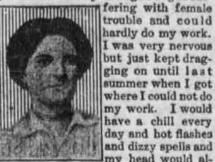
HUSBAND SAVED

Stopped Most Terrible Suf-fering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas. - "After my little girl was born two years ago I began suffering with female



was very nervous but just kept dragging on until last summer when I got where I could not do my work. I would have a chill every day and hot flashes and dizzy spells and my head would al-

most burst. I got where I was almost a walking skeleton and life was a burden to me until one day my husband's step-sister told my husband if he did not do something for me I would not last long and told him to get your medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."-Mrs. G. O. LOWERY, 419 W. Monterey Street, Denison, Texas.

If you are suffering from any form of female ills, get a bottle of Lydia E. Pinkham's Vegetable Compound, and commence the treatment without delay.

Ordering Meals by Telephone.

A cafe in Plainfield, N. J., has installed a unique system for the convenience of its diners. Whether the plan will eventually be welcomed by the dining public has still to be proved, but it has the merits of ingenuity and novelty. Each table in this enterprising cafe is connected directly with the kitchen and the head chef by means of a telephone. The fastidious diner, instead of trusting the fine points of his order to a mere whiter, tells them directly into the ear of the chef. Thus he can have his steak cooked to the exact turn he likes and get exactly the proper number of drops of seasoning in the sauces.

Nothing is calculated to jar a pretty girl like the masculine attentions bestowed upon another girl who is homely.

Going It Too Hard

We are inclined nowadays to "go it too hard;" to overwork, worry, eat and drink too much, and to neglect our rest and sleep. This fills the blood with uric acid. The kidneys weaken and then it's a siege of backache, dizzy, nervous spells, rheumatic pains and distressing urinary disorders. Don't wait for worse troubles. Strengthen the kidneys. Use Doan's Kidney Pills,

An Iowa Case

James Pollock, Traer, Ia. says: "The least cold seemed to settle on my kidneys and brought on an at-tack of backache. Often when I stooped, sharp pains seized me and I could hardly hardly straighten. The kidney secretions passed irregularly, too. I have used Doan's Kidney Pills at these times and have always had fine relief."



DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.









W. N. U., OMAHA, NO. 33-1916.



ALKALI WATER NOT HARMFUL

Results Obtained in Experiments Conducted by Dairy Department of South Dakota College.

The dairy husbandry department of the South Dakota State college has conducted experiments to determine the effect of alkali water on dairy cattle. The results of these experiments, as published in station bulletin 147, show that the drinking of alkall water by dairy cows did not produce "alkali disease," or even the slightest indication of it.

The postmortem examination and



Fine Yard and House for Cows.

analyses of the vital organs of the cows used in the experiments revealed nothing abnormal. Considering the fact that the strongest alkali well water was used it is reasonable to conclude that the alkali disease of cows is not produced by drinking alkali wa-

This conclusion does not include water which at times collects in partly dried-up ponds.

Such water is usually very strong and cows should not be permitted to become so thirsty as to be forced to

IMPORTANT ARTICLE OF FOOD

Butter is Three-Times-a-Day Necessity on Tables-Cleanliness is Great Essential.

Good butter, next to good bread, is the most important article of food. and as it is a three-times-a-day necessity on our tables, its proper making is of great importance. Successful butter-making depends most of all on cleanliness of stables, cows, milkers and pails, along with a clean, wellventilated dairy room and utensils Everyone needs fat, and butter is the most wholesome as well as most agreeable way of taking it into the system.

Cream absorbs whatever odor surrounds it and then passes it on to the butter, so milk should not be kept in the kitchen where cooking is done, and especially if the men of the family have the habit of smoking there, as this gives it a very disagreeable taste Butter made from well-ripened cream has the best flavor, and to obtain this ripening before the cream is so old as to become rancid, a "starter" of a tablespoonful or two of thick sour milk is usually added to the new milk when set to raise.

Butter churned from perfectly sweet cream has less flavor, but some people prefer it. It is a mistake to churn butter at too high a temperature in order to make it come quickly, for it contains more buttermilk, is apt to be greasy and pale in color. If the cream must be kept for several days before churning, it should be in a cool place. If for any reason the churn is not perfectly sweet after thorough washing and scalding, rinse it well with cold lime water.

KEEP DAIRY UTENSILS CLEAN

Steam Can Be Utilized Effectively in Washing Different Vessels-Keep Covers Off.

Always have some good stiff brushes that will fit the different utensils and keep the seams in the tin absolutely clean. If one has steam it may be used very offectively in sterilizing the utensils. After rinsing in scalding water of sterilization with steam, place the utensils in a clean, sunny place to dry. Do not wipe them with a cloth or stand them right side up on the racks. The heat imparted by the hot water or steam will cause them to dry quickly and by being placed bottom side up on the racks very little dust and dirt can get on the inside of the utensils. Never put the covers on the cans or pails after washing them. There are few worse odors than a fairly clean milk can that has been shut up until it has become musty.



but

because he is tuning them. linist screws up the key till the tense cord sounds the concert pitch; but it is not to break it, but to use it tunefully, that he stretches the string upon the musical rack.—H. W. Beecher.

DELICIOUS FRESH PEPPER.

You will probably recall that Peter Piper picked his peck of peppers, pickled and the

day was when peppers were only used in that way. The sweet red or green pepper of our gardens is not only wholesome adds another de-

liciously flavored vegetable to our list of good things,

A touch of chopped green pepper in a cabbage salad takes it out of the ordinary into the field of uncommon. A few strips of the red pepper added to the lettuce before putting on the French dressing makes a most delightful flavor and bit of color, which always adds value to any

Peppers cooked with onions is dish worth trying. Cut the green peppers into strips and add to the boiland serve with cream, salt and paprika.

Peppers Stuffed With Mushrooms. -Perhaps somebody may discover a more delicious dish, but at present taste; cook five minutes, then pour this holds a high place. Cut peppers in halves and parboil them, then fill with creamed mushrooms, the fresh ones, sprinkle lightly with buttered crumbs and brown in the oven. Serve these to your very best friend. Green Pepper Sandwich.-Mince

finely two large sweet peppers, rejecting the pith and seeds; fold into this a cupful of mayonnaise, seasoned with chopped chives and parsley. Spread the buttered bread with the mixture and fold in a damp towel until ready to serve.

Pepper Salad .- Select four large sweet peppers; cut them in half longitudinally, remove the pith and seeds and plunge them in ice water until they are ready to use. Drain and fill a few minutes before serving time with the following: Two cucumbers, cut in small cubes; one hard-cooked egg, and one cupful of pecan meats. On top of each after filling place a generous spoonful of mayonnaise, seasoned with minced chives and

Who knows not pain knows not alas! What pleasure is-who knows not of The bitter cup that will not pass, Knows not the taste of love.

SUCCESSFUL CAKE MAKING.

How rarely one meets a perfect cake and yet crkes are usually the first accomplishment of the new

cook. A girl loves to make a cake long before ske appreciates the value of a well made loaf of bread. To be a good cake

maker one must first be accurate, a good mixer, and a faithful watcher of the oven. A perfect cake must have fine delicate texture, very tender and free from any suggestion of sogginess, yet moist. It must be light as a feather, and of good flavor, good to look at and more deliclous to the taste. With all these qualifications it is certainly an art to produce a perfect cake; it takes a deft hand with careful attention to detail. The fame of a good cook was not earned by making good cakes, for it is be able to broll a steak, properly cook an egg or prepare a piece of toast, or highest of all make a standard loaf of bread.

Some of the main points to observe in making cake it will be profitable to pends upon the fruit itself. dwell upon. Have all of the ingredients ready as well as the utensils before starting in, because at the critical moment something vital may be lack- addition of sugar, ing which will spoil the result. Have the butter, if used, soft, not melted, the sugar gradually, mixing it well; have extra eggs so that if there should product. be a stale one you need not leave to get another. Break all eggs in a small dent such as putting a bad egg into a standpoint.

dish with several good ones, occurs, by the time the cake is ready for it. process. The success of a cake depends largely upon its baking. One may put care into the mixing and making of a cake and ruin it by careless attention to it when it is in the oven. Cakes that contain a large amount of eggs, espebake in a slow oven. Cakes that contain fruit and molasses should also bake in a slow oven. Cakes that require slow cooking are best baked in sheet iron or heavy tin as they are

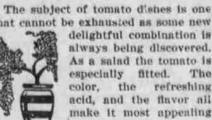
better protected from the direct heat. Spice Cakes.—Beat an egg, add twothirds of a cupful of molasses, two thirds of a cupful of sugar, two-thirds of a cupful of soft butter, and two and one-half cupfuls of flour and a supful of milk; two teaspoonfuls of baking powder and two-thirds of a Nellie Maxwell

onful of sods, one tablespoonful of mixed spice, a tablespoonful of lemon juice or vinegar; mix well and bake in gem pans.

He who indulges in enmity is like one who throws ashes to windward, which come back to the same place and cover him all over.—Chinese.

He who has conquered doubt and fear has conquered failure.-J. L. Al-

WAYS WITH TOMATOES.



that cannot be exhausted as some new delightful combination is always being discovered. As a salad the tomato is especially fitted. The color, the refreshing acid, and the flavor all make it most appealing to the appetite.

Tomatoes with Cucumbers.-Alternate slices of tomatoes with cucumbers on a salad plate and serve with mayonnaise mixed with whipped cream.

Thick slices of tomato heaped with chopped cucumber and onlon and served with any highly seasoned salad dressing makes a most tasty salad.

Tomato Aspic .- Put into a saucepan ing onlons when nearly done. Drain two quarts of tomatoes and let cook until soft; strain and return to the heat, add one teaspoonful of celery seed, two bay leaves, one-half teaspoonful of cloves, and cayenne to over a box of gelatin which has been softened in a cupful of cold water; strain and fill a border mold and let stand on ice four hours. When rendy to serve dip the mold quickly into hot water and turn the aspic out on to a platter or chop plate, fill the center with shredded lettuce and serve with salad dressing. This may be molded in individual molds and served on heart leaves of lettuce.

Dressed Tomatoes. - Cut shapely, even sized tomatoes in halves; scoop out a part of each and mix with salad dressing, then fill the tomatoes, chill and serve each on crisp lettuce with plenty of salad dressing.

Italian Tomato Soup. - Cook one onion in butter, but not brown; add two quarts of tomatoes and a quart of water; cook 20 minutes then strain, add a dozen cloves, or ground cloves may be added, at the last; thicken with two tablespoonfuls of flour and salt and sugar to taste. Boil five mitutes and add a teaspoonful of worcestershire sauce and serve at once.

Stuffed tomatoes may be served, using large firm ones, and fill with potato salad, cut very fine and mixed with cooked green corn, a little onion and sensonings.

The men of the earth build houses, halls, And chamber, roofs and domes,

But the women of earth, we know, The women build the homes.

JELLY MAKING.

There are two elements needed to make good jelly. These are pectin and acidic julces.



When these are present the success or fallure depends almost entirely upon the amount of sugar used. The old rule of a measure of

juice to a measure of sugar has no doubt been the cause of most of our poor jellies,

A given volume of juice which contains a certain amount of pectin can use a definite proportion of sugar only. a more desirable accomplishment to Currants and partly ripened grapes are rich in pectin, and are fairly acid so that they usually demand equal measures, while three-fourths to one will be the proper proportion for raspberries and blackberries. Much de-

> When it is necessary to add water to fruits boll the juice until it is by appearance and taste ready for the

After the winter's supply of grape juice has been made, cover the pulp but so soft that it quickly creams; add | with water and use for jelly or a good marmalade may be made from this by-

The more thoroughly the juice is clarified by skimming before the sugar dish one at a time so that no acci- is added the better from an economical

Sugar is heated before adding to Make sure that the oven is ready the juice to save time in the cooking

By using sour apple juice with fruits too sweet, or lacking in pectin a most palatable article may be prepared.

The best quick test for time to remove jelly is when the jelly breaks off as a portion of it is dropped from cially whites stiffly beaten, should the spoon. The time-honored one of cooling a little in a saucer is not a safe one, for many things may happen to the hot jelly waiting on the stove. Time is too precious at this stage to waste it in long experiments.

The length of time for boiling depends upon the kind of fruit juice, and the richness (or amount of water it contains).

Too Weak.

"What did the manager go and fine Red Casey for?"

"For talking back to the umpire," "Gee Whillikens! Why, all Red bashful sultor for the widow's hand. done was to call him a thief and a liar, and tell him to go and get his make." eyes examined. That ain't nuthin' to fine a man for!"

"It ain't, hey? Well, the manager said a guy that can't pull no better without pluck enough to spake his stuff than that had better keep his mouth shut."-Minneapolis Journal.

The Backward Lover.

"I'm a-thinking I shall 'list, and go and help fight the enemy, Widow Kelly," said young Regnn, who was a "Faith, then, it's a poor soger you'll

"What do you mean?" "Oh, nothing. Only a man who keeps on calling on a widdy for years

mind hasn't the makin' of a soger in

him."-Rehoboth Sunday Herald.

Don't Poison Baby.

ORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and a FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher. of Chas. H. Fletcher. Genuine Casteria always bears the signature of Cast H. Fletching

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RESEARCH WORK IN AMERICA INTERNED MEN MAKE GARDEN

Future Will Witness Wider Application of Principle Which Has Already Done so Much.

Prophecy is a double-edged tool with peculiar facility for injuring the user, but the activity of the present leads one to predict that each succeeding year will bring us nearer to the state in which the research work of the country will be national in both scope

and effort. The federal government and the states have done and are conducting research of immense value to agriculture, the foundation of industry; but the future will witness a more general application of this principle—an active national interest in industrial research. and this will serve as a healthy subsidy for American manufacturers.

Research has enabled our industries to make rapid strides. The recogni- the vegetable garden, corn, beans, tion of this fact has occasioned a recent awakening to an increased sense of appreciation of the need of greater facilities for insuring the scientific development and extension of industry and commerce and of promoting industrial research.

The good Samaritan didn't wait to be introduced to the man who had

fallen among thieves. It's as risky to praise a woman's husband to her face as it is to criticize

German Saliors Relieve Monotony of Existence by Raising Vegetables.

In order to relieve the monotony of routine work in the tied-up German steamships, officers and men have turned gardeners and truck farmers and have a flourishing garden under cultivation.

The vegetable garden is being cared for by the officers and men of the steamships Amerika and Cincinnati of the Hamburg-American line, while the rose and flower garden is carefully weeded and looked after by the officers and men of the North German Lloyd liners, the Koln, Willehad and Willekind.

Many varieties of flowers, including roses, sunflowers, sweet peas, geraniums and pansies are in bloom. In peas, beets, carrots and lettuce predominate, and the men are looking for warm, sunny days to ripes them .-Boston Post.

Real Forebodings.

"Do you think it will storm soon?" "I don't think anything about it. know it will as soon as I get home."

One can become a near-nuisance by continually criticizing the weather.

The fool's money is the wise man's



Three Words To Your Grocer-"New Post Toasties"

will bring a package of breakfast flakes with a delicious new corn flavour - flakes that don't mush down when milk or cream is added, nor are they "chaffy" in the package like the ordinary kind.

These New Post Toasties are manufactured by a new process using quick, intense heat which raises tiny bubbles over each flake, the distinguishing characteristic. And the new process also brings out a new corn flavour, never tasted in corn flakes of the past.

Try a handful dry—they're good this way and the test will reveal their superior flavour. But they're usually served with milk or cream.

New Post Toasties

-for tomorrow's breakfast.

Sold by Grocers everywhere.