

Said the Horticulturist. "O, Susie," said the dear girl friend, "you should have heard what Mr. Twiggs, the horticulturist, said last aight when someone told him that you were one of the season's buds." "What did he say?" asked Susie.

"I don't remember his exact words, but it was something about how interesting it was to see a century plant In bud-why, Su-u-u-sie, dear, how can you accuse me of offending you?"

## **10 CENT "CASCARETS"** FOR LIVER AND BOWELS

#### Cure Sick Headache, Constipation Billousness, Sour Stomach, Bad Breath-Candy Cathartic.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, billousness and sluggish bowels-you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess blle from the liver and carry off the constipated waste matter and polson from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep .--Ady.

#### Helping the Game Along.

The midnight stillness of the darkened parlor was punctuated by a crash just overhead.

"What-what-what was that, dud-duddarling?" exclaimed the timid young man

"Merely father dropping a hint," she replied, as she snuggled a little closer. -Judge.

## **Try a Medicine That Proves Its Value**

I can always recommend Dr. Kilmer's Swamp-Root with a clear conscience and believe it to be a good formula for the troubles for which it is intended. During my twenty years in handling the medi-cine I have known of cases of gall stones and gravel that were benefited by its use. would not hesitate in saying that Swamp-Root will cure catarth or inflam-mation of the bladder for I know of cases where it has effected permanent cures, and in rheumatism it has been found to be very valuable. I heartily endorse the merits of Swamp-Root. merits of Swamp-Root. Very truly yours.



Although a skillful flatterer is a most delightful companion if you can keep him all to yourself, his tasts becomes doubtful when he takes to compliment ing other people .- Nicholas Nickleby.

### DRINKS FOR CHILLY DAYS.

A hot beverage after a chilly ride or a weary day is most soothing and alto-

gether comfortable. Never serve hot drinks in silver receptacles, as the heat is retained so long that it is almost impossible to enlov the heverage without burning

the lips disagreeably. Ginger Cordial .- Stew slowly together one-half pound of figs, one-half

tenspoonful of allspice, a pinch of ginger, a saltspoonful each of cinnamon, mace, ground cloves, and sufficient cold the figs are tender, remove from the clean saucepan and adding three pints without. of ginger ale; allow this to heat gradually and then beat in a tenspoonful of ring until it boils. Flavor with a few candied orange peel.

Mulled Grape Juice .-- Soak for half an hour the grated rind of an orange In the juice of a lemon, adding a cupful of boiling water and two tablespoonfuls of sugar; then place the ingredlents in a granite saucepan, adding a quart of grape juice, four whole cloves, a pinch of cinnamon, and simmer slowly for 15 minutes. Prepare a meringue by boiling together two tablespoonfuls of water with a cupful of your this gradually upon the stiffly beaten whites of two eggs; now add quick oven 25 minutes. the boiling juice, dust lightly with nutneg and serve at once.

Coconut Milk Chocolate .-- Heat a quart of milk in a double boiler and when hot stir in a quarter of a cupful of grated chocolate, moistened with a little cold water; allow it to boil and coconut milk, into which has been stirred half a cupful of sugar and the whites of two eggs; add this to the chocolate and cook for a few minutes, but do not allow it to boil. Remove from the fire and serve in chocolate cups, adding after it is poured into the cups a tablespoonful of sweetened whipped cream, which has been mixed with a little of the grated coconut.

A kindly deed, is a little seed. That groweth all unseen; And lo, when none do look thereon Anew it springeth green.

stock to which has been added a tablespoonful of tarragon vinegar, add egg, butter and flour mixed together, Remove the fish, sprinkle with crumbs, add the sauce and bake brown.

> It would be a folly good thing for a great many couples on their way to be married, if they could only be stopped in time and brought back separately.-Dickens.

#### SEASONABLE DISHES.

During the winter months while eggs are costly it frequently becomes neces-

> out them. Eggs are not indispensable to a wellbalanced diet, other foods furnish fat and albumen. Suet puddings, ples and pastry of all sorts may be used to take the place of egg

dishes. Buttermilk with water to cover the ingredients. When flour and soda makes a light, wholesome gem or biscuit; one egg improves fire and press through a purce sieve, them as it improves griddle cakes and returning the sirup thus obtained to a dumplings, but we can enjoy them

Buttermilk Gems .- Add a teaspoonful of water to a teaspoonful of soda, cornstarch mixed with cold water, stir- and when dissolved stir this into a pint of thick, sour milk, adding flout drops of lemon juice and serve in small to make a batter that will drop from cups capped with a little chopped, the spoon. Grease gem pans and fill them partly full of the mixture, ther place in a hot oven to bake quickly.

> Buttermilk may be used with baking powder and a very little soda to make baking powder biscults; they are especially short and fluffy.

Bachelor's Buttons .- To a plut of flour add two teaspoonfuls of baking powder and a half-tenspoonful of salt ' mix and rub into this two tablespoonfuls of shortening, two tablespoonfuls of sugar and enough milk to moisten. sugar until it spins a thread, then Roll, cut into small pieces, brush with milk and dust with sugar; bake in a

Sweet Potato Pone .-- Pare and grate sufficient sweet potatoes to make a pint; add one cupful of sweet milk, a tenspoonful of ginger, two tablespoonfuls of butter, melted, and two tablespoonfuls of sugar; beat thoroughly. Sift two level teaspoonfuls of baking thicken; have ready nearly a pint of powder with one and a half cupfuls of flour; to this add the potato. Beat well and turn into a buttered baking disb and bake in a moderate oven threequarters of an hour. Serve in the dish in which it was baked.

Quick Cinnamon Roll .--- Sift a quart of flour and four teaspoonfuls of baking powder, rub in two tablespoonfuls of shortening and milk to moisten Roll into a sheet and spread with butter; sprinkle with chopped nuts, raisins or currants and cinnamon; rol! up, cut in slices and bake in a hot oven. hot. Nice for pudding with a fruit sauce.



#### COMPOSITION OF SKIM MILK

Guernsey Milk, Like That of Jersey Has High Percentage of Protein and Sugar.

Heretofore the difference between the percentage of butterfat in Jersey cows' milk and that of Holstein's has been often emphasized. Only recently has the fact been known that there is considerable difference in protein. Chemical analyses made by A. E Perkins, dairy chemist at the Ohio ex-

periment station, show that milk from Jersey cows has a higher percentage of protein and sugar than Holsteir milk. Guernsey milk is quite similar



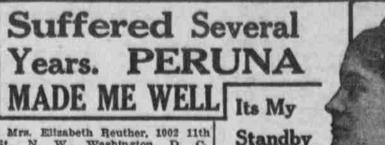
#### English Prize Guernsey.

milk is intermediate between that of

These analyses indicate that the percentage of protein in milk increases with the fat content, but not in promilk having 3.3 per cent fat contained 3.5 per cent protein, while Jersey milk tested 4.7 per cent fat and 4.1 per cent protein. The variation in the sugar content showed a similar tendency. Thus the fat content of milk offers a practical basis to compute the composition of skim milk derived from it

# **RIGHT SPEED FOR SEPARATOR**

Often Nearly One-Half of Fat May Be Found in Skim Milk When Machine is Run Slowly.



St., N. W., Washington, D. C., writes: "I am pleased to endorse Peruna as a splendid medicine for catarrh and stomach trouble, from which I suffered for several years. I took it for several months, and at the end of that time found my health was restored and have felt splendidly ever since. I now take it when I contract a cold, and it soon rids the sys-tem of any catarrhal tendencies,"

**RECORD OF SEVENTY YEARS** 

#### Smithsonian Institution Has Been Active in Good Work for the Past Seven Decades.

Today, after 70 years, the operations of the Smithsonian Institution are international in scope and governmental in affiliations. The institution is now administering several government-sup- the reply-Case and Comment. ported bureaus, some of which had their origin in the institution's early activities.

Among those governmental branches are: The United States National museum, including the National Gallery back was affected and took the form of Art, the official depository of all of lumbago. I also had neuralgia, national collections; the bureau of American ethnology, which conducts and records studies of American aborigines; the Astrophysical observatory, which investigates the physical properties of the sun; the National Zoological park; the International Exchange service, the official medium for the exchange of publications with foreign governments, and the Regional Bureau for the United States of the International Catalogue of Scientific literature, which prepares and publishes an annual classified index of all the scientific publications of the world.

## IF YOUR CHILD IS CROSS. FEVERISH, CONSTIPATED

#### Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be conxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottie of "California Syrup of Figs," which contains directions for bables, children of all ages and for grown-ups .- Adv.

## Military Hats.

Australia, where rabbits were not long ago so numerous as to be considered a national nuisance, is now

to produce a gallon of oil.



Those who object to liquid mediolnes can now procure Persona Tab-

Horrible Crime.

"Not long ago," said a judge, "a colored woman came into court to see what could be done about securing a pardon for her husband, who was in jail.

"'What was your husband sentenced for? I asked.

"'Ah ain't shuah, jedge, but Ah thinks 'twuz emblazonment!'" was

# **A MINISTER'S CONFESSION**

Rev. W. H. Warner, Myersville, Md., writes: "My trouble was sciatica. My

cramps in my muscles, pressure of sharp pain on the top of my head, and nervous dizzy spells. I had othe er symptoms show. ing my kidneys

were at fault, so I took Dodd's Kidney Pills. 'They were the means of saving my life. I write to say that your medicine restored me to perfect health." Be sure and get "DODD'S," the name with the three D's for diseased, disordered, deranged kidneys; just as Rev. Warner did, no similarly named article will do.-Adv.

#### Consolidation of a Sort.

Bayard Swope, a New York journalist, was talking about his recent German visit.

"You see in Germany," he said, innumerable mutilated young men. These young men, no matter how severe their mutilations, are cheerful. They know other young men, you see, who are immeasurably worse off than themselves.

Mr. Swope shook his head.

"Immmeasurably worse off," he repeated. And he went on :

"A cheery young Bavarian captain who had lost his sight put the matter to me in a proverb which runs:

"I had no boots to my feet and murmured, until I met a man upon the road who had no feet.""

Send 10c to Dr. Pierce, Invalids' Hotel, Buffalo, for large trial package of Anuris for kidneys-cures backache.-Adv.

The Beginner.

"And how are you getting along

Used the World Over to Oure a Gold 250. In One Day, 250.

. Snove



to that of the Jersey, while Ayrshire

these two breeds and the Holstein. portion. Skim milk from Holstein

sary to do entirely with-

C. F. STOCKWELL Sept. 21, 1916. Bassett, Neb.

## Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bot-tle. It will convince anyone. You will also receive a booklet of valuable infor-mation, telling about the kidneys and blad-der. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.-Adv.

Russians are to coronize in South America.



are a good sign of poor digestion i stomach begins to complain ers and

Green's August Flower

Which for SI years has contributed to the health and well being of countless thousands everywhere. 25c. and 75c.

YPHOID is no more necessary than Smallpox, Army experience has demonstrated the almost miraculous effi-and barmiessness, of Antityphoid Vaccinations the almost miraculous effi-ency, and barmissness, of Antityphold Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, drugpist, or send for "Have you had Typhoid" teiling of Typhoid Vaccine, results from use, and danger from Typhoid Vaccine, Producing Vaccines and Sarums under U. S. License The Cutter Laboratory, Berkstey, Cal., Chicage, HL



PTURE CURED in a few days without pain or a surgical operation. No pay until cured, Write DR. WBAY, 306 Bee Bidg., Omaha, Neb.



SWISS AND ITALIAN DISHES.

The Swiss people are most frugal, nearly everything costs more, sometimes twice and three

times as much as they do in England. As everything is imported they find it necessary to be especially economical. Nothing is wasted; the bones from joints, stews and steaks are carefully saved for soups.

Veal Roast With Stuffing .- Put the following stuffing in a pocket, cut in breast of yeal with one onion and a few slices of bacon: Take a quarter of a pound of rice, carefully washed, a little parsley and a small quantity of meat, salt, pepper, nutmeg and butter, and a little scraped onlon. After stuffing the yeal, pour some very hot bacon fat over it to sear the ment and hold in the juices; dredge with flour and roast until well done.

Flour Soup (Mehlsuppe) .- Take four tablespoonfuls of drippings, a half cupful of flour; cook together until smooth, then add one and a half quarts of stock, one egg, mixed with a little milk; salt, pepper and grated nutmeg to taste.

Italian Sausage With Spinach .-- Pigs feet are used for cases instead of the usual skins and the sausage highly seasoned, with no bread crumbs. The spinnch is boiled until tender, then squeezed dry, then cut in slices, then Then add a bit of garlic and butter befor it is ready to serve.

The great national dish of Italy called polenta, is made as we do cornmeal mush.

Quenelles .- These are small pleces of pastry filled with a small mound of minced meat and the pastry fluted around the edges, then they are cooked In the soup as dumplings are and served with the soup. The poor people make these quenelles larger and serve them as a main dish with tomato sauce. For the paste eggs and butter are used.

Fonduta .- Slice cold polenta cornand bake until the fullk is absorbed. Foods to be cooked in a small very little difference as to expense. fresh mackerel in a saucepan with two to use the useful biscuit dough. tablespoonfuls of cider and seasoning

of onion, nutmeg, parsley, salt and pep-per. Cook 30 minutes, add a cupful of

It would be difficult to overstate the intensity and accuracy of an intelligent child's observation .- Dickens.



ings, almost any kind of cake. Take the recipe for biscuit: Roll out, spread with chopped meat and seasonings; roll up in the form of a loaf and bake; served sliced with brown sauce this will nicely replace a ment dish.

Chop a dozen oysters or clams, using some of the liquor in place of the milk in the biscuit; stir into the dough and fry in deep fat. Any chopped vegetable like salsify, squash, corn, peas or parsnips may be used instead of the meat or fish .- Use two cupfuls of flour, two tablespoonfuls of shortening, a half tenspoonful of sait, a cupful of milk for the biscuit mixture. If wanted for dumplings, use equal parts of milk and flour, one teaspoonful of baking powder, with one egg, instead of the shortening. Drop by teaspoonfuls into the boiling hot stew, and fried in bacon fat for 20 minutes. keep tightly covered ten minutes. They will be light as a feather. The same proportion of flour and milk, one tenspoonful of baking powder and a half cupful of cherries, put by tablespoonfuls into buttered cups and steamed in hot water, tightly covered 15 minutes, makes an ideal pudding. Serve with cream and sugar.

For an entree to serve with cold ment salad or with the main dish, sliced apple dipped in the batter and fried in deep fat are most delicious fritters. Bananas, oranges, peaches or other fruits are equally good.

For cinnamon rolls, roll out the biscuit mixture, spread with butter and meal much in thin slices and arrange brown sugar, with cinnamon; coll up in a dish with layers of grated cheese, and cut in slices. Bake in a hot oven, pour milk over; add a little butter, For fruit roll, add nuts and raisins; roll up, place in a deep pan, add holfing water, a cupful of brown sugar, amount of fat are so much more tasty two tablespoonfuls of butter and bake If olive oil is used than butter, and for an hour. Apples with the raising make a well-liked combination. Try Tyrolese Mackerei, - Cook two these and more ways will occur to you

Neecie Maxwell

As much as 50 per cent variation it the richness of cream may be obtained by variation in speed of operating the separator. If normal speed is 55

turns of the crank per minute, 75 turns USEFUL BISCUIT DOUGH. will bring rich cream and 25 turns will bring thin cream. A great deal of fat

It is surprising what a variation one may make with the simple biscuit recipe. This is also

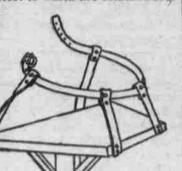
true of a plain cake. With the addition of variousspiceand fruits it becomes a fruit cake; baked in layers,

is lost in the skim milk when low speed is used. Sometimes nearly one-half of the fat may be found in the skim milk when the separator has been run toc slowly. This demonstrates the fact that there is only one speed for economical operation of the separator, and that is the right speed. This speed is indicated on the crank handle.

with different fill-MILK STOOL IS CONVENIENT Device Buckled Around Waist of

Milker by Means of Straps Is Always Ready for Use.

A very handy stool for use in milking the cows in yard or field may be made as follows: It is merely a onelegged stool to which are attached four



A Convenient Stool.

straps connected with a broad strap

Found From Experience That Slight

Variation in Temperature Will

Bring on Disorder.

Under natural conditions, milk con-

sumed by the young calf has a tem-

perature of approximately 100 degrees.

a slight variation from this tempera-

ture may cause indigestion.

under two months of age.

It has been found by experience that

Especially is this true with calves

requisitioning that country's supply of with your skating lessons? rabbit skins for use in making mili-"Fierce! I'm making great strides." tary hats.

An English inventor's cigarette-The livers of ten codfish are needed holder is equipped with a porous disk to filter the smoke.

# The Quinine That Does Not **Cause Nervousness or Ringing In Head**

Because of its Tonic and Laxative effect, LAXATIVE BROMO OUININE can be taken by anyone without causing nervousness or ringing in the head. It removes the cause of Colds, Grip and Headache. Used whenever Quinine is needed.

-but remember there is Only One

" Bromo Quinine That is the Original axative Bromo Quinine

This Signature on Every Box

# **Canada's Liberal Offer of** Wheat Land to Settlers

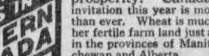
is open to you-to every farmer or farmer's son

who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive. than ever. Wheat is much higher but her fertile farm land just as cheap, and in the provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads Are Actually Free to Settlers and Other Land Sold at from \$15 to \$20 per Acce The great demand for Canadian Wheat will keep up the price. Where a farmer can get near \$2 for wheat and raise 20 to 45 bushels to the acre he is bound to make money - that's what you can expect in Western Canada. Won-derful yields also of Oats, Barley and Flax, Mixed Farming in Western Canada is fully as profitable as industry as grain raising.

promatic as incustry as grain falling. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent. Military service is not computedry in Canada bet there is an unusual demand for farm labor to replace the many young men who have volunteered for the war. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Otlaws, Oan., or to

W. V. BENNETT Room 4, Bee Bidg., Omaha. Neb. Canadian Government Agent



GD ACREN that is buckled around the waist. The stool is quickly fastened to the milker and is always in a position so one can sit down anywhere. Such a stool with a short leg is also aseful in the garden. CAUSE INDIGESTION IN CALF





