Al<sup>4</sup> Shades. "Will you give me a lock of your hair?" "Certainly. What color do you prefer, green, purple or cerise."

At the Auction. Stranger-May I bid? Auctioneer-Certainly, sir. Stranger-Then I bid you good day.

Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative. Adv.

But many a slip occurs soon after the cup has been to the lip.

# **Don't Sacrifice Your Health** for anything, for once it is lost it is hard to regain. Guard it carefully and at the

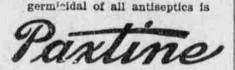
first sign of distress in the Stomach, Liver or Bowels, resort to

# **Hostetter's Stomach Bitters**

It keeps entire system normal and promotes health and strength.

## SPECIAL TO WOMEN

The most economical, cleansing and



## A soluble Antiseptic Powder to be dissolved in water as needed.

As a medicinal antiseptic for douches in treating catarrh, inflammation or ulceration of nose, throat, and that caused by feminine ills it has no equal. For ten years the Lydia E. Pinkham Medicine Co, has recommended Paxtine in their private correspondence with women, which proves its superiority. Women who have been cured say it is "worth its weight in gold." At druggists. 50c. large box, or by mail. The Paxton Toilet Co., Boston, Mass.

## 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 can be purchased at from \$10 per acre up. Em cellent water in abundance, and railroad facilities and good markets. Write for list of selected properties to L. H. GOOD, Secretary, Board of Trade, Battleford, Saskatchewan, Canada

**Nebraska** Directory



HE world generally gives its

what nobody else can do, but to the

man who does best what others do well.

A FEW GOOD SAUCES.

Many times a plain dish, if accom-

panled by a sauce, assumes a dignity

of such importance that it makes it a

Egg Sauce .- Make a rich white

sauce, using two tablespoonfuls each

of butter and flour, a half teaspoonful of

salt and a cupful of milk with a dash

of paprika or a teaspoonful of onion

juice. When the butter is bubbling hot

add the flour and mix well, then stir

in the milk, and when thick add the

salt and onlon juice. To this white

sauce add two or three finely chopped

hard cooked eggs and serve with a

bit of lemon juice or a chopped sour

pickle added to the sauce. This is a

fish sauce, and may be used with

Curry Sauce .- Melt a tablespoonful

of browned flour and a teaspoonful of

curry powder. Add a cupful of boil-

ing water and cook until smooth. Sea-

son with salt, red pepepr and onion

Horseradish Sauce .-- Put into a

saucepan a tablespoonful of butter

and half a tablespoonful of flour, when

the butter is bubbling stir in the flour

and cook until smooth, then add a

cupful of strained soup stock, a half

a cup of milk, six peppercorns, a

speck of bay leaf and half a teaspoon-

ful of salt. Cook five minutes, re-

move the peppercorns and the bay

leaf and add three tablespoonfuls of

grated horseradish. Cook two more

Celery Sauce .- Take a white sauce

of two tablespoonfuls each flour and

butter as above, add a pint of warm

milk and a dozen stalks of celery

minced and cooked tender, in enough

water to cover. Add the celery and

any of the liquor left, cook a few min-

utes to be sure that the flour is cooked,

season with salt and pepper and

Tartar Sauce .- This is a mayon-

naise dressing, to which has been add-

ed chopped pickles and a few capers,

if so desired. Mayonnaise is made by

beating the yolk of an egg until

smooth and then adding olive oil, a

lemon juice or vinegar, using four ta-

blespoons of lemon and three-fourths

of a cup of oil. Salt and red pepper

BREAD NOTES.

serve hot with boiled fowl.

minutes and serve.

to taste

either boiled or baked fish.

juice and serve with mutton.

family creation.

admiration not to the man who

McCauley.

we fost heart; we should remember that the source of good fortune never diminishes or disappears. That source forever remains within reach of every one -Progress,

#### MORE ABOUT FRUITS.

THE NORTH PLATTE SEMI-WEEKLY TRIBUNE

As the pineapple is next to the citrus fruits in value when in good condition we need to remember its worth and use it as often as our purses will allow. It is rich in mineral salts, which with its sugar and the large percentage of water, purify the system and soothe the stomach. Any one who has eaten a large amount of the acid pineapple knows that it will eat into the mucous membrane of the mouth, thus showing its activity. It contains a vegetable counterpart to the gastric juice which will digest raw beef or an egg when mixed with it. This ananasine is also active with either acids or alkaline carbonates. Those who have tried to use it with gelatin will remember that a much larger quantity of gelatin must be used to thicken the material when pineapple is used, because of this digestive principle which acts on the gelatin and deprives it of its thickening power.

Pineapple juice is recommended by physicians as a gargle in case of sore throat and even diphtheria; it is also extremely healing in catarrhal affections.

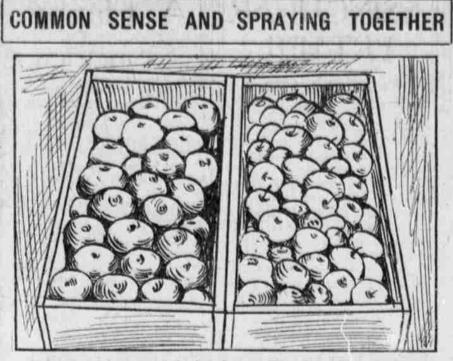
Apple Tea .- This is a most helpful tea for invalids. Roast very tart apples and pour boiling water over them; let stand until cool. This may be sweetened if desired.

Apple Water .- This is a cooling drink in case of fever. Pare and core three large apples, good flavored and julcy, slice them into a crock or pitcher with the grated yellow rind of a lemon. On this pour a pint of boiling water and cover well, let stand for four hours, strain and sweeten with loaf sugar.

The medicinal value of the raspberry is not fully appreciated as it ranks with the strawberry as valuable in liver and gouty troubles. These fruits contain a large per cent of citric acid and salts of lime. People who find that strawberries disagree with them will find the addition of a bit of red pepper will prevent the difficulties of digesting them; and they may also be made acceptable to the system if taken with a small quantity of blcarbonate of potash.

Citric acid is found in all kinds of currants and the black currant is said to be especially valuable for kidney few drops at a time alternating with and bladder troubles.

> Be an oak, not a vine. Be ready to give support, but do not crave it. Be not dependent upon it. To develop your own self-reliance you must see that your life is a battle. You must fight for yourself. You must be your own soldier.



Sprayed and Unsprayed Apples, Just as They Came From the Tree.

brood of the codling moth were

In order to get the poison into the

If the spray is put on as a mist it

zle comes in. This instrument sends

and the nozzle must be held within a

foot or two of the blossom in order

To do this thoroughly it is neces-

sary to point the nozzle straight into

every blossom on the tree and to do

Most of these blossoms that point

underside by turning the nozzle under

be just high enough so that a man's

A barrel pump, operated by a man

very bottom of the cup.

The cost of spraying is not easy to | ter. It is necessary to spray before ascertain or to make a general aver- the cup closes. age, because of the various conditions It has been demonstrated over and

in the orchards sprayed. An orchard- over again that where perfect sprayist who is supplied with all the ing was done from ninety-two to modern machinery and who has a ninety-five per cent of all the first large number of trees can naturally spray his trees at a smaller cost per killed. Also, this kind of spraying detree than the man who is handi- stroys some of the remaining ones afcapped by lack of equipment in a terward, thus practically preventing smaller orchard. An authority on the a second brood. subject has stated that the average cost of spraying a tree is ten cents. little calyx cup it is necessary to in-

When it costs less than ten cents to ject it with considerable force, bespray an apple orchard the wonder is cause the stamen bars are thick and that more are not sprayed, particu- tolerably stout and form a solid roof larly the wonder grows when it is a over the cup. proved fact that the crop is increased from fifty to three hundred per cent lodges on the outside and if thrown up into the air to come down in falling

by intelligent spraying. drops it will strike this little roof and Ten cents per tree is probably a very low figure but the average farm roll off. Here's where the spray nozorchard should be sprayed three times a year the total cost not exceeding 25 a driving spray of fine drops, five or cents per tree, and at this cost the six feet before it breaks up into a mist, operation will pay big.

A Kansas orchardist says: "I cannot tell exactly what the spraying cost on that the spray can penetrate to the our orchard of 30 acres, but I know that the first year we sprayed our tenyear old orchard we made three times as much money as ever before.

"Last year we sprayed three times this the sprayer must stand on a platform high enough to reach down into and did a good job. From these sprayed trees there were practically the blossoms and he must then get no windfalls and no apples were even down low enough so that he can reach picked or even sold from the ground. those blossoms which point down-About half of our fruit from this ward. orchard sold as 'Fancies,' packed in boxes. We would spray our orchard downward may be reached from the if it cost one dollar per tree."

them and directing the spray upward. The effectiveness of spraying is the great thing. If it is well done the re-The top of the spraying tower should sults will be certain but if poorly done they will be uncertain. It will not do head will come just about to the level of the tops of the trees. This tower to spray half the buds or threequarters, or even nine-tenths and may be placed on a wagon and drawn leave any portion unsprayed, if perfrom tree to tree.

fect success is to be attained. The codling moth, which probably with a good muscle will do the busidoes more harm to apple orchards ness thoroughly and the two or three than any other insect, is hard to reach hours necessary to spray a good-sized and the greatest care must be taken orchard, even when repeated three to apply the spray at exactly the right times during the growing season, is time that will bring its reward from time to put him out of business.

## It Indicates Fresh Hopes and Renewed Buoyancy of Spirit.

SPRING FEVER

How wonderfully tight the spring wander-lust for the countryside grips one!

Spring fever, with all of its healthfulness, is the harbinger of fresh hopes and a buoyancy of spirit.

I noticed a passenger on a Detroit-Chicago train the other day who had started out on his trip with the evident intention of becoming deeply taken with one of the best sellers, that he might shorten the trip between the two cities. You have done the same thing yourself.

But his book had been cast aside. He had read only a few pages. His interest in it had lagged.

From the car windows ha was counting the fields now bared of snow. The ditches were carrying away the water and the still less sluggish creeks were now streams bearing the overflow to the rivers. The farmer, in his shirt sleeves, was repairing the fences after the winter drifts; the cattle showing proof of a winter's stabling and now heading here and there toward the meadows, seeking the new-green patches of grass; the farm help, in field and stubble, was putting into repair this and that necessary feature, here looking after his plow and there his harrow, and on all sides were scenes which reminded the traveler that spring was here, at last!

As the train sped onward and glimpses of the painter as he worked on the weather-beaten buildings were revealed, the interest of the tourist was aroused and, when I asked him the reason, he answered: "Spring is here and I feel its blood flowing!"

The truth was, that like many others, he was planning the work he was to do the coming summer. He was going out to the farm-his farm in Western Canada. He had his wells to dig, his horses to get into shape, his grain implements to fix up, his seed grain to prepare, and other details for the land that was ready to receive it. His was what might be termed an "unrest"-to get to the farm!

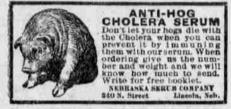
Thousands in Western Canada today are making the preparations that this interested man contemplated. Their summer fallows are ready for the wheat, their spring plowing is being attended to, fences are being rebuilt or being put into repair; indeed, the entire country is one great hive of industry.

Railroads are in readiness to take care of a great rush of settlers, those charged with the reception of whom are prepared to extend every courtesy and thus meet the rush with judgment and without the least frietion. Thus, the enjoyment of the opening of spring is fully met.

At many of the stations throughout many of the middle western states, trains of settlers' effects are in readiness to move to Western Canada. Not only in these states are scenes of this kind to be witnessed, but, also, on either coast and throughout the eastern states there is the same activity among those going to Western Canada this spring. The crops have been heavy and all reports are that the winter was enjoyable; also, that the prospects for a satisfactory year were never better. There is plenty of land yet to be had by homesteading or otherwise. Adapted, as Western Canada is, to small grain farming, it is especially adapted to cattle raising and many of the farmers are placing small and large herds, as f.eir individual means will permit. The illustrated literature sent out by the Canadian government agenta tells the truth clearly and the inquirer should send for a copy and if you be one of those who has an ambitious interest, you may be the gainer by a perusal of such informationstraight, cold facts in themselves --Advertisement.

NELLM Live Stock Commission Merchants 254-256 Exchange Building, South Gmaha All stock consigned to us is sold by members of the frm. and all employees have been selected and trained for the work which they do. Write-phose-ship us





**DEFIANCE STARCH** is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska

(281) Clothing Store, \$14,000. Good Neb. (303) 400-acre farm nine miles west of Fullerton, Nance Co. Highly improved. Price \$75 This is bargain price and bound (304) 480-acre farm Nance Co., Neb. 435,000 A bargain, for milas to move.

(210) Two quarter, section farms San uia Valley, Colorado, \$10,000, for income Luis Vall property. 438 State Bank Bldg. Omaha, Neb.



Incorporated January 4, 1899

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The only Company in Nebraska Doing a Successful Hail Insurance Business for the Past Filteen Years. \$11,095 More Paid for Losses during the past three years than any other Company in Nebraska. Losses Paid on Growing Crops Since Organization \$328,269.56. Losses Paid in Cash as Soon as Adjusted. Write Today for an Agency.

The favored few who live in the country or in small towns often find it impossible to find the fresh yeast, so that it is necessary to provide home made yeast which is always

wholesome when well made. It is a good plan to have on hand a package of dry yeast cakes, and if they are kept well protected from the air, will keep for months. This dry yeast is used as a starter for the home grown variety. As yeast is a plant, it should be treated as such. It needs heat, moisture and food as do all plants. When preparing potatoes cook enough so that you may have at least a cupful of mashed potato for the yeast. To this mashed potato add a pint of boiling water, a tablespoonful of sugar, and when cool enough stir in a little flour, two or three tablespoonfuls will be sufficient. Then add the yeast cake, which has been soaked in a cup of warm water. Stir and let stand until the yeast is full of bubbles. over night or a day, then it is ready for use. Take a half cupful for four loaves of bread and put the remainder in a mason jar well sealed. This yeast

will keep in cool place until it is all used. In the summer weather keep it on ice. In using this yeast when working out recipes which call for compressed yeast, take half a cupful of the liquid yeast for a yeast cake in amount.

A pretty little biscuit to serve for occasions is the clover leaf. Make the biscuit out of the rich bread dough as usual and make the biscuit into very small balls, putting three into each well greased pattypan, greasing each biscuit well when putting it in. When they are risen and baked they will be in the form of a three leaf clover. To carry this idea farther the butter balls on the plate or butter squares, if you please, may have a pretty spray with

a clover blossom on each butter plate. Bread should feel buoyant in the and serve with cranberry sauce. hand before putting the loaves into the oven.

#### Precious Boric Acid.

ties is generally recognized as an original constituent in the waters and gases given off with volcanic emanations. In fact, the Tuscan fumaroles, in Italy, have been an important commercial source of boric acid for a long time, and in the past, possibly even to the present time, almost all the boric acid brought into the European market has been derived from this source. There is aboundant evidence of the presence of boric Lunar calendar.

VALUABLE NUT DISHES.

An agreeable change from the hearty meats will be the combination of nuts with vegetables, making most appetizing dishes. When we get a little better acquainted with the food value of nuts there will be more use made of them

Lima Beans With Nuts-Soak a cupful of lima beans in cold water over night. In the morning rinse well and slip off the skins, put into a bean pot with plenty of water, salt to season and a half cupful of nuts to a pint of the beans. Let cook until tender in a slow oven, a small piece of onion may be added to give flavor and other seasonings like mustard or a bit of molasses if liked may be added. The nuts, if ground, may be added just before taking up, stir in well and serve. Nut Parsnip Stew-Wash, scrape and slice two good sized parsnips, cook until perfectly soft, in two quarts of water. When nearly done add a teaspoon of salt and two tablespoonfuls each of flour and butter mixed together, cook until smooth then add a cupful of chopped nut meats and serve. Nut Hash-Chop fine cold boiled

potatoes and other vegetables which are at hand, put into a hot buttered frying pan and heat quickly, season well and stir in just before taking up a half cupful of nut meal or chopped nuts.

Vegetable Roast - Take cooked beans or peas, pass through a colander to remove all skins, and mix with an equal quantity of finely chopped nut meats. Season to taste. Put onehalf the mixture into a buttered baking dish, spread over it a dressing made of zwiebach soaked in cream and seasoned with salt and sage. Cover this with the remainder of the nut mixture and, over all pour a cupful of cream. Bake one and a half hours

Nellie Maxwell.

Boric acid in considerable quanti- many parts of the world. On the other hand, boron is so rare a constituent of rock-forming minerals that it forms an almost inappreciably small percentage of the earth's rock mass as a whole.

acid in volcanic emanations in

### Forty-Four Chinese Holidays.

There are about 316 working days in the Chinese year, 44 holidays being deducted from the 360 days, which reckoned one year according to the This insect varies somewhat in its | four to ten-fold.

work, and it may be that for two or three seasons in succession damages have been obtained by a single applifrom it will not be large, but this cation, but perfect results cannot be period of relief may be succeeded by had unless the first spraying is folone in which the damage caused by lowed up, not only during the first this insect is tremendous.

Now the advantage of spraying is atically protected the damage even importance of continual and perfect spraving.

There is no sentiment about the codling moth or any other insect that third or even a fourth spraying. injures fruit trees and they are not easily frightened and the mere pointing of a nozzle at them and the injec- RAISE BROILERS tion of a few drops of bordeaux or any other mixture in their direction has no effect upon them.

The whole secret of successful spraying is to get the poison in the place where the worms will naturally go to eat it. If that is done the career of the worm is ended, but if the poison is applied to other parts of the tree and the favorite hiding places of the worms are not sprayed they will go on eating their way into the heart of the apple and the work of spraying will be lost.

If we examine a young apple when it is first forming it will be seen that there is a little hollow called the calyx cup. This is covered over by the circle of stamens and this in turn will be covered over soon after the little apples form by the five little green lobes which gradually close and form the perfect roof over the cup beneath.

The codling moth lays its eggs on the leaves surrounding the clusters of little apples. The worms do not hatch out until several weeks after the little apple forms, but as soon as they are out they hustle for a hiding place and they find this in the blossom end of the apple.

They crawl down between the little tobes through the stamens to the very first week or two. It is easy to see bottom of the calyx cup and there se cure from molestation they proceed meat or not. It is unwise to let them to eat their way into the tender seeds. Now it follows that if the sprayer has done a good job and injected the and then again the dampness is had poison down to the bottom of the cup. Mr. C. Moth will meet his death with his first meal; but if the poison has not reached the inside of the little cup the worm will go on destroying the apple.

If the sprayer waits until the little tory mixture: Equal parts by weight

In some seasons very good results season, but for every season.

For instance, in spraying for codthat in orchards that have been system- ling moth. The small apple grows rapidly and unless the first spraying in years of the greatest infestation, is is followed by another in about ten small and often not noticeable, while days, the larvae that escaped the first in neglected orchards the damage is spraying will turn into insects within very great. This fact emphasizes the | a short time after the first apples drop and another spray should be given to protect the fruit from the second brood. This should be followed by a

# **ON EVERY FARM**

Ten Weeks Is Average for Life of Fowl and It Does Not Need Special Forcing.

Every farmer ought to raise broilers, distributing the production as evenly as possible over the year. Ten weeks is the average for the life of a broiler, and it does not pay to force them specially, though they should be kept growing right along.

The staple diet is ground oats. When chickens are housed feed them ground bone and meat sparingly twice a week. In cool weather use small potatoes, boiled and mashed, mixed with ground oats or corn.

Farmers often have a lot of vegetables and skim milk that are worth more for chicken food than for anything else. By following such a course as this there is sufficient variety for healthful feeding and to keep up the growth.

Start the little chicks usually with bread crumbs and fine meal. A little warm milk is also excellent during the whether chickens are getting too much out on the wet ground. For one thing they will eat too much worm meat for chickens, young or old.

### A Good Ration Mixture.

Fowls, like animals, thrive best when given a variety of grains, and the following will be found a satisfac-

lobes close over the calyx cup nat- of corn, wheat and oats. When corn urally the poison cannot get inside is difficult to obtain we have had and this is the point of the whole mat- splendid results by substituting barley

Bell Never Stops Tolling.

A bell in a temple in North China has been kept ringing for a century. A tax is levied in the district for paying relays of ringers to work incessantly day and night.

Be happy. Use Red Cross Ball Blue; much better than liquid blue. Delights the laundress. All grocers. Adv. Delights

The man whose wife takes in washing is usually long on words and short on action.



Mr. Robert H. Norris, No. 1333 Henry St., North Berkeley, Cal., writes: "We have never had any other medicine but Peruna in our home since we have been married. I suffered with kidney and bladder trouble, but two months treatment with Peruna made me a well and strong man. My wife feit weak and was easily tired and was also troubled with various pains, but since she took Peruna she is well and strong."

