

## Pretty Hocking Costume



This costume was especially fashioned for the athletic "hockey girl." The short, warm jacket, scarf and cap and long gloves, all of the same wool material, is a distinct novelty for this winter. It serves both for keeping the wearer warm and freedom of movement.

## RHINESTONES MUCH IN FAVOR SMALL COATS OF BROCADE

Really There is No More Effective Trimming for the Smart Afternoon or Evening Dress.

Rhinestone trimmings are prominent for evening wear, especially in the simple outlining form suitable for edging tunics, necks, sleeves and edging elaborate scarfs of chiffon or mousseline. Rhinestones in combination with jet are formed into handsome floral and scroll effects. Rhinestone and pearl slides and ornaments are used for catching up draperies.

Narrow Chiffon pink rosebud trimmings continue to be fashionable. Fur bands in skunk, mole, fox, ermine and sable continue to be much used for trimmings. Fur is often used in combination with metal with excellent effect. An elaborate evening wrap or gown may be trimmed with a lightweight metal band outlined with a narrow strip of fur.

## DRESSING GOWN



This is an excellent gown for winter wear, as it fastens quite up to the throat.

It is cut Magyar with long sleeves and is trimmed with fancy galloon. A woolen girdle draws the fullness in at the waist.

Materials required: three and one-fourth yards 54 inches wide; two and three-fourths yards of galloon.

## Perfume Bags for Clothing.

Cloves, nutmegs, mace, caraway seeds, cinnamon and Tangle leaves, each one-half ounce. Florentine orris root, three ounces. Have all ground to a powder well mixed and put up in small bags to place among clothing. This not only gives the clothing a fine perfume, but is a protection against moths.

## Get Rugs First.

A specialist on the subject of rugs says that in furnishing a room the rug should be chosen first. Then the decorations should be decided upon, that they may above all things be in harmony with the rug. Walls toned to harmonize with rugs are better than those painted.

One of the Prettiest of the Winter Fashions, With Trimmings of Odds and Ends of Fur.

The winter fashions are getting more and more alluring, and very pleasing are the little coats of brocade with their cutaway fronts and high-waist cuffs. These coats, like others of the swallow-tailed and banded descriptions, display an edging or trimming of fur, skunk, apparently, being first favorite. Many of us have been hoarding short lengths of broche velvet or satin, and rejoice that the present vogue gives us an opportunity to utilize them. If the length be not quite sufficient for a blouse—we are permitted to call into service a plain satin for its successful completion, as a combination of plain and fancy fabrics is a fashionable alliance this season.

Dry velours is carrying all before it, and in the finest quality is an ideal fabric for princess tailored robes as well as for coats and skirts. The more severe the design the more successful is the result, as one's furs supply the requisite trimming.

## Old Rose Moire Gown.

Moire silk is particularly handsome, and has practically all the good qualities of broadtail without its perishability. A smart coat and skirt in old rose moire has a high Napoleonic double collar, and revers of satin in the same shade, closely covered with rattail embroidery. The coat is of a long shape, with a slightly high waist, and longer at the back than in the front. It is fastened by silk cording and buttons arranged in corselet fashion and a high collar and jabot of lace are arranged on a white lawn foundation to form the vest.

## Cuff Reinforced.

How many of us have discovered that, when our tailored waists come back from the laundry the third time the cuffs show signs of wear? As many of mine are bought ready-made, there is no material for new cuffs. Now, when I buy a new waist I go over the edges of the cuffs with a tiny overhand stitch that is almost invisible, writes a contributor to Good Housekeeping. The cuffs then wear as long as the waist does.

## New Handbags.

Handbags are seen in a variety of form. The newest is the long double sack bag, passed through a ring to wear over the fingers or sufficiently large to wear as a bracelet. These bags are embroidered in steel or dull beads on colored velvet or moire, to match the gown worn.

## Smart Coats.

Talored suits have smart cutaway coats or long Russian blouse coats. The collars are high and straight. The straight band of fur used as a collar and finished with a bow or ribbon at the side or just beneath the collar at the back is very smart.

## Fringed Mesh Bags.

New metal mesh bags are seen with beaded fringe, and with frames partly engine-turned and partly chased in design. The fish scale mesh bag is more recent than the link mesh—possibly for the reason that it has the reputation of durability.

# The KITCHEN CABINET



ANY causes which limit the food supply or increase the burden of securing adequate nourishment, strikes a blow at a nation's vital powers.—Jordan.

## FONDANT, THE FOUNDATION FOR FRENCH CANDIES.

At this season of the year, when the children are allowed unusual indulgence in sweets, it is vital that they be provided with the purest. The fondant may be combined with fruits, coloring, nuts and flavors, which will make a sufficiently alluring variety to satisfy even the younger lovers of sweetmeats.

To prepare the fondant, use a pint of sugar and a cup of water; stir until the sugar is dissolved, and boil until a drop, when tried in cold water, will make a soft, waxy ball. Do not stir during the boiling. Pour out on a buttered platter or marble slab to cool, and work with wooden spoons until creamy. Some add a spoonful of glucose to the mixture before cooling, or a half teaspoonful of cream of tartar, to keep the sugar from graininess.

A good candy maker keeps the sides of the kettle in which the mixture is boiling washed down with a small cloth wound on a stick dipped in water. The presence of grains in the sirup is fatal to good candy, for a few form the nucleus around which the candy will grain and spread through the entire mass.

When the fondant is made it may be kept for weeks if carefully covered with a waxed paper.

Take a small portion, mix with nuts and flavoring, mold into balls, decorate with halves of nuts or roll around pieces of preserved pineapple.

The softer the fondant is for chocolate creams the better. It is possible to have the centers almost a liquid. Prepare the fondant, boiling it to a very soft, waxy ball stage, stir, and allow it to freeze. Then bring in just a little at a time, quickly mold into balls and put out to freeze again. Dip them in melted chocolate, a few at a time, and if carefully made, they will equal the finest of professionally made creams.

Bonbons are made by preparing any desired mixture in balls of fondant, then dipping them in some of the fondant, flavored and colored, if desired. Melt the fondant for dipping in a small double boiler or a small sauce pan set in boiling water.



WHAT WOULD the world be to us if the children were no more? We would dread the desert behind us worse than the dark before.

## WHAT CHILDREN SHOULD EAT.

From birth to the age of nine months milk is the only food of the child. After nine months gruels made from cereals, milk and gelatine may be given.

At the age of one year milk, gruel prepared from cereals and broths from chicken and mutton.

From one to one and a fourth years, the above, with rice, bread and apple baked or apple sauce.

From one and a fourth to one and a half, add bread and butter and ripe peaches.

At one and a half years add to the above baked potato and orange juice.

From one and a half to two and a half, increase the variety of similar foods.

From two and a half to three and a half, young fresh peas, beans, squash and once or twice a little chicken, mutton chop, beefsteak or roast of beef.

From three and a half to five years, eggs and meat on alternate days and light desserts of tapioca, custard and gelatine.

From five to seven years a greater variety, holding to the foods before mentioned.

From seven to eleven, any of the earlier foods, but more especially the substantial ones. This is the time to cultivate a taste for all wholesome foods, though not many kinds should be eaten at the same time.

During the ages of eleven to fourteen, the amount of food varies for girls and boys. Girls need about a sixth less food than a boy of same age.

Boys at this age are excessively fond of meat; they must not over-eat. Girls are likely to under eat. Both boys and girls must have food enough to supply growth and the daily needs.

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teen, the food needs of both sexes are those of adult life. Highly seasoned food, late eating, stimulating foods and condiments and, worse than all, intoxicating drinks, will ruin the constitution and cripple the whole after life.

HIGHERS of tiny tellers are working in our service night and day to keep the world wholesome and all the races of beings supplied with life-stuff.

## CARE IN CONTAGIOUS DISEASES.

The eating utensils used by a patient, or indeed anything else which he uses or handles during sickness, may become a menace, as they are easily contaminated with infectious material.

It goes without saying that a diphtheria patient who has the bacilli in his mouth, will contaminate spoons, forks and cups which he uses, with the bacteria which are working in his throat. This is true of all contagious disease, to a less extent, consequently too much care cannot be taken of everything that the patient handles, and all should be regarded with suspicion and treated accordingly.

Points to insist upon: Allow no one to use or handle any of the eating utensils which the patient has had during his illness.

After his recovery, put them in boiling water and allow them to stand several minutes or an hour. Boiling water, not simply hot water, will sterilize utensils if they are allowed to boil five or six minutes.

The best protection against contagion is robust health. One who is strong and vigorous is much less liable to yield to disease than one less robust. Wholesome food, exercise and fresh air are essentials in combating disease.

An active body is far less liable to disease than an inactive one that has little outdoor exercise.

The need of fresh air, day and night, is one of the most important factors in maintaining health. The belief that night air is dangerous is responsible for much ill health. Night air is all we have to breathe at night. Our sleeping rooms should be well aired each day, and a free circulation of pure fresh air should be provided in even the coldest weather.

We must bear in mind that contagious diseases are real things, and cannot be dealt with as imaginary ills.

Contagious diseases are due to distinct living beings, which are transported from one to another, and live like parasites upon a patient. This knowledge will help us to guard ourselves and our loved ones from the spread of contagion.



THE well-informed housewife will find no great difficulty in selecting a combination of foods that is nutritively efficient and at the same time simple and economical.—Jordan.

## LITTLE THINGS AS AIDS.

If grease is spilled on the kitchen floor, pour cold water on it immediately. This will harden it and prevent it from soaking in the floor. Then scrape it off with a knife.

A little turpentine put into the boiler in which the clothes are boiled will whiten them.

Always hang a broom, and when using it turn often to keep the straws from spreading. Dip on wash day in the hot suds and dry.

A pinch of salt added to the whites of eggs will cause them to whip better.

Always keep a supply of soft tissue paper or paper towels at hand to wipe the hands, greasy dishes and to grease pans when baking.

A bit of soda put on grease spots and moistened will help when scrubbing the floor.

Ground caraway seed is a nice change for spice in a cake. A few nuts added to cookies make them quite a fancy cake.

A teaspoonful of flour of sulphur dipped in hot milk is very good for a sore throat.

Oil of lavender is a fine odor to use in any room and a bit put into the book case will keep books from molding, if the cases are shut for any length of time.

Put a little sand in the bottom of vases that are inclined to be bit top heavy.

Nellie Maxwell.

## Point of View.

"The boys in my neighborhood broke a window last night." "The playful exuberance of youth, of course?" "Nothing of the sort. It was my window."—Cleveland Plain Dealer.

## Scrupulous Respect.

Boss (to tardy clerk)—"How is it, Mr. Jones, that you allow me to arrive at the office first mornings?" Clerk—"It is proper that I should give precedence to my superiors, sir."



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## Treasure.

"My wife is the most economical woman in the world," said Dubkins, proudly. "Why, do you know, she's even found a use for the smell of my motor-car."

"Great heavens—you don't mean it!" said Harkaway. "Yes," said Dubkins. "She hangs cheesecloth over the gasoline exhaust and packs her furs in it to keep the moths out during the summer."

## Lucky Star.

"This is the third time you have been here for food," said the woman at the kitchen door to the tramp. "Are you always out of work?" "Yes'm," replied the itinerant. "I guess I was born under a lucky star."

## Baseball Reason.

"Why was Napoleon so successful?" "He managed from the field," ventured a voice from the rear of the class. "The kings he went against managed their campaigns from the bench."

Even the intoxication of love may leave one with a headache the morning after.

It's the easiest thing in the world to go from bad to worse.

Neat Knock. Hebe Baker, the football star, was lurching in his native Philadelphia. A young girl, over her queer alligator pear salad, mentioned the name of a Princeton sophomore who had played rather badly on his class team. "He is an awfully nice boy," she said. "What was it he played on the eleven, Mr. Baker—halfback, quarterback, fullback?" "The handsome and herculean "Hebe" smiled. "I think he played drawback," he said.

No Better. Stillicus—There is honor among thieves. Cynicus—Nonsense! Thieves are just as bad as any other people.—Life.

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