

What Will YOU Do At 50?



Have you ever thought what will become of you when your earning capacity is waning?

At 50 will you still be working for a low wage or enjoying a good income?

That depends upon what you are doing NOW to secure the training that will steadily advance you in position and salary during the coming years. Only training will put you in the income class.

To learn how you can receive this training without giving up your present occupation, let the International Correspondence Schools advise you. All you have to do is to mark the coupon as directed and mail it today. There is no charge for this advice. No matter who you are or what your present occupation is, the I. C. S. has a way of helping you. It is an institution of experts—experts in helping poorly paid men succeed. Only your spare time in your own home is required. You do not lose an hour of work or a dollar of pay. This coupon is the greatest opportunity in the world for you to secure a happy, prosperous, and successful life, for it is an opportunity offered by an institution backed with a capital of six million dollars, whose sole business for 22 years has been to provide ambitious men and women with salary raising training. Don't neglect practical opportunities for promotion. Mark and mail the coupon NOW.

International Correspondence Schools

Box 888, Scranton, Pa.

Please explain, without further obligation on my part, how I can qualify for the position, trade, or profession before which I have marked X.

Name _____
St. & No. _____
City _____ State _____

THE BEST PROOF

Alliance Citizens Cannot Doubt It. Doan's Kidney Pills were used—They brought benefit.

The story was told to Alliance residents. Time has strengthened the evidence. Has proven the result lasting. The testimony is from this locality.

The proof convincing. Mrs. Herman Schroeder, Washington Ave., Sidney, Neb., says: "I was in a bad way as the result of kidney trouble. I suffered from pains in the small of my back, dizzy spells, and I was unable to stoop. On a physician's advice, I put a plaster on my back, but this did not relieve me. I also tried many kidney remedies, but to no avail until I began using Doan's Kidney Pills. One box stopped the pain in my back and I continued using this medicine until the trouble disappeared."

A PERMANENT CURE ON A LATER DATE Mrs. Schroeder said: "I willingly confirm my former endorsement of Doan's Kidney Pills. The cure they made has been permanent." Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Schroeder has twice publicly recommended. Foster-Milburn Co., Props., Buffalo, N. Y.

Sale of Home Cooked Foods At 1 o'clock next Saturday afternoon there will be on sale in the window of the City Meat Market a variety of home cooked foods, including baked chicken, baked beef and pork, pies, doughnuts, and everything that is good to eat. Why cook your Sunday dinner when you can get deliciously cooked meats and pastry at reasonable prices? 45-11-6072

When Baby Has the Croup When a mother is awakened from sound sleep to find her child who has gone to bed apparently in the best of health struggling for breath, she is naturally alarmed. Yet if she can keep her presence of mind and give Chamberlain's Cough Remedy every ten minutes until vomiting is produced, quick relief will follow and the child will drop to sleep to awaken in the morning as well as ever. This remedy has been in use for many years with uniform success. Obtainable everywhere. Adv—Oct

WHEN IN OMAHA VISIT THE Gayety "Omaha's Fun Centre" Brand New Show EVERY WEEK MUSICAL BURLESQUE Clean, Classy Entertainment. Everybody Goes. Not Anybody LADIES' TIME MATRONS ONLY DON'T GO HOME SAYING: I DIDN'T VISIT THE GAYETY

Water, instead of cider, makes an excellent sirup. Use six pounds of sugar to the half gallon. Skim clean and cook as thick as desired. Soft sugar, the coffee grade, so called, makes excellent sirup. If the almost black Porto Rice sugar is to be had, it makes a sirup that furnishes a close approach to maple sirup—so close as to warrant the suspicion that it is the

That Made From Cider and Ginger is Pure and Simple—Imitation Maple Sirup. The greatest of sugar economies is the making of sirups pure and simple. Cider sirup, for example, is an excellent relish for any meal, also a more than fair sauce for puddings, rolypolys and so on. To make it, bruise well three full races of ginger, taking care the root is not worm-eaten. Boil the ginger ten minutes in half a gallon of cider and let stand overnight—or twelve hours at least. Strain. Add five pounds of sugar—more if you like a very rich sirup. Simmer gently, skimming clean. 7-1/2 Half an hour. Cool and keep in glass or clean stoneware.



A New Roof

must be put on the house or barn this spring. The old shingles cannot withstand the sun and storm another season.

If this job is not to be done over again for at least ten years you better use OUR

Shingles

They are good for that length of time, anyway, and perhaps longer. At a lower price we can sell you shingles not quite so good.

Lumber, too, for repairs about the place.

Dierks Lumber Co.

MUCH DEPENDS ON COOKING

Use Quantities of Water in Preparing Strong-Flavored Vegetables for the Table.

The many people who believe they cannot eat cabbage, cauliflower, onions and turnips without suffering from indigestion, and the many others who do not like these strong-flavored vegetables, which are very valuable in the diet, should change their method of cooking them, suggests Miss Oberlin of Colorado Agricultural college.

Use a large quantity of water in proportion to the quantity of vegetable to be cooked. To prepare creamed cabbage cut the cabbage, not too fine, with a knife. Have two quarts of slightly salted water boiling rapidly, add one quart of coarsely cut cabbage. Boil, uncovered, until the cabbage is tender when tried with a fork. Drain at once and add one cupful of medium white sauce. The mixture may then be placed in a well buttered baking dish, covered with buttered crumbs, and browned in a moderate oven.

Onions, cauliflower and turnips may be prepared in the same way. Small onions should be boiled whole, larger ones cut in quarters; cauliflower may be left in the head or broken into smaller pieces; and turnips should be cut in cubes.

The advantage of this method of cooking are: The vegetable stays white or pale green in color, the odor in the house is not disagreeable, the flavor is much better, and the food more easily digested than when a covered kettle or fireless cooker is used.

ECONOMY IN SIRUP MAKING

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That Obstinate Headache

so often caused by eyestrain need no longer bother you if you will come here and be fitted with the proper glasses. Did you say they are not becoming? Now listen; some glasses are not, we will admit. With the passing of the old style high-bridge mounting, which was conspicuous and uncomfortable, we are now using the low-bridge eyeglass which works with the fingers, is artistic in design and really becoming.

DRAKE & DRAKE Registered Optometrists Over Latspeich's Variety Store

YOUNG MAN BE "PRUDENT"—STOP EXTRAVAGANCE—PUT YOUR MONEY IN OUR BANK



YOU'LL NEED IT SOME DAY Money carried in the pocket slips away easily. Put yours in our BANK; it won't be so hard to refuse a loan to "friends" who will never pay you back. Nor will you foolishly SPEND your money when it is safe in our bank.

We refer those who have not banked with us to those who HAVE. Our vaults and locks are strong. The good names of men of high CHARACTER and known RESPONSIBILITY are also behind our bank.

Make OUR bank YOUR bank.

First State Bank

ALLIANCE, NEBRASKA

first cause of a good deal that passes for maple.

Tuna Loaf.

To one can of tuna fish add two well-beaten eggs, one teaspoonful of lemon juice, one teaspoonful of chopped parsley, one teaspoonful of chopped green peppers, one-quarter teaspoonful of salt and one-eighth teaspoonful of pepper. Mold into loaf and bake in moderate oven one-half hour. Garnish with parsley and sliced stuffed olives. Serve hot with the following sauce: Melt two teaspoonfuls of butter and add two teaspoonfuls of flour, one-quarter teaspoonful of salt, one-eighth teaspoonful of paprika. When smooth add gradually one cupful of hot water. When thoroughly cooked add two tablespoonfuls of butter, a little at a time. Beat until thoroughly mixed and add two hard-cooked eggs chopped fine. Serve this very hot on the tuna loaf.

Silence Cloth.

Those of us who still cling to tablecloths instead of polished wood have often wondered at the exasperating qualities of the Canton flannel silence cloth. Almost every hot dish placed over it causes it to stick closer than a brother to the polished table and to leave white fuzzy rings on the wood. Instead, make a silence cloth out of cheesecloth or other washable material, with several layers of paper between the two folds. Overcast the edges and knot here and there as in a quilt—Mother's Magazine.

Apple Tea Cakes.

One pint flour, one-half teaspoonful salt, three teaspoonfuls baking powder, few grains cinnamon, two tablespoonfuls sugar, one tablespoonful butter, one egg, scant cupful of milk, five apples; mix and sift dry ingredients, work in butter, add milk gradually and egg (well beaten); spread in well-buttered baking pan; cut apples in eighths or sixteenths and stick in dough, sprinkle sugar and cinnamon over top, serve with butter.

Convenient Clothespin Bag.

This bag is made from a square bag just wide enough to have a clothes hanger sewed to the top. A slit is made down the middle to within four inches of each end, so that the pins may be put in and taken out easily. The advantage of this bag is that it can be hooked on the line and slid along as the clothes are hung up.

Strawberry Muffins.

One pint flour, two small teaspoonfuls baking powder, one-half cupful sugar, little salt sifted together. Add to one beaten egg and one cupful milk. Mix well and add one cupful mashed strawberries and two tablespoonfuls melted butter. Bake in muffin tins in quick oven.

Ham Supreme.

Soak the ham over night and thoroughly wash and scrape it. Slice one onion, one carrot and one turnip and put them in a kettle, add half a dozen cloves, eight peppercorns and one bay leaf; put in the ham, cover with cold water and let simmer four hours, then add one pint of cider or two tablespoonfuls of strong vinegar and cook until very tender. Take out the ham when partly cooled, remove the crumbs and brown sugar and brown in the oven. Boil the liquor until reduced to one pint, then strain, cool and remove the fat. Cook one tablespoonful of flour in one tablespoonful of butter, add the strained liquor, stir and cook until perfectly smooth and serve as a sauce for the meat.

Cucumber Jelly Salad.

Pare and grate four large cucumbers, add one and one-half cupfuls of boiling water, twelve peppercorns, one teaspoonful of chopped onion and scant one-half teaspoonful of salt; let simmer 20 minutes, add one-half box gelatin softened in one-half cup of cold water; stir until dissolved, then strain through a double thickness of cheesecloth. Line a mold with slices of fresh cucumber, fill with the jelly when it begins to thicken and let harden on ice. Unmold and serve on a bed of watercress.

Bright Shades.

For brightening a large living room with a dark wall covering one might select window shades with gorgeous redbirds perched on greenish brown branches or just large, conventionalized red or mulberry flowers, with ample foliage. For a brown room shades with long sprays of the rich golden glow as a decoration would be successful.

Washable Paper.

Washable paper, such as is used to paper the walls of bathrooms, is an excellent substitute for oilcloth for covering pantry or other shelves, and is much cheaper. It may be held in place by thumb tacks, or cut wide enough to come over the edge of the shelf and be pasted down.

FOR BALANCED RATION

WELL TO DECIDE ON AND PROVIDE WEEK'S SUPPLY.

By Arranging Menus a Few Days Ahead, Variety of Suitable Meals May Be Supplied With Little Trouble—Points to Consider.

Food is necessary to build tissue, replenish waste, create heat and energy and satisfy appetite. In order to be perfect food, it must contain sufficient protein or tissue-building elements to cause a continual and gradual growth, and to overcome fatigue; sufficient starch and sugar to give an abundance of energy and body heat; fat in sufficient quantity to replace loss in illness or great mental or muscular exertion, and ash or mineral salts for feeding bones and tissues.

The balanced ration may be obtained in several ways and without variety. For instance, we may eat meat, bread and butter and potatoes, but a continuation of this diet, while it may cost a great deal for meat and butter, would not give good results, as the diet would be too concentrated, and constipation and its attendant ills would follow. Or, one might eat entirely of vegetables, such as beans and potatoes, and the quantity necessary to supply the required amount of protein would give too much bulk and often tissue starvation will occur.

In providing food for a normal family the housekeeper will find it prudent to decide upon and put in a week's supplies, thereby insuring a variety of well-balanced meals at less cost. There is no more extravagant habit than buying a meal at a time. The housekeeper will find that arranging her menus a few days ahead, until three meals a day are provided for, allowing some variation for vegetables, meats and desserts, and providing against the embarrassment of a quick meal, will give her a feeling of security never possible where only one meal is taken care of at a time.

We should decide on the menus after we have proportioned our income, pro-rating the percentage of food so that only one-fourth of the income is used for this purpose. The occupation of the different members of the family, climate, temperament, sex, individual health, all must be taken into consideration, and then such foods as we can afford with due regard given to their caloric value will be determined upon.

The mother will remember that whether the children acquire full size and strength depends more on their food than upon anything else. A child from three to five years old requires four-tenths as much food as a man at moderate work; from six to nine years one-half as much, while a boy fifteen years old requires as large a quantity of foods as his father engaged at moderate labor.

In a cold climate more is needed, and this fact is not due to the temperature, but to the greater activity of the people, and it will be noticed that fat forms a large proportion of the northern diet, as it is oxidized slowly in the body. A tall, thin person consumes more food than a short, stout person, for the reason that a large surface is exposed and is the cause of greater loss of heat.

Personal idiosyncrasies must be considered. It is a homely, but true, saying that "one man's meat is another man's poison."

WHY WEAR ILL-FITTING "HAND-ME-DOWNS" WHEN YOU CAN GET A SUIT TAILORED TO YOUR OWN MEASURE FOR

\$15.00

In this \$15 suit are combined the same features you will find in \$20 and \$25 Suits. They're best wool, with very best linings, and the variety of samples is large enough to suit any and all tastes. They hold their shape until the end, and always look as good as any suit you can buy, at any price. Fact is, they're much better values than \$15, with most of the profit knocked off. Every one bears the UNION LABEL, which in itself is a guarantee of good workmanship to fit and give good service. Come in NOW and see our line of samples.

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Direct from the TRABERT DAIRY. Our Milk is from Inspected Cows, Guaranteed Pure. Prompt Delivery. Phone us for a Trial Order

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Bridge Work per tooth \$3.00 & \$5.00
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For our NEW \$5.00 Crowns we use a Solid Cast Gold Cusp.

Special attention to out-of-town patients. Have your impression taken in the morning and go home with your teeth the same day.

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