THE SEMI-WEEKLY TRIBUNE, NORTH PLATTE, NEBRASKA.

SEVEN YEARS AGO

He Has \$20,000 and Owns

2 Sections of Land.

truth will bear repeatings. And in

telling of it it is hoped that advantage

will be taken of the great opportuni-

ties that Western Canada offers by

those who are today struggling for a

niere existence, by those who are oc-

cupying lands, high in price and high

in 1916, there was a return from the

three Prairie Provinces of \$258,000,000.

or an increase of four million dollars

over 1915, and 118 million dollars over

A prominent Trust Company says

Some of our contract holders have paid

off their purchase money on lands

bought a year ago out of this year's

crop, and what one man can do anoth-

the acre. These farmers have more

real money to spend than any other

people on the American Continent. J.

Johnson County, Kansas, seven years

Saskatchewan, I have raised seven

good crops the value of this year's

crop alone being Twenty thousand dol-

lars. I now own Two Sections of im-

proved land, 17 horses and mules, 40

cattle, a large steam thresher and a

We have made five trips to Kansas,

one trip to the Pacific Coast and re-

turn. We have enjoyed the society of

a class of people than whom none oet-

ter can be found. The climate is

healthful and invigorating. The soll

is fertile and productive, well adapted

for the production of the best quality

and large yields of all cereals and

vegetables, wild and tame grasses. If

The question of taxes is one that

carries with it considerable weight.

Coming from a man like Mr. Johnston

the same weight should be given the

The tax system especially commends

itself to me as being simple, reason-

able and just. All direct taxes are

levied on the land at its appraised

market value, exclusive of improve-

ments thereon. No tax on personal

property. This tends to discourage

the holding of lands by speculators

who prevent its cultivation or improve

ment, hoping to realize profits from the

enhanced value of their holdings due

to the industrial activities of the bons

is an excellent stock country."

answer. He says:

Mr. Johnston tells his story:

full line of farm machinery."

Johnston of Bladsworth, Sask., left

From grain, live stock and dairying

in rentals.

1914.

A FRIEND'S

Woman Saved From a Serious Surgical Operation.

Louisville, Ky .- "For four years I suffered from female troubles, head-aches, and nervousness. I could not eleep, had no appetite and it hurt me to walk. If I tried to do any work, I would have to lie down before it was finished. The doc-tors said I would

have to be opera-ted on and I simply

friend advised me to try Lydia E. Pinkham's Vege-

table Compound

and the result is 1 feel like a new wom-

an. I am well and

broke down.



strong, do all my own house work and have an eight pound baby girl. I know Lydia E. Pinkham's Vegetable Compound saved me from an operation which every woman dreads." - Mrs. NELLIE FISHBACK, 1521 Christy Ave., Louisville, Ky.

Everyone naturally dreads the sur-geon's knife. Sometimes nothing else will do, but many times Lydia E. Pink-ham's Vegetable Compound has saved the patient and made an operation un-

If you have any symptom about which you would like to know, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.



2eul

Equal to the Demand. "I never use any but pasteurized milk in the city," said the new boarder; "can you furnish it?"

"Yes, indeed !" was the confident reply: "our cows 're kept in the pasture aff summer."-The Christian Herald.

About the only blow that strikes a man favorably is his own boast.

You can cure that cold in a day. Take-

1.9

4



The love of praise, howe'er concealed by art, Ratgns more or less and glows in every heart.

SEASONABLE DISHES.

Apples in various ways make most wholesome dishes. Wash, core, cut in

without slices, peeling and fry in a little hot salt pork fat, sprinkle with sugar, n little salt and brown on both sides. Arrange in overlapping slices around

-Pope.

the pork roast or the platter of pork chops.

Fig Fritters .- Sift together threefourths of a cupful of flour, a teaspoonful of baking powder, a third of a teaspoonful of sait, add the yolk of an egg, a tenspoonful of olive oil, a third of a cupful of milk ; mix well and add six soaked figs, coarsely chopped and last of all fold in the beaten white of the egg. Drop by spoonfuls into smoking hot fat and cook a golden brown, Serve with any hot fruit sauce. Any juice left from canned fruit thickened with a tablespoonful of butter and flour cooked together, makes a delicious sauce for fritters or puddings.

Hot maple sirup is another sauce well liked.

-Chop one pound of chuck steak and one onlon together. Add one teaspoonful of salt, a guarter of a teaspoonful of paprika, mix well and make into firm balls; sear in a well greased pan, turn until cooked to taste. For the sauce-take a half a cupful of horseradish, one-half cupful of cracker crumbs, one teaspoonful of salt, a dash or two of pepper, one-half cupful of cream, one teaspoonful of mustard, two teaspoonfuls of powdered sugar. Mix the dry ingredients and reduce the vinegar if the prepared horseradish is used; heat and serve hot with the meat balls.

Into deep hot fat and cook until brown. Drain on brown paper.

Belmont Eggs .- Brown bread slightly in a hot oven, moisten with hot, salted water and butter. Cook eggs in hot water until the yolks are a delicate pink. Slip one on each slice of bread and surround with chopped, cold meat which has been warmed in butter.

Curry of Mutton or Veal .- Fry a large onion, cut fine, in two tablespoonfuls of butter. Mix a tablespoonful of curry powder, one

The hardest and best-borne trials are those which are never chronicled in any earthly record and are suffered every day.

Things cannot turn up of themselves. We must in a measure assist them to turn up.

FOR THE INVALID.

A piece of toast for an invalid carefully prepared. Cut should be brend a half-inch thick, place in the oven until thoroughly hot, then

tonst over coals until both well-browned on sides. To poach an egg place the broken egg in a dish

of hot water, set at once on the back of the stove, cover, and when the yolk is plnk remove to the

Another nice way of serving egg is to beat the white until stiff, heap it on a piece of buttered toast, hollow out the center and drop in the yolk, sprinkle with salt and bits of butter and set in a hot oven to set the egg. Rice Soup .- Scald a cupful of milk, add one and three-fourths tablespoonfuls of well-washed rice, cook in a double boiler, add a teaspoonful of scraped onion or onion juice, a stalk of celery, a bit of bay leaf, and salt

and pepper to taste; add to the soup when strained. Chicken broth may be used instead of milk; add a tablespoonful of cream before serving.

Milk Albumen .- Put the white of an egg in a pint jar with a half cupful of rich milk and a pinch of salt, shake until well mixed.

Beef Broth .- Cut two pounds of round steak into cubes, remove skin and fat. Put into a kettle with some beef bones, cover with a quart of cold water and heat gradually to the boiling point, but do not allow it to boil. Summer for two or three hours, adding a little salt. Remove the fat after cooling, strain and reheat.

Chicken Broth .- This may be made from the bones of a left-over chicken or from the wing tips and a little water, making a small cupful of broth by adding a little cream.

A well-beaten egg stirred into any broth just before serving, adds greatly to its nutritive value. Serve broth with toast points or croutons.

Cereals, to be served in gruels should be cooked in a double boiler for several hours, strained and salted lightly, then cream or milk may be added.

When thou dost tell another's jest, therein Omit the oaths, which true wit car-



TO OBTAIN HEALTHFUL MILK

Cows, Barns and Yards Must Be Kept Clean-Small Top Pails Keep Out Foreign Matter.

(By V. R. JONES, Dairy Husbandry Department, South Dakota State College.) Cows must be healthy and kept

clean. Barns should be kept clean, well lighted and ventilated.

The barnyard should be kept clean and properly drained.

Utensils should be thoroughly washed and scalded or steamed and kept in a clean room.

Cows should be fed good wholesome food and pure water.

Milkers and attendants who come er can do. Thousands of Southern Alin contact with the milk should be perta farmers harvested an average healthy and clean. of 40 to 50 bushels of No. 1 wheat to

Cows should not be fed at milking ime or immediately before. Dust from feed falls into the milk and containinates it with germs.

Wipe the udder and side of cow GIRLS! GIRLS! TRY IT, ago. When he left he had \$660 in clean, dry hand, cash, six mules, some settler's effects

Use small-topped milking pail. This and an equity in some prairie land. nelps to keep foreign matter from the milk. "In my seven years' residence in

Remove the milk immediately after milking to a separate room from the barn to be strained and cooled. Cool milk to as low a temperature as possible without freezing. Forty or fifty degrees F, retards growth of most germs, and particularly those that cause milk to sour quickly.

SCRUB COWS AND DAUGHTERS

lowa College Makes Interesting and Instructive Comparison-Record of Holstein Grade.

A very interesting and instructive comparison is made between the records of individual scrub cows and their own grade daughters as shown by experiments at the Iowa college. The best monthly record of one Holstein grade shows an increase of 67 per cent in amount of milk and 33 per cent in the amount of butterfat as compared with the best monthly record of her dam, this being the best monthly record for these two cows during three lactation periods for each one. The

average for the three lactation pe-



is Mealtime a Worry to You

IS THE APPETITE POOR **IS THE DIGESTION WEAK** IS THE LIVER LAZY, AND THE BOWELS CONSTIPATED

Under such conditions you cannot obtain the maximum value from your food.

Give proper help at once-TRY

HOSTETTER'S Stomach Bitters

Fixing the Time.

Bill (coming to after a shell has hit bis dugout)-Have I been long unconscious, William?

William-Oh, a goodish bit, Bill. Bill-What do you call a "goodish bit," William?

William-Well, a longish time, Bill, Bill-Well, what's that white on the nill? Is it snow or daisies?

BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff-Real

Surprise for You.

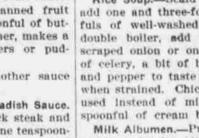
Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this-moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair 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, Danderine 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 Danderine from any store and just try it. Adv.

The Proof.

"Does love really blind a man?"



Meat Balls With Horseradish Sauce.

Fried Biscuits .--- Shape bread dough as for raised biscult, then lightly drop

buttered toast and keep it warm.

HILLS CASCARA QUININE

The old family remedy-in tablet form-safe, sure, easy to take. No opintes-no unpleasant after effects. Cures colds in 24 hours-Grip 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

NEBRASKA NATIONAL INSURANCE COMPANY

LINCOLN, NEBRASKA

Fire, tornado and hall insurance, farm and town property, automobile and threahing ma-chinery. Policyholders and agents participate in the profits of this company. Agents wanted in open territory. 18th year. Incorporated Jan. 4, 1892







RUPTURE CURED in a few day without pain or a sur gical operation. No pay until cured, Writ-DR. WRAY, 306 Bee Bldg. Omaha, Set



MANURE LOADER-Fully guaranteed; free tring; price \$49 #8 scraper free a short time to introduce, Anderson Co., Osage City, Kan.





spoonful of salt, a tablespoonful of flour and add to the butter and onion. Add a pint of hot water or soup stock. Cut two pounds of lean mutton or yeal in small pieces and brown them in hot fat. Add to the sauce, remove to the cooker, using one radiator or steatite and cook four or five hours. Place the meat on a hot platter and serve with a border of boiled rice.

STEAMED PUDDINGS.

Any sponge cake or plain white cake that has become dry, may be steamed and served with

> a sauce, making a most dainty pudding. Whole Wheat Pudding.

-Take two cupfuls of whole wheat flour, half a tenspoonful of soda, half a teaspoonful of salt. half a cupful of momilk and a cupful of

and serve with sauce.

Suet Pudding .- Sift with two cupof soda, mixed spices and salt, half oven. a cupful of suct, finely chopped ; a half cupful each of molasses, sour milk and desired chopped fruit, either stewed mold for three hours. Serve with an egg sauce.

spoonful of baking powder, and a half one and a quarter tenspoonfuls of teaspoonful of salt. Add half a cupbuttered mold and steam for three hours.

of suct chopped fine, one and a half half cupfuls of sugar, one cupful of taste, then roll. currants, half a cupful of milk, three salt, cloves and nutmeg. Steam three brown on a hot griddle. hours and serve with any desired

sauce. to season; pour over a little canned fruit juice, which is an improvement

over water, and bake until the apple is done.

not need Pick out the tales of mirth, but not the sin. He pares his apple that will cleanly

feed.

-George Herbert

BUTTERMILK DISHES.

Buttermilk, when it is easily ob tained, should be used in many dishes where whole milk

has seemed indispensable, Bul garlan bacterla may be procured and used in skim milk, making a most delicious drink, where the real buttermilk is

not to be had, or, if used in whole milk, a deliciously flavored buttermilk is the result.

Date Gems .- To one pint of graham flour add a pint of wheat flour, a lasses, one capful of half tenspoonful of sait, a tenspoonful of soda, a quarter of a cupful of sudates, cut fine, Steam in gur, one cupful of dates, stoned and small molds for two or three hours, cut in small pieces, and lastly, enough rich buttermilk to make a drop batter. Bake in hot, well-greased gem pans, fuls of flour, half a teaspoonful each half filling each, and bake in a quick

Buttermilk soup is a great delicacy with buttermilk lovers. Thicken with a tablespoonful each of butter and prunes, dates or figs. Steam in six flour cooked together, and add three small cups for an hour or in a larger | cupfuls of scalding hot buttermilk. Doughnuts .- Mix a third of a cupful of sour cream, a cupful of sugar. Ginger Pudding .- Sift two cupfuls one egg, one cupful of buttermilk, one of flour with two tenspoonfuls of gin- and a half tenspoonfuls of cream of ger, a teaspoonful of soda, one tea- tartar, half a teaspoonful of salt,

soda, one teaspoonful of nutmeg, or ful of raisins, half a cupful of sour cinnamon, or half of each, and flour milk, and haif a cupful of moinsses, to roll. Chill before rolling ont. Fry Beat well, and add three tablespoon- in deep fat; drain on brown paper and fuls of melted butter. Turn into a roll in powdered sugar before serving. Caraway Cookies .- Mix one cupful

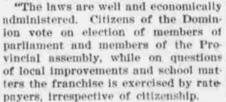
of sour cream with a cupful of butter-Potato Pudding .- Take two cupfuls milk, two eggs, half a tenspoonful of salt, one teaspoonful of soda and cupfuls of mashed potato, one and a enough caraway seeds and flour to

Griddle Cakes .- Heat well one pint cupfuls of flour, two tenspoonfuls of of buttermilk, half a tenspoonful of baking powder, mixed with the flour; salt, one tenspoonful of soda and flour two eggs and a tenspoonful each of to make a thin batter. Bake a golden

Cake Frosting .- Put three fourths of a cupful each of buttermilk and sugar Brown Betty is another pudding into a granite saucepan and bring to which will cause dry bread to disap- the bolling point, boll until a soft ball pear; use one part crumbs to two is made in cold water. Remove and parts chopped apple. Put in layers beat with a wooden spoon until creamy in a baking pan with sugar and butter and thick and of the consistency to

sprend. neccie Maxwell

fide settlers. It tends to encourage the settlers to rear substantial improvements upon their land without paying a penalty in the form of taxation therefor. It encourages the raising of live stock and the possession of other personal property necessary to the de velopment of the country.



The people are enterprising, school facilities are good Taxation, just and reasonable. Military service voluntary. Patriotic fervor unsurpassed. law and order the rule, and crime the rare exception. It is the land of banks, schools, telephones, grain elevators, broad, fertile acres, good climate, good citizenship and abounding in opportunities for the industrious man or woman of good morals, in short, the land of promise and fulfillment. I know of no better anywhere. -Advertisement.

Natural Proceeding.

"I heard that you had bought the yacht Hornet. How did you make out with It?"

"I was stung."

Glad to Recommend **Fine Kidney Medicine**

This is to certify that I have sold Dr Kilmer's Swamp-Root for fifteen years in a retail drug store. I have recommended several bottles and always with good re-sults. I personally guarantee every bottle and have never had one returned. HARRY L. SWIHART. and have never

Engleen-Eade Drug Co. Des Moines, Ia

July 23, 1909. State of Iowa,

Polk County-as:

Personally appeared before me this 23d day of July, 1909, Harry L. Swihart, druggist, who subscribed the above statute in and made oath that the same is true in substance and in fact. EDWIN J. FRISK

Notary Public.

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 wil also receive a booklet of valuable infor You will 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.

The Mascline Way.

He- Men never gossip. She-Of course not. They merely investigate rumors.

A woman always thinks she is better than other women and a man thinks he's no worse than other men.

Holstein Dairy Cow.

rlods shows that the Holstein cross had an increased production of 101 per cent in milk and 531/2 per cent in fat as compared with her mother which was one of the original scrubs One Guernsey cross showed an increase of 110 per cent in milk and 107 per cent in quantity of butterfat as

compared to the corresponding best month of her mother; whereas her av erage increase, that is, her increase it total amount of milk and butter for the entire period of lactation, showed an increase of 131 per cent in milk and 136 per cent of butterfat as compared with her mother.

EARLY AND GENTLE TRAINING

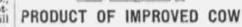
Task of Halter-Breaking Heifer Calves Cannot Be Begun Too Early-Handle Them Daily.

Halter-break all the heifer calves before they get very large. Can't do it too soon. No matter whether you ever lead your cows or not you want them broke to lead. Handle the calves daily as 'they grow, Rub them, fool around their hind guarters so that they will not be scared or ticklish the first time they are milked.



Clean Milk, Quick Cooling and Prompt Delivery Are Factors of Much Importance.

The number of bacteria in milk depends largely upon cleanliness of milking and handling temperature at which milk is kept and age of milk. Therefore, clean milk, quick cooling, and prompt delivery are very important factors in producing pure dairy products.



Wild Animal Gave Only Enough Milk to Nourish Its Young-30,000 Pounds Yearly Now.

The wild cow gave only enough milk to support its young. Proof of what man has been able to do in improving dairy cattle is found in the fact that production is more than 30,-000 pounds, the present world's record for milk per year.

"It must, when you see the way girls put powder on their noses."

A mounting of recent inventions permits a single lens camera to take a stereoscopic picture.

Feel Achy All Over

To ache all over in damp weather, or after taking a cold, isn't natural, and often indicates kidney weakness. Uric acid causes many queer aches, pains and disorders of the organs. Well kidneys keep uric acid down. Tired, dizzy, nervous people would do well to try Doan's Kidney Pills. They stimulate the kidneys to activity and so help clear the blood of irritating poisons.

A Nebraska Case



Get Doun's at Any Store, 50c a Ben DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.

Green's **August Flower** When the stomach and liver are in

good working order. In ninety-nine cases out of every hundred general good health prevails.

good health prevails. Oreen's August Flower has proven a blessing and has been used all over the civilized world during the last fifty odd years. It 's a universal remedy for weak stomach, constipation and nerv-ous indigestion. A dull headache, bad taste in the mouth in the morning, or that "tired feeling" are nature's warn-ings that something is wrong in the digestive apparatus. At such times Oreen's August Flower will quickly correct the difficulty and establish a normal condition. At all druggists' or dealers', 25c and 75c bottles.



"ROUGH on RATS" Hinds Rats, Mice, Bugs W. N. U., OMAHA, NO. 8-1917.