

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick, sour stomachs in five minutes—Time it!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

NOTHING TO BOTHER WITH

Possibly Uncle Cal Clay's Rebuke to Pastor May Have Had Something Behind It.

Hooker T. Washington told at Tuskegee a Christmas story.

"Old Uncle Cal," he said, "invited the parson to eat Christmas dinner with him. The parson accepted, and the spread was magnificent—sweet potatoes and celery, cranberries and mince pie, plum pudding, and a turkey so big and yet so tender that the parson had never seen the like before.

"Uncle Cal," the parson said, as he spread the pink cranberry sauce on a great, pearly-white, succulent slice of breast, "Uncle Cal, where did you get this wonderful turkey?"

"Pawson," said Uncle Calhoun Clay solemnly, "when you preached that wonderful Christmas sermon dismaw'nin', did I ax you wha you got him? Nuh, no. Dat's a trivial matter."

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Danderine from any store and just try it. Adv.

Poor Fellow.

Lydia found her father in the library.

"Father," she asked, "did Robert call on you this morning?"

"Yes, he did," replied the father; "but I couldn't make out much of what he said."

"What do you mean?" asked Lydia.

"Well," explained the old gentleman, "I understood him to say that he wanted to marry me, and that you had enough to support him, so I told him to go home and write it out."—Lippincott's Magazine.

Logical Result.

"What is to be the outcome of the romance?"

"Depends on the fellow's income."

Only One "BROMO QUININE"

To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of B. W. GROVE. Cures a Cold in One Day. 25c.

It takes a philosopher, if he doesn't get the best of it, to make the best of it.

Drive that cough from your system. Dean's Mentholated Cough Drops will surely help you—be at all Drug Stores.

Every woman is a good housekeeper—or, at least, it is wisdom to tell her so.

Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Ball Blue, the extra good value blue. Adv.

Every mother knows that her son ought to marry a princess.

Putnam Fadeless Dyes guarantee satisfaction. Adv.

A vivid imagination is as dangerous as a little learning.

Jet-Trimmed Hats for Early Wear



THE great variety in hats made of jet combined with other materials, gives reason to think that the jet-trimmed hat is destined to usher in the spring and remain throughout the summer. Already hats made of jet and maline, or jet and lace, with a touch of velvet in their composition, have appeared, and, while appropriate for present wear, they are airy enough for summer. The jet hat does not belong to one season but to all of them. It is a good investment in millinery.

Many of the new hats are quite high. The shapes themselves are moderate in height, but the trimming gives the effect of very high crowns. This phase of the new styles is liked for the combination of jet with maline or lace. Two hats of this kind are shown here, both of the prettiest of the latest models.

In one of them a turban shape is developed with a band of jet covering the brim and a soft puffed crown of maline. Over and around this crown there is a standing ruffle of maline (doubled) supported by fine wires. No other trimming is used. Such a hat is useful in any season. Thanks to the recent discoveries of manufacturers, the maline is not as fragile as it looks. It has been made waterproof. The jet is one of the few millinery materials that have lasting

del of jet and lace is also a ape. It is somewhat elongated has a soft crown of silk and

VESTS AND GIRDLES FOR ELABORATING THE COAT SUIT

IN ORDER to change the appearance of your dressy coat suit, or for the sake of elaborating your toilette upon occasions that demand it, the separate vest is a thing of beauty and a source of comfort. It is made of the handsomest and most brilliant of fabrics; bits of rich, highly colored brocades, gold embroidered satins, and ribbons which cost more than their weight in gold. But the little vest is small and takes only a short

time to change the appearance of your dressy coat suit, or for the sake of elaborating your toilette upon occasions that demand it, the separate vest is a thing of beauty and a source of comfort. It is made of the handsomest and most brilliant of fabrics; bits of rich, highly colored brocades, gold embroidered satins, and ribbons which cost more than their weight in gold. But the little vest is small and takes only a short



length to make it. It is a touch of gorgeousness meant to brighten up and lend lustre to the quiet garb.

If one owns a coat suit of a good velveteen or satin or any other of the popular suit fabrics, the separate vest and girdle will tone it up to fit the most exacting of occasions. For the afternoon tea-dance, the matinee, the formal call, the club reception, in

maline. Handsome black Chantilly lace is wired to stand up about the crown. It is slashed at each side and outlined near the edge with a line of jet spangles. A beautiful coronet of jet extends about the brim, rising to a point at the front. Small bows of black velvet ribbon are poised at each side. Little bouquets are often placed in this position, instead of bows. They are made of little, fine flowers or little fruits.

Quite the reverse of high, one of the small close-fitting caps of straw braid is shown with a band of jet about the edge. Nothing could be simpler in shape. It is trimmed with jet ornaments, one at each side, consisting of a flat cabochon into which a spike of jet is apparently thrust. In spite of its simple shape and construction, this model is smart and almost startlingly novel.

There is no doubting the favor with which these hats of jet have been received by those who are the first to buy spring millinery. They will be worn during the whole season, but, as no one is content to own but one hat, after holding the center of the stage for a while, they will be relegated to second place, with flower and ribbon-trimmed millinery taking precedence.

A black hat should always be among the belongings of the well-dressed woman, for there are times when it is needed and nothing else will do quite as well.

JULIA BOTTOMLEY.

fact, for functions to which one wears a hat, the little brilliant vest and the smart girdle make the suit impressive.

It is a happy idea to have a bit of the same coloring in the hat worn with these chic accessories. The small black velvet hat has made opportunities for the addition of trimming to harmonize with colors worn in the costume. Crowns covered smoothly with the same rich and showy fabrics that are used for making vests, will be found effective.

The small waistcoats are embellished with handsome cut steel, jet or rhinestone buttons. Jet and rhinestone combined are in great favor just now. They are the last word in the matter of brilliance and look well on any color or mixture of colors.

Besides the little vest there is the girdle of brilliant silk ribbon or piece goods, and the specially good wide velvet ribbon. Plaids and Roman stripes in such fascinating color combinations that one instantly falls in love with them, furnish many of the girdles. Brocades are liked, but to be worn at the same time as a brilliant vest, the girdle of plain velvet ribbon furnishes about the best choice.

These girdles appear to be adjusted loosely about the figure and extend somewhat below the waist line. But think not that this is easily or carelessly done. They are carefully placed, the wearer adjusting them in front of her mirror and pinning them with the smallest of tiny safety pins on the under side. The pins do not show, of course. The girdles, if of ribbon, are nearly always "crushed" a bit. The effort these days is not to make the waist look "trim" and small, but to suggest ease and freedom.

The effect of a handsome, harmonious girdle in toning up a gown can hardly be overestimated. "That girdle makes the gown" is a comment one is apt to hear when a successful girdle lifts an ordinary gown to its own elegant level.

JULIA BOTTOMLEY.

Flower Powder Puffs.

Small wonder that the heart of the silk velvet rose or whatever fabric flower Madame Modish elects to adopt as a corsage ornament is of generous proportions. It needs must be capacious, for it holds a tiny ribbon-tied silken bag and within the bag is a powder puff—infinitesimal, to be sure.

The KITCHEN CABINET



SEASONABLE DISHES.

The good old Virginia corn bread and griddle cakes are a treat when made as they were originally.

Virginia Corn Cakes.—Scald a pint of cornmeal with three-fourths of a pint of boiling water, cover and let stand while you separate and beat two eggs. Add a cup of sour milk, a teaspoonful of soda to the yolks and a teaspoonful of salt and a tablespoonful of sugar to the meal. Beat the ingredients all together and fold in the whites of the eggs the very last. Have the griddle well heated, and bake a rich brown before turning.

Mock Venison.—Lay a leg of mutton in a dish with diluted vinegar, a flat vinegar and four-fifths water; add two small sliced onions, six pepper coras, six cloves, a dozen allspice, four bay leaves and one tablespoonful of crushed juniper berries. Roast the mutton after it has laid in this vinegar solution four days. Use the vinegar to baste with when roasting.

Hominy Pudding.—Scald two cups of milk in a double boiler, add a tablespoonful of cornstarch diluted with a little cold milk; cook for ten minutes. Reheat two cups of cooked hominy, add the thickened milk, one cupful of sugar, a fourth of a teaspoon of salt, one square of chocolate melted, two eggs well beaten and a teaspoonful of vanilla. Pour into a buttered baking dish and bake until firm in the center. A few raisins may be added, if desired.

Raised Doughnuts.—Take a cup of butter, a cup of sugar, a teaspoon of cinnamon or nutmeg, and two eggs well beaten. Work this mixture into tow cupfuls of bread dough ready for its second rising, and let it rise an hour or so. When light, add a few chopped raisins, citron and currants. Roll thin, cut out and fry in deep fat. Roll in powdered sugar before serving.

Prune Souffle.—Remove the stones from half a pound of stewed prunes, press through a sieve, add the yolks of three eggs slightly beaten and four tablespoonfuls of powdered sugar. Fold in the whites of four eggs, turn into a buttered baking dish and bake until firm. Serve at once with whipped cream and sugar.

"Trust ye eye in Providence, For Providence is kind, And bear ye a life's changes With a calm and tranquil mind. Though pressed and hemmed On every side, His faith and will win through For like a blade of grass Has its ain drop o' dew."

VEGETABLE LEFT-OVER PROBLEM.

One of the chief recommendations for the casserole is that it is a fine help in using up left-over meats. Take two cupfuls of boiled rice, two cupfuls of chopped or sliced meat that has been left from dinner, a cup of brown or cream sauce, one tablespoonful of chopped onion, one of parsley, a teaspoonful of salt and a few dashes of red pepper. Line the casserole a half inch deep with the boiled rice.

In another dish melt a tablespoonful of butter, add a tablespoonful of flour and stir until smooth, then add the seasonings, the brown or white sauce, the meat, and finish the top with another layer of rice. Steam in a pan of hot water for 45 minutes, then serve with tomato sauce. This may be made in a granite dish, unmolded on a platter, and the tomato sauce poured around it.

Beef Steak Pie.—This is a dish that may be most palatable if nicely made. Line a baking dish with a good plain paste. Parboil four potatoes for ten minutes, and drain. Take four cups of cold cooked steak, cut in dice, fill the dish by adding a layer of meat and a layer of sliced potatoes, a few mushrooms. Season each layer until all the meat and vegetables are used. Roll out some paste, and cover, leaving a hole in the top in which a funnel is inserted. After it is well baked pour into the funnel two cupfuls of brown sauce. Bake about 45 minutes.

Stuffed Peppers.—This is a dish which is growing in popularity. Take two cupfuls of chopped cooked meat, and mix with a cup of sidusage; add a half cup of boiled rice, a seasoning of paprika, one egg, and mix well. Fill the peppers, after parboiling them five minutes, and bake until tender. Or the peppers may be cooked in to-

mato and the meat in balls cooked until tender and served with the sauce poured around the peppers and balls. Cold cooked fish makes most appetizing salads.

"There is no 'Age limit.' Many people do not learn how to live until they have passed fifty. Gladstone at eight-six was brilliant. Goethe at eight-four, found life full of interest. You are never old until you think you are."

VALUE OF VEGETABLES IN OUR DIET.

The green, succulent vegetables are valuable chiefly for the mineral salts they contain and the flavor and variety they give to the menu. They contain but little starch and less protein. However, they add bulk to the food and are of great value in keeping up the peristaltic action of the intestines. For this reason alone, if for no other, they should be served once a day on our tables the year round.

The object in cooking vegetables is to soften the fiber and make it more easily digested.

The cooking of vegetables, the serving and seasoning, is an art and a science which is yet but touched upon by the average cook.

We must realize the importance of vegetable food before we are willing to put study upon the manner of cooking and serving.

It is well to remember that all of the odoriferous vegetables are much more wholesome if cooked in boiling salted water in an uncovered dish. When cooked in a tight kettle it not only spoils the food but makes the house uninhabitable.

All green vegetables should be cooked in an uncovered dish, which insures the keeping of the green color.

Spinach should be cooked without the addition of any water. After it is well washed there is enough moisture left on the leaves to cook so succulent a vegetable. As soon as a green vegetable loses its color in cooking, it loses also its food value.

Throw spinach into a hot kettle, tossing it up frequently to keep it from catching on the kettle; after 15 minutes' cooking, remove it from the fire and chop fine, season well, return to the saucepan and let stand until ready to serve. Garnish with hard cooked eggs, cut in slices.

It is well to scrutinize your own short-comings before calling attention to those of your neighbors. "You have a hole in your tail," said the steve to the needle.

We awaken in others the same attitude of mind we hold toward them.

—Hubbard.

HOUSEHOLD SUGGESTIONS.

Sour cream added to a boiled dressing will add richness and is just as good as sweet cream, and it will whip as well.

A delicious jelly may be made of any chopped left-over meat mixed with gelatine. Serve on lettuce with a salad dressing.

Salads may be made of any chopped left-over meats, such as veal, lamb or fowl, and adding to any cold cooked vegetable left from a previous meal.

A few tablespoonfuls of canned corn and tomato may be mixed together with a cupful of bread crumbs; makes a nice dish and you will have the satisfaction of having saved something.

When a few lima beans are left, mash them, thicken a little milk with flour and butter, add the bean puree, a bit of onion juice, and serve a nice cream soup.

Dry cake crumbs make excellent puddings when baked with a custard poured over them.

To clean a piano case: Take a perfectly clean piece of cotton flannel, wring it out in hot water as dry as possible and drop on it a few drops of olive oil. Rub a small section of the case with the damp flannel, and immediately rub dry with a dry flannel. Then polish with a piece of chamois skin. Rub with the grain of the wood, and do not stop at a dozen rubs. If the oil is not all rubbed off, breathe on the wood and rub again until it shines.

To clean piano keys, dampen a piece of flannel with alcohol and wipe them carefully, drying well. Do not touch the wood with the alcohol.

When there are two or three kinds of canned sauce left, and not enough to serve, mix them; put them through a sieve, add water, thickening, butter, and serve with a cottage pudding.

Silk stockings, if carefully run at the heel and toe before wearing and then washed hot in cold water each time, will wear very much longer than if not so treated.

Nellie Maxwell.

Ancient and Modern Bread.

There is no city in the world where so much bread is consumed as in Paris. It is estimated that every inhabitant eats one pound a day on the average. Even in past centuries the French, especially Parisians, had a horror of stale bread. And as in those days people manufactured their own bread they had a curious way of making it palatable. Strange as it may seem, the bread prepared, huge round or square slabs, was used as a dish on which the meat was carved and

bore the name of "tranchoirs," or "tailloirs." The juice of the meat having penetrated into the bread imparted a pleasant taste and prevented it from becoming dry.—Bakers' Weekly.

Riding the Goat.

Church—I see some Italian Masonic lodges are admitting women to membership.

Gotham—Seems as though "Goats for Women" might become a new slogan.

Better PIE Crust Baked With

CALUMET BAKING POWDER

NOT MADE BY THE TRUST

CALUMET BAKING POWDER CO. CHICAGO

Better cookies, cake and biscuits, too. All as light, fluffy, tender and delicious as mother used to bake. And just as wholesome. For purer Baking Powder than Calumet cannot be had at any price. Ask your grocer.

RECEIVED HIGHEST AWARDS
World's Pure Food Exposition, Chicago, Ill.
Paris Exposition, France, March, 1912.

You don't save money when you buy cheap or big-name baking powder. Don't be misled. Buy Calumet. It's pure economical—more wholesome—gives best results. Calumet is far superior to sour milk and soda.

400,000 Settlers a Year

Immigration figures show that the population of Canada increased during 1915, by the addition of 400,000 new settlers from the United States and Europe. Most of these have gone on farms in provinces of Manitoba, Saskatchewan and Alberta.

Lord William Percy, an English Nobleman, says:

"The possibilities and opportunities offered by the Canadian West are so infinitely greater than those which exist in England, that it seems absurd to think that people should be impeded from coming to the country where they can most easily and certainly improve their position."

New districts are being opened up, which will make accessible a great number of homesteads in districts especially adapted to mixed farming and grain raising.

For illustrated literature and reduced railway rates, apply to: Sup't. of Immigration, Ottawa, Canada, or to

W. V. BENNETT
See Building
Ottawa, Neb.
Canadian Government Agent

WESTERN CANADA FREE

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right

CARTER'S LITTLE LIVER PILLS

gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating.

SMALL PILL, SMALL DOSE, SMALL PRICE

Genuine must bear Signature

Brentwood

PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

PISO'S REMEDY
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.
FOR COUGHS AND COLDS