

If Your Nose Fills Up

—Spoils Sleep Tonight—
You'll like the way Va-tro-nol works right where trouble is to open up nose—relieve stuffy congestion. (Also grand for relieving sniffling, sneezing, stuffy distress of head colds.) Follow directions in folder.

VICKS VA-TRO-NOL

A Few Drops Make Breathing Easier—Invites Restful Sleep

Pull the Trigger on Lazy "Innards"

WHEN CONSTIPATION makes you feel punk as the dickens, brings on stomach upset, sour taste, gassy discomfort, take Dr. Caldwell's famous medicine to quickly pull the trigger on lazy "innards" and help you feel bright and chipper again.

DR. CALDWELL'S is the wonderful sense laxative contained in good old Syrup Pepsin to make it so easy to take.

MANY DOCTORS use pepsin preparations in prescriptions to make the medicine more palatable and agreeable to take. So be sure your laxative is contained in Syrup Pepsin.

INSIST ON DR. CALDWELL'S—the favorite of millions for 50 years, and feel that wholesome relief from constipation. Even finicky children love it.

CAUTION: Use only as directed.

DR. CALDWELL'S SENNA LAXATIVE
CONTAINED IN SYRUP PEPSIN

KID O'Sullivan SAYS

Get rubber heel comfort all over your feet. Ask for SOLES as well as Heels by O'Sullivan

AMERICA'S No. 1 HEEL and sole Tough and Springy

'COLD BUG' GOT HIM?

HELP EASE ACHING CHEST MUSCLES

RUB ON MENTHOLATUM quick!

LUMBAGO TORMENT?

SORETONE Liniment's Heating Pad Action Gives Quick Relief!

To get quick, gratifying relief from the misery of lumbago, muscle and back aches due to fatigue and exposure, use Soretone liniment, made for this special purpose.

Contains special rubefacient ingredients acting like glowing warmth from a heating pad. Fresh blood is attracted to superficial pain area. Soretone stands out for safe, effective results. If not delighted, money back. 50c. Economy size \$1.00.

Try Soretone for Athlete's Foot. Kills all 5 types of common fungi—on contact!

One of the 225 products made by McCosson & Robbins for your health and comfort.

HOT FLASHES?

Women in their "40's"! Does this functional "middle-age" period peculiar to women cause you to suffer hot flashes, nervous, highturning, weak, tired feelings? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this purpose!

Taken regularly—Pinkham's Compound helps build up resistance against such distress. Thousands have reported benefits! Also a very effective stomachic tonic. Worth trying!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

ASSURANCE

The buyer's assurance is the advertising he or she reads in the newspaper. That is the buyer's guide. It tells the price one must expect to pay. Let the seller who tries to charge more beware!

HOUSEHOLD MEMOS... by Lynn Chambers

Brisk Winter Days Stimulate Appetite For Substantial Food



A fluffy, golden browned casserole is ideal supper fare for cold nights. This one combines protein foods such as dried beef and eggs with the vegetable, which is whole kernel corn.

Make Hearty Meals

When the family comes tramping home on cold nights with the appetites of woodsmen, many a homemaker is put to the acid test of really filling them up with plenty of hearty, nourishing food. Sometimes appetites seem endless, especially when the food is not suited to weather or to work and play, but there's an answer to all this.

Hearty foods solve the puzzle best, so bring out the stews so rich in vegetables and inexpensive cuts of meat, casseroles with sauces and gravy and top them off with hunger-satisfying desserts. Don't forget the vegetables and fruits as these are an important cog in balancing the meal and rounding it out.

Another easy trick to take the edge off sharp appetites is to serve a piping hot soup of some kind just before dinner. This may be light or hearty depending upon the type of family you have. This, too, is economical because you can use bones from roasts or the carcass of a fowl from dinner and toss in some vegetables, and have enough soup for several days.

A soup is nice to serve before the following casserole. Top it off with a fruit salad and an easy-to-make pudding dessert, and you have the meal complete.

Corn-Chipped Beef Souffle.

(Serves 6)

4 tablespoons butter
1/2 cup flour
1 cup milk
4 eggs, separated
1 cup whole kernel corn
1 cup shredded chipped beef (about 3 ounces)

Melt butter, blend in flour and add milk. Cook over direct heat, stirring constantly until sauce thickens and boils. Stir hot sauce into well beaten egg yolks, add corn and shredded beef. Fold in stiffly beaten egg whites, lightly but thoroughly. Turn into a six-cup casserole and bake in a moderate (325-350-degree) oven for one hour until a knife inserted comes out clean.

Salmon-Lima Bean Casserole.

(Serves 6)

2 tablespoons diced onion
2 tablespoons fat
4 tablespoons flour
2 cups milk
1 teaspoon salt
1 tall can salmon
2 cups green lima beans, cooked
2 slices bread
2 teaspoons butter

Cook onion in fat until golden brown and tender. Add flour and blend. Stir in milk and salt. Cook, stirring constantly until thick and smooth. Alternate layers of flaked salmon, lima beans (which have been drained) and white sauce in a greased casserole, ending with white sauce. Butter bread and cut in cubes. Sprinkle over top of casserole and bake in a moderate oven for 35 minutes or until golden brown.

LYNN SAYS:

Tricks for Homemakers Save Time, Energy

To prevent lumping, store brown sugar in a moist place, such as a breadbox. Confectioners' and powdered sugar may be stored in tightly covered containers.

The brownish color on the surface of used tin pans is tin oxide. This is a better conductor of heat than the tin, thus explaining why cakes brown so much more easily in used tins than in new ones.

LYNN CHAMBERS' MENU

Consume with Rice
*Lamb Stew with Parsley Dumplings
Waldorf Salad Rye Bread Toast
*Hasty Pudding Beverage
*Recipe given.

*Lamb Stew, Parsley Dumplings. (Serves 6)

Buy 2 1/2 pounds lamb shoulder, chuck or shank. Cut the meat in one-inch cubes, dredge with flour and brown in hot fat. Season with salt and pepper and cover tightly after adding two cups of broth or water. Simmer slowly for 30 minutes and then add whole small sliced onions or sliced onion rings, sliced carrots, diced potatoes and 1 1/2 cups drained peas. Cover tightly and cook until vegetables are tender, about 45 minutes, adding more water or stock if necessary.

To make parsley dumplings, sift 2 cups of flour with 1 teaspoon salt, 4 teaspoons baking powder and 1/4 teaspoon pepper. Add 1 well beaten egg, 3 tablespoons melted butter and 1/2 cup milk. Mix to a moist stiff batter and add 3 tablespoons minced parsley. Drop by spoonfuls onto stew, cover closely and cook without lifting cover for 18 minutes.

Remove dumplings to platter and arrange with meat and vegetables. Thicken gravy in pan with flour-water paste. Add a dash of Worcestershire sauce and pour over stew. Serve at once.

How do you plan your desserts? Well, naturally you want them to go with your main dish, but consider their planning from another point of view also. If you're using the oven, have a baked dessert to utilize heat to the fullest. If you're cooking a top-of-the-stove meal, make a refrigerator dessert so as not to use the oven for just one thing.

American Pudding.

(Serves 6)

3/4 cup flour
1 teaspoon baking powder
4 tablespoons shortening
1/2 cup sugar
1/2 cup milk
4 tablespoons currants
1 1/2 teaspoons grated lemon rind
1 1/2 cups boiling water
1/2 cup honey
1/2 teaspoon salt

Sift flour, measure, then sift with baking powder. Cream one half of shortening, add sugar. Add milk and flour, alternately beating until smooth after each addition. Add currants and lemon rind. Turn into greased baking dish. Combine remaining shortening, honey, water and salt and pour over batter. Bake in a moderate (350-degree) oven for 40 to 45 minutes. Serve warm with cream.

This next recipe is truly a hasty pudding. It's quickly made and delicious, too, now that whipped cream and marshmallows, absent so long from our grocery shelves, are back with us again.

*Hasty Pudding.

(Serves 6)

To one cup of whipped cream, add 1 cup brown sugar and 1 teaspoon vanilla extract. Blend thoroughly. Add 15 graham crackers which have been broken into small pieces; 4 bananas, quartered and sliced, and 18 marshmallows which have been snipped with scissors into small pieces. Mix lightly and chill well before serving.

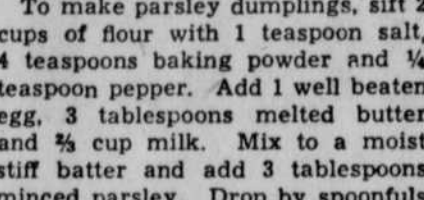
This hasty pudding can be dressed up beautifully for a company dinner in tall glasses and topped with a garnish of whipped cream and a dab of red jelly or jam or a cherry.

Released by Western Newspaper Union.

Farm Topics

Alfalfa Benefited By Superphosphate Provides Protection Against Winter Kill

How 45 per cent superphosphate drilled with alfalfa seed at the rate of 100 pounds per acre not only stimulates growth of the seedlings but



Unfertilized strip, left upper photo, indicates sparse growth. Right the fertilized patch. Photo taken in October. Lower photo shows the result of winter to the unfertilized strip in center, compared to fertilized on both sides.

also gives marked protection against winter-killing was described by Prof. H. E. Myers, agronomist at Kansas State college.

The beneficial effects of the fertilizer treatment are illustrated in the accompanying photographs taken in an alfalfa field in Kansas.

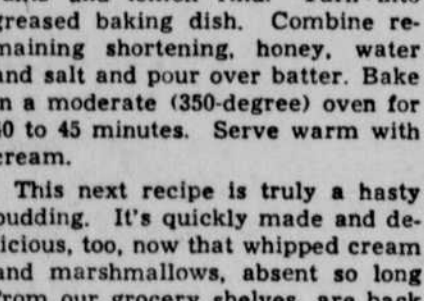
The alfalfa was seeded August 15 and 16. The fertilizer was placed in the same row with the seed. The last two rounds were drilled without fertilizer.

As shown above, there is an almost complete absence of plants in the center unfertilized strip as the result of winter-killing. The crowns of the unfertilized plants were about three inches above the soil surface by spring. The fertilized plants remained in place, thrifty and undamaged.

Strength of Wood

"I have always compared a weld with that of a tree because of its substantial and mutual characteristics," says Frank J. Ballistreri, Milwaukee, Wis.

The strength of the weld (electric arc welding) is started from the root; it is the foundation of the weld.

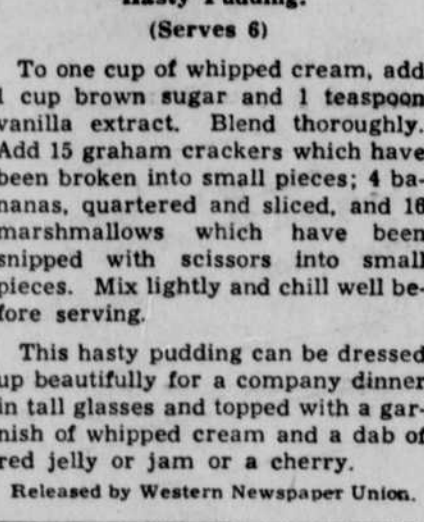


Face, body and root are important in electric welding. Drawing—courtesy Lincoln Electric Co.

Harvest Connecticut's Big Annual Rock Crop

A machine that will harvest the Connecticut farmer's biggest and most productive crop recently was demonstrated under supervision of University of Connecticut.

The crop—stones—will be picked up by the new tractor driven stone



pick-up machine. Equipped with a hydraulic lift, this machine will gather stones of any size.

The machine will be a revelation to gardeners and farmers with aching backs. It is also possible that the artist's drawing will be a revelation to the manufacturer of the stone picker.

BUSINESS & INVEST. OPPOR.

GARAGE, FILLING STATION and lunch-room (equipped). On Highway close to business section. Iowa County Seat of 6,000. Lunchroom leased until November, 1947. Reason for selling, owner is a widow.

MRS. L. A. NICH
307 Nucleo. Red Oak, Iowa.

SHOE SHOP FOR SALE—Two-man shoe shop. Doing good business. Cheap overhead. Priced right. Living quarters in rear. Ill health.

FRANK WITT - Kimball, Neb.

DOGS, CATS, PETS, ETC.

COLLIES, puppies, working dogs, pets and show prospects.

MAKES BROS. - Seward, Neb.

FARMS AND RANCHES

450-ACRE Stanton County farm joining Highway 275. Well improved, electric lights and good water supply and system. Heavy soil and very rolling but very productive. Priced to sell.

350-ACRE Stanton County farm joining Highway 24. Well improved, electric lights, good water supply and system. Gently rolling and very productive. Heavy soil. One of the better farms for sale this year. Priced to sell.

JOHN C. THOR, Real Estate Broker
Stanton, Nebraska

FOR SALE—155 and 165 acres, they join. Each have five rooms, outbuildings, good well, 80 acres bottom land and one, 5 miles from Trenton, Mo., rock road, rural school and milk route, electricity. Due to poor health am pricing these good farms cheap separately or together.

For Particulars Write or Phone
ROSCOE FRAZIER
Princeton, Missouri

IMPROVED 160 ACRES 5 miles southwest of Albion, Neb. in good community.

March 1st.

IMPROVED 160 ACRES 5 miles southwest of Loretto, Neb., close to school, \$6,400. Good terms. A. N. LAMB, Albion, Neb.

FARM MACHINERY & EQUIP.

CHERRY-BURELL 100 gallon late model pasteurizer complete with Sentinel control; A-1 condition, with 6 1/2 horse boiler with turbine oil burner. Also 1 1/2 horse 4 foot milk cooler and bottler and capper.

TWO SINGLE unit McCormick Deering milkers complete with pumps. ELMER WOLFE, Schuyler, Neb. Phone 8F220.

FOR SALE: 1945 M-Farmall tractor, 2 M two row mounted corn picker, 2-WC Allis Chalmers tractors with starter and lights, 1946 KS International truck. All in A-1 shape.

WALTER GLENN, Tarkio, Mo., Ph. 391J.

WE REPAIR any magnets used on farm tractors, etc. New Eisenmann magnets for any tractor. F. MELCHORS & SON, 417 S. 13th St., Omaha, Neb.

HELP WANTED—MEN

ARE THERE FISHING WORMS IN THE GROUND OF THE TERRITORY YOU COVER? If so, the manufacturer of a new and startling sporting goods item desires a financially responsible salesman to represent them to dealers, jobbers, wholesalers, Write.

NATIONAL EQUIPMENT CO.
Fountain Square Indianapolis 5, Ind.

HELP WANTED—WOMEN

REGISTERED and practical nurses wanted. Good pay, maintenance, hospital insurance. Lake region, parks. Living quarters available.

LUTHER HOSPITAL Waterbury, S. D.

NURSES WANTED—Two graduate and two undergraduate or practical.

TAYLOR HOSPITAL - Sidney, Neb.

MISCELLANEOUS

FOR SALE—3 drum Russell hoist with 60 h. p. Waukesha motor, 1 yr. traveling clam bucket with cables, almost new 60 h. p. 220-440 electric motor.

McHUGH GRAVEL COMPANY
Blue Rapids, Kans.

CAST IRON SOIL PIPE and FITTINGS

All sizes. Large stock immediate delivery. Wholesale or Retail.

J. KLEIN & SON
4548 Cottage Grove Ave. Illinois
Chicago 15

POULTRY, CHICKS & EQUIP.

BROAD BREASTED BRONZE POULTS hatched in an exclusive turkey hatchery. All blood testing done under the supervision of the State Bureau of Animal Industry. WRITE FOR OUR LOW PRICES. Order now insure getting your poulters the date desired and protect yourself against possible price increase.

HILDBRAND TURKEY HATCHERY
Seward, Nebraska

TO RENT OR LEASE

FOR RENT brick building as barber shop and living quarters, modern in every respect. Basement entrance, located on main street in Clatonia, Neb. Ready for occupancy Jan. 1st. Returned veterans to have first privilege for 30 days.

E. J. CHITTENDEN Clatonia, Neb.

WANTED TO BUY

TOP MARKET PRICES FOR GOOSE, DUCK FEATHERS.

FARMERS STORE Mitchell, S. Dak.

DOGS, CATS, PETS, ETC.

FOR SALE: Pure golden Seabright Bantam Cockerels, while they last \$2.00 each. Kuefers, Inc. Culbertson, Neb.

HARD-TO-GET MOTOR PARTS FOR ALL CARS — BAUER MOTOR SUPPLY

INCORPORATED
JA. 1771
111 SO. 24 ST. PHONE OMAHA

STRONG HUSKY YOUNGSTERS

thanks to this HIGH ENERGY TONIC

Many doctors recommend good-tasting Scott's Emulsion because it's rich in natural A & D Vitamins and energy-building oil children need for proper growth, strong bones, sound teeth, sturdy bodies. Helps build up resistance to colds too if diet is A & D deficient. Buy Scott's today! All druggists.

SCOTT'S EMULSION

YEAR-ROUND TONIC

WNU-U 05-47

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-taxed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder are sometimes burning, scanty or too frequent urination.

Try Doan's Pills. Doan's help the kidneys to pass off harmful excess body waste. They have had more than half a century of public approval. Are recommended by grateful users everywhere. Ask your neighbor!

DOAN'S PILLS

Valuable Suggestions on Small Home Planning, Financing and Building

HOME PLANNING HINTS

Ice, 243 W. 17th St., New York 11, N. Y. Print name, address, booklet title.

This Home-Mixed Cough Relief Is Wonderful

No Cooking. So Easy. Saves Dollars.

To get the most surprising relief from coughs due to colds, you can easily prepare a medicine, right in your own kitchen. It's very easy—a child could do it—needs no cooking, and tastes so good that children take it willingly. But you'll say it's hard to beat for quick results.

First, make a syrup by stirring 3 cups of granulated sugar and one cup of water a few moments, until dissolved. Or you can use corn syrup or liquid honey, instead of sugar syrup. Get 2 1/2 ounces of Finex from any druggist, and pour it into a pint bottle. Fill up with your syrup. This gives you a full pint of really splendid cough syrup—about four times as much for your money. It never spoils, and lasts a long time.

And it gives quick relief. It acts in three ways—loosens the phlegm, soothes the irritated membranes, and helps clear the air passages.

Finex is a special compound of proven ingredients, in concentrated form, well known for quick action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

Old House—New Face

WITH building materials for new homes still scarce, it's often good sense to face-lift an old house. Make sure before going ahead, however, that the structure is sound.

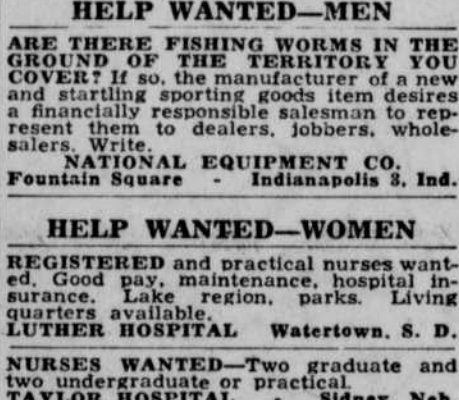
And how about the interior of your house? Is it dated by dark woodwork, ugly exposed radiators, ungainly archways? Often a few simple improvements can change the whole appearance of your home.

Whether you're planning to build, buy or remodel a home, our Reader Service booklet will give you many valuable suggestions. Illustrations galore! Send 25c (coin) for "Small Homes-Planning, Financing, Building" to Weekly Newspaper Serv-

IF PETER PAIN CLUBS YOU WITH RHEUMATIC PAIN

Hurry—rub in Ben-Gay for fast, soothing, gently warming relief! Insist on genuine Ben-Gay, the original Baume Analgesique. Ben-Gay contains up to 2 1/2 times more methyl salicylate and menthol—two pain-relieving agents known to every doctor—than five other widely offered rub-ins. Ben-Gay acts fast where you hurt.

Also for Pain due to COLDS, MUSCLE ACHE, and STRAINS.
Ask for Mild Ben-Gay for Children.



QUICK... RUB IN Ben-Gay

Buy U S Savings Bonds!

NEW "EVEREADY" FLASHLIGHT BATTERY LASTS 93% LONGER!

Tiny cell packs enough energy to "Hit the Gong" 125 times!

You've probably tried it at fair or carnival... slugged away with a 10-pound maul... trying to light the lights, and ring the bell, and win a prize. What a terrific, pile-driving smash it takes to lift that weight up 35 feet to the bell! Yet the new high-energy "Eveready" flashlight cell could perform this husky feat 125 times in a row... if you could harness its 93% greater electric energy!

Light is power made visible. That's why new high-energy "Eveready" flashlight batteries are so important to you. With nearly double the electric energy of even famous pre-war "Eveready" cells, their usefulness to you in terms of light is nearly doubled. You can depend on that dazzling, penetrating "Eveready" flashlight beam for nearly twice as long! Always ask for them by the famous brand name... "Eveready."

The registered trade-mark "Eveready" distinguishes products of NATIONAL CARBON COMPANY, INC. Unit of Union Carbide and Carbon Corporation 30 East 42nd Street, New York 17, N. Y.

DOAN'S PILLS

MEANS BRIGHTER LIGHT, LONGER LIFE

EVEREADY

Fresh Power BRIGHTER LIGHT LONGER LIFE

FLASHLIGHT BATTERIES