

Long Journey. A railroad from Nome to Cape Horn is being considered, and sometimes we may be able to take a through sleeper from one end of the American continent to the other.

To Get Rid of Pimples. Smear the affected surface with Cuticura Ointment. Let it remain five minutes, then wash off with Cuticura Soap and hot water and continue bathing a few minutes.

Legal. Nurse—Goodness me, what have you been doing to your dolls? Joan—Charley's killed them. He said they were made in Germany, and how were we to know they weren't spies?

Not in the Bond. "Did the aviator who advertised to fly 'rain, hail, blizzard or cyclone' do his stunt?" "No, he called it off because it drizzled."

YOUR OWN DRUGGIST WILL TELL YOU. Try Murine Eye Remedy for Red, Watery Eyes and Granulated Eyelids. No Stinging. Just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

Indorsed. "Does she approve of cosmetics?" "She seems to lend countenance to them so far as I can see!"—Judge.

Red Cross Ball Blue makes the laundress happy, makes clothes whiter than snow. All good grocers. Adv.

It should be the constant endeavor of every man to deserve the good opinion he has of himself.



Rheumatism. Just put a few drops of Sloan's on the painful spot and the pain stops. It is really wonderful how quickly Sloan's acts.

Mr. James E. Alexander of North Harpswell, Me., writes: "Many strains in my back and hips brought on rheumatism in the sciatic nerve. I had it so bad one night when sitting in my chair, that I had to jump on my feet to get relief. I at once applied your Liniment to the affected part and in less than ten minutes it was perfectly easy. I think it is the best of all Liniments I have ever used."

SLOAN'S LINIMENT. Kills Pain. At all dealers, 25c. Send four cents in stamps for a TRIAL BOTTLE.

Dr. Earl S. Sloan, Inc., Dept. B., Philadelphia, Pa.

The Army of Constipation. Is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation.



Genuine must bear Signature. Small Pill, Small Dose, Small Price.

TYPHOID. It is no more necessary than Sinusitis, diphtheria, and influenza, that the almost microscopic efficiency of the new Typhoid Vaccine, and your physician, druggist, or send for "How you can protect your family from Typhoid Vaccine, and how to use it, and danger from Typhoid Carriers." The Typhoid Vaccine, Berkeley, Cal., Chicago, Ill. Produced by Vaccines and Serums under U. S. License.

The KITCHEN CABINET

No man can live happily who regards himself alone, who turns everything to his own advantage. There must live for another, if thou wishest to live for thyself.

YULETIDE CANDIES.

Instead of buying the Christmas candies this year, why not make it a part of the holiday joy to prepare them at home? With the foundation for French creams made, one is able to assemble a large variety of different kinds of candy.

An old-fashioned candy pull is plenty of fun and incidentally several varieties of taffy may be added to the collection.

Delicious Fudge.—Take two teaspoonfuls of sugar, a third of a cupful of corn sirup, two tablespoonfuls of butter, a half cupful of milk and cook together with a square of grated chocolate until it makes a soft ball when dropped in water. Cool and stir, pat out in a buttered pan and mark off in squares when cool.

Cream Candy.—Take a pound of sugar and a half cupful of hot water, a tablespoonful of butter, a half teaspoonful of cream of tartar and a tablespoonful of vinegar. Boil until it brittles when a drop is put into water, pour on buttered pans and cool, then pull.

Walnut Creams.—Cook together three cupfuls of sugar, one-half cupful of corn sirup and a cupful of cream. Drop in a bit of water and if it makes a soft ball, remove from the heat and add a teaspoonful of vanilla, stir when cool and add a cupful of chopped nuts, spread on buttered pans and mark off in squares.

Peanut Candy.—Take two pounds of brown sugar, add six ounces of butter and cook together seven minutes, stirring constantly, add half a pound of peanuts which have been rolled until like coarse crumbs. Put in a buttered pan and mark off in squares.

SAVORY DISHES FROM ITALY. The great national dish is polenta, which is nothing more than common mush, made from white corn meal. It is cooked in boiling salted water, then put into a dish to cool. It is sliced and fried in olive oil or drippings and often served with tomato sauce.

Chestnut and Orange Salad.—Boil a half pound of chestnuts, shell and blanch them, cut them in small pieces and mix with the grated yellow rind of an orange. Pile the nuts with sections of the orange freed from connecting skin, and a spoonful of mayonnaise dressing, all served on cress or lettuce.

Meat Polenta.—This is mush stirred thick with any chopped cold meat. The mush is then set away to get cold and is fried.

Fish Soup.—Reserve the water in which fish has been cooked, or make fresh stock from the bones and trimmings of fish. If from the latter strain carefully before using. Chop fine two leeks, a tablespoonful of parsley, two carrots, three potatoes and a bay leaf, add to a quart of fish stock with seasoning of salt and pepper. Ten minutes before serving add a half dozen oysters with their liquor. Sprinkle parsley over the soup just before serving.

Chicken Livers With Mushrooms.—Cleanse six chicken livers and peel six large mushrooms, chop them and simmer in a cupful of stock a half hour. Prepare a batter of two tablespoonfuls of flour, a very little milk, one egg, salt and pepper, add the chopped livers and mushrooms, mix well and drop by spoonfuls in a little hot fat in a frying pan. Cook until a golden brown on both sides. Drain on brown paper before serving.

Italian Tomato Sauce.—Slice one onion and cook it in a half cupful of oil until a golden brown. Add two cupfuls of stewed and strained tomatoes, a bay leaf, two cloves and simmer half an hour. Mix one and a

half tablespoonful of browned flour with two tablespoonfuls of water, add to the sauce and cook three minutes, season with salt and pepper and serve.

GOOD THINGS WORTH TRYING. Baked tomatoes are not well enough known as a most desirable dish. Peel and cut in thick slices eight firm tomatoes. Put a layer of them in a deep baking dish, dot with butter or sprinkle with olive oil; add a little grated cheese and a bit of chopped onion. Repeat the layers until the tomatoes are all used. Cover with buttered bread crumbs and bake three-quarters of an hour.

Cabbage Rolls.—Take two cupfuls of seasoned cooked meat, seasoning with onion, Worcestershire sauce, or any desired flavor, depending on the kind of meat. Moistened the meat with gravy and spread a small portion on large cabbage leaves, roll up and place in a pan close together, cover with stock and cook until the cabbage is tender. Raw meat may be used, but longer cooking will be needed. Thicken the stock for gravy and pour around the rolls. Garnish with pickled chopped beets.

Minestrone.—Take three pints of well seasoned stock, add a cupful of cabbage finely shredded, one small onion, a half cupful each of peas, rice and string beans. Simmer gently until the rice is soft. Serve this soup without straining. Sprinkle with cheese before serving.

Chestnut Creams.—Boil and shell and blanch a pound of large chestnuts. Put them through a sieve, add the juice of two oranges slowly, sweeten to taste and stir into a half pint of heavy whipped cream. Serve in sherbet glasses, garnished with whole chestnuts or a touch of bright jelly.

Fruit Cream.—Cook the juice of three lemons and three oranges with two cupfuls of sugar, set aside to cool. Soften two tablespoonfuls of gelatin with milk, then heat over hot water until dissolved. Whip two cupfuls of cream, add the fruit juice and gelatin, stir until well blended, then pile high in a deep dish or mold if preferred.

TO MAKE GOOD SOUPS

MATTER THAT IS WORTHY OF CAREFUL ATTENTION. Important Article of Food, and Really No More Trouble to Prepare Than Other Things—Directions for Two Stocks.

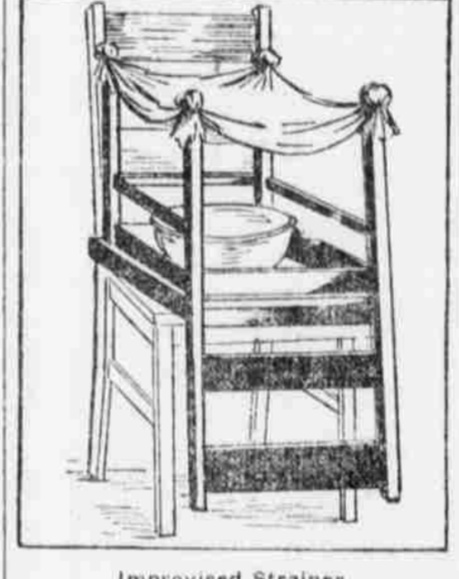
Someone has said that soup is to the dinner what the overture is to the opera and most assuredly a good hot plate of soup is not only grateful but appetizing, putting us in good humor for the rest of the dinner.

Soup is not really a troublesome food to prepare and is certainly an economy, as it makes a profitable use of bits and scraps that might otherwise find their way to the garbage can. There are five or six hundred varieties of soup which can be classified as purees, thick soups, broths and clear soups, the foundation of all being either fish or meat stock.

For the making of stock we should regularly set aside bones of meat, poultry, game or fish, but this latter must be put in a separate dish; bits of gristle, snags, raw or cooked meat, necks, hearts and gizzards of game or poultry, rinds and trimmings of salt meat and the liquor in which meat or fowl has been boiled. We must, however, be careful not to put in fat, potatoes or cabbage.

This stock is used for purees, broths and thick soups, but for consommé you must use fresh uncooked juicy meat and fresh vegetables in making the stock.

For a quart of consommé or clear soup you will require: Beef, fresh shin, two pounds; onion, one medium



size; carrot, one medium size; turnip, one small; water, three pints; celery, half stick; parsnip, one slice; herbs (parsley, thyme and bay leaf); peppercorns, one dozen; salt, one teaspoonful.

Cut up the meat into small pieces, add the salt and cold water and allow to stand for at least half an hour to draw out the juices of the meat.

Bring slowly to the boil, and when the scum begins to rise add a tablespoonful of cold water; skim carefully and allow to boil gently for five minutes.

Cut the onions, carrot and turnip in halves and add them to the liquid, first leaving the sauceman to one side, so as to keep the contents simmering, not boiling. After simmering for five hours strain off and allow to get cold.

Tamale Pie. Take one pound of hamburger steak, or left-over meat, cut fine and add one level cupful of seeded raisins, one dozen stoned olives, salt, pepper and red pepper to taste. Stev until tender and licken with one tablespoonful of cornmeal. Then stir one and one-half cupfuls of cornmeal into boiling water, add one tablespoonful of shortening and cook until the consistency of mush. Line a buttered baking dish with about two-thirds of this mixture, pour in the meat and cover with the remaining mixture, and bake for one-half hour. This makes a fine meat pie, and is even better next day warmed over.

Rice Waffles. Sift together one quart flour, half a teaspoonful of salt, one teaspoonful of sugar and two teaspoonfuls of baking powder. Add next a cup of hot boiled rice. If it has been boiled the day before and is cold, warm it in a cupful of milk. Add also a pint of cold sweet milk, a heaping tablespoonful of butter melted and the well beaten whites and yolks of two eggs. Bake carefully in a hot waffle iron as these waffles are especially delicate.

Banana Trifle. Arrange in a glass dish alternate layers of sliced bananas and cubes of stale sponge cake. Sprinkle in half a cupful of fruit juice. Make a custard as directed above, flavor with lemon and pour over the bananas and cake. Cover with a meringue and decorate with bananas. Serve very cold.

To Remove a Gasoline Ring. I used gasoline to remove a stain on a serge dress and it left a ring around the part that was cleaned. To remove this I held the mark over a steaming kettle and it disappeared.—New York Press

Consomme Royal. Boil briskly for an hour the head and feet of four fowls, one pound of lean beef cut into small pieces, in two quarts of water and add an onion, turnip and stretch off and place on the ice to cool.

Perpetual Motion. Alderman Curran of New York city worked his way through Yale college. During his course, he was kept very busy by the various jobs he did to help with his expenses. On graduation, he went to New York, and was even busier than he had been in New Haven. After some months of life in New York, a friend met him, and said: "Henry, what are you doing?" "I have three jobs," replied Mr. Curran. "I am studying law, I am a newspaper reporter, and I am selling life insurance."

Getting Rough With Juanita. Small Mary, who had been taught to read by the modern "sounding-out" system, was amusing herself by singing the school song from cover to cover. Presently, as she reached "Juanita," one heard coming in her birdlike little voice from the depths of the big armchair:

"In the dark I slammed her." A startled parent found that the line really read:

"In thy dark eyes' splendor."

When the rosters applaud the umpire's decisions it means that the visiting team is getting the short end of it.

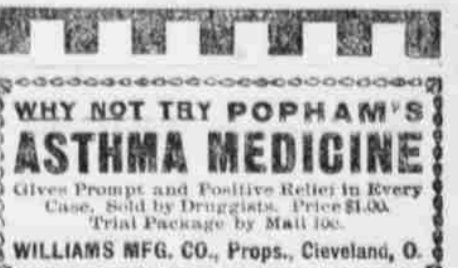
Most women have a mania for the kind of garments that are more ornamental than useful.

"WATCHFUL WAITING"

Keeping watch on the appetite—the digestion—the liver and bowels will enable you to quickly detect the first sign of weakness and with the prompt aid of

HOSTETTER'S Stomach Bitters

you can guard and protect yourself against all Stomach and Liver ills.



W. N. U., OMAHA, NO. 50-1914.

VITAL FORCE

Disease germs are on every hand. They are in the very air we breathe. A system "run down" is a prey for them. One must have vital force to withstand them. Vital force depends on digestion—on whether or not food nourishes—on the quality of blood coursing through the body.

DR. PIERCE'S Golden Medical Discovery

Strengthens the weak stomach. Gives good digestion. Enlivens the sluggish liver. Feeds the starved nerves. Again full health and strength return. A general upbuilding enables the heart to pump like an engine running in oil. The vital force is once more established to full power. Year in and year out for over forty years this great health-restoring remedy has been spreading throughout the entire world—because of its ability to make the sick well and the weak strong. Don't despair of "being your old self again." Give this vegetable remedy a trial—Today—Now. You will soon feel "like new again." Sold in liquid or tablet form by Druggists or trial box for 50c by mail. Write Dr. R. V. Pierce, Buffalo, N. Y.



GOOD PROSPECT FOR SPORT. Quail Not Only in Profusion, But Seemingly of High Order of Intelligence.

They were talking about fine hunting the other night when Dr. Elmer B. Cooley, Uncle Joe Cannon's congressional opponent, was reminded of an incident that happened in his home state.

At the beginning of the hunting season, the doctor said, an enthusiastic amateur named Smith telegraphed a hotel friend in the game region for reservation, and at the appointed time he was right on the job.

"Hello, Harry!" he exclaimed, saluting mine host, as he dragged his dogs and guns to the hotel veranda. "Everything all right?"

"Couldn't be better," was the prompt response of mine host. "How about the game?" returned the sportsman, eagerly. "Are there any quails around?"

"Well, I should say so!" declared mine host. "Every time the cook throws a refuse piece of toast out of the back window four or five fat quails fight to see which one shall lie down on it!"—Philadelphia Telegraph.

Socially Impossible. "I thought you liked your new friends so much?" "So I do, but I just had to give them up—they own such a cheap car!"—Puck.

It takes two to make a quarrel, and we seldom have any difficulty in finding the other one.

You can blind some men by throwing dust in their eyes.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Watson. In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

Appreciation. "You say that man enjoys work?" "Beyond a doubt, I have seen him stand around and admire it by the hour."

Many a candidate who imagines the eyes of the whole world are upon him isn't even known outside of his own precinct.

What they don't want may make some people happier than what they have.

If you wish beautiful, clear, white clothes, use Red Cross Ball Blue. At all good grocers. Adv.

There are two sides to everything; yet a woman only has use for one side of a mirror.

Canadian Wheat to Feed the World

The war's fearful devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and there is an unusual demand for Canadian wheat. Canada's invitation to every industrious American is therefore especially attractive. She wants farmers to make money and happy, prosperous homes for themselves while helping her to raise immense wheat crops.

You can get a Homestead of 160 acres FREE and other lands can be bought at remarkably low prices. Think of the money you can make with wheat at its present high prices, where for some time it is liable to continue. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley and Flax.

Mixed farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, markets convenient, climate excellent.

Military service is not compulsory in Canada, but there is an extra demand for farm labor to replace the many young men who have volunteered for the war. The Government last year is urging farmers to put extra acreage into grain. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada, or W. V. Bennett, 220 17th St., Room 4, Bee Bldg., Omaha, Neb., Canadian Government Agent.

Supremacy of Business. There never was a time in all history when our national life has been so interwoven in the transactions of business representing as it does the basic principle of progress and permanent success, and the sneer at commercialism passes when we discover militarism only a cloak for it. The United States is proving to the world how inconsequential are those things which have been felt to be paramount in the building up of a nation, such as military power and fringing territories along the border, for business is something that concerns individuals and the home welfare, and requires no apology in this day of glorified peaceful industry, which is another name for "Americanization."—How's Business? Prominent Business Men, in National Magazine.

Character Building. We prepare ourselves for sudden deeds by the reiterated choice of good or evil that gradually determines character.—George Eliot.