

stead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta.

This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help to feed the world ever. Canada wants you to help to feed the world by tilling some of her soil-land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think what you can make with wheat around \$1 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Fiax. Mixed farming is fully as profitable an industry as grain or wing

growing.

The Government this year is asking farmers to put increased acreage into grain. Military service is not com-

pulsory in Canada. There is no conscription and no war tax on lands. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature and particulars as to reduced railway rates to Superintendent Immigration, Ottawa, Canada, or to

W. V. Bennett, 220 17th St., Room 4, Bee Building, Omaha, Nebr.

Canadian Government Agent.



Pink Eye, Epizootic Shipping Feyer & Catarrhal Fever Dicod and Glands, orped." Liquid, given on the tongue, acts on the Blood and Glands, expels the germs from the body. Curren Distemper in Dogs and sheep and Cholers in Largest seelling live stock remedy. Cures La Grippe among human beings, no kidney remody. 50c and 81 & bottle: 55 and 810 a dogen. Cut this out, how to your droggint, who will get it for you. Free Booklet, "Distempers d Cures." Special Agents wanted. SPOHN MEDICAL CO., Chemiets and GOSHEN, IND., U. S. A.

DEVOTED HIS TO GOOD WORK

Devout Little Johnny Would Give His Penny to Buy Bibles for Poor Kids.

The little visitors at Aunt Mary's were Helen, age six, and John age four. They played keeping grocery under the piano, envelopes, books and other articles representing the stock in trade. They took turn about as grocer and customer. The grocer bore the name of Mr. Popcorn.

"Mr. Popcorn," said Helen, "have you any rabbits this morning?"

"Yes'm," answered the polite grocer. "Are they nice and fresh?" "Yes'm."

"Then you may give me a good, big fat one for 15 conts."

During a lull in the grocery transactions Aunt Mary gave each of the visitors two cents-two cents in real money.

"And what are you going to do with the money?" asked Aunt Mary. "I'm going to put my two pennies in

the bank," said Helen. "And I," said John, "I'll buy candy

with one penny."

"And what will you do with the other penny?"

by the missionary talks at Sunday school, answered: "I'm a-goin' to give it to buy Bibles for poor kids."-Providence Tribune.

Sympathetic.

Meeker-Poor man! Bleeker-To whom do you refer? Meeker-The chap who is going to marry my former wife.

Ancient Artisans in Africa. The question has often been asked: Was there any earlier race in occupa-

tion of the area in Africa at present held by the Bantus? In Man W. H. Beech reports that in the Kikuyu country some ancient pottery has been said to be the work of a people called Gumba, who displaced the Miathoachiana, cannibal dwarfs.

These Miathoachiana are now believed to be earth-gnomes, skilled in the art of iron working. Mr. Beech, with some amount of plausibility, suggests that they were possibly bushmen, pygmies, or both, and that they were a local indigenous race of the stone age who used flint implements often found in the Kikuyu country. The Gumba are said to have made pottery and to have taught the Kikuyu flour and stir until mixed; then pour the art of smelting. They may have been pre-Bantau Hamite invaders; but of this there is no evidence and the legend may tend to show that the first discovery of iron was made in just before sending to the table. Africa

A Lone Vulgarian. "This seems to be a very exclusive

"Yes, indeed. Why, even the waitwould be possible to exclude him."

For Her Sake.

wonderful work." "That's good. My wife says I am always doing things I cannot afford to,

and this will prove she is right."



ed right, to regulate his own proceed-

ings by his own likings and dislik-ings.-Martin Chuzzlewit.

LITTLE ECONOMIES.

If in the serving of meats one is

son habitually eats, the

waste from the table will

be little. It is far better

economies which are

often beneath the notice

where the wise house

careful to give no more than the per-

of co-operation with her cook in hold-

ing to a certain yearly table expense

has paid her \$10 extra yearly, and

finds they have even better food, for

Ox-Joints With Vegetables .-- Two

ox-joints have enough meat on them

to furnish flavor to quite a dish of

vegetables. Cut two ox-tails in pieces

at the joints, put into a saucepan,

cover with water and boil five min-

utes, drain and saute in butter, to

which a sliced onion has been added.

When well seared and browned add a

celery, beans or peas, cover with boil

ing water and simmer until the vege

tables are soft. Season well with salt,

pepper and add a little paraley. Serve

with a brown gravy poured over the ox

Hamburg Steak With Cabbage .-

Take firm outside leaves of cabbage.

wash and drain. Prepare the steak by

seasoning with salt, pepper, a pinch of

ground cloves, nutmeg and a little

onion juice. Use half pork sausage in

the meat combination. Form balls and

cook in a little hot fat until well

browned over, then wrap each cake in

a cabbage leaf, skewer with tooth

picks and place in the frying pan, add

and simmer for a half hour, or until

the cabbage is tender. Serve with a

gravy poured around the cakes. To-

mato sauce is very good as an accom-

SOME WAYS WITH DATES.

paniment to this dish.

32

tails and vegetables.

M

method.

If you entertain the supposition that any real success, in great things or in small, ever was or could be, ever will be or can be, wrested from Fortune by fits and starts leave that wrong idea. Bleak House,

SUMMER BREAKFASTS.

Except for those who are working at hard labor a simple breakfast of

fruit, cereal, an egg and toast or a bit of bacon and a cup of coffee is a sufficient and satisfying meal. A nice way to treat a cereal that is cooked and will be served cold is to put it, while cold, through the potato ricer. When wanted, it is wife keeps within her expenses. One then in an attractive form to serve.

Corn Toast .-- Cut stale bread in slices and toast. Cook three tablespoonfuls of butter with one tablespoonful of finely chopped onion three minutes, stirring constantly. Add two tablespoonfuls of flour and stir until drained, three-fourths of a teaspoonful of salt, one-fourth of a teaspoonful of paprika, and one egg, slightly beaten. Again heat to the boiling point, and simmer two minutes. Arrange on the toast which has been buttered and placed on a hot platter. Pour over the corn mixture and serve hot.

Creamed Salt Codfish .-- There is no more wholesome dish for any meal than creamed fish. Pick the fish in half cupful each of carrots, turnips small pieces: there should be threefourths of a cupful. Cover with lukewarm water and soak. Drain, put into a saucepan, add 2½ tablespoonfuls of butter, stirring until the butter is melted and mixed with the fish. Sprinkle with two tablespoonfuls of on gradually, while stirring, one cupful of scalded milk. Bring to the boiling point and let boil for two minutes. Add one egg, slightly beaten.

Southern Eggs .- Butter small rame kin dishes and half fill with hot boiled rice. Slip a raw egg in each, season with salt, pepper, butter, grated cheese and a little chopped boiled ham. Pour ing a little boiling water, cover closely in hot water to surround the dishes. cover and bake until the eggs are set Sauted Tripe .- Wipe fresh honey-

comb tripe, cut in pieces for serving. and parboil ten minutes, using equal parts of milk and water to cover tripe. Drain, season and roll in flour. Saute in butter.

NEW WAYS WITH OLD FOODS.

A most delicious ice cream may be

tablespoonfuls of lemon

FOX-HUNTERS IN THE WAR Thousands of Men Who Enjoyed That Sport in Britain Are Now at the Front.

Waterloo, according to the duke of Wellington, was won on the playing fields of Eton. Should Britain emerge triumphant from the present conflict we may find someone rising to claim that the campaign in Flanders was won in the English shires. The shires are the headquarters of fox-hunting, which most humanitarians denounce. George Bernard Shaw, for example, has no words strong enough to condemn it with. Mr. Jorrocks, the hero of a sporting novel, describing foxhunting as "war without its guilt and only 25 per cent of its danger." It has to be admitted, however, that they

who follow the hounds have answered to serve a small helping magnificently to their country's call. and give a second one There are, it proves, 150 masters than that good food of hounds with the British colors, 3,000 should be wasted. It is members of hunts and 1,500 hunt serv usually in the minor

ants. To them must be added the officers of the regular army who are accustomed to ride to hounds, likewise numbering some thousands. The total is an impressive one. It suggests that housekeeper who has tried the method the real attraction of this sport may be that it is, as Jorrocks said, "a sort of war."

Reminded Him.

Mr. Highbrow, who posed as an arbiter of taste, looked round the tiers of boxes at the opera house the other evening and said:

"I suppose, if a woman's shoulders are very beautiful, she has a right, a moral right, to wear a very decollete gown. At the same time-"

Mr. Highbrow chuckled and shook his head. "At the same time," he resumed,

'the fashionable woman of today reminds me of the prophet."

"How so?" said his interlocutor. 'How so?"

"She hasn't much on 'er in her own country," was the smiling reply.

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Of Falling Hair Get Cuticura. It Works Wonders. Trial Free.

Touch spots of dandruff and itching with Cuticura Ointment, and follow next morning with a hot shampoo of Cuticura Soap. This at once arrests falling hair and promotes hair growth. You may rely on these supercreamy emollients for all skin troubles.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.-Adv.

The Real Thing.

Little Lemuel-Say, paw, what is gratitude?

Paw-Gratitude, son, is the thing that shows up when a rich old bachelor dies and leaves all his money to the woman who once rejected him.

Dates are considered in most homes ALLEN'S FOOT-EASE for the TROOPS Over 100,000 packages of Allen's Foot Ease, the autiseptic powder to shake into your shoes, are being used by the German and Allied troops at the Front because it rests the feet, gives in-stant relief to Cores and Bunions, hot, swollen, as an occasional dainty, as we consider confectionery, yet ten cents a pound dates are a cheap energy-pro-

as that?

table, after all."

Florida Lands For Sale to Settlers

in tracts of ten acres and upwards, in Volusia County, adapted to cultivation of citrus fruits, vegetables of all kinds and general crops. Situation healthful. Send for circulars. Write in English. Railroad runs through tract. Will sell on monthly payments. Agents wanted.

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small end, 8 feet and up in length. Des Moines Saw Mill Co., Inc., Des Moines, Ia.

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Grim Humor.

"There goes Scribbles, the newspaper humorist."

'A merry quipster, ch?"

"He's a quipster, but seldom merry. The only time I ever saw him smile was when there happened to be a shortage of reporters on the local staff and he was asked to write the obituary of a man he didn'; like."

Sour-faced plety seldom lands many converts.

Never call a bluff unless sure that it is not the real thing.

Nebraska Directory

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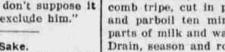
W. N. U., OMAHA, NO. 26-1915.

made with a cup of grape juice, two

restaurant."

ers are perfect gentlemen. The only And John, who has been impressed | coarse person one ever sees here is the proprietor, and I don't suppose it

"You can't afford to be without this



the cook takes a personal interest in both having attractive food and keepwell blended, then pour on gradually, ing within her limit. This is a method while stirring, two cupfuls of thin worthy of trial by other progressive cream. Bring to the boiling point and women, and, by the way, it keeps the add two cupfuls of canned corn, cook at least a year to try out the

-But I thought he was rich. sieeker Its Outcome. Meeker-So he is-poor man! "Who won at the tea fight?" "Nobody. It was a drawn battle." Its Affliction. "What's the matter with that infant Baltimore American. industry?" "I think it has infant paralysis." Suspicious Precaution. "Did he marry for money?" "Well, he always makes her wear With "every man his own policeman," who'd call the "cop?" a veil when they go out together."



juice, a pint of thin cream and sugar to sweeten, depending upon the sweetness of the grape juice. Freeze as usual. The beautiful watermelon pink is not the least of the attrac-

tions of this frozen dish. Sponge Pudding .- This is not new, but so good that it bears repeating yery often. Stir a third of a cupful of flour into a cupful of milk; when smooth set into boiling water and cook. When cool add a half-tablespoonful of melted butter and the yolks of three eggs, well beaten, with a fourth of a cupful of sugar. Cut and fold in the whites of the eggs, beaten stiff. and flavor to taste. Pour into a wellbuttered pan, set in water to make twenty minutes or until firm. Serve immediately with sauce prepared as follows: Cream an eighth of a cupful of butter, add a cupful of powdered sugar gradually.

Braised Beef .- Cut two thin slices of fat salt pork in pieces, try out and remove the scraps. Take three pounds of beef cut from the lower part of the round, or a chuck may be used. Wipe with a damp cloth, sprinkle with salt and pepper, dredge with flour and brown the surface in the pork fat. Place on a trivet in a deep baking dish and surround with half a teaspoonful of peppercorns. one-fourth of a cupful each of turnip, onion, car-

rot and celery cut in bits and three supfuls of boiling water. Cover closely and bake four hours, basting every half-hour and turning the meat ince during the cooking. Serve with a sauce made from the gravy in the pan, strained and thickened with butter and flour.

A pretty way to serve any gelatin salad is to mold it in a ring mold and turn out on a bed of lettuce, filling the center with the creamy, thick dressing which will be served with the salad on a lettuce leaf.

He Earns His Bread.

them safely home. In milking, he keeps away the calf, and then he carries home the pail. Around the house he makes himself useful in many errands, and he also works the tread- oil for five minutes,

turns per pound as good beefsteak. In many countries dates, figs and black bread are the only foods eaten, yet the people are strong, sturdy and able to endure much hardship. Another advantage of the dates over meat is that they keep splendidly, if kept from

ducing food, one which

gives six times the re-

insects. There are many tempting ways of serving dates, the manner most common of stuffing them with various things like nuts, fondant, cheese, is commendable, but there are more and better ways of serving them to our families.

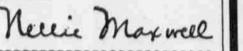
Delicious Sandwich Filling .- Take two cupfuls of date paste, which is dates put through a meat chopper, and a cup of peanut butter, rubbed smooth. Makes a most appetizing filling for sandwiches.

Dates with various cooked cereals are always liked, and are especially good for growing children. Give them such fruits as figs, dates and prunes and they will not care to make candy orgies which will leave them ill for days.

Another good combination for date filling for sandwiches is this: Two cupfuls of dates, a half cupful of lemon fuice, a half cupful of peanut butter and a dash of salt. Grind through the meat chopper and mix well. Keep in jelly glasses, cover with paraffin paper.

Dates in 'baked custard, dates in tapioca and dates as filling for cookies, dates as pie and cake filling are some of the delicious dishes which may be prepared at home. Dates, apples, celery and nuts make good salade

Dates cooked with rice as a pudding: Add to a quart of milk a cupful of stoned dates and a quarter of a cupful of rice. Sweeten and bake in a slow oven



mill by which the butter is churned. A good dog story being always in or- And-take notice, boys-he does all der, it is pleasant to have a good dog these things without pay, and never story to tell by way of wind-up. A asks for a holiday. But the faithful Georgia lady has a St. Bernard dog fellow is put to another remarkable that is a perfect jewel. He is sent use. Every summer he is sheared, out to the pasture every morning with and his silken wool spun into yarn! the cows, and every evening he brings | Who says that dog doesn't earn his

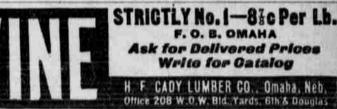
To Make Corks Watertight. Corks may be made airtight and waways, bringing in wood and running tertight by keeping them immersed in

aching, tender feet, and makes walking easy. accept any substitute. Adu. Puffed Injuries. Redd-He seems to be all puffed over his new automobile.



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