These vary with different localities, but in the large sheep-growing sections of the West it has been calculated that sheep may be dipped for from 2 to 3 1/2 cents per head.

Do Work Thoroughly.

Two dippings, from 10 to 14 days apart, are necessary in order to insure the complete destruction of all the mites which cause the disease. The first dipping should kill all the eggs that are hatched but may not destroy the eggs that have been laid in the wool. These hatch in about ten days, and the mites which result will subsist on the second dipping. In this connection a new publication of the department, Farmers' Bulletin 713, points out that it is a loss of time and money to dip sheep unless the work is done properly, and any attempt to economize time, labor, or money by using the dip in weaker proportions than recommended, or by hurrying the sheep through the bath, or by failing to dip all of the flock, may result in rendering the whole operation useless.

Causes of Disease.

Common sheep scab is caused by a minute parasite, which is just large enough to be seen under favorable circumstances by the naked eye. These parasites deposit their eggs in clumps on the skin at the base of the wool fibers. They multiply with such extraordinary rapidity that if a few mites gain a foothold on one or two sheep, in a short time their descendants will be numerous enough to infest and injure seriously an entire flock. The damage consists not only in the death of a large number of the infected sheep, but in decreasing the quantity of wool produced by those which survive and in a general loss in weight and condition. The first symptoms to be noticed are restlessness on the part of the affected animals and a tendency to bite and scratch themselves. If the affected parts are within reach of the mouth, the wool is likely to be pulled out. Elsewhere it is scratched or rubbed so that it assumes a discolored and ragged appearance. As the disease advances, larger and larger areas are entirely stripped of wool. When the presence of scab is suspected, it is sometimes possible to discover the live mite by suddenly parting the wool around the affected area. With the aid of a magnifying glass, or even with the naked eye, the mites can then be seen moving away from the light. Scrapings may also be taken from the outer edges of the affected areas with a blunt-edged knife. In warm sunlight the mites on these scrapings will become active, and they may be seen as minute gray bodies moving against a dark background. Well-advanced cases are easy to recognize, but the disease should never be allowed to become far advanced. Any condition which causes the sheep to bite and scratch should be investigated at once. Occasionally the trouble may be found to be due to sheep ticks, common ticks, and lice. Both ticks and lice are much larger than the scab mites and can easily be found on examination. It must be remembered, however, that their presence does not mean that the sheep are not also infested with scab mites.



Dipping Sheep in Wooden Vat.

using the dip in weaker proportions than recommended, or by hurrying the sheep through the bath, or by failing to dip all of the flock, may result in rendering the whole operation useless.

It also has been determined by actual experience that dips deteriorate with use. After a number of sheep have passed through the vat, the active principle falls below the standard required for effective work. In order to meet this situation, chemical-testing outfits have been designed which can be used at the vat to determine the percentage of the active principle in the dip at any given time. In the bulletin already mentioned specific instructions are given for the preparation of both lime sulphur and nicotine and sulphur dips. Large sheep owners will find it advantageous to build and maintain their own permanent vats. Farmers and others who have only a few head of sheep may employ the portable galvanized-iron dipping vats known as "hog vats," or dipping bags made of canvas. In addition, means must be provided for heating the baths, as the temperature of the solution is an important factor in its efficiency. Both the lime sulphur and the nicotine and sulphur dips should have a temperature of from 100 to 105 degrees F. If the bath is hotter than this the sheep may be injured, and if it is colder the grease in the wool will retard its action and the mites may not be destroyed. It is desirable, therefore, that thermometers be used to ascertain the actual temperature of the baths and that this be not left to guesswork.

Benefit Corn Crop.

Poultry manure—a handful to each hill, beneath the corn, is a great fertilizer for this crop, as is any animal product. Fish scrap, tankage, etc., contribute to a healthy, vigorous growth of stalk, and a good yield of corn.

Protect the Machinery.

No farm machinery is fool proof. That is to say, nothing is made that will long withstand exposure to snow and rain and sun. Nature's lesson is always plain, but it is seldom learned by the lazy and the foolish.

Applying Manure.

Ashes and dry hen manure may be mixed immediately before applying the manure, as the ammonia will mostly be absorbed and held by the soil.

Difference in Hogs.

There is a wide difference between good hogs and just "hogs."

Public Benefactor.

Every farmer who plants a tree is a public benefactor.

Failure of Alfalfa.

Alfalfa may fail absolutely for lack of time, for lack of inoculation, or because the variety is not adapted to soil conditions.

RHUBARB SEASON IS HERE

Two Excellent Methods of Preparing This Most Healthful of All the Summer Vegetables.

If rhubarb is rightly cooked it is as clean and bright and purifying as spring sunshine. And since it is about 95 per cent water, the cooking is hardly more than the heating of water—yet how poor, stringy, and unpalatable it sometimes is as some people cook it. If we want our rhubarb shredded to the last thread we have but to wash, peel and cut it into small bits and add to it about half a cupful of boiling water to two cupfuls. In five minutes, over just enough fire to boil it, or a few minutes more, it is completely dissolved into shreds. If we want it to have undiluted virtue we may steam it in a double boiler for half an hour or until its great amount of water is heated out. If we want it sirupy we can cook it for five minutes or until tender in a sirup.

Stewed Rhubarb.—Wash, peel and cut up rhubarb and put it in an enamel ware double boiler and cook until tender. Put in sugar to taste, and let it melt down through it before removing from fire. Every piece will retain its shape if the whole is not stirred, but if it is to be eaten as a hot soup at luncheon, without crackers or bread, to be followed by an egg dish, whisk or beat it into shreds with a silver fork. It is a good tonic, all nature distilled and flavored water, uncontaminated except by the sugar.

Rhubarb in Sirup.—Add one cupful of cold water to one cupful of sugar and stir over fire until sugar dissolves. Let cook five minutes. Add four cupfuls rhubarb and simmer. Each piece will retain shape, but will lose color. For a change, flavor with a teaspoonful of vanilla if you like it that way. Serve at end of meal "en compote," without cake or bread.

PRACTICAL IDEAS IN HOUSE

Useless Articles Are Largely Being Done Away With in Most Up-to-Date Abodes.

"And I want the kitchen and the bathroom dirtproof," added the client. "If that is possible." "Indeed it is possible," the architect assured her, as positively as though it were an extra closet of the hall he were promising. Instead of the successful solution of the knottiest problem that ever brought gray hairs to an architect's head, Overdone ornament and useless filigree in the home had long ceased to appeal to his client; she wanted a practical house, one devoid of the sham and imitation of modern decoration, and when at last she heard of an architect so practical that even the word "artist" was taboo in his presence, she decided that her plans would be safe in his hands.

Now, in the finished house, William Morris' principle: "To be beautiful a thing must be useful," is logically followed from the lowering of the floor levels to the application of the water proofing. There is no preconceived "atmosphere" or style to be catered to or overcome in any of the rooms; each one forms the most sympathetic background for the expression of a pleasing personality.—Perris Bingham in the Country's Magazine.

Helps in Making Bread.

To produce a tender crust, rub the warm loaf with a little butter. To produce a crisp crust, beat up a little egg white and brush over the loaf when all most done. To produce a very soft crust make a paste of a teaspoonful of cornstarch dissolved in a little cold water and cooked in a half cupful of boiling water for a few minutes. Apply this with a pastry brush a few minutes before the bread is done. If the bread is to be sprinkled with sugar, or sugar, nuts and cinnamon, dredge these over the paste before returning it to the oven so that they will lightly cook on. When bread is done, it should never be turned onto a cloth and covered while cooling, as this affects the flavor and makes the loaf soggy. A wire cake rack which allows a free circulation of air should be used instead.—Good Housekeeping.

Little Pigs in Blankets.

Season the quantity of oysters required with salt and pepper. Cut slices of breakfast bacon very thin, wrap each oyster in a slice of bacon and fasten with a toothpick. Have a pan heated and put the little pigs in, put into a hot oven and bake about two minutes. Have ready slices of bread toasted and cut in fourths; place an oyster on each piece of toast. Serve immediately with potato chips or French fried potatoes. Be sure and have pan hot when the little pigs are put in.

Chocolate Doughnuts.

Three tablespoonfuls cocoa, one-half cupful sugar, one-half cupful milk, one egg, one-half teaspoonful cinnamon, two cupfuls of flour, two teaspoonfuls baking powder. Sift all dry ingredients together and add to the beaten egg and milk. Roll thin and fry in boiling hot fat. Sprinkle with powdered sugar.

Left-Over Bread.

All the left-over pieces of bread should be wrapped carefully in a flour bag, or a sack. Hang this where the air can reach it. It serves to keep the bread free from mold. And you always have it at hand when you want to put it through the meat chopper for bread crumbs, bread puddings, etc.

String Beans and Bacon.

String one quart of beans, break into small pieces, boil until tender and drain. Melt one tablespoonful of butter in a frying pan; add the beans, sprinkle with a dash of cayenne, add four slices of bacon cut into small strips, and cook until the bacon is crisp.

Brush to Butter Pans.

A small paint brush (thoroughly scalded before using) will be found very handy in buttering cake or pie tins, as it will easily reach the corners. The brush may be kept in the shortening or lard pan and thus be always ready for use.

Ancient Gooseberries.

Gooseberries canned 25 years ago were eaten with spoons dating back 180 years at a wedding anniversary in Fulton, Mo., recently. It is easy to understand how the spoons could have been handed down from generation to generation for the period named, but it is not so easy to comprehend how the gooseberries got safely through the quarter century.

"There is no excuse for crime." "No, but there is usually a warrant for it."

From Our New Dictionary.

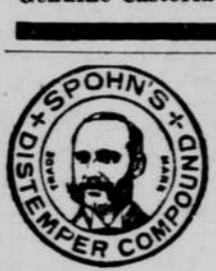
Cipher—Something one can always get for nothing. Ignorance—Sometimes it's bliss, and sometimes it blisters. Clove—A scent frequently used to disguise the breath of suspicion. Egg—Something a hen lays simply because she can't stand it on end. Compromise—An agreement by which two parties get what they don't want.—Indianapolis Star.

A deep-dyed villain isn't necessarily a colored man.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest cases, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable.

The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly decried, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to dose them willfully with narcotics. Castoria contains no narcotics if it bears the signature of Chas. H. Fletcher. Genuine Castoria always bears the signature of *Chas. H. Fletcher*.



Shipping Fever

Influenza, Pink Eye, Epizootic, Distemper and all nose and throat diseases cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S DISTEMPER COMPOUND. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for brood mares; acts on the blood. 50c a bottle, \$5 dozen bottles. Druggists and harness shops or manufacturers sell it. Agents wanted. SPOHN MEDICAL CO., Chemists, Goschen, Ind., U. S. A.

Immune. "Bill Simmons says he lived in California for years and the earthquakes didn't worry him in the least." "Nothing strange about that. Bill used to ride a motorcycle." "I hate jam." "Do you mean on bread or in the trolley cars?" "Some men haven't sense enough to do the best they can."

It's a Picnic Getting Ready for a Picnic

If you choose Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf Chicken Loaf Fruit Preserves Jellies Apple Butter Luncheon Meats Pork and Beans



Libby's Food Products

Insist on Libby's at your grocer's

Libby, McNeill & Libby

Chicago

Reminder of Famous Jester.

In Braunschweig, a quaint old German town, is pointed out the building—still used as a bakeshop—where Till Eulenspiegel, famous as a jester in the fourteenth century, worked as a boy. Many who have listened to the musical composition, "Till Eulenspiegel's Merry Pranks," which enshrines his name, have never associated this with the merry baker boy of Braunschweig. He is credited with having made many little gingerbread ovals and monkeys, which he gave away to children. The shop at No. 11 Backerlin still does a thriving business—or did prior to war times.

Bluebirds for the Nursery.

Now the charming and symbolical bluebird flutters in still another place—so many alighting spots has the bluebird found within the past twelve months! He skims joyously over the brushes and mirrors of the children's toilet table these days and very charming are the white ivory-finish belongings with decoration of bluebirds in various sizes.

Real Humorist.

"My nephew, Perry Pert, ought to be writing button busters for the Star-beams column, right now!" said old Isaac Ickery. "He's a whole lot fuller of younger than the fellers that are writing 'em. Why, just yesterday I handed him a paper with a picture in it of that 'ere big-nosed Czar Ferdinand of Bulgaria, and says I, 'What do you think of him?' And as quick as a flash he answered right back, 'Goodness only nose! Just like that!'"—Kansas City Star.

Efficiency.

"It's a shame we don't get more work out of our city officials. Something ought to be done about it." "It wouldn't be a bad idea to move the city hall nearer to the baseball grounds. Then the office holders wouldn't waste so much time getting up there and back."

Any excuse is good if you can get people to believe it.

They Stand Up—



Unlike common corn flakes, the New Post Toasties don't mush down when milk or cream is added.

And they have a charming new flavour—delicious, different, the true essence of the corn—not found in corn flakes heretofore.

The intense heat of the new process of manufacture raises tiny bubbles on each delicious brown flake and these little puffs are the identifying feature.

These new flakes are firmer, crisper, and don't crumble in the package—in comparison, ordinary corn flakes are as "chaff."

Your grocer can send you a package of

New Post Toasties