

Ask for and Get SKINNER'S THE HIGHEST QUALITY MACARONI

Nebraska Directory THE PAXTON HOTEL

Said the Horticulturist. "O, Susie," said the dear girl friend,

TO CENT "CASCARETS" FOR LIVER AND BOWELS

No odds how bad your liver, stomach or bowels; how much your head aches,

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

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.

Sept. 21, 1916. Prove What Swamp-Root Will Do For You

Russians are to coronize in South America.

Green's August Flower Which for 81 years has contributed to the health and well being of countless thousands everywhere.

TYPHOID is no more necessary than smallpox. Any experience has demonstrated the almost infallible effect of this vaccine.

PARKER'S HAIR BALM A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Grey or Faded Hair.

RUPTURE CURED in a few days without pain or a surgical operation.

To Kill Rats and Mice ALWAYS USE STEARNS' ELECTRIC PASTE

GALLSTONES Avoid operations. Positive Liver & Stomach remedy (No Oil)—Results sure; home remedy. Write today.

The KITCHEN CABINET

Although a skillful flatterer is a most delightful companion if you can keep him all to yourself, his taste becomes doubtful when he takes to complimenting other people.

DRINKS FOR CHILLY DAYS. A hot beverage after a chilly ride or a weary day is most soothing and altogether comfortable.

GINGER Cordial.—Stew slowly together one-half pound of figs, one-half teaspoonful of allspice, a pinch of ginger, a saltspoonful each of cinnamon, mace, ground cloves, and sufficient cold water to cover the ingredients.

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 thicken; have ready nearly a pint of 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.

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

USEFUL BISCUIT DOUGH. It is surprising what a variation one may make with the simple biscuit recipe. This is also true of a plain cake.

Veal Roast With Stuffing.—Put the following stuffing in a pocket, cut in breast of veal 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 onion.

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 spinach is boiled until tender, then squeezed dry, then cut in slices, then fried in bacon fat for 20 minutes.

DAIRY



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.



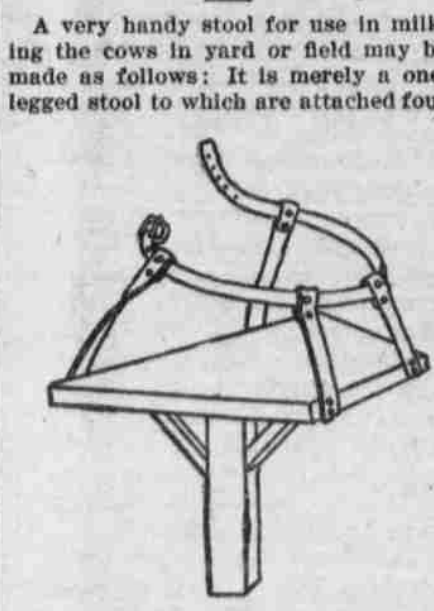
English Prize Guernsey.

to that of the Jersey, while Ayrshire milk is intermediate between that of these two breeds and the Holstein.

RIGHT SPEED FOR SEPARATOR Often Nearly One-Half of Fat May Be Found in Skim Milk When Machine Is Run Slowly.

As much as 50 per cent variation in the richness of cream may be obtained by variation in speed of operating the separator. If normal speed is 52 turns of the crank per minute, 75 turns will bring rich cream and 25 turns will bring thin cream.

MILK STOOL IS CONVENIENT Device Buckled Around Waist of Milker by Means of Straps is Always Ready for Use.



A Convenient Stool. straps connected with a broad strap 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.

CAUSE INDIGESTION IN CALF Found From Experience That Slight Variation in Temperature Will Bring on Disorder.

Suffered Several Years. PERUNA MADE ME WELL

Mrs. Elizabeth Reuther, 1002 11th 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 system 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-supported bureaus, some of which had their origin in the institution's early activities.

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED Look Mother! If tongue is coated, cleanse little bowels with California Syrup of Figs.

Military Hats. Australia, where rabbits were not long ago so numerous as to be considered a national nuisance, is now requisitioning that country's supply of rabbit skins for use in making military hats.

The livers of ten codfish are needed to produce a gallon of oil.

The Quinine That Does Not Cause Nervousness or Ringing in Head

Because of its Tonic and Laxative effect, LAXATIVE BROMO QUININE can be taken by anyone without causing nervousness or ringing in the head.

—but remember there is Only One "Bromo Quinine" That is the Original

Laxative Bromo Quinine This Signature on Every Box

Canada's Liberal Offer of Wheat Land to Settlers is open to you—every farmer or farmer's son who is anxious to establish for himself a happy home and prosperity.



Its My Standby for a Cold.

Those who object to liquid medicines can now procure Peruna Tablets.

A MINISTER'S CONFESSION Rev. W. H. Warner, Myersville, Md., writes: "My trouble was sciatica. My back was affected and took the form of lumbago. I also had neuralgia, cramps in my muscles, pressure or sharp pain on the top of my head, and nervous dizzy spells. I had other symptoms showing my kidneys were in 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."

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

Mr. Swope shook his head. "Immeasurably 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.'"

The Beginner. "And how are you getting along with your skating lessons?" "Fierce! I'm making great strides."

An English inventor's cigarette-holder is equipped with a porous disk to filter the smoke.

Used the World Over to Cure a Cold in One Day. 25c.

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