

Back Giving Out?

Is a constant backache spoiling your summer? Do sharp pains stab you at every sudden move? Are you so tired and downhearted you can hardly keep going? Likely your kidneys have slowed up, causing an accumulation of poisons that well kidneys would have filtered off. Is it any wonder you feel so tired and depressed and have headaches, dizzy spells and annoying bladder irregularities? Use *Doan's Kidney Pills*. *Doan's* have helped thousands. Ask your neighbor!

A Nebraska Case

Mrs. Ed Covey, 806 Maple St., Fairbury, Neb., says: "My back felt weak and I had no strength in it; there was a heavy, stiff feeling across the small of it, too. After I had used *Doan's Kidney Pills* a short time, I was much better. A box or so corrected the trouble and I have been a much healthier woman ever since."

Get *Doan's* at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

LINCOLN SANITARIUM
SULPHO SALINE SPRINGS
General Hospital
In Connection an Extensive
Hydrotherapeutic Department
using
Natural Mineral Water
from the
Sulpho-Saline Springs
DRS. EVERETT
Managing Physicians
14th and M Sts. Lincoln, Neb.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

GOLD MEDAL HARLEM OIL CAPSULES
The world's standard remedy for these disorders will often ward off these diseases and strengthen the body against further attacks. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation.

FOR SALE—CALIFORNIA LAND

10 acres, located in Glenn Co., Cal., 1/4 mile to school and two miles to town. All of tract in cultivation. Soil is silt loam with almonds main crop. Orchard of 750 almond trees. Can be irrigated by well if needed. No improvements. This almond orchard lies on the Oroville-Willows lateral of the state highway and will soon be paved, making this an exceptional buy. Price is \$500 per acre with possession to be arranged. For further information write or see
JOHN N. WESTBERG, Butte City, Calif.

Cuticura Soap Complexions Are Healthy
Soap 25c. Ointment 25 and 50c, Talcum 25c.

Enslow Floral Co.
131 So. 12th : Lincoln, Neb.

6% Dividends Payable Quarterly
For information and circulars write,
OCCIDENTAL BLDG. & LOAN ASSN.,
322 S. 18th Street, Omaha, Neb.

126 MAMMOTH JACKS
I have a bargain for you, come quick.
DELOW'S JACK & BARK
Cedar Rapids, Iowa

FRECKLES POSITIVELY REMOVED by Dr. Barry's
Freckle Remover. It is a simple, safe,
and painless method of removing
freckles, sunburn, and other skin
defects. It is used by the U. S. Army
and Navy. Write for circular to
Dr. Barry, 278 Michigan Avenue, Chicago.

Allen's Foot-Ease
The Antiseptic, Healing Powder for the Feet
Takes the friction from the shoe, freshens the feet and gives new vigor. At night, when your feet are tired, sore and swollen from walking or dancing, sprinkle ALLEN'S FOOT-EASE in the foot-bath and enjoy the bliss of feet without an ache.
Over 1,000,000 pounds of Powder for the Feet were used by our Army and Navy during the war.
Ask for ALLEN'S FOOT-EASE.

What to Take for SICK HEADACHE
Take a good dose of Carter's Little Liver Pills—then take 2 or 3 for a few nights after. A few doses restore your organs to their proper functions and the Headache and the causes of it pass away. In the same manner they regulate the Bowels and prevent Constipation.
Genuine bear signature. *Small Pill; Small Dose; Small Price*

FROM REMOTEST PARTS OF GLOBE

Tanlac Elements Come From Many Lands Far Away From Here.

The ingredients from which the celebrated medicine Tanlac is made, come from remote sections of the earth, and are transported thousands of miles over land and sea to the great Tanlac Laboratories at Dayton, Ohio, and Walkersville, Canada.

The Alps, Appennines, Pyrenees, Russian Asia, Brazil, West Indies, Rocky Mountains, Asia Minor, Persia, India, Mexico, Columbia and Peru are among the far away points from which the principal properties of this remarkable preparation are obtained.

What is said to be the largest pharmaceutical laboratory in the United States has been completed at Dayton, Ohio, for the manufacture of Tanlac, which, according to recent reports, is now having the largest sale of any medicine of its kind in the world, over 20,000,000 bottles having been sold in six years.

The new plant occupies 60,000 square feet of floor space and has a daily capacity of 50,000 bottles. Uniform quality is guaranteed by a series of careful inspections by expert chemists from the time the roots, herbs, barks and flowers are received in their rough state from all parts of the globe, until their medicinal properties have been extracted by the most approved processes. The finished medicine is then bottled, labeled and shipped out to tens of thousands of druggists throughout the United States and Canada, to supply a demand never before equalled by this or any other medicine.

Tanlac is sold by leading druggists everywhere.—Advertisement.

Sight Unseen.
He had always greatly admired the khaki bag in which his wife keeps her clothespins, so he persuaded her to make one for his fishing tackle.

A few days ago he went several miles from home fishing and was just preparing to assemble his line for a good day when he discovered that instead of bringing his fishing tackle kit he had carried out his wife's bag of clothespins.

ASPIRIN
Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticester of Salicylic acid.—Adv.

A Salt Lake in Miniature.
About 10 miles south of Zuni, N. M., there is a singular depression, in a plain of Cretaceous sandstones, about a mile in diameter, with walls 150 feet high. In the midst of this exists a shallow lake, 4,000 feet long by 3,000 broad, the waters of which contain 26 per cent of salt.
This has been a source of supply of salt used by Indians and Mexicans for centuries, and lately the lake has been hauled to surrounding ranches, everybody helping himself.

I have been driven to my knees many times by the realization that I had nowhere else to go.—Lincoln.

The Kitchen Cabinet

It is easy enough to be pleasant. When life goes by like a song; But the men worth while are the men with a smile
When everything goes dead wrong.
—Ella W. Wilcox.

TIMELY FOODS.

The fresh green things appeal to the appetite at this season of the year, as well as all growing things such as mushrooms. Vegetables which are boiled lose much of their valuable mineral content because of its solubility. When the water is drained off and thrown away these minerals are lost to the food. It is a good practice to serve the vegetable in a manner that will conserve the minerals. If cooked in water let it be as little as possible and serve it with seasonings as a sauce with the vegetable. Peas, beans, greens of various kinds, should be thus served.

Lettuce, Pepper and Egg Salad.—Arrange a platter of lettuce, sprinkle with finely shredded green peppers and then add three or four hard-cooked eggs cut in eighths, sprinkle with finely minced chives and cover with French dressing. Serve well chilled.

Tomato and Peanut Salad.—Peel the tomatoes carefully and remove the centers so as to form a cup. Fill with chopped cabbage and peanuts, well mixed. Add French dressing, and when serving put a spoonful of mayonnaise on top of each.

Buttered Beets.—Cook small, tender beets, skin them, then chop rather coarsely. Add olive oil or butter, heat them very hot, season well with salt, pepper and a dash of lemon juice, and serve piping hot.

Vegetable Luncheon Dish.—Arrange on a hot platter a pint of freshly boiled seasoned spinach, adding butter and vinegar, surrounding the spinach with one and one-half cups of creamed onions, then around this two cups of thick tomato. Garnish, if desired, with hard-cooked eggs cut in eighths.

Onion and Cream Cheese Sandwiches.—To one small cream cheese add minced onions spread on buttered brown bread and cut in finger-sized sandwiches. See that the cheese and onions are well seasoned and mixed.

Who said they didn't like June?
The month when all flowers bloom;
When school is out
And we frolic about—
Who said they didn't like June?

DESSERTS.

A dessert which is both delicious to the taste and charming in appearance is prepared as follows: Bake an angel food in a sheet, cut it in squares, arrange on service plates, cover with a layer of crushed sweetened strawberries, then top with sweetened whipped cream or a thin slice of brick ice cream.

Macaroon Charlotte.—Cover one-half pound of macaroons with a quart of hot cream and when cool beat and mix well. Add the yolks of six eggs and a teaspoonful of vanilla, fold in the stiffly beaten whites of the eggs and fill buttered mold. Bake for ten minutes or until the custard is firm.

Blackberry Scones.—Take two and one-half cups of flour, three teaspoonfuls of baking powder, two and one-half tablespoonfuls of milk, one tablespoonful of butter and one tablespoonful of any other sweet fat, one-half cupful of raisins, one-half teaspoonful of salt and seven-eighths of a cupful of milk. Roll into four pieces after mixing well and bake in a hot oven. Split open but do not cut clear through. Fill with jam or crushed fresh fruit.

Mock Goose.—Parboil a leg of pork, skin and stuff, using the usual goose stuffing. Put to roast with a little water and baste with the juice of the meat. When half done, sprinkle with sage, pepper, finely minced onion, salt and butter. Serve with gravy.

Buttercup Jelly.—Take one envelope of gelatine, soak in one cupful of cold water, add one pint of milk, three egg yolks well beaten and one cupful of sugar. Scald the milk and add the sugar and egg yolks. Cook to a custard, flavor and cool, then fold in the stiffly beaten whites of the eggs and pour into molds to chill. Serve with tart jelly and top with whipped cream.

Mushrooms English Fashion.—After washing and peeling the mushrooms, add salt and pepper and toss them in a saucepan in hot butter until well cooked (five minutes is usually sufficient). Dish up on squares of toasted bread and lay on each two thin slices of broiled bacon.

Baked Stuffed Onions.—Parboil large-sized onions and remove the centers. Chop the part removed, add sausage or other highly seasoned meat, salt and pepper or chopped nuts. Bake, basting during the baking with butter and water, or pour over the onions thin cream. Bake until tender.

Net Contents 15 Fluid Drachms
900 DROPS
CASTORIA
ALCOHOL—3 PER CENT.
A Vegetable Preparation for Assimilating the Food by Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.
The Similar Signature of
Chas. H. Fletcher
THE CENTAUR COMPANY, NEW YORK.
At 6 months old 35 Doses—40 CENTS

Swiss Have Women in Clergy.
Unmarried women are now permitted to serve as clergy in Switzerland; they must resign in the event of their marriage.

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blued with Red Cross Ball Blue.

WOULD TAKE BACK HIS RIB

Tommy Planned Dire Vengeance for the Faithlessness of His Fickle Playmate.

Little Tommy, a precocious six-year-old, had been disappointed in love. He had a date to play with little Mary Ann in her house across the way. When he got there he found she had forgotten all about him and was sliding down hill on his rival's new sled.

Tommy returned home, disgusted with all girls in general and one in particular. He didn't cry nor did he contemplate suicide. Instead he went straight to his mama and with child-like naïveté said:
"Mama, d'you know what I'd do if I was Adam? I'd go right up to heaven and I'd say, 'Pleese, Mr. God, if it's just the same to you, I'd like to have my rib back.'"

All in Good Time.
It was at a children's picnic, and they were playing at farmyard, each youngster pretending to be his or her favorite animal. The woods echoed with grunting, barking and crowing—but one little girl sat silent.
"Why don't you play?" asked one of the teachers.
"Pleese, miss, I am playing," she replied.
"What are you, then?"
"Pleese, miss, I'm a hen, and I'm laying an egg. When I've finished I shall cackle!"

In a country that isn't fit for a republic, the men defeated at the polls go to shooting.

Children Cry For Fletcher's CASTORIA

Special Care of Baby.
That Baby should have a bed of its own all are agreed. Yet it is more reasonable for an infant to sleep with grown-ups than to use a man's medicine in an attempt to regulate the delicate organism of that same infant. Either practice is to be shunned. Neither would be tolerated by specialists in children's diseases.
Your Physician will tell you that Baby's medicine must be prepared with even greater care than Baby's food.
A Baby's stomach when in good health is too often disarranged by improper food. Could you for a moment, then, think of giving to your ailing child anything but a medicine especially prepared for Infants and Children? Don't be deceived.
Make a mental note of this:—It is important, Mothers, that you should remember that to function well, the digestive organs of your Baby must receive special care. No Baby is so abnormal that the desired results may be had from the use of medicines primarily prepared for grown-ups.
MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher
THE CENTAUR COMPANY, NEW YORK CITY.

Ontario's Mining Production.
Since the building of the first railway in northern Ontario, in 1893, led to the discovery of silver in that region, approximately \$3,000,000,000 has been produced by the gold and silver mines of Ontario.

The Cuticura Toilet Trio.
Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere.—Adv.

ALL FRUIT GROWER'S FRIENDS

Birds That Should Be Protected Are Listed by the American Forestry Association.

The American Forestry association has published the fact that a Chiff swallow will eat 1,000 flies, mosquitoes, wheat midges, or beetles in a day. The crops of four chickadees showed 1,028 eggs of the cankerworm. Take notice, Mr. Fruit Grower. A quail killed in a Texas cotton field had eaten 127 boll weevils, and a prairie chicken had over 300 of them in its crop. The bob white has been known to eat 135 different kinds of insects. It has been estimated that this bird will consume an average of 75,000 insects and 6,000,000 weed seeds in a year. House martins, swallows, and swifts eat rose beetles, may beetles, cucumber beetles and house flies. The quail eats Texas fever-carrying ticks; the killdeer and other shore birds feed on the larvae of disease-carrying mosquitoes; a night-hawk's evening meal consists of 500 adult mosquitoes.

Time Enough.
"Am I right in surmising that you have something of serious import to say to my daughter?"
"Oh, no, sir, I'm merely going to propose to her. I'll talk over the serious details with you after the wedding."—Detroit Times.

FOR SALE

IMPROVED CALIFORNIA LAND.
280 acres, located in Glenn Co., Calif., two miles to town and school on land. All of tract in cultivation. Soil is silt loam with alfalfa, barley and wheat main crops. Family orchard. Irrigation, well, 2,000 gal. per minute. Improvements consist of 12 room house, bath, tenant house, two large barns, bunk house, tank houses, granaries and all buildings necessary. State highway runs through place. Fenced with wire and wood. Price is \$250 per acre with possession Oct. 1st. For further information write or see
JOHN N. WESTBERG, Butte City, Calif.

Western Canada Land of Prosperity

Offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms
Fertile Land at \$15 to \$30 an Acre—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches, schools, good markets, railroad facilities, rural telephone, etc.
For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, etc., write
W. V. BENNETT
Room 102, The Building
Omaha, Neb.
Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada.

Taking Her Order.
His parents were what is popularly known as "high-brow," but they also were good sports. So when he suggested taking them to a restaurant in the market district they agreed. The mother's exquisite clothes stamped her as a society woman, but democracy reigns supreme at that restaurant. They sat down at the table, and the waiter handed the mother a menu and then leaned confidentially forward over the back of the chair and said: "Well, sister, what's the good news?"—Indianapolis News.

Tastes Fine, and Better for Health
POSTUM CEREAL
is a pure, wholesome cereal beverage, containing nothing harmful to nerves or digestion.
It should be boiled at least twenty minutes. Then Postum Cereal will reveal a true coffee-like richness of color and flavor.
"There's a Reason" Sold by grocers everywhere.
Made by Postum Cereal Company, Inc. Battle Creek, Michigan.

Freed From Torture

Eaton Cleared His Up-Set Stomach

"The people who have seen me suffer tortures from neuralgia brought on by an up-set stomach now see me perfectly sound and well—absolutely due to Eaton's," writes R. Long.
Profit by Mr. Long's experience, keep your stomach in healthy condition, fresh and cool, and avoid the ailments that come from an acid condition. Eaton's brings relief by taking up and carrying out the excess acidity and gases—does it quickly. Take an Eaton's after eating and see how wonderfully it helps you. Big box costs only a trifle with your druggist's guarantee.

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address
Supt. of Nurses, Lincoln Sanitarium
Lincoln, Nebraska

TWO IN ONE

Bins and Cribs
Send for circular and prices on Carter Combination Grain Bins and Corn Cribs. Made in three sizes, 60, 72 and 108 in. CARTER SHEET METAL CO., OMAHA
Tourists, Hunters, Fishermen—Combination Provision-Box-Table, change in 20 seconds. Not a loose piece. Illus. circular, 10c. Provision Box and Table Co., Winona, Minn.