

## HELP FOR WORKING WOMEN

Some Have to Keep on Until They Almost Drop. How Mrs. Conley Got Help.

Here is a letter from a woman who had to work, but was too weak and suffered too much to continue. How she regained health:

Frankfort, Ky.—"I suffered so much with female weakness that I could not do my own work, had to hire it done. I heard so much about Lydia E. Pinkham's Vegetable Compound that I tried it. I took three bottles and I found it to be all you claim. Now I feel as well as ever I did and am able to do all my own work again. I recommend it to any woman suffering from female weakness. You may publish my letter if you wish."—Mrs. JAMES CONLEY, 616 St. Clair St., Frankfort, Ky.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial. This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for forty years proved to be a most valuable tonic and invigorator of the female organism. All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice.—It will be confidential.

No Good. Maurice E. McLaughlin, the lawn tennis champion, was talking about a player who had failed to make good. "The man won't train," he said. "He won't work. He won't deny himself. His disposition is a good deal like the tramp's."

"Want a job digging potatoes?" a farmer asked a tramp. "Yep," the tramp answered, "if ye mean diggin' 'em out o' gravy!"

The Domestic View. Exe—I see bread has risen. Mrs. Exe—Well, we want our bread to rise, don't we?

New Brand. Fresh—What brand is that cigar? Soph—Brand new, child. Never been smoked before.

No Need to Say Anything. Pat—What did Polly say when Arthur proposed to her? Clare—Nothing; she accepted him.

**Nerves All On Edge?** Just as nerve wear is a cause of kidney weakness, so is kidney trouble a cause of nervousness. Anyone who has backache, nervousness, "blues," headaches, dizzy spells, urinary ills and a tired, worn feeling, would do well to try Doan's Kidney Pills. This safe, reliable remedy is recommended by thousands who have had relief from just such troubles.

**A Nebraska Case** Mrs. Wessberg, 708 W. Fourth St., North Platte, Neb., says: "For 10 or 12 years I suffered terribly from kidney complaint and backache. The doctor said I had floating kidney. At times, I could hardly stand the pain. The kidney secretions were in bad shape, too. Soon after I used Doan's Kidney Pills, I got relief and in a little over a month I was cured. When I have taken Doan's Kidney Pills since, they have always helped me."

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

**The Army of Constipation** is Growing Smaller Every Day.

**CARTER'S LITTLE LIVER PILLS** are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

*Asen's Good*

Every Woman Wants **Paxtine** ANTISEPTIC POWDER

FOR PERSONAL HYGIENE Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50c. all druggists, or posted by mail. The Paxtine Toilet Company, Boston, Mass.

**COLD IN HEAD CATARRH** INSTANTLY RELIEVED BY THE OLD DR. MARSHALL'S CATARRH SNUFF

W. N. U., OMAHA, NO. 45-1916.

## DAIRY FACTS

### BETTER QUALITY OF BUTTER

Article Sells on Its Merits as to Flavor, Taste and Color—Control Flavors and Odors.

Butter is used primarily to improve the palatability of foods for human consumption. It sells on its merits as to taste, flavor and color, though some are influenced by its texture. Color may be produced artificially in a way to please the most particular person and it therefore becomes of secondary importance to the producer; it does not imply quality, but oftentimes a rich color will compensate for a lack of other qualities.

Flavors and odors in butter may be controlled to a certain extent by care in feeding and handling cows. The volatile fats in milk are quick to absorb odors, either from feeds during the process of digestion and assimilation in the cow or from strong odors coming in contact with the milk after it has been drawn. The latter may be obviated by keeping the stable and utensils sweet and clean, free from dust and all objectionable odors. When disinfectants are used about the stables care must be exercised to air the stables thoroughly, for the milk will absorb the odor of disinfectants in a remarkably brief time. The most effective plan is to disinfect as soon as the cows are turned out, then air the stables well for at least three or four hours.

### AGE OF USEFULNESS OF COWS

Twenty-Two-Year-Old Jersey in Wisconsin Produced Forty Pounds of Butterfat in Month.

Wisconsin has a twenty-two-year-old Jersey cow in one of her cow-testing associations that recently made 40 pounds of butterfat in one month. Sweet Brlar, a Guernsey cow, did profitable work at the Minnesota experiment station up to her seventeenth year, and Cylene, a Holstein cow in the same institution and at the same age, will this year produce over 400 pounds of butterfat. The age of usefulness of the majority of dairy cows that meet with no accident, is probably between twelve and fourteen years, but frequently dairy cows give splendid profit beyond these years, as the above cases illustrate.



Excellent Dairy Type.

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### GRADE OF AMERICAN BUTTER

Quality is Poor on Account of Poor Cream Used in Manufacture—Foreign Make is Better.

Imported butter does not reach our markets in as fresh condition as our own butter, consequently the majority of it sells as second-grade. In many cases it leaves the point of production as a first-class article, but is so long in transit that it deteriorates and arrives as second-grade butter. Unfortunately the majority of American-made butters are also second-grade. This is not because it cannot reach the market at once, but because it is made from a poor quality of cream. The American farmer is not producing as good quality of cream as his foreign brother.

### HIGH GRADE BUTTER PRICES

Producers of First-Class Articles Are Realizing Nice Margin Over Inferior Product.

First-grade butter is still in big demand in this country and the producers of good butter are realizing a nice margin in price over the producers of second grade butter. Because of foreign competition with our second-grade butter the difference in price between first-grade and second-grade is wide. Foreign competition has not materially increased the supply of first-grades, while the supply of seconds has been increased tremendously.

### REPAIRS FOR WOODEN SILOS.

Huge Receptacle is Liable to Be Wrenched by Wind—Beat to Tighten Up Loose Staves.

The wooden silo in summer is liable to be wrecked or wrenched by the wind, especially if it has no roof. Spend a little time in tightening the hoops after the staves become dry. As a precaution against high winds run two or three stays of heavy wire to some permanent objects—a tree, barn or heavy post set firmly in the ground. Give it a coat of paint on the outside and creosote on the inside.

## The KITCHEN CABINET

NELLIE MAXWELL

Miss Maxwell is head of the lecture and demonstration staff of the University of Wisconsin. She attends farmers' institutes and gives lessons on domestic science and household economics. Her contributions on all phases of these subjects to the university publications have brought her recognition from authorities in all parts of the country. For several years Miss Maxwell was engaged in domestic science extension work for the state agricultural colleges of Iowa and Nebraska. Out of the abundance of her practical experience and theoretic training she has taught thousands of farmers' wives and daughters how to plan their mountain of household labors so that it could be done more easily and satisfactorily than it had been done before. The women of our community are assured that Miss Maxwell's recipes and suggestions have been tested carefully and proved satisfactory. We publish the feature by special arrangement.

### SOME GOOD MEATS.

For a small family with limited means a roast is out of the question, for a roast is for a juicy and delicious must weigh at the least five to six pounds. A smaller roast is dry and unpalatable, losing its juice and flavor. When a roast is much desired, it might be served when entertaining company, and even then, there will be such an array of leftover meat that the family will be tired of it before it is used.

A roast should be placed in a very hot oven at first to sear it, then the heat is reduced and after twenty minutes count the time, giving it fifteen minutes to the pound for meat served rare, twenty for meat well done.

Red meats, beef and mutton, are the most digestible, taking about three hours to digest, while veal and pork take four and five. Much depends upon the method cookery as to its digestibility, however; any kind of meat well cooked and seasoned is more digestible than that not properly prepared.

Sour Beef.—This is a favorite German method of serving beef. Take a pound and a half of beef, using the tough or cheaper cuts; cut the meat into inch squares and brown in a little hot fat. Add two tablespoonfuls of flour to the fat in the pan after removing the meat; when brown, add two cupfuls of water or stock and stir until boiling. Put in meat, cook slowly for an hour, then add two onions, salt and pepper to taste and at the last a tablespoonful of Worcestershire sauce and the same of vinegar. Continue cooking until the meat is tender. Sprinkle with chopped parsley and serve.

Beef Gumbo.—A savory dish is made from a round of beef, using a pound and a half, cutting into inch squares and browning in hot fat. Add two sliced onions, four tomatoes and a dozen okra pods cut in pieces. Season lightly and add five cupfuls of water. Cover and stew for three hours very slowly.

He that hath never warded with misery Nor ever tugged with danger or distress Hath had no occasion nor no field to try The strength and forces of his worthiness.

COMMON DISHES. Where the flavor of vegetables like onions, cabbage, turnips or cauliflower are enjoyed, many good combinations may be served of these everyday foods.

Onions au Gratin.—Break six small onions in pieces, but do not chop them. Grate two ounces of cheese and have ready one cupful of seasoned sauce. Butter a casserole and put into it a layer of onion, then of cheese, then some white sauce and more onion, until the dish is full. Sprinkle brown-bread crumbs over the top, dot with butter and bake in the oven until well browned. Serve from the dish in which it is baked.

Cabbage With Sausages.—Cut a cabbage into fine shreds, wash and drain well. Put it into a saucepan with boiling water to cover; add a little salt and cook until it is tender. Prick a pound of sausages and fry until brown on all sides. Then add them to the cabbage with salt and pepper to taste and cook 15 minutes, adding butter if needed to season. Serve hot.

Sweet Potato Souffle.—Take five good-sized sweet potatoes. When done, remove the potato and mash until smooth. Beat the yolks of three eggs; add two tablespoonfuls of milk, the potato, salt, pepper and paprika to taste, then place the dish in the oven while the egg whites are beaten stiff. Fold in the whites of the eggs, replace in oven and bake until delicately browned. Serve hot.

Puree of Cauliflower.—Soak two cauliflowers an hour before cooking in a little salted water. Boil until tender, lift out and drain. Melt two tablespoonfuls of butter in a saucepan, stir in one tablespoonful of flour; add three tablespoonfuls of white stock, two tablespoonfuls of cream, a few drops of lemon juice, salt, pepper and red

pepper to taste; add the cauliflower and mix well, rub the whole through a sieve, reheat and serve garnished with croquettes.

"I slept and dreamed that life was Beauty; I woke and found that life was Duty." Was thy dream then a shadowy lie? Told on, poor heart, unceasingly, And thou shalt find thy dream to be A truth and noontide light to thee.

### NEW WAYS WITH CODFISH.

Codfish is one of the foods in reach of any market and should be quite reasonable in price. The mention of codfish to many brings visions of white sauce; this sameness in serving this good fish is the reason that has prejudiced many against it. We may now buy codfish shredded, in cans, free from bones in boxes or fillets neatly trimmed ready for the company dinner. Test the different brands until one finds the best. Codfish may be served in balls, as escaloped, boiled and served with drawn butter and a few chopped pickles, baked in layers with mashed potatoes, fried in butter and served with boiled or baked potatoes, and then we may always fall back upon the good old standby which most of us enjoy occasionally, creamed codfish with baked potatoes.

If you want to try a new sensation in combinations use sour cream to make the white sauce for codfish, the bit of acid is especially attractive with the fish.

Boiled cod fish served with curry sauce is nice for a change. Stir into a tablespoonful of melted butter, a tablespoonful of curry and one cupful of boiling water; cook and stir until it thickens, pour over the fish and dust with pepper.

Creamed Codfish.—For a pint of milk and a pint of shredded codfish add the yolk of two eggs, a slice of onion, a blade of mace, a sprig of parsley, one tablespoonful of butter and two of flour. Put the milk on to scald in a double boiler, with the seasonings, add the flour and butter cooked together, then the beaten yolks and cook until the eggs are set. Put a layer of this sauce in a buttered dish, then a layer of fish, and then another layer of sauce until all is used. Pour over the top the beaten whites of the eggs, sprinkle with buttered crumbs and bake until brown.

Codfish Gruel.—Mix a tablespoonful of fresh codfish with two tablespoonfuls of flour, add a cupful of boiling water, and simmer until well cooked; add butter or cream and serve with crisp crackers.

He like the bird, that halting in her flight Awhile on boughs too slight, Feels then give way beneath her as she sings, Knowing that she hath wings.—Victor Hugo.

AUTUMN GAME. We think of game as a great delicacy, and so it is—yet in many places quail are plentiful and cheap. Prairie chickens and partridges are most choice eating. Venison is usually plentiful in fall in the northern and eastern states, and when hung long enough to become tender is most delicious game.

Roasted Quail.—Split the birds down the back and rub all over with melted butter. Lay in a broiler over a clear fire and cook ten minutes, turning frequently. Serve on squares of fried bread, and serve with currant jelly.

Prairie chickens are best broiled or roasted in the oven. Rub well with butter and broil 15 minutes, or cook in the oven in a dripping pan, basting while cooking with the juices from the birds.

All small birds, like snipe, pigeons, woodcock and quail are broiled or baked in a hot oven. It is necessary to cook small birds quickly whether over the fire or in the oven, as they get dry and lose their flavor if exposed long to heat.



## WRIGLEY'S The Flavor Lasts!

Rosy cheeks, bright teeth, good appetites and digestions—yes, the reward for the regular use of Wrigley's is benefit as well as pleasure!



"Chew it after every meal!"

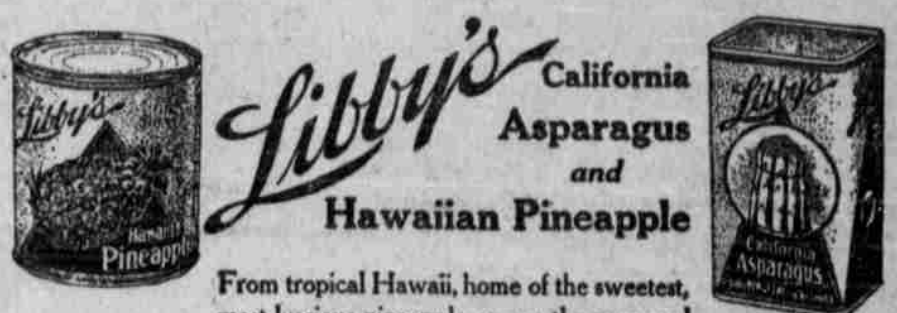
The Traditional Wager. "I'm glad my wife is in politics," remarked Mr. Growcher. "Why?" "Maybe she will get rid of some of those freak hats she has been buying by paying them out in election bets."

After Spoil. "The warring nations say they all want peace." "Yes, and they all want the pieces."

Accounted For. "He's a breezy chap." "Naturally, since he's just managed to raise the wind."

In Norway there is being built a plant that will produce 4,000 tons of aluminum annually.

### Table Dainties from Sunny Climes



From tropical Hawaii, home of the sweetest, most luscious pineapple, comes the one; and California, where the tenderest asparagus grows, supplies the other. The Libby care and cleanliness back of both is a warrant of a product that will please you.

Insist on Libby's at your grocer's.

Libby, McNeill & Libby, Chicago

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