

LOW ROUND TRIP FARES TO CALIFORNIA'S EXPOSITIONS AND THE PACIFIC COAST

Low round trip fares are now in effect via the Scenic Highway of the Northern Pacific Ry. to California's Expositions via the North Pacific Coast. These tickets permit liberal stop-overs and enable the tourist to include both Expositions as well as a stop-over at Yellowstone National Park via Gardner Gateway.

If you will advise when you will plan your western trip, I will be pleased to quote rates, send a copy of our handsome Expositions folder as well as Yellowstone National Park and travel literature, and assist you in any way possible in planning your 1915 vacation trip. A. M. Cleland, General Passenger Agent, 517 Northern Pacific Ry., St. Paul, Minnesota.—Adv.

In the United States cities there was last year one bank for every 9,700 people.

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

A Difference.

"Hello, old man. I haven't seen you since we went to school together. I hope Fortune has smiled on you." "You might call it that. She's given me the horse laugh many a time."

He Should Worry.

"How do you account for Nero fiddling during the burning of Rome?" asked the professor.

"I suppose he had the place heavily insured," suggested the senior who was specializing in finance.

Brothers in Misfortune.

The first baseman had just been carried off the diamond with a sprained wrist and a dislocated shoulder.

On the way to the hospital the ambulance stopped to pick up a janitor who had fallen downstairs.

"We meet quite by accident," said the ball player. "I am a first baseman."

"And I," said the janitor, "am a first basement man."

His Own Windows.

A woman had been arrested for throwing stones through the windows of a building on Pacific avenue and her lawyer, "Indignation" Jones, had applied to Judge Goggin for a writ of habeas corpus.

After the facts had been recited without comment, Judge Goggin exclaimed:

"Hold on there. What number did you say that was?"

"Number 16."

"That's my property. I'll pay the fine myself, but don't break the windows again."

But Not One of Them. "Does he belong to the moneyed class?" "Heart and soul. There's nothing he wouldn't do for them."

THE PROFESSOR'S STATEMENT.

Prof. Ang. F. W. Schmitz, Thomas, Okla., writes: "I was troubled with Backache for about twenty-five years. When told I had Bright's Disease in its last stages, I tried Dodd's Kidney Pills. After using two boxes I was somewhat relieved and I stopped the treatment. In the spring of the next year I had another attack. I went for Dodd's Kidney Pills and they relieved me again. I used three boxes. That is now three years ago and my Backache has not returned in its severity, and by using another two boxes a little later on, the pain left altogether and I have had no trouble since. You may use my statement. I recommend Dodd's Kidney Pills when and where ever I can." Dodd's Kidney Pills, 50c per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y.—Adv.



Prof. Schmitz.

In Judge McKinley's court they were examining talesmen for the trial of a boy, who had killed his father. The lawyers dwelt mostly on the facts of marriage, paternity and whether there had been insanity in the families of the men under examination.

When they got around to Michael McCarthy the wait had been long and he proceeded to whip up.

Asked the first question he galloped away with this:

"My name is Michael McCarthy and I live at 1336 Fulton street and I am thirty-five years old and I am married and have one child and I have never had any insanity in the family and if I had I wouldn't be fool enough to tell you."

Too Much for Them.

Corpulent Individual—But you can't give me any reason why I should not enlist.

Spouse—Well, I should miss you, dear, but the Germans couldn't.—London Mail.

Comparisons.

"My income," said the boastful theatrical star, "is much larger than that of the president of the United States."

"Yes," replied the conservative poet.

"But you can't judge by incomes. Jack Johnson's income used to be larger than yours."

Scientists have estimated that more than 15 per cent of the earth's crust is composed of aluminum.

The KITCHEN CABINET

All worthy he who prompt responds, Prepared for every fate; But worthless he of higher praise Who, trusting, learns to wait.

GOOD DISHES.

When cooking onions or preparing them to use fresh, add a little soda to the sliced onions and let stand in cold water for ten minutes, rinse, and they are ready for use. Soyer, the great paper bag expert, is credited with this wisdom. People who cannot otherwise eat onions can enjoy them prepared thus.

German Goulash.—Boil two pounds of flank beef until tender, then put through a meat grinder. Add to the liquor saved from the boiled beef, a pound of cornmeal and cook until the meal is well cooked, a half-hour will do; then mix with the meat, season well with pepper and salt and cool in a deep dish. When wanted to use, cut slices and fry a deep brown. This will keep some time.

Potato Pancakes.—Peel and grate six potatoes which have stood in cold water to harden. Mix one grated onion with the potato, two eggs, a half teaspoonful of baking powder and flour to make a thin batter. Fry in cakes until a deep brown.

Macaroni With Mutton.—Brown in butter a few slices of cold mutton and arrange them on a platter. Chop half an onion, fry in butter and add a cupful of stock, one cupful of tomato pulp with salt and pepper to season; bring to the boiling point, add a cupful of macaroni, cooked in salted water and drained. Stir all together over the fire and serve hot, poured around the meat heaped in the center of the platter.

Calf's Liver en Casserole.—Fry until crisp and brown five slices of bacon. Add to the hot fat, one dozen potato balls, one dozen carrot balls, one stalk of celery, diced, and six sliced onions. Cook very slowly for ten minutes, then place in the casserole. Wash the sliced liver and lay on top of the vegetables, add seasonings, a tablespoonful of kitchen bouquet, cover with a pint of boiling water and cook well covered for an hour. Do not remove the cover while it is cooking.

FOR THE LOBSTER LOVER.

Where lobsters are to be obtained fresh and in good condition, there is no more highly prized delicacy. It is not so many years ago that we were taught to plunge live lobsters into boiling water to kill them. We have learned that this is unnecessary cruelty, as they can be quickly killed by thrusting a sharp knife into the back between the body and tail shell; death will occur at once. For those of us who have endured the sensation of dropping a lively lobster into a kettle of water and felt like a murderer, this method will seem easy.

Lobsters which are full of motion and heavy are fresh and good. If the tail of a boiled lobster is lifted and springs back to its curled condition its freshness is assured. If this test fails, reject the lobster, as it is too long dead. The coral of lobster is red, the spawn is green before it is cooked, when it turns red, as do lobsters, as they are green before boiling.

A broiled lobster is a most delicious dish and one in which the epicure delights. Kill the lobster as described, and split down the back with a sharp knife and mallet, remove the stomach and intestines; the stomach is directly under the head, the intestines runs the length of the tail piece and are often colorless, so must not be overlooked. Place the two pieces with the shell part over the heat and broil for a half hour or longer. When half-cooked, season generously with butter, and when thoroughly cooked add butter, salt and lemon juice. Crack the claws before serving.

A Boiled Lobster.—Buy lobsters that are alive and kill them as above, then drop them into a gallon of boiling water, in which a fourth of a pound of salt has been dissolved. Plunge and completely cover the lobster and cook from twenty-five minutes to three-quarters of an hour, depending upon the weight of the lobster. If cooked too long the meat will be tough. Break off the claws, crack them at the joints and pick out the meat. Garnish the lobster with the claws and use the shell to serve it in if so desired.

It Was Her Day to Be Absent.

"Some fellows can sure pull down the money easy," growled J. Fuller Gloom. "For instance the person who wrote a recent article of a column and a half telling about the traveling man who smiled and smiled on an aggravating trip because he felt that when he reached his own home his dear, sweet wife would fall into his arms with a great gush of joy. But when he got home the wife was absent, of course—as every real married man would know."—Kansas City Star.

SPRING DISHES.

This is the time when the dandelion greens as well as other growing green things should be often served. Perhaps you may find a few bunches of blanched dandelion plants which have been growing under a board; they will be white, crisp and delicate. Wash and cut them, adding a bit of chopped onion and oil with vinegar, salt and pepper. The delicate bitter of the dandelion makes them especially well liked and a good tonic.

Veal Fricassee.—Cut a piece of the breast of veal into small pieces and fry in butter until brown, sprinkle with flour, salt, nutmeg; add a bit of bay leaf and a few peppercorns, cover with water and cook slowly for an hour on the back of the stove or over very slow heat. Beat two eggs, mix with a little of the gravy, then add to the meat. Serve on a hot platter with the gravy poured over the meat.

Liver Dumplings.—Put a half pound of calf's liver through a meat grinder. Soak a thick slice of bread in water and squeeze dry. Put a tablespoonful of butter into a frying pan, add a tablespoonful of chopped onion, salt and pepper to taste. Beat three eggs and pour into the pan. Now mix the liver with the gravy. Roll out some crackers, make balls of the liver, dip in cracker crumbs and add to any good beef soup. Cook until well done. Serve with the soup.

Nuts and Egg on Toast.—Toast slices of bread, butter well and serve with three eggs, half a cupful of chopped nut meats, one tablespoonful of cream and a dash of pepper and salt; stir all together, turn into a skillet in which a tablespoonful of olive oil has been heated. Mix and stir as it thickens. Serve on the toast when firm.

A thin slice of pineapple put on a buttered slice of bread spread with cream cheese makes a most dainty sandwich.

A pretty dish and one which is most palatable is green peas cooked in very little water seasoned with butter and poured over hard cooked eggs cut in eighths.

Celery root cooked until tender and served in a sour sauce, either hollandaise or piquante, makes a palatable salad for a change.

ORANGE DISHES.

Oranges are adapted to many dishes, as well as drinks; they make good soup, puddings, salads and desserts, not to mention cakes and cake fillings. Oranges sliced and sprinkled with sugar are a delicious sauce to serve with cake and will thus take the place of a dessert.

Combined with stale cake and custard, oranges form a most delicious dessert.

Orangeade.—Take two cupfuls of orange juice, add 1½ cupfuls of sugar, one cupful of strained cranberry sauce and two quarts of water. Boil the sugar and water together for five minutes, then cool and add the strained juices. Garnish the glass with a thin slice of orange or a bit of the peel hung on the edge of the glass.

Orange Puffs.—Take a cupful of flour, and a half cupful of sugar, a half cupful of milk; sift with the flour a teaspoonful of baking powder with a half teaspoonful of salt, add one egg, beaten, add one tablespoonful of melted butter, flavor with the grated rind of an orange. Steam in buttered cups 25 minutes and serve with orange sauce.

Orange Sauce.—The juice of two oranges, one cup of boiling water, one tablespoonful of lemon juice, two teaspoonfuls of cornstarch, four tablespoonfuls of sugar. Mix the sugar and cornstarch and add the water, cook until the starch is well cooked; add a tablespoonful of butter and the orange juice with a little grated rind.

Orange Salad.—Serve neat slices of orange on lettuce with a dressing of oil and vinegar. This is especially good with game. Another nice way to serve it is in overlapping slices on a long salad dish garnished with candied cherries. Oranges and grapes with a bit of pineapple is another fine combination for a fruit salad. Sponge cake flavored with orange and served with an orange filling, then frosted with an icing flavored with lemon juice and orange rind is a delicious dessert.

Nellie Maxwell

Use Mailing Tubes.

An excellent receptacle for sending flowers by post is a mailing tube. Lay the waxed paper in such a shape that they will fit the tube. Sprinkle lightly with water. Place a bunch of wet cotton or tissue paper at the ends of the stems. Roll the flowers up carefully in the paper and twist the ends securely. Slide them into the tube. The paper which wraps the tube should be large enough to tuck in well at the ends to prevent the flowers from slipping.

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

The trouble with many a self-made man is that he is not quite finished.

Drink Denison's Coffee. Always pure and delicious.

Companionship of the pessimist will never improve one's digestion.

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By bathing and anointing these fragrant supercreamy emollients impart to tender, sensitive or irritated, itching skins a feeling of intense skin comfort difficult for one to realize who has never used them for like purposes. Cultivate an acquaintance with them. Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

The salaries of college teachers with rank of professor range in this country from \$450 to \$7,500 a year.

Rheumatism Is Torture

Many pains that pass as rheumatism are due to the failure of the kidneys to drive off uric acid thoroughly. When you suffer aching, bad joints, backache, too, dizziness and urinary disturbances, get Doan's Kidney Pills, the remedy that is recommended by over 150,000 people in many different lands. Doan's Kidney Pills help weak kidneys to drive out the uric acid which so often causes backache, rheumatism and lumbago.

A Nebraska Case

J. F. Brewer, 3334 Boyd St., Omaha, Neb., says: "For three or four years I had kidney complaint. I suffered from a constant ache through my back and my kidneys acted too frequently. Symptoms of inflammation were noticeable. One box of Doan's Kidney Pills brought me relief and two boxes removed the ailment. I have enjoyed good health ever since."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Sick Women Made Well

Reliable evidence is abundant that women are constantly being restored to health by Lydia E. Pinkham's Vegetable Compound

The many testimonial letters that we are continually publishing in the newspapers—hundreds of them—are all genuine, true and unsolicited expressions of heartfelt gratitude for the freedom from suffering that has come to these women solely through the use of Lydia E. Pinkham's Vegetable Compound.

Money could not buy nor any kind of influence obtain such recommendations; you may depend upon it that any testimonial we publish is honest and true—if you have any doubt of this write to the women whose true names and addresses are always given, and learn for yourself.

Read this one from Mrs. Waters:

CAMDEN, N. J.—"I was sick for two years with nervous spells, and my kidneys were affected. I had a doctor all the time and used a galvanic battery, but nothing did me any good. I was not able to go to bed, but spent my time on a couch or in a sleeping-chair, and soon became almost a skeleton. Finally my doctor went away for his health, and my husband heard of Lydia E. Pinkham's Vegetable Compound and got me some. In two months I got relief and now I am like a new woman and am at my usual weight. I recommend your medicine to every one and so does my husband."—Mrs. TILLIE WATERS, 530 Mechanic Street, Camden, N. J.

From Hanover, Penn.

HANOVER, PA.—"I was a very weak woman and suffered from bearing down pains and backache. I had been married over four years and had no children. Lydia E. Pinkham's Vegetable Compound proved an excellent remedy for it made me a well woman. After taking a few bottles my pains disappeared, and we now have one of the finest boy babies you ever saw."—Mrs. C. A. RICKBOD, R.F.D., No. 5, Hanover, Pa.

Now answer this question if you can. Why should a woman continue to suffer without first giving Lydia E. Pinkham's Vegetable Compound a trial? You know that it has saved many others—why should it fail in your case?

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health. Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



Money! Money!!

But it isn't everything—

There's far more satisfaction in bounding health and the ability to be comfortable.

When health has slipped away through wrong habits of diet, the only way to get it back is to change food.

Grape-Nuts

is scientifically prepared food, and contains all the rich nutriment of wheat and barley—including their invaluable mineral content—necessary for sound nourishment of one's mental and physical forces.

With a clear head to steer a strong body you can do things and win. Both can be built by proper food, and turned to money and comfort.

Grape-Nuts food is delicious, richly nourishing, and easily digestible—undisputedly the most scientific food in the world.

"There's a Reason"

—think it over!

Our Telephone Policy

To give the best telephone service that American brains can produce; to charge the lowest rates consistent with prompt and dependable service; to treat everyone courteously, and to merit a reputation for integrity, efficiency and decency.

To instill these principles in the minds of every one of our employees, and to have our employees proud of the Company, proud to serve it and its patrons and jealous of their own and the Company's good name.



NEBRASKA TELEPHONE COMPANY
BELL SYSTEM

BLACK LEG LOSSES SURELY PREVENTED by Cutler's Bleeding Pills. Low priced, fresh, reliable, preferred by Western stockmen, because they protect where other venous fail. Write for booklet and testimonials. 10-cent package, Bleeding Pills \$1.00 25-cent package, Bleeding Pills 4.00 Use any injector, but Cutler's best. The superiority of Cutler's products is due to over 15 years of specializing in venous and serum only. For Cutler Laboratory, Berkeley, Cal., or Chicago, Ill.

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 drug stores.

Nebraska Directory

TYPEWRITER BARGAINS Smith-Bell, Remington, Oliver, and other makes. Largest stock of typewriter exchange, known as the Nebraska Directory Co., 1815 Farnam Street, Omaha, Nebraska, and supplies. Largest house in the west. All Eastman goods. We pay return postage on finishing.

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