

FOOD ADMINISTRATION CLAIMS LOWER PRICES

Nebraska Administration Says That Profits Permitted Nebraska Retailers Are Fair and Reasonable.

The Nebraska food administration says that the food prices in this state are cheaper than in most other states. This is encouraging news to the housewife, who has been wondering where prices would stop and to the head of the household who has been wondering just how long he would be able to make both ends meet.

The food administration has taken the prices at Omaha as the basis of comparison with thirty-four cities of the United States which include every city of importance. One eighteen fundamental foods, Nebraska's prices are lower on twelve than the average prices in these thirty-four cities; on five, Nebraska is higher; and on one, navy beans, it is the same. Nebraska is lower on these commodities—flour, hominy, cornstarch, cornmeal, corn flour, butter, eggs, crackers, rye flour, barley flour, oatmeal and corn syrup. On these Nebraska is higher—sugar, bread, rice, bacon and lard. The prices are in pounds unless otherwise stated:

Commodity	Av. for Nebraska	34 cities
Sugar	.095	.10
Flour, 48 lbs.	3.13	3.00
Hominy	.089	.075
Cornstarch	.113	.10
Cornmeal	.065	.06
Corn flour	.078	.065
Butter	.524	.51
Eggs, dozen	.48	.46
Bread	.095	.10
Crackers	.229	.20
Rice	.127	.15
Barley flour	.077	.065
Rye, 24 1/2 lbs.	1.78	1.75
Oatmeal	.089	.07
Navy beans	.16	.16
Bacon, sliced	.521	.60
Lard	.321	.33
Corn syrup, 10 lbs.	.84	.80

Ivan Wong returned Saturday morning from a two weeks' visit with friends and relatives at Lincoln and DeWitt.

Fresh water, succulent green food, shade and clean houses are essential for egg production. See that the fowls have fresh water at least two or three times a day. Give them succulent green food such as green alfalfa or root crop, provide shade for the hens to utilize during the day and keep the poultry houses clean and well ventilated. Keep only the best laying hens. Cull out the hen that refuses to do her share of work and send her to the chicken buyer or put her in a can for table use this winter.

OLD-TIME COLD CURE—DRINK HOT TEA!

Get a small package of Hamburger Breast Tea, or as the German folks call it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teaspoon full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus breaking up a cold.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB RHEUMATISM FROM STIFF, ACHING JOINTS

Rub Soreness from joints and muscles with a small trial bottle of old St. Jacobs Oil

Stop "dosing" Rheumatism. It's pain only; not one case in fifty requires internal treatment. Rub soothing, penetrating "St. Jacobs Oil" right on the "tender spot," and by the time you say Jack Robinson—out comes the rheumatic pain. "St. Jacobs Oil" is a harmless rheumatism cure which never disappoints and doesn't burn the skin. It takes pain, soreness and stiffness from aching joints, muscles and bones; stops sciatica, lumbago, backache, neuralgia. Limber up! Get a 25 cent bottle of old-time, honest "St. Jacobs Oil" from any drug store, and in a moment you'll be free from pains, aches and stiffness. Don't suffer! Rub rheumatism away.

GOVERNMENT STARTS THRIFT ASSOCIATION

To its many activities for the sale of war savings stamps the national war savings committee has now added the United States government \$100 thrift association. Members of the association pledge themselves to buy during 1918, not less than \$100 of war savings stamps and to get another member for the association. These are the only qualifications for membership.

The machinery of the association consists solely of a book of fifty postcards, each one being an application for membership. Inasmuch as the signer pledges himself to buy \$100 of war savings stamps during 1918 and secure another member to whom he hands the book, the circulation of one book means fifty members, and the sale of \$5,000 of war savings stamps.

Each book constitutes a chapter of the association. It is the plan to organize a minimum of ten chapters in each county, which would mean about 930 books in circulation in Nebraska. The resulting pledges would aggregate \$4,650,000 but as there is certain to be a demand for more than ten chapters from most counties, even larger results are expected.

The books are now being distributed by the county war savings chairmen.

Colonial Quotations Fit Present Days.

Words of Famous Americans Seem to Show They Foresaw the Liberty Loan.

George Washington—"It is an old maxim that the surest way to make a good peace is to be prepared for war."

Thomas Jefferson—"Weakness provokes insult and injury, while a condition to punish it often prevents it."

Benjamin Franklin—"We must indeed all hang together or, most assuredly, we will all hang separately."

James Monroe—"A defenseless position and a distinguished love of peace are the surest invitations to war."

Andrew Jackson—"We shall more certainly preserve peace when it is well understood that we are prepared for war."

Robert Morris—"The enemy will ask for peace only when we are in a position vigorously to prosecute war."

Liberty Loans of Other Days.

Robert Morris, Superintendent of Finance in the American Revolution, in a circular to the governors of the states on October 19, 1781, wrote:

"It is not by the brilliant successes of war, the splendor of conquest or the shouts of victory that a wise ministry are to be affected. The superiority of national resources is the sure ground on which to hope for success, and that superior resource, steadily and perseveringly applied, must eventually attain its object.

"It is possible that we are near the close of this war, and perhaps we are only in the middle of it. But if the war should continue, we have to blame ourselves; for were these resources called into action which we really possess, the foreign enemies would soon lose all hope and abandon their enterprise.

"If we do our duty now the war will soon be brought to a close; if not, it may last for many years, and what will then be its termination it is not in our wisdom to foresee. The enemy will ask for peace only when we are in a condition vigorously to prosecute the war.

"It is necessary that we should be in condition to prosecute the war with ease before we can expect to lay down our arms with security, before we can treat of peace honorably, and before we can conclude it with advantage.

"Between opposition and submission there is no middle line. The idea of submission is, and ever ought to be, rejected with disdain. Opposition, therefore, becomes a matter of necessity, and that opposition involves expense.

"It remains only to provide men and money, and to make that provision as early as possible, for the old adage that 'he who gives early doubles thereby his gift,' can never be more applicable than on the present occasion. For whatever may be the different opinions of different men, all must agree that the only way to secure peace is to be prepared for war."

Our Fathers' Influence.

As if to conclude the argument that we, of today, should heed the wisdom of our forefathers, that other great American, Abraham Lincoln, said:

"I do not mean to say we are bound to follow implicitly in whatever our fathers did. To do so would be to discard all the lights of current experience—to reject all progress, all improvement. What I do say is that if we would supplant the opinions and policy of our fathers in any case, we should do so upon evidence so conclusive, and argument so clear that even their great authority, fairly considered and weighed, cannot stand."

With these words of great Americans fresh in the mind who can say that the subscribing, and moreover, the over-subscribing of the Third Liberty Loan is not the most important thing in all America today.

Save Your Fingers.

In putting a tack into place where it is difficult to hold it with the fingers, thrust it through a little strip of paper and thus keep your fingers from under the hammer.

NEBRASKA JUDGE NOW ENDORSES IT

Hon. B. F. Whittington Has Gained Twenty Pounds by Taking Tanlac.

One of the distinguishing features of the introduction of Tanlac throughout the country is the large number of prominent men who have felt it their duty to disregard precedent and come forward with their unqualified endorsements of the medicine because of the benefits they have derived from its use.

The latest addition to the list of prominent endorsers is the name of Hon. Benjamin F. Whittington, Judge of the Rolston court, South Omaha, Neb. In relating his experience with Tanlac Judge Whittington said:

"The results of Tanlac in my case certainly seem wonderful to me. Before I began taking it my health was broken in many ways, and I did not know which way to turn for relief. My liver was all out of fix, I was habitually constipated, and bilious. I was so frightfully dizzy most of the time that I could not stoop over for fear of falling. My kidneys were all out of order, and in bad shape, and I had fearful pains in the small of my back. My appetite seemed to be fairly good, that is I could eat, but my food did not seem to be properly assimilated. Sleep failed to rest me, and I felt tired, languid and worn out all the time. I was pale, and not only felt badly but looked that way. I had been in this condition for a year, and was becoming badly worried because nothing seemed to reach my case.

"I had fallen off twenty pounds in weight, as a result of my troubles, but I have gained it all back by using Tanlac, and have never felt better in my life. I decided from what I read in the papers about it to try it, and I felt like a new man before I finished my first bottle. So I went right back for another and so on until I took five bottles, and now I haven't an ache or pain and am feeling great. And eat, my gracious! I eat like a farm hand, all I can get. I never saw anything like it. I sleep like a log, and get up in the mornings thoroughly refreshed and feel brim full of energy all day long. All the time I was taking Tanlac I was doing three men's work and improving at the same time. Now this is just what Tanlac has done for me and I gladly give this statement for what it may be worth to others who are trying to find relief."

Tanlac is sold in Alliance by F. E. Holsten and in Hemingford by the Olds Drug company.

The KITCHEN CABINET

Faint heart is forerunner of sadness; Despondency robs us of health. The man who is chock-full of gladness Is the man who makes most of life's wealth.

THE LUSCIOUS MELON.

Watermelon and cantaloupes, when really good, need no dressing up to improve their flavor for that is impossible; but a tasteless melon need not be wasted, making delicious pickles and preserves. Never place ice in a melon to chill it as it destroys the fine flavor, especially of a musk melon. Chill them by placing them near the ice. A most delicious melon may be ruined to the eater by being served unchilled. When serving an insipid cantaloupe for breakfast a sprinkling of nutmeg and a dash of lemon juice will improve it. Tasteless melons may be diced and dressed with a French dressing, then served as a salad, or diced and treated with a thin sirup of lemon or orange juice, they make a good fresh fruit. When using a salad dressing for cantaloupes an addition of red pepper and more salt than is usual will improve the dressing, and lemon juice rather than vinegar should always be used as the sharper acid of the lemon is needed for this fruit.

Cantaloupe Cocktail.—Cut the melon in balls with a potato scoop and fill the serving glasses, add a few seeded white grapes peeled, a little sliced pineapple and a slice or two of peaches. Cover the whole within a thin sirup using a little strawberry or cherry juice for flavor and serve with a cherry or strawberry on top.

Melons With Ice Cream.—Scoop out halves of cantaloupe until only the green rind is left, these may be left from the cocktails and well-chilled, refill the melon molds with ice cream. Caramel may be used for color and decorate the cream with chocolate-dipped almonds to resemble seeds or bits of candied ginger may be cut in the form of seeds, making a favorite flavor combination. The sirup from preserved ginger is also a most delicious addition.

Melon Basket.—For a child's party a pretty basket made of a melon and filled with the rich, red, juicy balls looks too pretty to eat. The balls may be shaped in various ways. As only the red heart of the melon can be used for this two melons will be needed for there will be some waste.

Nellie Maxwell

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

"Torturing Headaches—don't suffer—stop them!"



Long hours, close and tedious work are very apt to result in Headaches or other Pains. Don't suffer.

DR. MILES' ANTI-PAIN PILLS will quickly drive your Pain away, and Dr. Miles' Nervine will assist you by relieving the Nerve Strain.

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

DIZZY SPELLS. "My nerves became all worn out. I had had headaches and severe dizzy spells. I could not sleep and my appetite was poor. I began using Dr. Miles' Anti-Pain Pills and they always gave me instant relief no matter what the pain. Then I used Dr. Miles' Nervine regularly and was soon in perfect health again." MRS. S. L. YOUNG, 324 Pittsburg St., Newcastle, Penn.



What The Packers Do For You

Not very many years ago in the history of the world, the man that lived in America had to hunt for his food, or go without.

Now he sits down at a table and decides what he wants to eat; or his wife calls up the market and has it sent home for him. And what he gets is incomparably better.

Everyone of us has some part in the vast human machine, called society, that makes all this convenience possible.

The packer's part is to prepare meat and get it to every part of the country sweet and fresh—to obtain it from the stock raiser, to dress it, cool it, ship it many miles in special refrigerator cars, keep it cool at distributing points, and get it into the consumer's hands—your hands—through retailers, all within about two weeks.

For this service—so perfect and effective that you are scarcely aware that anything is being done for you—you pay the packers an average profit of only a fraction of a cent a pound above actual cost on every pound of meat you eat.

Swift & Company, U. S. A.



Terms Strictly Cash

FROM NOW ON

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

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



Your pretty china, glimmering silver and glistening cut glass all help a lot, but the final touch is the table linen.

As white as the driven snow, without crease or wrinkle.

You like your table linen to be that way, don't you?

We have always been proud of the way we launder table linen—it's our hobby.

If your delight is setting a charming dining table, let us do our part by laundering the linen.

ALLIANCE STEAM LAUNDRY