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Boys' Shoes Best in the World \$3.00 \$2.50 & \$2.00

W. L. Douglas President W. L. Douglas Shoe Co., 186 Spark St., Brockton, Mass.

# THE KITCHEN CABINET



If you would not be forgotten as soon as you are dead, either write things worth reading or read things worth writing.—B. Franklin.

FOOD FOR THE FAMILY.

Put any piece of veal in a stewpan with just enough boiling water to cover it. Season with parsley, celery and leeks tied together, the peel of one lemon and one large carrot cut in dice. Boil for an hour, season with salt, then let simmer until the veal is tender; take it out and lay it in a roasting pan. Strain the broth; there should be two quarts. Put a half cupful of butter in a frying pan; in this brown two tablespoonfuls of flour, then add the hot broth and stir until smooth and creamy. Pour this over the roast and put into the oven to brown.

Stewed Lettuce.—This is a dish which will use the broken or unsightly leaves of lettuce and give the family an economical green. Cook the well-washed leaves until tender, drain, then put into a stewpan with thin slices of salt pork and a cupful of water or chicken broth. Cook gently for an hour. Drain in a sieve, slightly thickening the sauce and pour it over the lettuce when ready to serve.

German Carrots.—Cut four small carrots into shavings. Put two tablespoonfuls of butter into a saucepan with a small onion finely chopped and cook until tender, then add the well-drained carrots, a teaspoonful of sugar, and let them simmer tightly covered. Do not let them scorch; add a little lemon juice and a sprinkling of parsley when ready to serve. Cream instead of lemon juice may be added for variety. Cooked peas may be added to the dish also, giving it variety. A heavy sirup, into which is stirred two or three tablespoonfuls of pineapple finely shredded, may be used as a sauce with cherry jelly, if no cream is at hand.

Chocolate and Checkerberry Pudding.—Heat a pint of milk with a square of grated chocolate; mix half a cupful of sugar, three tablespoonfuls of flour, the yolk of an egg and a pinch of salt, with the milk to make smooth; add to the boiling milk and cook until thick. Beat the white of the egg to a stiff froth, add one tablespoonful of sugar and a half teaspoonful of checkerberry essence. Put spoonfuls of this in a pudding dish and pour the cream around it.

Words learned by rote a parrot may rehearse; But talking is not always to converse.—Cowper.

# Too Many Operations

## The Right Medicine in Many Cases Does Better than the Surgeon's Knife. Tribute to Lydia E. Pinkham's Vegetable Compound.

Doctor Said Operation or Death—But Medicine Cured.


Des Moines, Iowa.—"My husband says I would have been in my grave today had it not been for Lydia E. Pinkham's Vegetable Compound. I suffered from a serious female trouble and the doctors said I could not live one year without an operation. My husband objected to the operation and had me try Lydia E. Pinkham's Vegetable Compound. I soon commenced to get better and am now well and able to do my own housework. I can recommend Lydia E. Pinkham's Vegetable Compound to any woman as a wonderful health restorer."—Mrs. BLANCHE JEFFERSON, 703 Lyon St., Des Moines, Iowa.

Another Operation Avoided.

Richmond, Ind.—"For two years I was so sick and weak from female troubles 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, do all kinds of garden work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound."—Mrs. M. O. JOHNSON, Route D, Box 190, Richmond, Ind.

Of course there are many serious cases that only a surgical operation will relieve. We freely acknowledge this, but the above letters, and many others like them, amply prove that many operations are recommended when medicine in many cases is all that is needed.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



## 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

### HIS VOICE FROZEN TO POST

At least This Is Deduction of Wyoming Weather Observer From a Very Peculiar Phenomenon.

Scoffers have arisen from time to time to say that United States official weather reports are a joke in so far as they deal with the future; but their descriptions of the present and past are admittedly serious and accurate. Therefore one must not read in too jovial a frame of mind the report of David Moore, observer at Castle Rock, Wyo., where they have been having some very cold weather. Mr. Moore cites in his report that one night two men stopped at his cabin, and the next morning he tried in vain to call one of them, who was at the barn, to come to breakfast. But the man did not come. So the two sat down to breakfast without him. In about ten minutes the man in the barn strolled into the house.

"Why didn't you call me when breakfast was ready?" he asked.

"I did," was the answer.

That was during the cold snap. A thaw hit Castle Rock a few days ago. Moore says, and while he was standing in the back door sunning himself, he was startled by a weird medley of sounds. By listening closely he could hear the words:

"Come on to breakfast!"

There was no one in sight. And then he realized why the man had not heard him.

The voice, his own voice, had frozen to a post and was thawing out.—Boston Transcript.

### Made Famous by Poem.

A half century ago—April 3, 1867—a sixteen-year-old girl, named Rose Hartwick, put the finishing touches to a new poem.

The poem was duly published, under the title of "Curfew Shall Not Ring Tonight." To the surprise of the young author, it swept over America like wildfire, conquered Canada, was given an enthusiastic reception in England, and made the Michigan girl famous throughout the English-speaking world. It was one of the greatest hits of the century in popular poetry.

Walked Off With It.

"This dog took first prize at the cat show." "How's that?" "Well, he took the cat."

December is the wheat harvest month in New South Wales.

### IT GETS THEM ALL IN END

Belated Speed Germ Manifests Its Presence in Centenarian About to Take First Auto Ride.

Kitty Goetz, one hundred years old, and her brother, Igny Karisch, only ninety-eight, resolved that they would never go to an institution for the aged. True, the wind that had blown the roof from their squatters' shanty was sweeping coldly over the meadows near Rosedale, L. L., where they lived, and they had nothing to eat. But they weren't going to leave their homes just for that. Spring would be coming soon. Kitty left her nightdress on all day to fool the police, for she reckoned they wouldn't take a lady through the streets in her nightdress.

Then they heard a purring sound, which grew louder, then seemed to stop just outside their door. They tottered out and saw a large, sleek automobile. "I've come to take you for a ride," a police sergeant announced. "We're going to Kings County hospital." Kitty had never been in an automobile before, and as she looked at the big car a belated speed germ infected her soul.

"Say," she demanded, "how fast can we get to that place?"—New York Tribune.

### Sam Made Good.

Sam was a patriotic citizen and often made his boasts about what he would do in case of war. Just after matters had reached their present critical stage Sam's boss, anticipating some fun, approached Sam, thus:

"Well, Sam, I presume you have joined the colors?"

"Deed I has, sar. Deed I has. I've jined the blackest regiment of colored sojers in dis part of de country, sar."

Different.

Mrs. Sklun—Tell the gentleman I'm not receiving today, Mary.

Mary—He ain't deliverin', ma'am; he's collectin'.

### SEASONABLE DISHES.

Cook separately until tender potato balls or small, even-sized potatoes, beets of the same size and small button onions, two cupfuls of each.

When well chilled, marinate each in French dressing, roll the potato balls in parsley and celery leaves finely minced, and heap them in a bed of lettuce on a platter. Around these arrange the onions, and the beets outside against the green of the lettuce.

Mocha Macaroons.—Make a custard with the yolks of four eggs, one-half cupful of strong coffee. Add six tablespoonfuls of powdered macaroons to this and bake the custard until set. When cold, cover with the whites of the eggs whipped stiff with a quarter of a cupful of boiling hot sirup and a half cupful of whipped cream. Garnish with candied cherries and angelica.

Crumbs of brown bread rolled fine and stirred into cream makes a change which is well liked.

Winchester Nut Bread.—Dissolve a half cupful of brown sugar and three-fourths of a cupful of hot water; add a half cupful of molasses and three-fourths of a cupful of milk; stir two cupfuls of entire wheat flour and a cupful of bread flour sifted with two and a half teaspoonfuls of baking powder, three-fourths of a teaspoonful of soda, one and a half teaspoonfuls of salt and three-fourths of a cupful of coarsely chopped walnut meats. Turn into a buttered pan and bake an hour and a quarter.

Cheese Eggs.—Butter a baking dish or six ramekins and spread the bottom with grated American cheese; slip in six eggs, dust with salt and pepper and cover with more cheese, using three-fourths of a cupful; cover with buttered crumbs and barely cover with cream. Set in hot water and bake slowly until the eggs are set—about ten to twelve minutes.

German Filled Noodles.—Cut noodle dough into strips four inches long and three inches wide; spread with seasoned, cooked spinach and place another piece of noodle dough on top; pinch together like turnovers and drop into well-seasoned soup stock to cook about ten minutes. Any left-over may be rolled in parmesan cheese and fried.

Apple Sauce Cake.—This is such a popular cake that everyone should have the recipe. Take a cupful of unsweetened apple sauce, 1½ cupfuls of sugar, yolk of one egg, half a cupful of shortening, a teaspoonful each of

### CHAFING DISH SUPPERS.

A chafing dish is generally used for informal occasions, and nothing is more conducive to the general pleasure than something for several to do to assist in the preparation of the meal. For Sunday night suppers where there is a guest or two the enjoyment will be double if they take part in getting things ready. This is also a time to let the man of the house use his ingenuity as well as the children, everybody loves to watch a meal in preparation especially if all the appointments are pleasing.

For the server at the chafing dish the chair should be high, so that all the stirring and seasoning may be done with ease. The chafing dish should set upon a metal tray, the lamp carefully filled, all utensils needed near at hand. Pure alcohol should be used in the lamp, as an inferior one gums and spoils the lamp. One of the essentials in all work, especially in table preparation, is noiseless work, so the wooden spoons are better to use than metal ones. The carved silver affairs may be used for serving.

With the spoons as utensils for preparations should be small receptacles of salt, pepper, celery salt and paprika. If onion is used it should be finely minced and placed in a small, attractive dish. All ingredients should be prepared beforehand, and placed in pretty receptacles within easy reach. A wheel tray is a most convenient assistant, saving many steps, the soiled dishes may be quickly gathered and removed and all the supplies kept on it if wished. Dainty finger rolls or sandwiches are the usual accompaniment to any dishes served from the chafing dish, these are prepared beforehand. A salad is another well-liked dish. This may be either sweet or more substantial, depending upon the other dishes served.

### DR. KNOLLENBERG, D. C.

Specializes in all forms of Articular Rheumatism, Enlarged Joints, Kidney Trouble and Nervousness

I have given Chronic Diseases special study and I unhesitatingly say that my drugless treatment is not exceeded by any specialist regardless of what he claims. EXAMINATION FREE. If after examination I accept your case, I will issue a written guarantee.

My Guarantee To You: You don't pay if I fail, if you remain in my Sanitarium under my care and treatment. Letters of indorsement on file at office.

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W. N. U., OMAHA, NO. 17-1917.

Bolivia has an extensive deposit of coal at an altitude of 13,000 feet above sea level.


WHAT HOME FOLKS SAY

Omaha, Neb.—"All my life Dr. Pierce's Pleasant Pellets have been used in my home for sluggish liver and biliousness. When I was sixteen years of age I had a very severe attack of biliousness and the 'Pleasant Pellets' were the only medicine I took and they cured me in less than a week. Since that time I have not used any other liver medicine because they are simply perfect. I am glad to recommend them to my friends."—MRS. C. H. CONE, 4205 Brown St.

Omaha, Neb.—"For the past 26 years I have kept Dr. Pierce's Pleasant Pellets in my home ready for immediate use in cases of sluggish liver and constipation, and they have proved most satisfactory. I heartily indorse them as a safe and reliable home remedy."—MRS. JOHN SYME, 4207 Brown St.

Write Dr. V. M. Pierce, Invalids' Hotel, Buffalo, N. Y., for free book on stomach, liver and bowels.

# THOUSANDS UPON THOUSANDS OF HEALTHY BOYS & GIRLS EAT Grape-Nuts AND CREAM EVERY MORNING BECAUSE WISE MOTHERS KNOW "There's a Reason"



## 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 Acre

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. Wonderful yields also of Oats, Barley and Flax. Mixed Farming in Western Canada is fully as profitable an industry as grain raising.

The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, churches, markets, convenient electric roads—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 Dept. of Immigration, Ottawa, Can., or to

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



160 ACRE FARMS IN WESTERN CANADA FREE

Nellie Maxwell

# INFLUENZA

Catarrhal Fever, Pink Eye, Shipping Fever, Epizootic

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using Spohn's Distemper Compound, 3 to 6 doses often cure; one bottle guaranteed to cure one case. Safe for brood mares, baby colts, stallions, all ages and conditions. Most skillful scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist or delivered by manufacturers. SPOHN MEDICAL CO., Cobden, Ind.

Comfort First.

Two little girls whose parents were natives of Norway had just been listening to a lecturer who praised the people of that country very highly.

"Just think! I was born in Norway!" said one with a good deal of pride.

"Well," the other answered, "I could have been born there if I'd wanted to, but I thought I'd rather just be born in America, and then I'd be here."—Christian Herald.

Allen's Foot-Ease for the Troops.

The antiseptic powder to be shaken into the shoes or used in the foot-bath. Young men in every community are using Allen's Foot-Ease in their drills for Military Preparedness. Used by the Allied, French and English troops because it relieves the feet, takes the friction from the shoe and makes walking easy.—Adv.

Clever George.

Mabel—Oh, George, they say the moon is a dead body.

George—Awright, les sit up with the corpse.

Do You Neglect Your Machinery?

The machinery of the body needs to be well oiled, kept in good condition just as the automobile, steam engine or bicycle. Why should the human neglect his own machinery more than that of his horse or his engine? Yet most people do neglect themselves. To clean the system at least once a week is to practice preventive measures. You will escape many ills and clear up the coated tongue, the sallow complexion, the dull headache, the lazy liver, if you will take a pleasant laxative made up of the May-apple, juice of the leaves of aloes, root of jalap, and called Pleasant Pellets. You can obtain at almost any drug store in this country these vegetable pellets in vials for 25c—simply ask for Dr. Pierce's Pleasant Pellets. There can be no counterfeits if they have the Dr. Pierce stamp. Proven good by 50 years' use.