THE SEMI-WEEKLY TRIBUNE, NORTH PLATTE, NEBRASKA

Hot Water Each Morning Puts Roses in Your Cheeks



best is to enjoy an inside bath each ach. morning to flush from the system the indigestible material, which if not one or two weeks. eliminated, form toxins and poisons which are then sucked into the blood phate costs very little at the drug through the very ducts which are intended to suck in only nourishment to that just as soap and hot water sustain the body.

healthy bloom in your cheeks, to see stone phosphate act on the inside oryour skin get clearer and clearer, you gans. We must always consider that are told to drink every morning upon internal sanitation is vastly more imarising, a glass of hot water with a portant than outside cleanliness, beteaspoonful of limestone phosphate cause the skin pores do not absorb in it, which is a harmless means of impurities into the blood, while the washing the waste material and toxins bowel pores do. from the stomach, liver, kidneys and Women who desire to enhance the

If you are in a hurry avoid the train of thought.

than inward worth.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative-three for a cathartic.-Adv.

Frank A. Vanderlip, president of the National City bank in New York city, is a machinist by trade.

All He Wanted and More. "Did you ever have all yer wanted of anything?" "Yes; two things-advice and wa

ter." Important to Mothers bottle of

To look one's best and feel one's | before putting more food into the stom-

Girls and women with sallow skins, previous day's waste, sour fermenta- liver spots, pimples or pallid complextions and poisonous toxins before it is ions, also those who wake up with a absorbed into the blood. Just as coal, coated tongue, bad taste, nasty breath, when it burns, leaves behind a certain others who are bothered with headamount of incombustible material in aches, bilious spells, acid stomach or the form of ashes, so the food and constipation should begin this phosdrink taken each day leave in the all- phated hot water drinking and are ... mentary organs a certain amount of sured of very pronounced results in

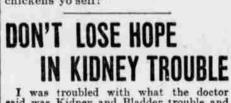
A quarter pound of limestone phosstore but is sufficient to demonstrate cleanses, purifies and freshens the skin If you want to see the glow of on the outside, so hot water and lime-

bowels, thus cleansing, sweetening and beauty of their complexion should just purifying the entire alimentary tract, try this for a week and notice results.

Nolle Prosegui.

Rastus had caught Sambo red handed. "Ah'm gwine hab yo' arrested Some men value outward show more foh stealin' mah chickens, yo' Sambo Washin'ton-dat's jess what ah'm gwine to do," said Rastus,

"Go ahead, niggah," retorted Sambo "Go ahead and hab me arrested. Ah'll mek you prove whar yo' got dem chickens yo'self!"



I was troubled with what the doctor said was Kidney and Bladder trouble and after trying several doctors, gave up all hopes of ever being well again, until a friend of mine told me about Dr. Kilmer's Swamp-Root. Before I had finished the



Life and success mean not submis sion to, but mastery of environment. -Abdon

Whe men ne'er sit still and bewall their loss, but cheerily seek how to redress their harms .- Shakespeare.

MORE ABOUT FIRELESS COOKER.

For long, slow cooking the cooker is unsurpassed. Meats that are tough and need long cooking will be tender and dellclous cooked the fireless way. One of the things to remember in fireless cooking is that

little water is needed when stewing, as there is little evaporation. When using the radiators, as is best in nearly all cooking. heat them until they scorch a piece of paper at once when laid upon them. Have the pot roast in a tight vessel and boiling hot when it is placed on the radiator, then cover and let cook to show for your work. until tender. Another radiator placed on top will hasten the cooking but laundress eliminates all the work that need not be used for a stew.

For steaming puddings and brown bread, the cooking of rice, oatmeal ironing. At best, ironing, if well done, and other cereals, for baking fruit is tiring work, but by planning and cakes which are often so hard to bake in the oven, the cooker is an ideal easier. Before beginning, see that all saver of fuel and time.

The country housewife, as well as the city one, may prepare her Sunday for the irons and, if it is possible, an dinner, go to church and enjoy the sermon and a chat with her friends walking back and forth getting fresh without hurrying home to cook dinner. irons, and a bowl of water and a clean for it will be all ready, never overcooked, boiled dry or underdone in the move a soiled spot. fireless cooker. By careful planning the cook knows to a minute how long certain foods need to cook and results rest on a chair round and the small never vary.

cannot be surpassed in comparison as well as when standing. with other ways of cooking, for by the slow process flavors are developed and brought out, the juices and natural flavors preserved.

Chicken a la Fireless .- Prepare the chicken as for frying, brown it in a little butter until all sides are evenly browned, in the dish in which it is to be cooked. Season well. Place a hot stone in the cooker, put in the pot tightly covered. Put down the cooker lid and fasten tightly. Cook three hours for a five-pound chicken. When ready to serve place the pleces on the platter and make a gravy with thickened cream or top milk. This may be poured over the chicken or served in a gravy.

Every man is ready to give in a long catalogue of those virtues he expects to find in the person of a friend, but very few of us are careful to cultivate them in ourselves .-- Budgell.

If your plans go wrong As they sometimes will, And the way seems long As you climb the hill; Remember my friend, 'Tis a part you play: You find in the end A brighter day. (It's life.)

IRONING MADE EASY.

The majority of women who do their own laundry work if asked which

they prefer to do will choose the washing, for there is more variety in movement and they da not get so tired as they do standing for hours, usually on a hard, un elastic floor. There is something about ironing, however, which is most satisfactory, for

the nicely ironed clothes on the rack ever growing more and more is a constant inspiration. You have something

Today the woman who is her own is possible, wearing crepe underwear and dresses, thus cutting down the forethought it may be made much things needed are at hand, a fresh, clean cover on the ironing board, wax electric iron, for it saves much fatigue

A high stool to sit on while ironing is a great strength saver, the feet may

pieces, napkins, handkerchiefs and The flavors of meats, fish or fowl towels and pillow cases, ironed quite

a thick rug in several folds and place under the feet.

An electric mangle is a wonderful aid in the household that has much laundry, for all the flat pieces can be quickly ironed and much better than by hand work.

Have the ironing board of the right height so that the work may be done with the least possible fatigue. A room well ventilated is another essential in making ironing more comfortable, and few minutes in a darkened room on a comfortable couch will rest one so that the work may be resumed and finished without exhausting fatigue.

I wish, I can, I will, are the three trumpet notes to victory. Happiness is a fact, not an attain-

His Unlucky Days.

Seated in a row on the porch of an old-country inn, with their chairs tipped back, some old cronies were go ing on about unlucky days. After all had given what they considered their unlucky days, a quiet old chap at one end spoke up:

"Aa'll tell ye ma unlucky days, Aa's fund oot in ma time that it's unlucky to be struck wi' leetening on a Monday; or te be catched wiv a circular saw on a Tuesday; or te tumble overboard on a Wednesday; or te be run ower by a motor car on a Thursday: or lose a ten-pun note on a Friday; or be bitten by a mad dog on a Saturday, and hev nowt for dinner on the Sunday!'

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of prescription of your freckles, as the prescription of the double strength—is sustanced to remove these homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and moraing and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to com-pletely clear the skin and gain a beautiful clear complexity. The sure to ask for the double strength othics, as this is sold under guarance of money back if it fails to remove freckles. Adv.

The Remedy.

"Would you like some tonic on your hair?" asked the barber. "I've got something here that will positively stop it from coming out."

"I don't believe it," said the man in the chair. "The only thing that will stop my hair from coming out is a divorce."

Doubtful Optimist.

"Are you an optimist?" 'Yes.' I think the world is getting better every day, although I must admit it looks like an exceedingly painful convalescence."

Finem Respice.

Swiggs-Poor old Jagsby is no

Briggs-Died from drink, I suppose? Swiggs-Yes; spirited away, as it

FOR ITCHING SCALP

And Falling Hair Use Cuticura Scap and Ointment. Trial Free.

When the scalp is itching because of dandruff and eczema a shampoo with Cuticura Soap and hot water will be found thoroughly cleansing and soothing, especially if shampoo is preceded by a gentle application of Cuticura

Ointment to the scalp skin. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.-Adv.

The Divvy.

"How did Kid Jabb make out in his bout with Battling McPug?" "Oh, the Kid got the gate and Mc-Pug got the gate receipts."

ALLEN'S FOOT-EASE FOR THE

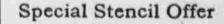


A five-pound package of Alabastine, the beautiful wall tint, is mixed with two quarts of cold water, stir for about one minute, and Alabastine is ready to apply.

New and individual shades or tints can be obtained by combining regular tints.

And when you consider that you obtain the most beautiful, mellow, nature colors, viz., soft buffs, delicate greens, and exquisite blues, or any shade you wish by combining shades of Alabastine, then you'll know why Alabastine is one of the most popular wall decorations with millions of Painters and Householders, Decorators and Womenfolk, who take a prid- in their homes the wide world over.

Write for Free Book "The Mystery of the Lost Woman" and Free Color Scheme Cards



Stencils are for border designs. In the regular way they would cost you from 50c to \$1.00 each. Our free book tells you how you can get stencils for your rooms practically free of charge. Our Color Scheme Cards suggest color that harmonize for your rooms. You should have our free book and our free Color Scheme Cards. Write for them today, Address

The Alabastine Co. Grand Rapids, Mich. 381 Grandville Rd.

Be sure the red cross and circle are on each package of Alabatine you buy. Alabatine is sold by most druggists, bard-ware dealers and paint stores everywhere.





"Miss Sereleaf says she is going to marry one man in a thousand." "The last one?" asked Miss Cuttem.

Naturally.

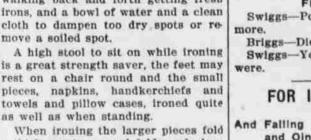
"He's a very polished gentleman." "That's why he shines in society."-

Where Ignorance Is Bliss.

"If there is, he doesn't know it."

"Is there anything Payne doesn't

Boston Evening Transcript.





Children Cry for Fletcher's Castoria

To Be Expected.

"Here is a story about a man who bought a manufactured 'old master' under the impression it was a genuine Van Dyke.'

"Oh, that story has whiskers on it."

time I try to borrow something she is all out of it.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans,

Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

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

Couldn't Evade "Special."

A Lancashire man who has a hen roost near the railway was complaining to a friend about having some of the birds killed by passing trains.

"Tha should hang 'em a timetable up in the hoose, and then they could look when th' trains were booked to come past," said the friend.

"Timetable be hanged!" said the other. "They know weel enough when th' ordinary trains 'll pass. When wi' a 'special.' "-London Tit-Bits.

BACKACHE AND KIDNEYS

Dear Mr. Editor:

For the benefit of others, I gladly Dr. Pierce's Golden Medical Discovery give this statement regarding the merits of "Anuric." Am nearly 76 derful remedy helps to restore stomyears of age. I suffered from back- ach to its natural health and strength ache, weak back, rheumatism, and and to secure proper flow of the di could not control the excretion of the gestive juices, a good appetite and full kidneys. I can safely say that "An- digestion of the food you eat. It inuric," the new discovery of Dr. Pierce, vigorates the liver, regulates the bowof Invalids' Hotel, Buffalo, N. Y., has els and purifies and enriches the blood. done me more real good than anything I have ever taken for these ailments. ery is absolutely free from alcohol and Signed-Mrs. N. M. Flint.

NOTE :- A new remedy, called "An- is a true blood-maker, tissue-builder, uric." has been discovered by Dr. and a restorative nerve tonic and that Pierce. It cures backache, headache it will produce no evil after-effect. and the darting pains and aches of Thousands-probably many of your rheumatism, kidney and bladder neighbors-are willing to recommend troubles. This "Anuric" is 37 times "Golden Medical Discovery" because more potent than lithia, and dissolves it has made them stronger in body, uric acid, as hot water does sugar. | brain and nerve.

CASTORIA, a safe and sure remedy for infants and children, and see that it Bears the first bottle is a source of the second seco

Very truly yours, Very truly yours, MRS. MARTILE VANDERBECK, 409 Johnson St. Moberly, Mo. Personally appeared before me this 4th day of February, 1914, Mrs. Martile Vanderbeck, who subscribed the above statement and made oath that the same is true in substance and in fact. statement and made onth fact. is true in substance and in fact. O. RULICK O'BRIEN. Notary Public.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bot Positive Proof. Mrs. Neverholme—Isn't Mrs. Squill-bob a careless, shiftless housekeeper? Mrs. Ondego—I should say so. Every Mrs. Ondego—I should say so. Every stores.-Adv.

Out of the State.

A disheveled citizen rushed into a police station and shouted for vengeance.

"The automobile that hit me five minutes ago was No. 41144," he spluttered.

"I can prove that he was exceeding the speed limit, and I want-I want-' "You want a warrant for his ar-

rest?" "Warrant nothing! What good

would a warrant do me at the rate he was going? I want extradition papers.'

Their Place.

"It's a wonder they don't take horses on Arctic explorations." "What a foolish idea!"

"Not at all. It's the ideal place for old skates."

Even if you have a galvanized roof Aw've hed one killed it's allus bin on your house it is a good idea to have it covered with insurance.

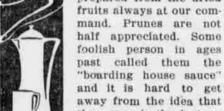
IN THE SPRING

Now is the time to bring to your aid

(in tablet or liquid form). This won-

Dr. Pierce's Golden Medical Discov-





"boarding house sauce" and it is hard to get away from the idea that the prune is the last resort. Prunes washed and soaked over night and stewed in the water in

which they were soaked without a bit of sugar added are extremely wholesome and most appetizing as a breakfast dish or in combination with other materials in various dishes.

Combined with apples in the proportion of two cupfuls of chopped apple to one-half cupful of stoned stewed prunes used as a top dressing to pork chops, baked in the oven after seasoning with salt and pepper, is a dish which once used will often be repeated.

Chopped apple combined with raisins and used in pastry as a pie or pudding is another most tasty dish.

Dried apples used with molasses, soaked over night in the molasses and spices makes a nice fruit cake. Use pork finely chopped for shortening.

Fig Marmalade .--- Cut into pieces one pound of figs and three pounds of rhubarb. Add three pounds of sugar and the juice and grated rind of a lemon. mix and stand over night. In the morning simmer for a half hour until it looks clear, then seal.

Apricot Marmalade. -- Wash five pounds of dried apricots. Cook slowly in water to cover until the stones may be easily removed after they have been soaked over night. Next morning cook and drain and add four pounds of sugar and a quarter of the water in which they were stewed. Cook slowly until reduced to a marmalade.

Acts as a Shield.

"I don't like to have my husband prop up a newsparer at the breakfast table. Do you?"

"Oh, I don't know. It keeps the grapefruit from spattering as far as it injurious drugs. Its ingredients printed on wrapper. You can be certain it otherwise might."

Combination Spoiled.

He-She married a fool with barrels of money.

She-Then why isn't she happy? senses.-Boston Evening Transcript. | thing.

possessions without.

Ary

CHEESE COMBINATIONS.

The wholesome cheese is a food in itself and when combined with vegetables makes a well-balanced dish. Baked Cabbage With Cheese .-- Re

move the heart and outer leaves from a small head of cabbage. Cook until tender in

boiling, salted water, uncovered. Drain and cut down the sides, fill with cheese sauce. Sprinkle with buttered crumbs and brown in the oven.

Cheese Sauce .-- Add a tablespoonful of butter to two of flour and cook until smooth, then add a cupful of milk, a dash of red pepper, a half teaspoonful of salt and a cupful of dry grated cheese. Pour at once into and around the cabbage. Do not cook after the cheese is added or it will become

such as rarebits and fondues, should be smooth and melt when pressed against the roof of the mouth; feel smooth and without grains.

cupful of grated horse-radish root, one spoonfuls of sugar and a third of a cupful of soft bread crumbs; cook together twenty minutes in a double boiler, then add three tablespoonfuls of butter, a half teaspoonful each of salt and cinnamon. Serve hot.

of cooked rice, add a half teaspoonful of salt, and a cupful and a third of grated cheese, a half cupful of hot milk, then add four egg yolks beaten thick and fold in the stiffly-beaten whites. Pour into a buttered baking dish and bake in a moderate oven. Serve as soon as firm.

Lecie Maxwell

Selfish and Unselfish.

milk of human kindness until he has skimmed the cream for himself, while the unselfish man, who is rare, often gives the very cream to others and keeps for himself what is left.

Doubtful.

When a man's picture appears in print now the public has to stop and read to find out whether he is a can-He-Marriage brought him to his didate or merely was cured of some-

ALLEN'S FOOT-EASE FOR THE TROOPS Many war zone hospitals have ordered Allen's Foot-Ease, the antiseptic powder, for use among the troops. Shaken into the shoes and used in the foot-bath, Allen's Foot-Ease gives rest and comfort and makes walking a delight. Sold every-where, 25c. Try it today. Adv.

Once in a great while a man is driven to drink, but as a rule they trot right up to it of their own accord. know?"

Honesty is the best introduction.

When your children come home from school

they're always hungry-too hungry to wait for the evening meal. Next time just give them

GENEROUS PACKAGES

10c



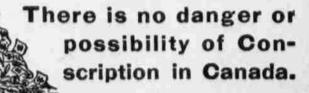
Children like the appetizing odorthe rich brown color - the fresh, crisp deliciousness - the genuine graham flavor-the satisfying taste of Iten's Graham Biscult.

Nourishing food, easily digestedand you get more food value in Iten's Graham Biscuit than in any other dime package of ready-to-eat food. Give your children a chance to enjoy Iten's Graham Biscuit.

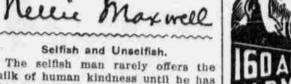
Just get a trial package from your grocer today



have enlisted for the war. Good wages and full season's work assured.



References required from all applicants. For special railway rates and other information apply to W. V. BENNETT, Room 4, Bee Bidg., Omaha, Nebr. Authorized Canadian Government Agent



stringy. A cheese to be right for cooking,

Horse-Radish Sauce .- Take a half and a half cupfuls of milk, two tea-

Cheese With Rice .- Take a cupful