once but a dozen times? It

better to be deceived occasionally

than to be so distrustful that you can't even enjoy a bright day because you once got caught in a rainstorm.-Lloyd.

CURATIVE FRUIT JUICES.

In Riley M. Fletcher Berry's work

on "Fruit Juices" there are some de-

licious recipes for the use of fruits

and at this season of the year when

the blood needs toning after the win-

the good uses to which the juices of

fruits may be put.

ter it will be well to observe some of

Baked Lemon or Orange-Bake a

lemon or an orange in the oven until

soft and eat it hot with or without

sugar just before retiring. Skip the

evening meal and follow the fruit

treatment with a good drink of water.

This should be followed up for several

nights in succession. This is an ex-

Cider Egg Nogg - To one egg

whipped and sweetened slightly with

sugar add a glass of cider, sprinkle

with grated nutmeg and serve with

Flaxseed Lemonade-An old-fash-

ioned and effective remedy for cold is

this laxative drink. Pour a quart of

boiling water over a cupful of flax-

seed. Add the juice of two lemons

and sugar as required. Let steep in a

Italian Cure for Malaria-Slice thin

goes through. Let stand until cool and

cellent remedy for colds.

shaved ice or serve hot.

feelin' kind o' blue, ou're apt to be forgetful of the bleam-

in's owned by you, ben it's time you went to doctorin' for

Give yourself a little doctorin' in the

PASTEURIZING MILK.

pasturized milk for infants, the ad-

antages of intelligently pasteurized

milk where the source of supply is not

safe, are very great and the death rate

in cities where this milk is sold, has

been most wonderfully reduced. The

object of this treatment is to kill or

render harmless the germs in unclean

make it constipating and if really ster-

ilized as would be the case with boiled

milk, the properties are so changed as

well as the taste that it is not only

distasteful to most babies but is con-

stipating to nearly all. Boiled milk is

not a suitable food for any one unless

there is a constipator needed. Too lit-

tle heat will not kill germs and so the

degrees-some say 155 is the best tem-

perature-keeping the milk at this tem-

perature for 20 to 30 minutes and then

quickly cooling it and keeping it cool

The reprehensible habit of some

mothers in keeping milk warm for an

indefinite period is most dangerous for

the warm milk if not completely ster-

ile, (an almost impossible thing) is a

fine field in which bacteria may grow.

older than two days and any one with

a little care may prepare the milk

milk from injurious bacteria so good

as that of positively clean and healthy

milk. Such milk because of the cost

of production puts it beyond the reach

of the poor and so it seems necessary

that each mother should have the

knowledge to prepare milk and keep

A certain amount of bacteria in milk

is necessary for its value and of course

by killing bad bacteria the good are

also destroyed. Infants fed exclusive-

ly on sterile milk are said to lose after

a while so that it is necessary to try

other milk. A high grade of evapo-

rated milk in emergency as well as condensed milk may be used with good

results as most of the brands of such

milk are carefully prepared from good

clean milk and are considered quite

If the poor man cannot always get

meat, there is consolation at least in the

fact that the rich man cannot always

FOR SIMPLE OCCASIONS.

Raisin Sandwiches. - Chop a cupful

of raisins to a fine paste. Spread

bread with softened butter, then with

a layer of the raisin paste. Cut the

Apple and Cheese Sandwiches .-

Chop a half cupful of good flavored ap-

ples and a half cupful of walnuts with a quarter of a cup of cheese. Mix

well and use for salad filling, moist-

Nut Sandwiches. - Chop half a cup

each of raisins and nuts, mix with

salad dressing and spread on buttered

Onion and Celery Sandwiches .--

Soak a good sized onion and one head

of celery in cold water for an hour.

Drain and cut in small pieces, mix

a head of celery and a balf cupful of

stuffed olives. Mix with a salad dress-

halves and remove the pulp with a

spoon. To this pulp add three ba-

nanas, one small bunch of white

grapes seeded and sliced a half-cupful

of chopped almonds, a few strawber-

the orange cups, after mixing with

ing and a cupful of whipped cream.

Fruit Punch.-Take three cupfuls

each of sugar and water and boil to-

gether five minutes. Cool. Add a

small pineapple, grated, to two cup-

fuls of water, and boil 20 minutes.

Strain and add the juice of six or-

anges and four lemons a cupful of

fresh ten and sugar sirup, a cupful of

strawberry or any fruit juice, add wa-

Nellie Maxwell.

ter to make a gallon. Serve ice cold.

ries, in season. Serve the salad in

Fruit Salad .- Cut three oranges in

slices in strips and serve.

ened with salad dressing.

well buttered bread.

ing and serve on lettuce.

Pasteurized milk should not be used

There is no process of purifying

until needed.

it from danger.

digest it.

bread.

Too high a heat used on milk will

milk by the application of heat.

While there are some objections to

each little burn and smart,

region of the beart.

# Nebraska Directory Help That

SMOKESTACKS WILSON STEAM BOILER CO., Omaha

BLISS & WELLMAN Live Stock Commission Merchants

TENTS AND COVERS SCOTT-RAWITZER MFG. CO., OMAHA Buccessors to Omaha Tent & Awning Company and Scott Tent & Awning Company



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National Hail Insurance Company Lincoln, Nebraska

Incorporated January 4, 1899

The only Company in Nebraska Doing a Successful Hail Insurance Business for the Past Filteen Years. WHLISR. MUNGER, 113 N. Y. Life, Kansas City, No. \$11,005 More Paid for Losses during the past three years than any BLACK other Company in Nebraska. Losses Paid on Growing Crops Since Organization \$328,260.56. Losses Paid in Cash as Soon as Adjusted. Write Today for an Agency.

TS Watson E. Coleman, Wash ington, D.C. Books free, High-est references. Beet results.

FOR SALE 640 acres, part alfalfa land, \$6.50: properties to L. H. GOOD, Secretary, Board of Irade, Battleford, Saskatchewan, Canada

and do it today. Delay only aggravates matters

Stomach Trouble 6/20

and prolongs your suffering. For any weakness of the Stomach, Liver or Bowels you will find

### HOSTETTER'S Stomach Bitters

very helpful. It strengthens and assists them in performing their daily functions.

### **Small Missouri Farm**

Either 10, 20, 30 or 40 screetyou take your choice regardloss of size) also 3 town tota and 300 shares in successful 1,000 screet orchard company with two canning factories and full equipment; all for only \$300: \$5 down Will pay round trip rullway fure of buyers. Payments stop in case of death.

LOSSES SURELY PREVENTED Cutter's Blackles Pills, Lo Western stockmen, because they profiset where other vascines fail. Write for booklet and testimonials. 16-dose page. Blackieg Pilis \$1.00

The superiority of Cutter products is due to over 15 years of specializing in vaccines and serums only. Insist on Cutter's. If unobtainable, order direct. The Cutter Laboratory, Berkeley, Cal., or Chicago, Hi-

Western Canada Lands The richest Mixed Farming lands in Western Canada are in the Battleford District. The soil is a deep black loam on clay subsoil and lands Pettits Eve Salve TIPED EVES can be purchased at from the per acre up.

covered jar for several hours and drink hot, thinned with boiling water if so desired, just before retiring. ties and good markets. Write for list of selected one lemon, rind and all, and place in a saucepan. Over this pour one and a half pints of cold water and cook down to half a pint, then strain through a coarse cloth, so that some of the pulp

> drink fasting. This should be kept up for several days. Lemon for Headache-The juice of a large lemon squeezed into a small cup of strong black coffee with no sugar will often prevent or cure a headache.

Using lemon with tea is not a fad or fancy, but a wise combination as the citric acid of the lemon offsets the tannic acid in the tea, rendering it refreshing and wholesome.

The lemon is valuable for purifying the blood and toning the system. It acts directly on the liver, cools the blood and some physicians claim it drives away typhoid germs.

Next to the citrus fruits the pineapple is found to be most beneficial in its effects on the human system. It safe. s rich in mineral saits and an active substance which has the power of digesting proteids.

#### A CHAPTER ON NUTS.

The housewives are certainly falling in line with the progressive movement in regard to the menus using nuts, as our reports tell us of the thousands of bushels of increase each year in the United States' consumption.

The black walnut heads the list in nutritive value, is rich in off and liked by many, although its strong flavor is not liked at first.

In any locality the nut that is there found in plenty should be used as a large part of the diet. The hickory nut is a most delicately flavored nut and most nutritious. When very dry if they are dipped in boiling water and allowed to stand a while before cracking the meats will come out in much better shape.

Walnut Loaf .- Take a pint of dry bread crumbs, one and a half confuls of chopped nuts (do not grind them, as it makes them oily and really spoils the flavor if not used at once). season well with salt, add a bit of sage, two tablespoonfuls of butter, one beaten egg and sufficient boiling water to moisten. Form into a long loaf and bake in a granite pan.

Peanut Meatose.-Mix well a cupful of cornstarch in two cupfuls of tomato juice, add two cupfuls of peanut butter and two tablespoonfuls of salt. Stir for five minutes, then steam for five hours

Stuffed Potatoes .- Bake nice, smooth, even-sized potatoes, remove the potato a tablespoonful or two of salad dressand season well with salt, petter and butter and a generous portion of ground or chopped nuts. Refill the

hells, heat and serve at once. Peanut Soup.-Soak a pint and a half of shelled peanuts over night in two quarts of water. In the morning add three quarts of water, a bay leaf. a piece of celery, a slice of onion and a blade of mace. Cook five hours very slowly, put through a sieve, add sensonings and a cupful of cream and serve very hot.

Florida's Valuable Springs.

ground drainage in many parts of Florida has given rise to many springs at places where streams emerge from subterannean channels. The number of such springs is very great. In size they vary from mere seeps to discharges which give rise to creeks and rivers large enough to float good-sized passenger and freight steamers. The best-known and largest is the Silver cut off Mrs. Murphy's leg and break spring, in Marion county, which gives Mrs. Jones' bones and don't forget to

clearness and beauty. The water emerges from a basin over thirty-five feet deep, and the spring is so clear that objects lying on the bottom are

Getting Busy.

It was a busy day in the butcher shop. The butcher yelled to the boy who helped him out in the shop: "Hurry up, John, and don't forget to

### Good Cheer Aids Digestion of Food Dyspeptics Can Make the Rest of

the Family Happy by Using a Laxative-Tonic.

The temper of the family and the good cheer around the table depend so much on the good digestion of each individual present that the experiences of some former dyspeptics who overcame their trouble should be of interest to those now suffering in this way.

The best advice one can give-but it is advice that is seldom heeded-is to eat slowly and masticate each mouthful carefully. However, if slow eating and careful mastication fail the next aid is one close to nature, Dr. Caldwell's Syrup Pepsin. This remedy is an excellent digestant, and in addition passed off. It is safe, reliable, pleas refunded. ant-tasting, and results are guaran-

77. thinks Dr. Caldwell's Syrup Pepsin pills and similar drastic medicines. Unhas helped him to a longer and hap-like these, Syrup Pepsin does not lose pier life. He has not felt so good in its good effect, and by automatically years as he has since taking this ex- training the stomach and bowel muscellent medicine, and in spite of his cies to do their work, soon restores 77 years he says he feels like a boy.

It is the ideal remedy for indigesmethod which gives the best results The right heat is from 150 to 165 annoyances

> We Must Have It. Pessimist-The cost of living is ter-

Optimist-But it's worth the price.

-Philadelphia Public Ledger.

#### PIMPLES ALL OVER FACE

1413 E. Genessee Ave., Saginaw, Mich.-"Cuticura Soap and Ointment cured me of a very bad disease of the face without leaving a scar. Pimples broke out all over my face, red and large. They festered and came to a head. They itched and burned and caused me to scratch them and make sores. They said they were seed warts. At night I was restless from itching. When the barber would shave me my face would bleed terribly. Then scabs would form afterwards, then they would drop off and the so-called seed warts would come back again. They were on my face for about nine months and the trouble caused disfigurement while it

il the goods wear out. Adv. "One day I read in the paper of the Cuticura Soap and Ointment. I received a free sample of Cuticura Soap and Ointment and it was so much value to me that I bought a cake of Cuticura Soap and a box of Cuticura Ointment at the drug store. I used both according to directions. In about ten days my face began to heal up. My face is now clear of the warts and not a scar is left." (Signed) LeRoy C. O'Brien, May 12, 1913.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L. Boston."-Adv.

#### Business Proposition.

A boy who had done something to incur the wrath of his mother and then had taken to his heels was hotly pursued for some distance by her. Finding it was useless to continue the pursuit, and almost beside herself with rage, the old lady shouted at the top of her voice: "I'll give anybody a dime to catch that boy!" The boy instantly stopped and, turning round, shouted in reply: "Give me the dime and I'll come back."

A Tactless Menu. "My dear, I told you that guest I brought home to dinner was a very bashful man."

with French dressing and spread on "I know, but what of it?" Nothing, only you did go and put Salmon Salad.-Remove all the your foot in it when you had sheep's bones from a can of salmon and put head fish for dinner." the fish through a meat chopper with

> Probabliy Will. "Another Chicago woman has murdered her husband for treating her brutally.

"That ought to be a lesson to him." Her Experience.

Ethel-Man proposes-Marie Yes, but he needs encourage-

Red Cross Ball Blue, much better, goes farther than liquid blue. Get from any grocer. Adv.

About all most arguments are fit for s to promote unnecessary conversation.



MAJ. S. MARTIN

You can obtain Dr. Caldwell's Syrup Pepsin at any drug store for fifty cents to helping in the digestion of the food, or one dollar, the latter size being acts gently on the liver and bowels, bought by heads of families already ridding them of the accumulation of familiar with its merits. Results are waste that should long ago have been always guaranteed or money will be

When you use Syrup Pepsin you will see the fallacy of chewing mints and Maj. S. Martin, of Joplin, Mo., now tablets or of taking catharties, salts, these organs to normal

Families wishing to try a free samtion, no matter how severe; constipa- ple bottle can obtain it postpaid by adtion, no matter how chronic, bilious dressing Dr. W. B. Caldwell, 203 Washness, headaches, gas on the stomach. Ington St., Monticello, Ill. A postal drowsiness after eating and similar card with your name and address on it

will do

The Easiest Way. "I wish I could make enough money quickly so I could have the leisure to sit down and write a play so good that it would make the country talk about

it for ten years to come." "That's easily done. Write a bad

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the

Bears the Signature of Chart Hilltehore. In Use For Over 30 Years. Children Cry for Fletcher's Castoris To Have and to Hold.

"I expect he does, if he ever gets hold of it."-Judge. Good people are supposed to be hap

"Does Tightwad keep Sunday?"

py, but their looks often belie it. Putnam Fadeless Dyes will last un-

If you want anything advertised without cost, tell it to a gossip.

### Have You a Bad Back?

Whenever you use your back, does a sharp pain hit you? Does your back ache constantly, feel sore and lame?

It's a sign of sick kidneys, especially if the kidney action is disordered too, passages scanty or too frequent or off color. In neglect there is danger of dropsy, gravel or Bright's disease. Use Doan's Kidney Pills which have cured thousands.

### A Texas Case



Mrs. B. F. Benson, Anderson Ave.,
Houston, Tex., says:
"Two operations
failed to relieve my
kidney trouble. I
had hemorrhages
of the kidneys and
passed pure blood.
The pain and suffering in my back
was terrible. I was
nothing but skin
and bones. When I
had given up hops,
Doan's Kidney Pilis
came to my rescue
and cured me. Today I am in better
refore."

DOAN'S KIDNEY
DOAN'S KIDNEY
FOSTER-MILBURN CO., BUFFALO, N.Y.

#### Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try CARTER'S LITTLE LIVER PILLS

SMALL PILL, SMALL DOSE, SMALL PRICE Genuine must bear Signature

W. N. U., OMAHA, NO. 16-1914.

#### Wives! Mothers! Daughters !)

A woman's organism is a very delicate thing-it very easily gets out of order-just like a delicate piece of machinery, it requires more than ordinary care and attention.

There are many signs which point to disorder, such as headaches, unaccountable pains in various parts of the body, listlessness, nervousness, irritableness, dizziness, faintness, backache, loss of appetite, depression, and many others.

Dr. Pierce's Favorite Prescription has been the means of restoring thousands of suffering women to natural health and strength. For more than forty years it has been successfully carrying on this great work. Today it is known throughout the length and breadth of every land. Women everywhere look upon it as a helpful friend. Let it aid you.

Sold in liquid or tablet form by draggists, or trial box mailed you for 50 cents from Dr. Pierce's Dispensary, Buffalo, N.Y. Dr. Pierce's Piessant Pellets regulate Stomach, Liver and Bowels

\*

Four Cylinder Motor Three Speed Control Handles with equal efficiency your plowing and other field work as also your belt power requirements. Let the Sandusky do your threshing this summer and have it done when you want it. Then she'll turn around and re-plow your ground, disc it, drill it, and perform many other duties when and as you want them done. Ask us about the demonstrations in your locality, and get your copy of 1914 edition of Power on the Farm. It's chock full of good dope and free. Now while your thinking about it is the best time to write that card or letter. J. J. DAUCH, Manufacturer SANDUSKY, OHIO DEPARTMENT T-5

The Sandusky Tractor

15 Tractive H. P. 35 Brake H. P.

The General Purpose Farm Tractor

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Hardware bearing this Tag will be replaced by your dealer should it prove unsatisfactory. Compare the Factory Brand Hardware bearing



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Tag with other brands and you will easily be convinced of the superiority and grade of Quality Hardware. The Double Guarantee Tag means the best.



Volcanic Enamel Ware Standard for 40 Years. Made by Cleveland Stamping & Tool Co. You take no risk of getting poor Cooking Utensils when you buy Volcanic Enamel Ware.

It bears our Double Guarantee Tag Volcanic Ware is Quality Ware, is sanitary, made right, will stay right. Maker's reputation is assurance itself.

# Iron Horse Metalware

Extra Heavy Water Pails, Dairy Pails, Stock Pails, Wash Boilers, Wash Tubs in Extra Heavy Tin or Galvanized Iron. Double Reinforced where needed. Wash Tubs have Concaved Bottom. Made by the Rochester Can Co., Rochester, N.Y. Greatest Care exercised in the Manufacture. There is no better Metalware made than IRON HORSE.

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The great development of under-

distinctly visible.

rise to a large stream of remarkable slice Mrs. Johnson's tengue."