

# WRIGLEY'S

## A New and Tempting Taste:



As toothsome as the name implies.

The third of the WRIGLEY trio of refreshing, long-lasting confections.

Good for teeth, breath, appetite, digestion.

Have it always with you—it's a boon to the parched mouth in hot work or on long auto trips.

**The Flavor Lasts!**

**Chew it after every meal**

## Canada Offers 160 Acres Free to Farm Hands

Bonus of Western Canada Land to Men Assisting in Maintaining Needed Grain Production

The demand for farm labor in Canada is great. As an inducement to secure the necessary help at once, Canada will give

### ONE HUNDRED AND SIXTY ACRES OF LAND FREE AS A HOMESTEAD

and allow the time of the farm laborer, who has filed on the land, to apply as residence duties, the same as if he actually had lived on it. This special concession is the reduction of one year in the time to complete duties. Two years' residence instead of three as heretofore, but only to men working on the farms for at least six months in 1917. This appeal for farm help is in no way connected with enlistment for military service but solely to increase agricultural output. A wonderful opportunity to secure a farm and draw good wages at the same time. Canadian Government will pay all fare over one cent per mile from St. Paul or Duluth to Canadian destination. Information as to low railway rates may be had on application to

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

**Not Lonesome.**  
We don't feel so sorry for the man and woman who were divorced—they had brought their troubles upon themselves. But our heart went out to their child—poor, little lonely kiddie! We went to see him. He looked pathetic to us, and as we had feared, he had a prematurely wise expression on his little face, says the Cleveland Plain Dealer.

"Do you get lonesome?" was asked. "Nope," he responded quickly.

"The court lets mamma come to see me Mondays, and papa comes to see me Tuesdays. On Wednesdays, the man that's stuck on mamma calls, and on Thursdays the woman that papa's going to marry comes to see me. My grandparents scrap over me on Fridays and Saturdays." He drew a deep sigh, then his face brightened, and he said:

"But, thank goodness, I have my Sundays to myself!"

**New Species.**  
Mrs. Knicker—Did you enjoy the star?  
Mrs. Newrich—Yes; I think she's a fine commotional actress.

—but remember there is Only One

## "Bromo Quinine"

That is the Original

# Laxative Bromo Quinine

This Signature on Every Box

**E. W. Grove**  
Used the World Over to Cure a Cold in One Day. 25c.

# THE KITCHEN CABINET

To be what we are, and to become what we are capable of becoming, is the only end of life.  
One cannot always be a hero, but one can always be a man.

### GOOD EATING.

Let us have some old-fashioned English crumpets. About an hour (or longer if the weather is cold) before you wish to serve the crumpets, dissolve half a yeast cake in a quart of warm water, adding half a teaspoonful of sugar. Mix together one cupful of water, one cupful of milk, one tablespoonful of lard, and send it. Cool and add to the yeast with enough flour to make a soft batter. Upon the thinness of the batter depends the success of the crumpets. Cover the bowl containing this mixture and let rise in a warm place an hour, or until its bulk is double. Heat a griddle; when warm, grease it with butter or pork fat. Grease the muffin rings and place them on the griddle. Fill about one-third full with the very soft sponge. Cover the rings and let the crumpets bake slowly until double their height, then increase the heat to make the griddle very hot, and continue baking until the crumpets are brown on the bottom. When done they are white, soft, full of holes on top. Lay away in pairs, the top sides together, until cold. Then toast, spread them with butter and serve piping hot with tea.

**Dutch Stuffed Doughnut.**—This is the standby in all Holland homes. Take three cupfuls of bread dough, add one-fourth of a cupful of butter, one cupful of sugar, with nutmeg and cinnamon for seasoning. When well worked together add two eggs slightly beaten without separating. Roll this out rather thin, cut in rounds the size of a teacup, put a spoonful of jelly or jam, or a thick boiled custard, in the middle; pinch the edges together as one does apple dumpling, smooth into a round ball and drop into hot fat. When done roll in powdered sugar. Serve with coffee or chocolate or tea. In Holland they are served with the morning coffee.

**Alexandria Ice.**—Wash carefully half a pound of large raisins, seeded and stemmed and cut in halves. Let them stand overnight in a cupful of orange juice to which a tablespoonful of sugar has been added. Put enough dry macarons through the food chopper to make half a cupful. Whip two cupfuls of cream until stiff, add a cupful of powdered sugar, the crumbs, the raisins and the orange. Turn the mixture into individual molds and pack in ice and salt five hours.

**Chicken au Riz.**—Cut chicken breast into thin slices, place in a dish and surround it with cooked rice. Pour over it a rich white sauce, add an egg yolk and sprinkle the whole with paprika.

Sweet is the phrase that even few words  
Doth speak of pleasant thoughts and breathe  
Remembrance; for there's no separation  
though apart  
Twixt friend and friend.

### SOUR CREAM DISHES.

Sour cream makes a most delicious shortening for any kind of flour mixture.

**Feather Cake.**—Take a cupful of thick sour cream, one cupful of sugar, two cupfuls of sifted flour, one egg well beaten, one-half teaspoonful of salt, one teaspoonful of soda, a teaspoonful of vanilla and a teaspoonful of baking powder. Mix the dry ingredients and sift with the flour.

**Nut Cake.**—Take three-fourths of a cupful of thick sour cream, one cupful of sugar, one and a half cupfuls of flour, one cupful of chopped nuts, one egg, one-half teaspoonful each of salt and soda. Flavor to taste and bake in a loaf nearly an hour. Sour cream one cupful, brown sugar one cupful, and a half cupful of nuts added after the first two have been boiled together until waxy, makes a most delicious filling.

**Southern Gingerbread.**—Take one cupful of thin sour cream, two-thirds of a cupful of butter, one cupful of molasses, one cupful of brown sugar, two cupfuls of raisins, four eggs, one and a half quarts of flour, one tablespoonful of ginger, one teaspoonful each of soda, cinnamon, cloves and grated lemon peel. This makes a large cake.

**Black Cake of 1823.**—Take a cupful of sour cream, one cupful of molasses, one pound of sugar, one pound of flour, one pound of currants, one pound of raisins, one-half pound of citron, one-half pound of chopped figs, one-half pound of almonds, three-fourths of a pound of butter, ten eggs leaving out the whites of two, one teaspoonful of soda, two teaspoonfuls of cinnamon, one of cloves, one of allspice, four tablespoonfuls of orange marmalade. Bake in a slow oven.

**Cream Cake.**—Take a cupful of sour cream, one cupful of sugar, two cup-

fuls of flour, two teaspoonfuls of baking powder, two eggs, one-half teaspoonful each of salt and soda, a teaspoonful of vanilla. Bake in gem pans and sprinkle with granulated sugar, put a raisin in the top of each.

I do the best I know, the very best I can; and I mean to keep right on doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me wrong, ten legions of angels swearing I was right would make no difference.—Abraham Lincoln.

### GOOD DISHES FOR VARIOUS TASTES.

The following is a dish much prized by our Belgian cousins; and is most appetizing.

**Belgian Hash.**—Soak a half cupful of prunes, a half cupful of currants over night, add two finely chopped hocks of a pig cooked until the meat drops from the bones, add the soaked fruit, a half cupful of sugar, three-fourths of a cupful of vinegar and a fourth of a cupful of water, a half a grated nutmeg and a pinch of salt. Put into the oven and cook until the liquid is absorbed. More sugar is liked by those who originated this dish, often using a cupful to the above amount, but to the uninitiated half that quantity is a great plenty.

**Head Cheese.**—Boil three hocks until the meat falls from the bones, season as desired, drain and cool. Chop coarsely, add a chopped onion, pepper, salt and nutmeg, add the liquor and mold. Slice when cold.

**Orange Chestnut and Raisin Salad.**—Take a cupful of well-cooked chestnuts, two oranges and half a cupful of raisins soaked or steamed in a little orange juice. Carefully break the oranges after peeling into small bits, add the chestnuts and raisins and heap on head lettuce, serving with a tablespoonful of mayonnaise or any boiled dressing.

**Meat Loaf With Hard Cooked Eggs.**—Chop and mix one pound each of raw beef and veal with a fourth of a pound of salt pork. Add one-half teaspoonful each of thyme and marjoram, or a teaspoonful of poultry seasoning and a half teaspoonful of onion juice, a tablespoonful of chopped parsley and salt and pepper to taste. Mix with half a cupful of bread crumbs and two well beaten eggs. Butter a mold and fill it half full with the meat mixture. On this place lengthwise two whole hard cooked eggs, then fill the mold and cover with buttered crumbs. Bake one and a half hours in a slow oven. When served, if carefully sliced there will be a ring of egg in each slice.

### EVERYDAY DISHES.

It is the every day foods that give variety without adding to the expense of the living which most housewives welcome.

**Luncheon Ham.**—Fill a medium sized baking dish with alternate layers of stale bread crumbs and finely minced ham. Cover with two cupfuls of milk, three well-beaten eggs, a pinch of mustard mixed with the salt needed to season, a dash of red pepper and buttered crumbs reserved to place on top after it is set. Bake in a moderate oven the dish placed in hot water. Cook 40 minutes or until the custard is cooked.

**Graham Bread.**—To a pint of buttermilk add a teaspoonful of soda, half a cupful of sugar, one cupful of flour, one-half cupful of cornmeal and two cupfuls of graham flour, one-half cupful of molasses and a teaspoonful of salt. Bake one and a half hours. The sugar may be omitted if it is too sweet for the taste.

**French Corn Muffins.**—Cream a half cupful of butter with a half cupful of sugar, add a half cupful of sweet milk, three cupfuls of flour, one-half cupful of cornmeal and three teaspoonfuls of baking powder sifted with the flour.

**Baked Cabbage.**—Soak a head of cabbage an hour in cold water, after cutting it into eighths, then boil ten minutes. Place it after draining into a baking dish, cover with a tablespoonful of butter mixed with a tablespoonful of flour, one cupful of milk and salt and pepper to taste. Cover with bread crumbs and bake one hour.

**Lemon Pie With Two Crusts.**—Chop fine one large tart apple, add one egg, the pulp and juice of a lemon, one cupful of sugar, one tablespoonful of butter, add a little of the lemon rind, but not any of the thick white inner rind. Bake slowly with two crusts.

**Ham Patties.**—Take one cupful of chopped ham mixed with two cupfuls of bread crumbs, add milk to moisten. Put the mixture into well-buttered gem pans and break an egg in each, sprinkle thickly with buttered crumbs and seasoning. Bake until the eggs are firm.

*Nellie Maxwell*

# W. L. DOUGLAS

"THE SHOE THAT HOLDS ITS SHAPE" \$3 \$3.50 \$4 \$4.50 \$5 \$6 \$7 & \$8 FOR MEN AND WOMEN

Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail prices are the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.



## Farm Hands Wanted

Western Canada Farmers require 50,000 American farm labourers at once. Urgent demand sent out for farm help by the Government of Canada.

**Good Wages Steady Employment**  
**Low Railway Fares**  
**Pleasant Surroundings Comfortable Homes**  
**No Compulsory Military Service**

Farm hands from the United States are absolutely guaranteed against conscription. This advertisement is to secure farm help to replace Canadian farmers who have enlisted for the war.

A splendid opportunity for the young man to investigate Western Canada's agricultural offerings, and to do so at but little expense.

**Only Those Accustomed to Farming Need Apply**  
For particulars as to railway rates and districts requiring labour, or any other information regarding Western Canada apply to

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

### A Turn Down.

The late Jack London once arranged with a magazine editor to do a short story for \$1,500.  
"And," said London, hopefully, the deal being concluded, "can I have the money now, before I write the stuff?"  
The editor gave a laugh and a shrug. "Your stories, my dear London," he said, "are immortal, but you, unfortunately, are not."

## THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Beautify Your Hair! Make It Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

**The Likeliest One.**  
"Whom shall we send to write up this bear story?"  
"Why not send a cub reporter?"

Faint heart may sometimes win a fair lady, but it takes a stout heart to hold her.

### To Prevent Old Age Coming Too Soon!

"Toxic poisons in the blood are thrown out by the kidneys. The kidneys act as filters for such products. If we wish to prevent old age coming too soon and increase our chances for a long life, we should drink plenty of pure water and take a little Anuric," says the world-famed Dr. Pierce of Buffalo, N. Y.

When suffering from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, the simple way to overcome these disorders is merely to obtain a little Anuric (double strength) from your nearest druggist and you will quickly notice the grand results. You will find it many times more potent than lithia, and that it dissolves uric acid as hot water does sugar.

## DR. KNOLLENBERG'S D. C. SANITARIUM

If You Suffer With ACUTE AND CHRONIC DISEASES, Investigate Dr. Knollenberg's New Drugless Treatment. FOR RHEUMATISM, LUMBAGO, NEURALGIA, KIDNEY AND HEART TROUBLE.

My Guarantee for Special Treatment—You Don't Pay If I Fail. If you remain in my sanitarium under my care and treatment. These treatments are not only beneficial, but eradicate poisonous accumulations from the system.  
Office and Sanitarium 24th and Fremont Sts. Phone Doug. 7295. Omaha, Neb.

### A Worthy Example.

When Louis Mann first met his farmer neighbor, Shag Rossman, upstate, Shag was very much interested in the Theoplian.  
"So yer a actor, eh?" he asked.  
"Indeed, 'tis true," replied Mr. Mann.  
"Good one?"  
"Ahem!" came from Mr. Mann.  
"Some people say I am."  
"Well, you gotta go some to beat a actor I seen in a show one time," said Shag.  
"So? What was he?"  
"I've forgot his name," said Shag, switching his chew to the other cheek, "but I seen him with my own eyes turn a buck somersault on top of a horse that was runnin'!"

Dr. Pierce's Pills are best for liver, bowels and stomach. One little Pill for a laxative—three for a cathartic.—Adv.

To clean enamelware rub well with dry salt and rinse in cold water, then wipe dry with a piece of cloth.

With the advent of a correspondence barber school the end must be near.

## IF YOU CAN

Invest \$25 cash and a few dollars monthly, you can become associated with a company that should return big profits. You will recognize the truth of this statement when it is presented to you. This is not oil, mining or a scheme. Your banker or lawyer can O. K. our business. Address P. O. BOX 875, Pittsburgh, Pa.

## The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable—act surely and gently on the liver. Cure Bileousness, Headache, Dizziness, and Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

*Brent Wood*  
A ST. JOSEPH MOTHER

St. Joseph, Mo.—"During expectancy I became all run-down, weak and nervous. At times I would faint away and lie in these spells for two or three hours. I took medicine but kept getting worse all the time. I decided to try 'Favorite' Prescription, for which I shall always be thankful. It not only built me up in good health but saved my child. I had a fine baby; it weighed eleven pounds and has always been healthy."—MRS. FLORENCE WALDEN, 2824 S. 19th St.



'Favorite' Prescription is put up in both liquid and tablets. No alcohol or narcotic. Ingredients on wrapper. For sale by druggists.

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If You Suffer With ACUTE AND CHRONIC DISEASES, Investigate Dr. Knollenberg's New Drugless Treatment. FOR RHEUMATISM, LUMBAGO, NEURALGIA, KIDNEY AND HEART TROUBLE.

My Guarantee for Special Treatment—You Don't Pay If I Fail. If you remain in my sanitarium under my care and treatment. These treatments are not only beneficial, but eradicate poisonous accumulations from the system.  
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