

RED CLOJD, NEBRASEA, CHIEF

The Sewing Club Work

The Sewing Club work consists of two courses each containing lessons of making bread of potato meal in xed planned to cover a period of one year, with wheat flour are now being under-MEMBERSHIP BULES

10 or more than 19 years of age at the istry. This is to test the possibilities time of enrollment. 2. Anyone, irrespective of age or

member. This gives the privileges of regular membership, except competi- emphasized the fact that flour made of tion, for prizes or awards.

June 1. All members encolling after this date will be considered members food quite as nutritious as the pure in the work for the following year. 4. When application for member- cheaper.

ship in Sewing Club Course 1 is re-

Extension Service.

may enroll for the second year to comrollment must be made each year. 7. Twelve lessons shall be complet-

ed in Course 1 and a written story submitted entitled "What I Gained completed each month. 8. Reports of work completed shail

be sent to local, county, and state lead-

of club member shall, when the course

local, county, and state contests all right proportion, but this would be articles made and stories written about difficult for the average housewife to the work. No one shall be eligible to determine as there is greater danger exhibit in the state contest who does of using too much and producing a not exhibit in local or county contests, very soggy loaf. However, the custom if such are held,

Application of directions, neatness, accuracy, appro-

Report and story 20 Total Score., 100

formation write to Agricultural Extension Service,

ining Hyp

Baking experiments to test the value taken by the United States Depart-

3. Enrollment for the year closes

5. Club, members should follow economy and appearance were those

lessons All judging will be based on allowed in Austria or less. The loaves directions given. No material for the made with more than 30 per cent powork is furnished by the Agricultural tato-meal were not so satisfactory as

pleted in one year, the club member texture and dark appearance but posplete the course. Request for reen. flavor. It also retains moisture for a

ers when requests for the same are

9. The teacher, county or local club experiments. leader or some person not a relative is completed, certify to the State Lead- might not be satisfactorily substituted er that all work has been done by club for the prepared potato-meal. The ex-

11. Awards will be made on the fol- used by many housekeepers to keep

(1) Number of articles completed and exhibited 25

priate materials, etc..... 55

For enrollment cards and further in-

1. Club members shall not be under ment of agriculture's bureau of chemof the potato in the same manuer as Germany and Austria are now advising qualifications, may be an associate their people to do. The increased cost of living throughout the world has other substances than wheat, or of these substances mixed with wheat. might provide people with healthful wheat flour, and at the same time Austrian bakers are now compelled

crived by the Agricultural Extension by law to use at least 30 per cent pora-Service, the bulletin containing 12 to meal in making their bread. The lessons in sewing is sent at once direct bureau of chemistry's potato meal ly to the club member. When appli- bread has been baked with from 25 to cation is made for Course II, lessons 50 per cent potato meal and the re in this course are also sent to the club maining percentage wheat The most satisfactory loaves in combining

carefully all instructions as given in made with the minimum percentage they were heavier and less attractive 6. If the sewing lessons are not com- in form. The bread has a rather coarse

sesses a distinctive and agreeable much longer period than ordinary wheat bread.

The Bureau of Chemistry used the imported "potato flake" in some of its From My Sewing Course" before the experiments and in others, meal made club member is promoted to Course II. by slicing, milling and drying potatoes It is recommended that one lesson be on a small scale in its laboratories. It should be added that such ordinary "potato flour" as is on our American markets is not the same as the German

"potato flake" or Walzmehl, which has given such satisfactory results in the

whether the ordinary cooked potato perimenters believe that it might serve

10. Club members shall exhibit in the same purpose if used in just the

their bread moist and this practice can very well be recommended for more

never really enjoyed a meal until we divised them to take a Rexall Dyspepsia

before and after each meal. Sold only by us-25c a box. H. E. Grice Drug Co University Farm, Lincoln, Nebr. LEGAL NOTICE **Markets Steady** The defendant, John Barden, will take notice that on April 7th, 1915. Occidental Build-The editor was busy when he was ing & Loan Association of Omaha, Nebraska The plaintiff, filed its petition and commenced man was referred to the office devil, an action in the District Court of Webster who looked wise and said: "Young County, Nebraska, against the above named County, Nebraska, against the above named men unsteady; girls lively and in de mand; papa firm, but declining; ma-mas unsettled, waiting for higher bids; defendant, John Burden, impleaded with Sarah Burden, and others, the object and prayer of which are to foreclose a certain coffee, considerably mixed; fresh fish, \$300.00 mortgage to plaintiff, executed and active and slippery; eggs quiet, but exdated October 21, 1904, by one Thomas Burden pected to open soon; whisky, still going and the defendant, Sarah Burden, his then down: onions, strong; yeast, rising; breadstuffs, heavy; boots and shoes those on the market are sold and conof Bladen, in Webster County, Nebraska, and recorded in Book 23, at Page 486, of the stantly going up and down; hats and caps, not so high as last year, except-ing foolscap, which is stationery; tobacco, very low and has a downwar1 Mortgage Records of said County to secure their promissory note or obligation to said Association, dated October 21, 1904, and plaintiff alleges that there is now due upon tendency; silver close but not close enough to get hold of."-Ex. said note or obligation \$320.10, with interest thereon at the rate of nine and six tenths per cent per annum, from April 1, 1915, and for taxes paid by plaintiff to protect its lien Growing Children frequently need a food tonic and tissue builder for their good health. on said mortgaged premises, \$10.80, with in, terest thereon at ten per cent per annum from February 22, 1915, and plaintiff prays that said mortgaged premises may be de-creed to be so d to satisfy the amount due it Rexall Olive Oil Emulsion thereon and that each and all of said defendants and all persons claiming by, through or under them, or any of them be excluded from and foreclosed of all interest, right, title and equity of redemption in and to H. E. Grice Drug Co. said mortgaged premises. You are required to answer said petition \$7,000.00 on or before the 17th day of May, 1915. To PENSION INVALIDS OCCIDENTAL BUILDING & LOAN ASSO-CIATION OF OMAHA, NEBRASKA, If we receive 500 subscriptions to The Ladies Home Journal, The Saturday Evening Post, The Country Gentleman, \$1.50 each, each month till April 30, to Plaintiff. By Fred Maurer, Its Attorney. QUAL last year's business, the original \$5,000, earned 3 years ago, becomes the property of THE INVALIDS' PENSION ASSN., making \$7,000 to pension inva-lids. No salaries. Invalids get all. YOUR ORDER or renewal contributes 50c or more towards the support of a score of invalids who have received pension GORDON, THE MAGAZINE MAN. Omaba, Not CAMP THE ALARM is a dreadful think CHIROPRACTOR OF FIRE for the man without insurance. Every time he sees the Red Gloud, -:- Nebraska engines racing along his heart comes Second House North of I. O. O. F. Hall up in his throat if the fire is anywhere near his place. What folly, what mis-**Graduate Palmer School** taken economy. of Chiropractic, Davenport, THE COST OF is so small that it insurance hardly be considered. The freedom from worry **Consultation** and alone is worth it many times over Have us insure you to-day. **Spinal Analysis Free** O. C. TEEL, At Office Phone Ind. 212 Reliable Insurance.

