War Time Sweeteners

MERICA 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 onehalf 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 onethird 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 If sugar is used one-half of the amount may be replaced

by another sweetener. Drying is a means of preserving (without sugar) ap-

ples, 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



WHEN IN OMAHA VISIT THE Gayety "Omaha's Fun Centre" Brand New Show MUSICAL EXTRAVAGANZA Clean, Classy Entertainment. Everybody Goes; Ash Anybody. LADIES DIME MATINEE DAILY

DON'T GO HOME BAYING: I DIDN'T VISIT THE GAYETY



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

"Bear" In Mind

Enjoy the good taste of hops, the form 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.

> LEMP1 Manufacturers. ST. LOUIS

EVERETT COOK Distributor Alliance, Nebraska Water in Treeless Pampas.

The pampas are a paradise for cab tle in the average year when the rain comes a waterless desert. Formerly in tended. such years disaster overcame the herdsman and his herds. Lingering by the shrinking pools, hundreds of thoukands of cattle and sheep suffered from thirst and famine until they fell and musamified in the dust. It is somewhat different now. The seasons still vary inexorably, and from time to tered over the pampa, wherever they exhibition. 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 subterranean waters.

Lighte 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 to glad to know, if you have not al ready 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. low,-Christian Science Monitor.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take tablespoonful of Salts if Back hurts or Bladder bothers-Drink

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

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 head-aches, 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 urine 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 that is most generally liked. Four 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 ad-

mitted 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 dol-

lars 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 inch, so that they are loose, but firm 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 fills the lakelets and the pasture, classes of fine cattle, sheep, hogs, over the top of the highest jar and whether freshly green or cured to poultry, agricultural products, donatural hay, affords abundant feed. mestic work, fancy articles, etc. The Occasionally a dry season intervenes; list for entries of school children and the water pools dry up; the plain be- garden clubs has been greatly ex-

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 time comes one of drought and loss; ability in their respective lines and but it has lost its gravest menace. Scat- will add greatly to the success of the

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, the herds, which otherwise might who will furnish musical, acrobatic perish stamping the dust just above 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 " aking 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 acyou can get a beautiful sunshiny light quainted with the magnificent rethrough bulbs painted a delicate yel | sources of our county and keep in touch with its development.

We especially ask 'hat 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 optimisic spirit of Scotts Bluff county and boost for a similar celebration, annually.

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 2



encourage thrift among your neigh-bors. Make saving rather than spend-ing your social standard. Make econ-omy 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



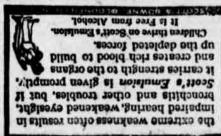
fruit of any kind it is important that the jars are thoroughly sterilized, as well as any utensils used in canning. Place jars and tops in cold

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 desire density. Two cupfuls of water to three cupfuls of sugar is the formula cupfuls of boiling water with six cupfuls of sugar will fill about four quarts 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 boller. Fill the jars with the boiling strup and submerge them, after carefully sealing tight, then screw them back a halfenough to be handled by lifting the tops. The jars with clamps are placed leaving the side clamp unfastened until they are taken from the boller. Cover the jars to the depth of an inch cook. The required time for small fruits is 12 to 15 minutes from the time they begin to boll, for a quart can, five minutes less for a pint and ten minutes fore for a two quart can. For larger fruit, like peaches, pears and plums, twenty-five to thirty minutes are required for boiling.

Nellie Maxwell



or Scarlet Fever Whooping Cough Atter Measies

DRINK HOT WATER IIF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

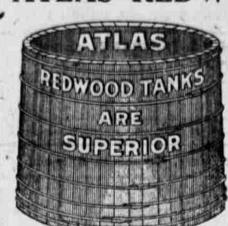
To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the 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 in-tended to suck in only nourishment o sustain the body.

If you want to see the glow of ealthy 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 t, which is a harmless means of washings 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 stom-

Men and women with sallow skins, liver spots, pimples or pallid com-plexion, 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 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

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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 to-

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LIVED IN MISERY.

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Miles" Nervine and a few

days later started to take

Dr. Miles' Heart Treat-

ment. I soon got so much

better that I was encour-

aged and continued taking

the two remedies until I

was so well that work was

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apt to affect the nerves, and continual standing may weaken the Heart. Dr. Miles' Nervine is invaluable for Nervous

Dr. Miles' Heart Treatment

troubles, and for the Heart

is highly recommended.

IF FIRST BOTTLE FAILS TO BENE-FIT YOU, YOUR MONEY WILL BE

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Those indebted to me please call, settle and start over on a cash basis

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Another Car Load of

Fordson Tractors

Can be secured about September 1st. Orders must be signed befaore tractors can e 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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