

War Time Sweeteners



AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply.

They are maple sugar, syrups, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening. When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth. One-third of a cupful of sugar is equivalent to one-third of a cup of honey, about one-half cup of syrup and about one-half cup of corn sugar. One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar. One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals. Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful.

Preserving demands this year a thin syrup instead of a heavy syrup. If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.



WHEN IN OMAHA VISIT THE Gayety "Omaha's Fun Centre"
 Grand New Show Every Week... **MUSICAL EXTRAVAGANZA**
 Clean, Classy Entertainment. Everybody Goes! Ask Anybody. **LADIES DINE MATINEE DAILY**
DON'T GO HOME SAYING: I DIDN'T VISIT THE GAYETY



When you want the one best drink for good taste and good health.

"Bear" In Mind

CERVA
 The World's Best Beverage

Enjoy the good taste of hops, the foam and the sparkle. Drink all you want—it's non-intoxicating.

At grocers, at druggists, in fact at all places where good drinks are sold.

LEMP'S
 Manufacturers
 ST. LOUIS
 EVERETT COOK
 Distributor
 Alliance, Nebraska

Water in Treeless Pampas.
 The pampas are a paradise for cattle in the average year when the rain fills the lakelets and the pasture, whether freshly green or cured to natural hay, affords abundant feed. Occasionally a dry season intervenes; the water pools dry up; the plain becomes a waterless desert. Formerly in such years disaster overcame the herdsman and his herds. Lingered by the shrinking pools, hundreds of thousands of cattle and sheep suffered from thirst and famine until they fell and mummified in the dust. It is somewhat different now. The seasons still vary inexorably, and from time to time comes one of drought and loss; but it has lost its gravest menace. Scattered over the pampa, wherever they may be wanted, are windmills, and beside each mill is a tank and drinking trough. The wind, which so sculptured the hollows of the plain that a very large proportion of the rainfall sinks into it, now pumps the supply back to the herds, which otherwise might perish stamping the dust just above the subterranean waters.

Lights and the Color Scheme.
 Did you ever wish that you could get electric light bulbs to match the color scheme of your room? If so, you may be glad to know, if you have not already discovered the trick for your self, that you may color them at home to suit your own taste. It is very simple. Just buy some water-color paints a soft brush, and set to work. You may paint them any shade that you desire, and get a lovely effect of soft ened light through the painted glass. For instance, if your living room is done in shades of brown and yellow, you can get a beautiful sunshiny light through bulbs painted a delicate yellow.—Christian Science Monitor.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take tablespoonful of Salts if Back hurts or Bladder bothers—Drink lots of water.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in uric acid, so it is no longer a source of irritation, thus ending urinary and bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

SCOTTSBLUFF FAIR MIDDLE OF SEPTEMBER

\$3,500 Offered for Purses—Many Horses Now in Training—Joe Vaughan Official Starter.

The 28th annual fair of the Scotts Bluff county agricultural association will be held at the fair grounds at Mitchell the 11th, 12th and 13th of September, Wednesday, Thursday and Friday.

Scotts Bluff county has established a reputation for holding one of the best, if not the very best county fair in Nebraska, and this year will be the best fair ever held in the county.

The magnificent grounds are in better shape than ever before and the arrangements for accommodating the people will be more complete than heretofore.

The sheep and hog pens have been removed from the grove, leaving practically the entire shaded portion of the grounds for the comfort of those attending. New hog and sheep pens have been built, all under roof in pleasing and up-to-date style.

The directors have erected the new county school building, with the assistance of the children from practically every school district in the county, and it is in shape for display purposes and will be a great improvement over former years.

The Platte Valley Telephone company has placed two public phones, in booths, for the use of the public, which will be greatly appreciated.

All soldiers and sailors in uniform and all G. A. R. veterans will be admitted to the grounds free.

Wednesday, September 11, will be school children's day, and all school children will be admitted free on that day. It is expected to have an especial program Wednesday forenoon for the children and they are expected to take charge of the same.

Three thousand five hundred dollars in purses, the largest amount ever offered for races in the North Platte valley. Ten horses are now in training on the grounds and reservations for stalls are being made daily, which insures the best racing program ever offered. Joe Vaughan, of Alliance, whose reputation is well known, will act as official starter.

\$2,000 in premiums—more than ever offered before—covering all classes of fine cattle, sheep, hogs, poultry, agricultural products, domestic work, fancy articles, etc. The list for entries of school children and garden clubs has been greatly extended.

Col. Chas. W. Lewis, of Sioux county, will judge the draft horses.

Col. Thos. Mortimore, of Madison, Nebraska, will judge beef cattle.

Prof. Propps, of Lincoln, will judge the dairy cattle.

Mr. Pollock, of Scottsbluff, will judge the hogs.

These men are of unquestioned ability in their respective lines and will add greatly to the success of the exhibition.

There will be two bands to furnish the music and you can expect to be royally entertained every minute. The evening entertainment will consist of Nam's Alabama troubadours, a company of 10 members, who will furnish musical, acrobatic and minstrel numbers. Also three reels of the very latest war films. These performances will be shown each evening from the grand stand.

No effort has been spared by the directors in making the 1918 fair the most successful in the history of the association. This is the biggest event of the year in Scotts Bluff county. Scotts Bluff county challenges the world to equal its annual fair, its beautiful grounds, fine buildings, its water-level half mile track, its full program of good racing and fine exhibits, its grand attendance and general success.

Make it your business to attend each day, bring the family and your neighbors. Come and get better acquainted with the magnificent resources of our county and keep in touch with its development.

We especially ask that our friends in neighboring counties unite with us and assist by their presence and entries in making this fair the wonderful success it deserves, and that they take home some of the optimistic spirit of Scotts Bluff county and boost for a similar celebration, annually.

THE KITCHEN CABINET

Demonstrate thrift in your homes and encourage thrift among your neighbors. Make saving rather than spending your social standard. Make economy fashionable lest it become obligatory. Don't expect the women to do all the saving.

KEEPING FRUIT FOR WINTER.

As all fruits contain yeasts or ferments, they must be destroyed by exposing them to heat. In canning fruit of any kind it is important that the jars are thoroughly sterilized, as well as any utensils used in canning. Place jars and tops in cold water and let them come to the boiling point. Use rubbers that are soft and elastic, dipping them into the boiling water before adjusting.

The fruit is then put into the jars and covered with sirup of any desired density. Two cupfuls of water to three cupfuls of sugar is the formula that is most generally liked. Four cupfuls of boiling water with six cupfuls of sugar will fill about four quart jars of raspberries or any closely packed fruit, or three quarts of halved pears, peaches or cherries, or two quart jars of large whole fruit like plums. Heat the sirup slowly and boil gently, skimming any scum that may rise. Do not stir, but longer boiling will render the sirup heavier, if one likes a richer fruit. This sirup may be used for all fruits. The amount of sirup will adjust itself to the fruit. The sweeter small fruits, being closely packed, take little sirup; the larger, loosely packed, take more sirup and need more to sweeten them.

A large lard pail with a wire dishcloth for a rack makes a fine boiler. Fill the jars with the boiling sirup and submerge them, after carefully sealing tight, then screw them back a half-inch, so that they are loose, but firm enough to be handled by lifting the tops. The jars with clamps are placed leaving the side clamp unfastened until they are taken from the boiler. Cover the jars to the depth of an inch over the top of the highest jar and cook. The required time for small fruits is 12 to 15 minutes from the time they begin to boil, for a quart can, five minutes less for a pint and ten minutes more for a two quart can. For larger fruit, like peaches, pears and plums, twenty-five to thirty minutes are required for boiling.

Nellie Maxwell

After Measles
 Whooping Cough
 or Scarlet Fever
 The extreme weakness often results in impaired hearing, weakened eyesight, bronchitis and other troubles, but if Scott's Emulsion is given promptly, it carries strength to the organs and creates rich blood to build up the depleted forces.
 Children thrive on Scott's Emulsion. It is Free from Alcohol.

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION
 Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

MICKIE SAYS

DIDJA EVER STOP TO THINK THAT, NEXT TO THE KAISER'S GOAT, YER SOLDIER BOY'D RATHER HAVE A COPY OF THE OLD HOME PAPER REGLAR THAN ANYTHIN' ELSE IN THE WORLD?

CHARLES GARDNER

ATLAS REDWOOD TANKS

Will outlast several steel tanks or several tanks made from other material, and cost less money. These tanks will keep the water cooler in summer and warmer in winter. Send for price list today.

ATLAS TANK MFG. COMPANY
 Fred Boisen, Manager
 1102 W. O. W. BUILDING, OMAHA, NEBRASKA

"Nervous exhaustion—blinding headache"

Striving to satisfy the demands of everyone is apt to affect the nerves, and continual standing may weaken the Heart.

Dr. Miles' Nervine is invaluable for Nervous troubles, and for the Heart

Dr. Miles' Heart Treatment is highly recommended.

IF FIRST BOTTLE FAILS TO BENEFIT YOU, YOUR MONEY WILL BE REFUNDED.

LIVED IN MISERY.
 "I suffered greatly from nervousness and headaches. The least excitement gave me dreadful pain. I began using Dr. Miles' Nervine and a few days later started to take Dr. Miles' Heart Treatment. I soon got so much better that I was encouraged and continued taking the two remedies until I was so well that work was no bother to me at all."
 MRS. LOUIS BLO, Idaho Falls, Idaho.

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W. L. Carroll, : : Blacksmith
 CORNER SECOND AND LARAMIE, ALLIANCE

Ford

The Universal Car

Another Car Load of **Fordson Tractors**

Can be secured about September 1st. Orders must be signed before tractors can be secured. The contracts must be signed and in De Moines before delivery will be made. Any one who wishes a tractor for the fall work should have their order at the garage not later than August 1st.

HERMOLINE OIL
 recommended by Henry Ford for the Fordson Tractors and Ford cars. This is a high grade oil suitable for all Tractors. On sale in small lots or barrels at

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