

MANY Distinctive REASONS

Why you should try Hostetter's Stomach Bitters

WHEN THE APPETITE IS POOR
WHEN THE DIGESTION IS WEAK
WHEN THE LIVER IS LAZY

BUT, the all important one is, that it helps Nature in restoring normal conditions. Insist on

HOSTETTER'S Stomach Bitters

Pure iron rusts little.

FOR PIMPLY FACES

Cuticura is Best—Samples Free by Mail to Anyone Anywhere.

An easy, speedy way to remove pimples and blackheads. Smear the affected surfaces with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water, bathing some minutes. Repeat night and morning. No better toilet preparations exist.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Banana blossoms are purple.

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Dandergine hair cleanse." Just try this—moisten a cloth with a little Dandergine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Dandergine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Dandergine from any store and just try it. Adv.

St. Peter's cathedral in Rome will accommodate 54,000 people.

Cure that cold—Do it today.

HILL'S CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after-effects. Cures colds in 24 hours—Crip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Get Rid of Rats before they start to build their homes in your crops. It costs you about \$2.00 yearly to feed one rat.

RID-OF-RATS

kills them for less than 1 cent per rat. No misting. No mousing. Always ready to use. Perfectly harmless to domestic animals. GUARANTEED TO KILL RATS AND MICE. We refund money for any goods returned as unsatisfactory. Ask your dealer for Rid-of-Rats. If he can't supply you, order direct, giving his name.

Sample Prices: Box 10c; 1 Doz. Boxes, \$1.10; 3 Doz. Boxes, \$3.00. Prepaid all over U. S. BERG & BEARD MANUFACTURING CO. 12-14 Steuben St., Brooklyn, N. Y.

The KITCHEN CABINET

True love is better than glory, and a tranquil friendship, with the woman of your heart seated by it, the greatest good the gods can send us.—Thackeray.

GOOD DISHES.

For the vegetarian, mince pies made in the ordinary way are not liked, but the following made of fruits cannot be objectionable:

Vegetarian Mince Pie.—Mix a quarter of a pound of candied cherries, half a pound of citron and orange peel, a quarter of a pound of blanched almonds, chopped fine; a level teaspoonful of cinnamon, four tablespoonfuls of sugar, the grated rind of a lemon, the juice of two oranges, one cupful of crumbs, a teaspoonful of salt. Add sufficient orange or grape juice to moisten. Use the crumbs only as it is ready to use.

Deviled Oysters.—Drain and wash fifty oysters. Throw them into a hot saucepan and shake until the ruffles are well curled, using the liquor. Take out the oysters, saving the liquor and chop them fine with a silver knife. Rub together four tablespoonfuls each of butter and flour; add the oyster liquor and sufficient milk to make a pint; stir until boiling, add the oysters, two beaten eggs, a teaspoonful of salt and a dash of cayenne. Reheat quickly without boiling and serve on squares of buttered toast.

Swedish Apple Cake.—Make a thick sweetened apple sauce. Fry bread crumbs in butter. Put a layer of crumbs in a baking dish, cover with apple sauce, cinnamon, and repeat until the dish is full. Have the last layer crumbs. Bake slowly and turn out and cool. Serve cold, covered with whipped cream.

Supper Dish.—Take a few stalks of celery, half a Spanish onion, minced fine and simmered in salted water until tender. Season with paprika, white pepper and two-thirds of a cupful of cheese that has been finely shaved, then add a beaten egg, a tablespoonful of butter and a half-teaspoonful of sugar. Beat all together briskly for a few minutes and serve on thin-sliced, new bread.

Quick Apple Pie.—Add a flavoring of cinnamon and butter to a well-flavored apple sauce, stir in three-fourths of a cupful of crumbs, and when well absorbed put into a baked pie shell; cover with a meringue and brown in the oven. This is a most wholesome and delicious pie.

German Potato Salad.—Cool eight medium-sized potatoes in their jackets, and when partly cool cut in cubes, mix with one dill pickle, cut fine; three stalks of celery, finely cut, two slices of bacon broken in bits and the bacon fat poured over the potato; add a chopped onion, heat in the frying pan a half cupful of vinegar, when boiling hot pour over the salad and serve at once.

Onion Soup.—To four good-sized onions chopped very fine, add two thin slices of bacon, cut in small bits. Let this cook until the onions are soft and the bacon brown. Add two cupfuls of cold water and let it come to a boil. Mash the onion with a large spoon; do not pour off the water, but add one and a half cupfuls of rich milk; season well with salt and pepper and a tablespoonful of butter. When eggs are plentiful beat up an egg and pour the soup over it just at the time of serving. Flour and butter cooked together, using a tablespoonful of each, will make a sufficient binding. Serve without straining.

Fried Apples.—Core nice firm apples, cut them into slices, half an inch thick, dust lightly with sugar and cinnamon, roll them in flour and cook in a little hot suet; when brown on one side, turn on the other. Dish with the slices overlapping and serve with chops.

Consomme Royal.—Take a knuckle of veal and three pounds of a shin of beef; cut the meat from the bones, crack the bones. Put two tablespoonfuls of sugar and one sliced onion, over the fire, cook until brown; add the bones, meat and six quarts of water; cook at a simmering temperature for three hours, then add one carrot, one turnip, one onion, half a cupful of celery tops, all chopped; six cloves, two bay leaves and a bit of red pepper. Cook one hour longer, and strain.

Huntington Salad.—Cut pared apples into balls with a French vegetable cutter, lay them in a French dressing to season. Just before serving roll in salad dressing and chopped nuts and with a toothpick insert a small strip of green pepper or a stem of parsley for a stem in each.

Onion Baked in Their Skins.—Place the onions unpeeled in a baking dish with a little water and bake until tender, then peel and cut open. Served with butter, pepper and salt they are delicious.

Plain Boiled Frosting.—Beat the white of an egg until light and while beating, have cooking a cupful of sugar and a quarter of a cupful of water, when the sirup is honeylike in consistency pour three tablespoonfuls over the beaten egg, continue beating, and continue cooking the sirup until it hairs, then pour the remainder over the egg slowly and beat until stiff enough to put on the cake. A frosting made in this way will keep longer, will have a shiny surface and a creamy consistency underneath.

When frosting is overcooked and becomes too hard after beating, add a little lemon juice, boiling water or cream; very small amounts will make the frosting smooth. If it is too thin add a little powdered sugar to thicken it. The frosting will not be as good, but better than to try to use it too thin.

Atmospheric conditions often play havoc with boiling sugar. A damp rainy day the frosting is apt to be sticky even when boiling as usual.

SEASONABLE DISHES.

Codfish either fresh or salt is always seasonable and will, by using it in a variety of dishes, make a most palatable food.

Mexican Codfish.—Cook to a pale yellow a small chopped onion in three tablespoonfuls of butter, then add two tablespoonfuls of flour, half a minced green pepper and a cupful of stewed tomato pulp. When the sauce reaches the boiling point add half a pound of flaked codfish, that has been freshened in cold water and parboiled. Simmer slowly for ten minutes and serve hot, garnished with triangles of toasted bread.

Rice Omelet.—Take one cupful of cold, cooked rice, one cupful of warm milk, one tablespoonful of melted butter, one teaspoonful of salt, a dash of pepper and three eggs. Melt the butter in a hot frying pan and pour in the mixture well blended. Bake in a hot oven, fold and serve on a hot platter.

Baked Apples With Marshmallows.—Wash and core tart apples and place them in baking dish with a bit of butter and a pinch of salt in each. Cover and cook until nearly done, then uncover and press into each apple a marshmallow and finish baking. Serve cold with cream. Pears may be served in the same way.

Lace Cakes.—Mix well one tablespoonful of melted butter, one cupful of granulated sugar, two well beaten eggs, a teaspoonful of vanilla and a little grated nutmeg with two and a half cupfuls of oatmeal which has been parched; add two teaspoonfuls of baking powder. Drop by spoonfuls on a buttered sheet and bake until crisp in a hot oven.

Alexandra Ice.—Wash carefully half a pound of large seeded raisins, stemmed and cut in halves, and let them stand over night in a cupful of orange juice to which has been added a tablespoonful of sugar. Put through the meat chopper enough dry macarons to make a half cupful of fine crumbs. Whip two cupfuls of double cream until stiff and dry, add a half cupful of powdered sugar, the macarons, raisins and orange juice. Turn into individual molds and pack in ice and salt, at least four or five hours.

I find earth not gray, but rosy,
Heaven not grim, but fair of hue.
Do I stoop? I pluck a posy,
Do I stand and stare? Ah! his blue.—Browning.

Any roast meat, especially lamb or mutton, is improved by inserting small slices of a clove of garlic in the meat, and remove them before the roast is served, so that any member of the family who has unreasonable prejudice against garlic will not need to be disturbed. A slight flavor of garlic in many dishes will greatly improve the flavor, and if it is not overdone will not offend the most fastidious.

Onion Soup.—To four good-sized onions chopped very fine, add two thin slices of bacon, cut in small bits. Let this cook until the onions are soft and the bacon brown. Add two cupfuls of cold water and let it come to a boil. Mash the onion with a large spoon; do not pour off the water, but add one and a half cupfuls of rich milk; season well with salt and pepper and a tablespoonful of butter. When eggs are plentiful beat up an egg and pour the soup over it just at the time of serving. Flour and butter cooked together, using a tablespoonful of each, will make a sufficient binding. Serve without straining.

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GOOD ROAD WORK IN WINTER

Maintenance of Dirt Roads is Problem Confronting Farmer—Making Split-Log Drag.

One of the problems confronting the farmer is the question of maintenance of dirt roads. Not only should dirt roads be maintained during the spring and summer months, but the winter months as well; especially is this true where there is not an overabundance of snow, which conditions exist with many of our readers.

The King road drag may be used with much benefit during the winter months, just after thaws or rains. Good work can be done at this time of the year because the soil is crumbly or mealy and pushes easily toward the center of the road.

If the road has been properly cared for during the summer and fall, it will be only a slight task to drag it during the winter when conditions are right. At that season of the year there is little for the work team to do and in early spring the roads will be in shape to turn water and permit of early drying. In fact, the water-dragged roads will be dry and hard in the spring when neglected roads will be soft, rutty and springy. There is no best time to drag roads. Go after the work and then drag whenever you can during the winter; then your roads will be in good shape next spring. Make a split-log drag and keep it going on the highway.

D. Ward King, the inventor of the drag, gives the following directions for making a split-log drag: Take the two halves of a split log, ten or twelve inches thick and seven to nine feet long. Set the halves flat sides to the front, fasten 30 inches apart with strong stakes, the ends of which are wedged in two-inch auger holes, bored through the slabs. Put a solid plank platform on the stakes for the driver to stand on. The hitch is made of strong wire or chain, the long end fastened to stake over the top of the front slab, the short end should be put through a hole made in center of the slab and near the end to prevent the back slab tilting forward. Face four or five feet of the ditch end of the front slab with iron. An old wagon tire, worn share of road grader, or any piece of flat steel will answer for this purpose.

As a general rule, always haul the drag at an angle of 45 degrees, moving the dirt to the center of the road.

CHURCH TO HELP GOOD ROADS
Isolation and Solitary Confinement of Women Do Much Toward Filling Insane Asylums.

In a lecture on "The Church and Good Roads" the Rev. James Thomas told the ministers' conference in Denver, Colo., that "The isolation and solitary confinement of the farm wife and the farm servant girl do much toward making these women form a considerable percentage of the inmates of insane asylums."

The speaker continued, "The good roads problem is one to which the church must very soon give material attention." The church is a force in any undertaking and good roads enthusiasts will welcome its efforts in behalf of rural welfare.—Houston Post.

IMPORTANT DUTY OF PEOPLE

Prompt Repair and Careful Maintenance of Good Roads is Essential—Farmer is Interested.

The making of good roads is one of the most important duties of the American people, and their prompt repair and careful maintenance is essential. There is probably no subject in which the progressive farmer is more deeply interested than that of having roads connecting him with his markets, over which he may be able to haul the greatest possible load.

WELL WORTH THINKING OVER

Two Machines Being Manufactured Where One Would Do If Farmer Gives It Proper Care.

A farm machinery manufacturer made the following statement: "If the farmer cared for his machinery as he should, we would have to manufacture but one machine when we are now putting out two."

Top Dressing for Roads. A mixture of iron fibers, sand and cement is being used experimentally in France as a top dressing for highways.

Put Roads to Bed. The farmer who "put his road to bed" for the winter in good shape, will thank himself later.

Distance to Market. Roads shorten or lengthen the distance to market according to their condition.

THE BASIS OF CANADA'S RICHES

A Theme Discussed by the Wall Street Journal.

In speaking of Canada a short time ago the Wall Street Journal made the statement that "The basis of Canada's riches is the fertility of the soil, and no freak of warfare can injure that while her grain will increase in demand as the population of the world grows. As an investment field Canada is worthy of consideration." These words are well worthy of attention, especially coming from such a source as this eminent financial journal. With a land area exceeding that of the United States and with tillable areas coming under cultivation, the wealth of Canada's future can scarcely be estimated, while the wealth today is such as to bring her most prominently before the world.

During the past year thousands of farmers in Western Canada sold their crops for more than the total cost of their land. Lands at from \$15 to \$30 an acre produced crops worth \$40 to \$75 an acre. Stock raising and dairying were equally profitable.

The year 1915 saw most wonderful crops and magnificent yields over the entire country, and many farmers wiped out indebtedness that had hung over them long before they came to the country, and the year 1916 put them in a condition of absolute independence. A report to hand verified by a high official might seem marvelous, were the particulars not well known, and where there are not other cases that would seem almost as phenomenal. This is a southern Alberta story: A farmer wished to rent an adjoining farm on which a loan company held a mortgage. The applicant said he wanted the first ten bushels of wheat, after which he would divide, giving the loan company one-third. After threshing he paid into the bank at Calgary \$16 per acre for every acre cultivated, to the credit of the loan company, as their share or their third of the crop. Sixteen dollars per acre rent. His two-thirds was \$32 and in addition the first ten bushels of wheat. Land on this same security can be purchased for from \$18 to \$30 per acre. Wonderful yields are reported from all parts of this district. Recently 4,640 acres of a ranch were sold to an Illinois farmer; 800 acres of wheat in 1916 produced a yield that averaged 42½ bushels of wheat per acre. George Richard, formerly of Providence, R. I., on a southern Alberta farm got 2,052 bushels of wheat from a 50-acre field, or over 40 bushels per acre, and from a 50-acre field of oats got a return of 76 bushels per acre and still had some sheaves left over for feeding.

A report just issued by the Alberta government gives the yield of wheat in the showing of 1916 as 28 bushels per acre; 45 bushels of oats and 30 bushels of barley.

Travelers through Alberta's wheat belt have had revealed to them scenes of agricultural productiveness unapproached in any other part of the world. Alberta farms, selected with even moderate discretion, have raised men to independence and affluence with records of wonderful development unsurpassed amongst the phenomenal industrial success of which Canada well may boast.

Many almost incredible yields have been reported by reliable authorities, wheat exceeding 70 bushels per acre and oats 145 bushels. Numerous records show that the cost of farms has been more than repaid by this year's crop. In one instance, land purchased for \$3,200 produced wheat which was sold for a little over \$10,000.

During the year 1917 there will be an immense amount of labor required to take care of the crop in Manitoba, Saskatchewan and Alberta.

One of the problems which Western Canada has to face every year is the securing of an adequate supply of labor to handle the harvesting and threshing of its big crops. This problem, indeed, is always present in any country that has a big agricultural production; in the case of Western Canada it is enhanced by the comparative sparsity of population and the long distance from industrial districts, which can be expected to offer a surplus of labor.

In Western Canada the present difficulties are increased by the war. A very large number of Western Canada's small population have enlisted for service with the Canadian forces in Europe, and at the present time there is generally speaking no surplus of labor for the ordinary channels of industry, to say nothing of the abnormal demands of harvest time. The situation, however, has to some extent been met by the action of the Canadian militia department, who have released all such men who are still in training in the western military camps and who desire to engage in harvest work for a period of generally one month.

The actual number of men engaged in 1916 in harvest work was between forty and fifty thousand. Wages were higher than usual, running from \$2.50 to \$4.00 a day with board, and from \$35 to \$60 a month.—Advertisement.

Gone to the Club. "Mrs. Gadder gave some of her friends an evening of music recently." "Did Mr. Gadder contribute?" "Yes, in one sense. He gave up an easy chair he might have occupied if the evening had not been so musical."

CLIMBED STAIRS ON HER HANDS

Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.



This woman now raises chickens and does manual labor. Read her story: "Richmond, Ind.—'For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shoveled dirt, did building and cement work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women.'—Mrs. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind.

TO KILL RATS, MICE AND COCKROACHES
ALWAYS USE **STEARNS' ELECTRIC PASTE**
U. S. Government Buys It
SOLD EVERYWHERE—25c and \$1.00

The best jokes told about a man are those he never heard.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

Many a would-be poker player made a mistake in his calling.

"CASCARETS" ACT ON LIVER; BOWELS

No sick headache, biliousness, bad taste or constipation by morning.

Get a 10-cent box. Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Furgative Waters?

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your store. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, Costed Tongue, Indigestion, Sour Stomach or Constipation. Adv.

Gain in Loss. He that loses anything and gets wisdom by it, is a gainer by the loss.—L'Estrange.

Good Health Makes a Happy Home

Good health makes housework easy. Bad health takes all happiness out of it. Hosts of women drag along in daily misery, back aching, worried, "blue," tired, because they don't know what ails them. These same troubles come with weak kidneys, and if the kidney action is distressingly disordered, there should be no doubt that the kidneys need help. Get a box of Doan's Kidney Pills. They have helped thousands of discouraged women.

A Nebraska Case

Mrs. George Beasley, 203 W. Third St., Fairbury, Neb., says: "For several months my kidneys were disordered and I had a tired, nervous feeling. My back ached most of the time. When I happened to read about Doan's Kidney Pills, I tried them and two boxes cured me. I have been feeling much better ever since."

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

PARKER'S HAIR BALM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray and Faded Hair. 25c and 50c. Groggists.

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured. Write Dr. W.M.A., 508 15th St., Omaha, Neb.

APPENDICITIS
If you have been threatened or have GALLSTONES, GRAVEL, NEURALGIA, or pain in the RIGHT FREE side write for valuable Book of Information FREE. L. S. BARNES, DEPT. 70, 118 S. DEARBORN ST., CHICAGO

W. N. U., OMAHA, NO. 4-1917.