THE SEMI-WEEKLY TRIBUNE For Severely Formal Affair, LRA L. BARE, Publisher.

TERMS, \$1.25 IN ADVANCE. NORTH PLATTE, . . NEBRASKA

MORAL INFLUENCE OF CLOTHES. Let not the flippant speak lightly of the suggestion that the way to reform women in prisons is to give them corsets and pretty clothes. The feminine philosopher who propounded this road to redemption was entirely sound in saying that there is no reform without self-respect, and the relation between self-respect and being well. dressed is intimate, says the Philadelphia Record. It was another feminine philosopher, one from Boston, who said that the consciousness of being well dressed imparted a peace of mind which not even the consolations of religion could give. The warden who thinks a woman is no worse when a corset is taken off her and no better, when one is put on, perhaps forgets that in his own prison the convicts do not wear striped clothes, and the wardens of some other penal institutions are putting on the convicts plain clothes under which it is possible for a sense of self-respect to grow. The cropping of the hair and the lockstep have been abolished from several prisons to avert the psychological effect of a personal appearance that is incompatible with self-respect. There is more in this idea of giving women prisoners corsets and pretty clothes than some of the penologists, social reformers and physicians interviewed thereon recognize.

A clergyman who preached to a congregation of young people recently selected as the subject of his discourse, "After Marriage-What?" and gave several excellent practical sugcestions. One was that every married couple should recognize as a paramount duty their duty toward each other. Another was that they should keep up a honeymoon courtesy, and still another that they should establish a home of their own. "Be it ever so humble," he insisted, "a home of their own should be the fixed purpose of every young couple after Larriage." It is a safe assertion that no connubial venture conducted on these principles will come to wreck upon the rock of divorce.

When Hannibal was besieging Rome there were those among the inhabitants who bought and paid good prices for the land on which his army was encamped. That was the spirit that made the ancient Romans rulers of the world. Americans on many occasions have displayed the same splendid courage and confidence in the face of 1871 by planning to rebuild before the | panions if we have acquired it. ashes were cold after the great fire. They showed it at San Francisco, after earthquake and conflagration had done



An Evening Gown of White Charmeuse With Pink Beaded Net.

POISE; A MARK OF BEAUTY | tically complaining about the world Will Demand Effort; the Results Are Worth All That May Be Expended,

Poise is not necessarily a gift beslowed by the gods of a chosen few. We all may possess it if we will. It may require time and effort, but how danger. They showed it in Chicago in much more desirable we are as com-

What is more tiresome than the flighty, excitable woman, who talks at the rate of a mile a minute, fran-

Combination gown with skirt ci

blue charmeuse, narrow and slightly

draped, and blouse of printed silk

with plain sil's lapels and lace.

in general, or excusing her mussed blouse or rakish style of her hat. She simply makes us swallow air and we sigh with relief when she goes

to find another victim. It is both tiresome and annoying to sit beside the woman in church who is not able to cencentrat her mind. She is either clearing her throat, pulling at her gloves or dropping the hymnal

Then there is the girl at the theater who must nibble bon bons one minute and powder her nose the next. She not only disturbs others, but uses up



TUBLE KITCCISTEMS

who surfeit with too much, as at starve with nothing. cautious self-control is wisiom's root.

MUTTON IN THE DIET.

Mutton has always been a popular food among the Jews and in sections where sheep are raised; yet we find even in sheep states that people do not know and appreciate the value of the meat. Mutton and lamb are wholesome and the fact that sheep are rarely diseased is a great point in their favor.

Mutton is a food for the invalid, as it is commonly believed to digest easily and without causing any internal disturbance. Mutton, like beef, is almost always completely assimilated in a healthy stomach.

The advantage that mutton has over beef is that it may be used more economically, as a quarter or half of a carcass may be bought and kept in an ordinary refrigerator and the price per pound is considerably less. Beef cannot be bought in such sections, as the portion would be too large to keep. A leg of mutton can be utilized by an ordinary family with comparatively small waste.

Mutton is said to absorb odors readily and so must be carefully hung. Another important feature is the manner of dressing. If the butcher handles the wool and then touches the meat it is sure to have a strong. woolly flavor. The feeding, sex and age of course are factors which help to determine the flavor, which is said to have its origin in the fat.

When the mutton is brought into the house, whether fresh from the hands of the butcher or from the market, wipe it with a damp cloth and all portions which have any unpleasant odor about them should be cut off. In roasting mutton a rack is desirable, as there is then no danger of any portion of the meat being scorched and spolling the flavor of the whole.

One fact worthy of note in making broth, especially for the sick, is that the fat of mutton is easily extracted in the process of cooking, so that after the broth cools, the fat may be easily removed.

In preparing mutton broth, as all others, the object is to get as much of the nutriment and extractives into the soup as possible. This is accomplished by dividing the meat into small pieces and cooking at a very low temperature.



-Ruskin.



and eat.

APPROPRIATE SAUCES.

A pudding is made or marred by the

sauce which is served with it. It

may not seem so important on first

thought, but the blending of flavors

s as fine a point to consider as the

blending of colors in a painting or in

garments to wear. The world is too

full of people like the woman who

had a great deal of taste, but it was

The French chef shows his artistic

sense in the manner which he blends

flavors. It is an art, a science which

all cooks should cultivate, the art of

dish to give it its distinctive piquancy,

which it is so evidently lacking. Many

times it may be a dash of salt or a

pinch of mace, a drop of vanilla, or

any number of things which the keen

sense of the trained cook at once

This wonderful art of reasoning

makes the difference in different peo-

ple's dishes, some are so satisfying,

so well flavored and well seasoned

that never a morsel is wasted; others

are so flat, stale and unprofitable, al-

though good material has been used.

Whipped cream is a most delicious

sauce, which is very much abused and

is served in some homes on every va-

riety of pudding. If one considered a

moment the fitness of things it would

be most apparent that a rich pudding

should have a sauce not so rich in fat.

For example a sponge souffle, being

made of eggs and rather tasteless in

creamed with powdered sugar, fla-

cream. A rich suct pudding is best

served with an egg sauce, thinned

The salad dressing is another im-

portant point to consider, even the

simple French dressing, which one

would think might be made by an

amateur, is often ruined by too much

vinegar. One part of vinegar to two

of oil and often three of oil if Wor-

cestershire is used; a bit of ice helps.

to blend the dressing, and salt and

In meat sauces a dash of onion

juice, a touch of assafoetida, a sus-

picion of garlic, will transform an

ordinary dish into what the French

cayenne must be added to taste.

call a creation.

facuities.

serve hot.

in hot water.

even if her diamonds are paste.

is to come in-has it started yet?

The love of money is truly the root

of much evil-if you marry for gold.

with milk and flavored as desired.

that much is wasted.

Few people know what to add to a

all bad.

seasoning.

detects.

Anybody who suffers constantly from backache should suspect the kidneys. some irregularity of the secretions may give just the needed

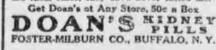
Thousands suffer kidney ills unnwares

proof Doan's Kidney Pills have been curing backache and sick kidneys for over fifty years.

A North Daketa Case Mrs. C. J. Tyler, Cando, N. D., says: "My fe and limbs were swollen and I couldn't shapp account of kidney weakness. My back was in and sore and I fell miserable. Dean's Kidn Pills cured me and when I have had occursion use them since, they have never failed mo "My fee

"Every Picture Tells & Stary"

Backache Is aWarning





AGENTS-A new article; record-breaking sales everywhere; write for free sample and our new catalog. B. S. RIVES CO., 53 P. O. Place, Salt Lake City, Utah.



REALISM CARRIED TO EXCESS

Lack of Drapery Would Seem to Have Furnished Excellent Incentive for Maternal Slipper.

A mother in Worcester, Mass., who had orthodox views, had told her children the Garden of Eden story. The children were greatly impressed. One afternoon, returning from town, the mother found the palms and ferns had disappeared from the veranda. Going into the darkened living-room she saw one of the boys, minus clothing, reclining under a big fern, while another, equally clothless, was standing by a palm. They enlightened her by explaining that they were playing Adam and Eve in the garden.

At that minute her voungest not three, came into the room as na-

their worst, and they are showing it at Omaha amid the ruin and desolation following the onslaught of the tornado.

From London comes the sad news that Mrs. Fell, a niece of Lord Macaulay, the historian, has died in a workhouse hospital at Manchester, aged eighty-five. Mrs. Fell, who was the widow of a clergyman, received an allowance from relatives, but when she became ill and two nurses were necessary to attend her she was taken to the hospital. Why it should have been necessary to take her to the hospital of a workhouse does not appear, and the explanation in the conclusion of the dispatch seems to cancel the implication of the opening sentence that the niece of Macaulay died a pauper.

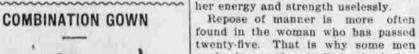
And now the town of Essen, Germany, has been robbed by a swindler who, representing himself to be an auditor and pretending to discover several thousands of a surplus, car ried it off to the minister of finance at Berlin, who, needless to say, never received it. City government in Germany may be on a model basis, but there is at least one point on which any American village could give it advice.

Treasury agents, though limited to an expenditure of \$6.50 a day for board and lodging in Chicago and New York, will not strave. One can get a filling order of beef stew for 15 cents and a big plate of succulent wheat cakes for 10 cents more.

The wealth of New York state now exceeds, according to the real and personal valuations, \$11,000,000,000. The official valuations do not exceed one-half of real values. To be exact. the official wealth of the state in 1912 was \$11,131,500,121. -

Out in San Francisco they are going to teach the high school girls how to do odd plumbing jobs about the house. Any education that will make life easier for the husband ought to be pretty popular with the men folks, anyhow.

That woman who disliked her home in Philadelphia so much that she committed suicide may not have been so insane. Not a few people feel that way about Philadelphia.



twenty-five. That is why some men prefer her to the giggling miss in her teens. If you are talking with anyone who constantly fidgets her hands or twitch-

es her mouth you may find yourself doing the same thing. It is very disconcerning to say the least.

If you study women's faces in the trolley cars you will find that eight out of every ten bite their lips or make faces.

All that some girls need to make them attractive and good looking is polse. The older one grows the more essential it is to take things calmly. Polse is synonymous with good breeding. An excellent plan to help yourself acquire it is to go into a quiet room by yourself each day for at least twenty minutes and relax, not only your body, but your mind as well.

After you possess this necessary quality it will become part of you and you will not mar your health and beauty by unnecessary distortions of the face and body.

Silken Waistcoats.

Waistcoats are much in evidence. Some are long and . narrow, others quite wide and no more apparent than a man's waistcoat worn with the morning cutaway coat.

These waistcoats, like the braided coats, are mostly to be seen in bengalines, silk crepons and other silken fabrics. The classical tailor-made is at its newest in violet, green or white serge in thick diagonal rib. Its construction is rather curious, for although there are no draperles the skirts are so cut about in strangely shaped points and squares that the result is slightly puzzling.

Anyhow, the effect is quite interesting, and, what is the chief point, it is very new and very difficult for indifferent workmen to copy successfully. For this reason it will have a certain popularity.

Hair Ornaments.

The straight fillets, so much seen with evening dress last year, are now partially superseded by those arranged in curves which form a wavy line upon the colffure. They end in jeweled circlets with short fringe to match, and can be adjusted in a moment. One of the prettiest of jeweled bands for the hair is in a design of wheels between two bands of jeweling. The whole bandeau ends in a point at either side. It is rather high in front, a fashion which sults

AM by my place to know how to please the palate of the

sts; so you are to know the palates of the times. Make yourself nests of pleasant

HELPFUL HINTS.

thoughts.

When suede shoes become shiny, rub them with a bit of sandpaper. This is a good treatment to give shiny

To prevent shoes from squeaking rub the soles with linseed oil. This not only remedies that difficulty but it preserves the leather and makes the soles waterproof. When making new comforters for the beds reserve enough extra material for a protection at the head. This may be made in the form of a ten or twelve-inch slip that can be drawn over and tacked down, then when it is soiled it may be easily removed and washed. The comfort is always clean and sweet. Nobody likes to sleep under covers that look soiled.

If matting after a thorough cleaning, is given a coating of thin white shellac it is easily wiped off and when it wears give it another coating.

Witch hazel and rose water, equal parts, are good for a burned complex. the chopped chicken. Simmer and

Try using oatmeal for a change in thickening soup.

Wear old loose gloves while ironing slices of onion, mix thoroughly with to keep the hands from callouses. A few drops of vinegar on the hands

will keep them soft and free from green peppers for garnish. stiffness, which comes after using them in scap suds.

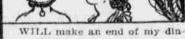
Chopped preserved ginger improves a vanilla sauce to serve with a cottage pudding.

When rolling jelly cake trim the edges that have become dry, it will roll much easier Lard is much better to use for greasing cake pans than butter, as

the latter burns more easily. POINTED PARAGRAPHS. The race isn't always to the swiftand never to the loafer. It takes more than hot air to lift a Even a college education doesn't hurt a sensible young man. Criticism often turns out to be A woman may not have the dough-

Another remedy for insomnia-turn

Give a boy all the liberty he wants and he'll be lucky if he doesn't land in jail.



Education is the drawing out of the

SEASONABLE DISHES.

This is a dish which is rather un-

Fish Pudding .--- Remove all skin and

bones from a pound of uncooked fish.

chop very fine, add a half cup of

crumbs and the same amount of suet,

chopped, a tablespoonful of parsley,

also chopped, salt, pepper and lemon

juice to taste, a cup of milk and two

slightly beaten eggs. Bake in a

around it an oyster or shrimp sauce.

ture had first given him to the world, except that he wore a silk hat on his head and carried a cane. There's pippins and cheese to come. -Shakespeare

"And pray who are you?" asked the mother.

The little one looked up at her and smiled as he said: "I am the Lord Dod Almighty, walking in the darden in the tool of the day.'

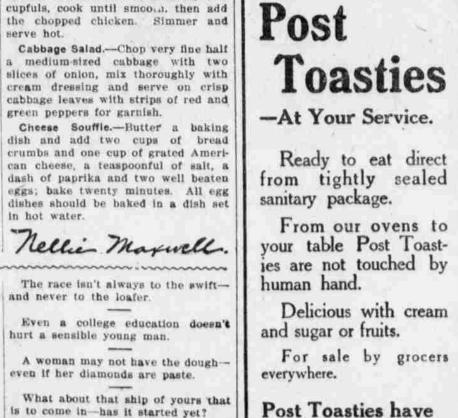
Intelligent Dutch Cows.

"Cattle unaccompanied by a drover are forbidden to cross this bridge." runs the inscription on a signpost near Haarlem, Holland.

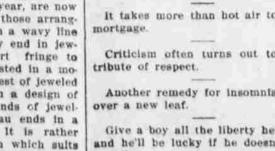
Anyway, the rolling stone never was interested in the moss trust.

It's enough to discourage temperance advocates when money gets tight.





Distinctive Flavor



the round-faced.

common but very good and when once tried will be cherished and used. spots on any garment.