

### Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from any druggist or storekeeper, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.—Adv.

A woman is very apt to overestimate the good time her husband has when he is away from home.

### "CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now. Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

● A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

If love makes the world go round it's no wonder lovers act dizzy.

### WHEN KIDNEYS ACT BAD TAKE GLASS OF SALTS

Eat Less Meat If Kidneys Hurt or You Have Backache or Bladder Misery—Meat Forms Uric Acid.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headache, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.—Adv.

A woman may have a poor memory, but she never forgets a compliment.

### In the Vanguard of Spring Styles



If the pretty suit for spring, which is pictured above, had nothing else to recommend it but the charm of simplicity, it would still possess the best of all attributes of the street dress. But it has also the distinction which belongs to novelty in design and is compellingly good to look at.

This is one of a number of new models in which taffeta is combined with a cloth in making up suits. In this particular case it is made up with serge. The skirt is wide and plain, with most of the fullness disposed at the sides. The facing, of serge, is very wide and is set on to the taffeta with a double row of machine stitching. Skirts made in the same way, of cloth, are faced up with leather in the same color as the cloth, set on with a small piping of leather, and were among the earliest imports of the season.

The smart coat of taffeta is designed with a yoke of serge and finished at the bottom with a wide banding of it. This is rather an exception to the

rule of bandings on street suits, but is admirable because it corresponds with the skirt facing, as it should. The plain, wide belt is of the serge also and the sleeves are finished with cuffs of it.

The sailor collar is made of the taffeta and stands rather high at the back. It is protected by a white or gaudie collar with scalloped edges and this is decorated with black hem stitching, another of the new-style features for spring. In the coat, as in the skirt, most of the fullness is gathered in at the sides at the waist line, where it is apparently confined by the belt.

It would not be easy to find a more dependable style in a spring suit than this. It is one of many in which two materials are combined, but it is not always done with such nice balance. The silk and cloth are of the same shade and usually in dark colors. Less practical but very elegant suits are made in light gray and in taupe color.

### Dignified and Simple Coiffure



Everybody that is young enough, and some persons who are not, appear to have adopted one of those many styles in hairdressing patterned after the "Bobby" coiffure. The "Castle bob," made popular by the famous dancer, requires a bare forehead with the hair drawn back and a bob at each side.

The Bobby coiffure is youthful looking but sometimes unbecoming. Only the possessor of a beautiful brow looks well with it entirely uncovered. To get over this difficulty the wearing of a narrow band of velvet or other ribbon bound about the forehead has come into vogue. Although not much may be said in favor of this particular style of hairdress so far as becomingness is concerned, we may thank it for compelling a beautiful finish and neatness in other styles.

The hair may be waved or curled, or it may be dressed without either, but whatever else it is, fashion requires that the coiffure shall be beautifully done, and finished looking.

For the more dignified styles in hairdressing, the French twist, rolled softly and close to the head, as shown in the picture given here, is used

with many variations in little details of finishing. The hair is trimmed in a light, curving bang, and a short strand is turned forward in a flat ringlet on the cheek, in one style. In another the hair is waved and parted at one side. It is brought down on the forehead, as in the coiffure pictured here, but is coiled in a moderately high coil at the top of the head. This is particularly effective with the tall turbans which are to be worn.

She is a wise woman who remains faithful to a style of hairdress that she finds more becoming than any other. The charm that belongs to a well-groomed appearance is within every woman's reach and it is unattainable. In the matter of the coiffure, at least, she can afford to be independent of fashion and to cultivate individuality.

Julia Bottomley

To make a child maintain an erect position while writing at a school desk a German has invented a rod to be attached to a desk, terminating in a cup against the child's chin.

## The KITCHEN CABINET

Winter has yet brighter scenes—her bonnets Splendors beyond what gorgeous summer knows. Or autumn with his many fruits and woods! All flushed with many hues. Come when the rains Have glazed the snow and clothed the trees with ice, While the slant sun of February pours into the bowers a flood of light. Approach! The incrustated surface shall appear thy steps, And the broad arching portals of the grove Welcome thy entering. —Bryant.

### SAVORY DISHES.

A simple omelet may be made more nourishing by adding to it just before it is folded two or three tablespoonfuls of fried corn. Escalloped corn may be used for this recipe or any left-over corn dish.

**Mexican Chili Con Carne.**—Take a piece of suet the size of a cup, chop fine and try out; remove the cracklings and while hot add a pound of hamburger steak; fry brown, breaking the meat into bits. Strain one can of tomatoes into a kettle and pour the meat into it. Add a clove of garlic, or three large onions chopped, add one tablespoonful of salt, a half teaspoonful of paprika and a tablespoonful of vinegar. Cook one and a half hours, add a pint of water and a can of kidney beans. Heat ten minutes and serve hot with bread or crackers.

**Apple Bismosse.**—Core and peel a half dozen apples, steam them until tender. Make a custard of the yolks of three eggs, a pint of milk and sugar to taste. Whip the whites of the eggs, add a little lemon juice and pour over the apples. Then pour the cold yellow custard over all and serve at once. This is a delicious dish if the custard and apples are cold when served.

**Cream Cheese Soup.**—Boil an onion for fifteen minutes in a pint of veal stock, then strain it and return the stock to the fire. Heat a pint of milk to scalding and thicken with two tablespoonfuls of flour rubbed into two tablespoonfuls of butter. Season with salt, pepper and celery salt and add the veal stock. Stir in slowly the beaten yolks of two eggs and four tablespoonfuls of grated cheese.

**Cocunut and Ginger Pudding.**—Crumble a pound of stale sponge cake with a half pound of grated cocunut. Pour over this a pint of boiling, sweetened milk; stir in four eggs beaten. Butter a pudding dish and arrange pieces of preserved ginger around the sides. Pour in the pudding and steam for one and a half hours. Serve with ginger sirup for a sauce. The sirup should be warmed before pouring over the pudding.

### SEASONABLE DISHES.

During the cold weather heartier, richer dishes may be served, as one is supposed to be out in the exhilarating air and have a better appetite.

**Bacon Canapes.**—Cut bread in circles of two and a half inches in diameter, saute in bacon fat on both sides until well browned, then drain on brown paper to absorb the excess of fat. Spread with creamed butter, mixed with a very little mustard. Have ready short slices of very thin bacon rolled and skewered with a toothpick and fried crisp. Set one on each round of toast. Press into the space around the bacon, chopped pimenton or stuffed olives.

Another most tasty canape is prepared as above, (as to the bread), then cooked bacon, chopped olives, a dash of mustard with butter is spread on each after being pounded with a pestle; decorate with a slice of hard-cooked egg.

**Corn Soup.**—Scald five cupfuls of milk with a stalk of celery and an onion cut in halves. Remove the onion and celery after 20 minutes and add one and a half cupfuls of corn pulp. Melt one-fourth of a cupful of butter and when bubbling hot add the same amount of flour, a half teaspoonful of pepper and a teaspoonful and a half of salt; add two cupfuls of well-seasoned chicken stock and stir until boiling hot, then add the milk. Serve in soup plates with a few kernels of freshly-popped corn on each.

Chopped ham with bread and seasonings makes a delicious stuffing for onions. Parboil the onions, remove the center, chop them and mix with the ham and seasonings, then pour around the onions, chicken stock or butter and water or cream and bake until thoroughly tender.

### GATHERED FACTS

One California company found itself with 1,000 tons of peach seeds on its hands last year. They were cracked up and the meats sent to Germany, where they were made into prussic acid. The shells were sold for fuel.

In one important industrial town in New England, among the adult male workers 16 in 100 get less than \$396 yearly, 60 in 100 get less than \$450, 91 in 100 get less than \$750, and only 9 in 100 get more than \$750.

Out of the bosom of the air, Out of the cloud-folds of her garments shaken Over the woodlands, broad and bare, Over the harvest fields forsaken, Silent and soft, and slow, descends the snow.

### WHAT TO EAT.

Some of the common foods may be transformed into real delicacies by just a little change of cooking or garnishing.

**Boiled Rice.**—Put rice on to cook in boiling water using a quart of salted water to a cupful of rice; after twenty minutes add a tablespoonful of butter and place the dish on a ring or tripod, cover with a cheese cloth and let cook without stirring until each grain will be separate and whole. Serve in a hot vegetable dish, with broiled steak.

**Cracker Pudding.**—Roll a cupful of crackers, add three tablespoonfuls of sugar, a dash of salt and the yolks of two eggs, and a pint of milk. Pour into a baking dish and cook until firm. Beat the whites of the eggs, add a tablespoonful of powdered sugar, a half teaspoonful of each cinnamon and nutmeg. Pile on top and brown lightly.

When fresh rhubarb is in the market a most delicious change in using this zesty fruit is to make it into a roly-poly. Roll out a rich thin pie crust, then heap on a cupful of finely cut rhubarb and a handful of raisins, roll up and put into a deep granite baking dish, cover with a cupful each of boiling water and brown sugar, and two tablespoonfuls of butter. Bake one hour in a moderate oven.

When cooking onions with cheese put a layer of cooked onions in a baking dish and over it a layer of rich white sauce. When the dish has become thoroughly hot in the oven, sprinkle with cheese and buttered crumbs. When the crumbs are brown, serve the dish at once. Too long cooking will toughen the cheese.

**Strawberry Flummery.**—To a pint can of strawberries add two tablespoonfuls of cornstarch and enough of the juice to rub smooth; cook until thoroughly cooked, add a pinch of salt. The berries should be put into a sieve and added to the juice after it is thickened and cooked. Pour into a dish and serve when cold with sweetened whipped cream garnished with a strawberry on top of each serving.

### GOOD THINGS FOR THE TABLE.

This rice dish is one not common and which will be both appetizing and attractive:

**Rice Salad.**—To two cupfuls of cold boiled rice take one cupful of finely diced, deep red beets and a cupful of chopped celery. Do not mix until time for serving, then combine with French dressing or head lettuce leaves.

**Potato Soup With Stock.**—Pare and slice six potatoes. In a frying pan melt two tablespoonfuls of butter and in it slowly saute the potatoes, one sliced onion, and half a cupful of celery. When they begin to look yellow add two cloves and a quart of chicken or veal broth. Salt and pepper to taste and simmer until soft. Rub through a sieve and return to the fire. Add more broth if too thick. Beat together the yolks of two eggs, add three tablespoonfuls of cream, just as it goes to the table. Garnish with chopped parsley.

**English Beef Soup.**—Take two pounds and a half of lean beef, cut off and lay aside a quarter of a pound and pass the remainder through the meat chopper. Pour over it three pints of cold water, let stand for half an hour, then heat to the simmering point; simmer three hours, then strain. Boil separately until tender two tablespoonfuls of fine barley and half a cupful of diced carrot. Cut the reserved meat in small pieces, add a thinly sliced onion and fry in hot fat; add a cup of finely cut celery and a cupful of boiling water, simmer for an hour. Stir in two tablespoonfuls of flour, mix with cold water, add gradually to the meat, stirring until smooth. Bring to the boiling point, add the cooked carrot and barley and a half teaspoonful of Worcestershire sauce, one tablespoonful of tomato catchup and salt and pepper to taste. Simmer ten minutes, then serve.

The secret of a dainty salad is crisp fresh vegetables, well chilled, and if French dressing is used that should be mixed with all the ingredients very cold.

Nellie Maxwell

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Mrs. Dough—How do I look in my new furs?  
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### A GRATEFUL OLD LADY.

Mrs. A. G. Clemens, West Alexander, Pa., writes: I have used Dodd's Kidney Pills, also Diamond Dinner Pills. Before using them I had suffered for a number of years with backache, also tender spots on spine, and had at times black floating specks before my eyes. I also had lumbago and heart trouble. Since using this medicine I have been relieved of my suffering. It is agreeable to me for you to publish this letter. I am glad to have an opportunity to say to all who are suffering as I have done that I obtained relief by using Dodd's Kidney Pills and Diamond Dinner Pills.

Dodd's Kidney Pills 50c per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved, 50c per box.—Adv.

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Buy the 3 lb. Canister Can for \$1.00.—Adv.

None but a fool is always right.—Hare.

### Facing the Decorating Problem



The decorating problem is the woman's problem. Alabastine will solve this problem for thousands of women this spring.

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