

**Small Pill  
Small Dose  
Small Price**



**FOR  
CONSTIPATION**

have stood the test of time. Purely vegetable. Wonderfully quick to banish biliousness, headache, indigestion and to clear up a bad complexion. Genuine bears signature.

*Bear's Signature*

**PALE FACES**  
Generally indicate a lack of iron in the blood.

**Carter's Iron Pills**  
Will help this condition.

W. N. U., OMAHA, NO. 21-1917.

**Nebraska Directory**

**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 excelled 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 endorsement on file at office.

**Dr. W. H. Knollenberg**  
24th and Farnam Sts., Omaha, Neb. Douglas 7295.

**Notice To Farmers!**

I want a responsible farmer in every locality not already taken to handle the Edison Storage Battery Farm Light Plant. Has non-acid battery which lasts lifetime. Write today for information. **HOLLIE H. THOMAS**, 1511 Howard St., OMAHA, NEB.

**DYERS**  
BEST BUYERS—SELLERS OF CATTLE  
HOGS—SHEEP STOCK YARDS—OMAHA

**DROS CO**

**Truc.**

"Why not put a porch light in this corner of the veranda?"

"No. That's a favorite spooning spot, and successful lovemaking calls for low visibility."

**Druggist's Customers Praise  
Kidney Medicine**

Dr. Kilmer's Swamp-Root is the best seller on the market today in this locality. I believe it is all that is claimed and during my experience of eight years in handling it as a kidney, liver and bladder remedy I have never heard a single complaint and know that it has produced very beneficial results in many cases, according to the reports of my customers who praise it highly.

Very truly yours,  
**HERBERT S. MAXWELL,**  
Druggist.

June 5, 1918. Plymouth, Mass.

**Prove What Swamp-Root Will Do For You**

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

**The Game.**

"Now is the time to swat the fly."  
"Yes, if the insect doesn't see you first, and fly the swat."

**YES! LIFT A CORN  
OFF WITHOUT PAIN!**

Cincinnati man tells how to dry up a corn or callus so it lifts off with fingers.

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn or callus, stops soreness at once and soon the corn or hardened callus loosens so it can be lifted off, root and all, without pain.

A small bottle of freezone costs very little at any drug store, but will positively take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to irritate the surrounding skin.

If your druggist hasn't any freezone tell him to get a small bottle for you from his wholesale drug house.—adv.

God helps those who help themselves.

Prayer and provender delay in man's journey.

**After the Movies** Red Eyes—Sore Eyes—Inflamed—Soreness—Itching—It is a favorite treatment for eyes that feel dry and smart. Give your eyes as much of your favorite eye medicine as you wish and with the same regularity.

**CARE FOR THEM—YOU CAN'T BUY NEW EYES!**  
Sold at Drug and Optical Stores or by Mail. Ask Marjorie Eye Beauty Co., Chicago, for Free Book.

# The KITCHEN CABINET

Beauty seen is never lost. God's colors all are fast. The glory of this sunset heaven Into my soul has passed.

**MORE GOOD DISHES.**

A fruit salad for company, which will serve 35 people, is the following:

**Frozen Fruit Salad.**—Take a can each of pineapple, white cherries, pears and peaches; cut them all the size of half a cherry, add two oranges, the juice of one lemon, a fourth of a grapefruit, a pint of mayonnaise and a pint of cream, whipped. Put the mixture into the freezer and stir until frozen; pack in quart molds and let stand an hour or more. Serve cut in slices, with lettuce hearts and French dressing made with lemon juice.

**Choice Popovers.**—Break three eggs into a bowl; add half a teaspoonful of salt and one cupful each of milk and sifted flour. Beat until smooth with an egg beater. Have ready a hot muffin pan; butter it well, fill the cups two-thirds full of the mixture and put into a hot oven. Bake 35 minutes, decreasing the heat after the popovers are well puffed.

**Vassar's Delight.**—Soak a fourth of a pound of prunes overnight and cook until tender in the same water. Remove the stones and cut the flesh in small pieces; add coconut to equal half the measure of prunes, a little coconut milk and two tablespoonfuls of orange marmalade. When boiling hot stir in three-fourths of a cupful of sugar and set the dish in hot water. Beat two tablespoonfuls of butter to a cream, add two egg yolks one after the other and one-fourth of a teaspoonful of salt; stir and cook in the hot mixture until the egg is set. Have ready a flaky puff paste or rich plain paste, baked over small tins. Fill the shells with the prune mixture. Beat the whites of the eggs very light, add four tablespoonfuls of granulated sugar and pipe the meringue above the filling; dredge with sugar and bake until firm in a moderate oven. Sprinkle with browned coconut or shredded browned almonds. Serve hot or cold.

A few green peas left from a previous meal, if washed to remove the sauce and then mixed with peanuts and celery, with a bit of onion and served with French dressing, will make a most satisfactory salad.

**Cress With Cucumber.**—Slice a peeled cucumber in thin slices and let stand in cold water for a half hour. Dry in a cloth and arrange a few slices on a bed of carefully washed cress, sprinkle with chopped chives and parsley and pour over French dressing. Serve at once as the dressing wilts the salad.

Who hath a book  
Hath but to read,  
And he may be  
A king indeed.

His kingdom is  
His inglenook—  
All this is his  
Who hath a book.

**EVERY DAY LUNCHEON.**

When cooking eggs, to make a few serve a large number, use cold boiled rice, two or three tablespoonfuls to the egg, if the eggs are scrambled, using milk and butter. Mix all the ingredients and serve hot at once. Uncooked rice may also serve as an economy with eggs. Put two tablespoonfuls of rice in an omelet pan with two tablespoonfuls of butter, cook until the rice is brown, then add a little water and let it simmer until the rice is tender, now add the eggs, stir and cook until well cooked and serve hot after seasoning well.

**Egg Soup.**—To one quart of boiling stock add a grated onion, half a teaspoonful of celery seed and salt and pepper to taste. Boil five minutes, add a half cupful of boiled rice, when hot take from the fire, add the yolks of two eggs well beaten, and serve at once.

Prunes and raisins boiled together, using half of each, sweeten, save the juice, add to sago and cook until clear, then serve very cold.

**Deviled Crabs.**—To one can of minced crab meat or two cupfuls of freshly boiled crab meat add the yolks of two hard-cooked eggs, mashed fine, a teaspoonful of Worcestershire sauce, paprika and the juice of half a lemon, a teaspoonful of dry mustard, and a few drops of tabasco sauce. Add enough bread crumbs to make a paste. Fill crab shells with the mixture, cover with buttered crumbs and bake until brown. Ramekins may be used in place of shells.

**Beef Olives.**—Take slices of rare roast beef and roll each around a thin slice of bacon which has been fried until transparent. Bind with twine and boil for five minutes. Remove the string and add some bacon fat to the roast beef gravy, season with tomato catchup or Worcestershire, boil up once and pour over the olives. Serve very hot.

**Marquise Pudding.**—Cut squares of angel food baked in a sheet, sprinkle

with chopped nuts and cover with whipped cream. Candied fruit may be added to make it more delicious.

Who hath a book  
Should thank the Lord,  
Because he may  
A book afford;

And in his prayer  
This clause he due,  
"Lord bless the men  
Who write books too!"

**EARLY VEGETABLES AS GREENS  
AND SALADS.**

At least once a week when these vegetables first appear in season cook cowslip and dandelion greens. The young, tender, blanched dandelions make most delicious salad served with minced onions and French dressing.

Beet greens, spinach and Swiss chard are all most wholesome and may be converted into attractive salads after being well cooked. Watercress is one of the most appetizing of greens, if well washed in salted water to remove any insects it may be served simply with salt as a garnish for chops or with French dressing as a salad.

**Grapefruit Salad.**—Separate the sections of grapefruit, using care not to lose the juice, mix with nuts of any kind and serve with French dressing on lettuce leaves. The juice may be used with the oil, with a little lemon juice or vinegar to make the dressing, so that nothing is wasted.

**Birmingham Salad.**—Arrange head lettuce with two slices of choice pineapple, with a ball of cream cheese in the center of each slice. It is well to cut the pineapple, making it easier for eating, yet the arrangement may be the same. Use the following dressing: Heat a half cupful of the pineapple juice and the juice of half a lemon in a double boiler. Beat the yolks of four eggs, add a tablespoonful of sugar, and a fourth of a teaspoonful of salt, gradually beat in the hot liquid and return the whole to cook over hot water until thickened. When cold and ready to use add whipped cream to make of the consistency desired.

**Spring Salad.**—Make nests of shredded lettuce and arrange on these a slice of cucumber, a few slices of radish, unpeeled, a sprinkling of chopped chives or finely shredded green onion, serve with French dressing. Cress may be used in place of the lettuce.

Orange and chestnuts with celery, or orange mint and celery to serve with lamb makes a good combination for salad.

She knows a dozen languages  
And that is much too many—  
She talks in every one of them  
And doesn't think in any.

**GOOD COMPANY DISHES.**

Chop all together rather coarsely two large stalks of celery, two green peppers, and one onion, fry slowly in two tablespoonfuls of butter until tender. Serve with steak.

**Tuna Fish Omelet.**—Prepare half a dozen eggs, beating the yolks and whites separately and adding a tablespoonful of cold water for each egg, season with a teaspoonful of salt, a fourth of a teaspoonful of pepper and three-fourths of a cupful of tuna fish minced fine. Fold the fish into the whites and proceed as in the making of a plain omelet.

**Chicken and Mushroom Pie.**—Butter a baking dish and put a layer of chicken meat in the bottom, cover with mushrooms which should be diced as well as the chicken, then add a few potato balls, season and add a layer of hard cooked eggs chopped, sprinkle with minced parsley and cover with a white sauce. Then after all the ingredients are used in layers, cover with small rich biscuit and bake. Use four cupfuls of diced chicken, one pint of mushrooms, one and a half pints of potatoes, six eggs, one and a half tablespoonfuls of minced parsley, a quart of thin white sauce, bake about 30 minutes. This will serve eight people.

**Club Salad.**—Allow two or three leaves of lettuce for each salad, one and one-half cupfuls of shredded chicken (cold, cooked), twelve slices of bacon cooked and diced, three tomatoes, mayonnaise and toast points with parsley for the garnishing. Arrange the lettuce, on each a slice or two of tomato, then the fried bacon on these and a spoonful of mayonnaise and on top the chicken, more mayonnaise and a sprig of parsley. Garnish with six tiny toast points for each salad, placing them spoke-fashion on the plates.

**Pimento Cheese.**—Drain a small can of pimentos from the oil, chop fine, add a tablespoonful of onion juice and a tablespoonful of minced pickles and a half-pound of grated cheese. Mix well, add salt and red pepper and serve with crackers or as a sandwich filling.

*Nellie Maxwell*

**BEEES SOMETIMES GET LOST**

Honey Gatherers Should Not Be Given Freedom Until There is Plenty of Pollen Available.

(By L. V. FRANCE, Minnesota Experiment Station.)

Bees sometimes get lost. They do so on being turned out in the spring if they have to go far in search of pollen. Therefore, bees should not be given their freedom until there is plenty of pollen available on willows and soft maples close by.

If there is no pollen available outside of the hives in April, or the weather is too bad for the bees to go out, the keeper should provide combs of pollen.

Among other things suggested by Mr. France for bees just given their freedom are these:

Clean water in a warm nook in the bee yard.

Food enough to last until May 20 in the form of sugar, sirup or combs of honey saved from the previous year.

Protection against cold weather until May 15 or 20 by wrapping each hive with thicknesses of heavy wrapping or building paper.

Prevention of robbing by reducing size of entrances.

**GROUND LIMESTONE IS BEST**

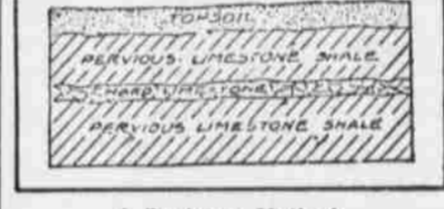
Deserving of Consideration by Farmers Contemplating Liming Soil—Use in Any Quantity.

Ground limestone deserves the earnest consideration of those who contemplate liming the soil. A natural product, it can be used in any quantity without danger of injury to the soil. Experiments have shown that two tons of limestone are as efficient as one ton of quicklime, provided the former is finely ground. Limestone is considered finely ground when 95 per cent of it will pass through a sieve having 100 meshes to the inch. When two tons of limestone can be purchased and spread on the soil at an equal or less cost than one ton of quicklime or 2,650 pounds of hydrated lime, the limestone should be used. Limestone siftings sometimes can be secured. Although rather coarse, there is enough fine material present to justify their use, provided they can be purchased at a price which will make it practical to use four or five tons per acre.

**WHERE DRAINAGE IS NEEDED**

Use Explosives to Break Through and Open Up Hard Layer—Remedy is Rather Modern One.

Whether it be a hard limestone layer or a layer of hardpan, soils that have an impervious stratum closely underlying them are hard to drain by any of the old-time methods. Suppose there is a top soil, underlain by a fairly open limestone shale, and this in turn underlain by a hard limestone



**A Drainage Method.**

through which surface water cannot pass. Some kind of drainage is necessary where water from surface springs is flowing over it. The remedy in such cases is rather a modern one. Use explosives to break through and open up the hard layer, whether this be stone or impervious clay of a hardpan nature. Ripping up the soil to a depth of a few feet, depending upon the depth of the layer, will work a cure for this condition.

**GET RID OF CABBAGE WORMS**

Sprinkle Paris Green, Mixed With Flour, Slaked Lime or Dry Road Dust Over Plants.

If the green cabbage worms are bothering the cabbages which were set out last fall, sprinkle some paris green mixed with some flour, slaked lime or dry road dust all over the plants. Use one ounce to five pounds of the lime or other mixture. Don't be afraid to use this poison, as there is no danger of its hurting you when eating the cabbage. And, too, the cabbage heads from the center and the outside leaves are invariably pulled off before using.

**GOATS ADAPTED TO GRAZING**

Economical Producers Under Ordinary Farm Conditions—Thrive on Thin Pasturage.

Angora goats are economical producers under anything like ordinary farm conditions. They are well adapted to grazing and can be maintained on rather thin pasture. Yet this is not desirable for best results. The goats should have ample pasture, grain and hay as supplements. Mohair has been bringing good prices recently and fresh goat meat is highly desirable as a food.

**BEETS COMMAND GOOD PRICE**

Plant is Easy to Grow and May Be Left in Storage All Winter—More Being Consumed.

Grow more beet. They are easy to grow and may be buried or left in storage all winter. Winter beets have commanded good prices for several years. The consumption of them is increasing.

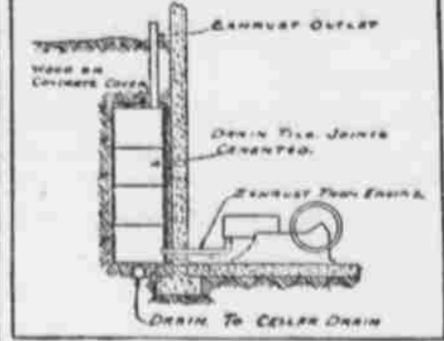
**MUFFLING GAS ENGINE**

Good Plan to Exhaust Into Buried Expansion Chamber.

Point to Be Observed is Not to Create Back Pressure Which Will Materially Decrease Power of Engine.

In response to a query as to the best plan to deaden the sound from a gasoline engine in the cellar, F. W. Ives of the Ohio State university makes the following reply:

To deaden the exhaust of a gasoline engine, some sort of a muffler must be used. The point to be observed is not to create back pressure which will materially decrease the power of the engine. An effective way to muffle the engine in question would be to exhaust into a buried expansion chamber which is connected to the outside.



**To Muffle an Engine.**

The accompanying sketch will give the reader a clear idea how to construct the chamber cheaply.

If it is not practical to go through the bottom of the wall as indicated, the exhaust pipe could be led to the top of the expansion chamber. With this arrangement the chamber would not need to be so deep and would not be so effective because of the long pipe from the engine. If the cellar drain is inadequate, the latter scheme would be more practical to install.

**STANDARD WIDTHS OF TIRES**

United States Department of Agriculture Gives Results of Tests on Average Wagon.

According to traction tests made by the United States department of agriculture, described in Circular 72 of the office of the secretary, wagon tires should vary in width according to the loads they are supposed to carry. For the average farm wagon, the following table will be a safe guide:

Type of wagon.	Gross Weight Loaded, of tire.	Width of tire, in inches.
1-horse wagon	2,000	2 1/2
Light 2-horse wagon	3,500	3 1/2
Medium 2-horse wagon	4,500	4
Standard 2-horse	6,800	4 1/2
Heavy 2-horse	7,500	5

**CARING FOR FEET OF SHEEP**

Trimming Should Be Done at Least Once a Year—Operation May Be Done at Shearing Time.

The feet of sheep should be trimmed at least once a year and as much often as is necessary, asserts A. M. Paterson, instructor in animal husbandry in the Kansas State Agricultural college.

"The hoof grows rapidly and if the sheep are not traveling over rough ground the feet will grow faster than they wear," said Mr. Paterson. "The trimming may be done at shearing time, and should be done from the under side with the use of a hoof knife or a sharp pocket knife."

**NONACID SOIL FOR ALFALFA**

Highly Essential in Any Case That Land Be Well Supplied With Decaying Vegetable Matter.

Alfalfa requires in the East a deep, fertile, well-drained, nonacid soil. Loam soils with open subsoils are best for alfalfa, but it may be grown on soils of almost any texture, from sandy or gravelly loams to heavy clays. The proportion of failures, however, is apt to be considerable on deep, porous sands or sands underlain by gravel. It is highly essential in any case that the soil be well supplied with decaying vegetable matter and plant food.

**ALFALFA HAY IS PREFERRED**

Crop is Somewhat Superior to Either Cowpeas or Clover—Yield Per Acre is Greater.

As a hay crop alfalfa is to be preferred to red clover or cowpea hay wherever it can be successfully produced. It is somewhat superior to either clover or cowpeas in feeding value, while under favorable conditions the number of crops alfalfa produces in one season makes the total yield per acre greater.

**MUTTON IS EXCELLENT MEAT**

Lambs Are Not Difficult to Raise Where Farmer is Prepared and Understands Animals.

Lambs should be raised cheaply where one is at all prepared and where he understands the animals. Mutton is excellent meat and there are no good reasons why it should not be more popular. A few fat lambs during the year might be the means of taking in cash that could be used to good advantage by the manager.

**Efficient Service**

Must be rendered by the stomach, liver and bowels in order to maintain the highest possible standard of health.

When help is needed—

**TRY  
HOSTETTER'S  
STOMACH BITTERS**

**DAISY FLY KILLER** placed anywhere, attracts and kills all flies. Real, clean, ornamental, economical, cheap. Lasts all season. Made of meal, can't spill or slip over; will not soil or injure anything. Guaranteed effective. Sold by dealers, or 6 sent by express prepaid for \$1.95.

HAROLD SOMERS, 150 DE KALB AVE., BROOKLYN, N. Y.

Wanted Other Terms. What is the price of your suits? Inquired the man who may not have been broke but looked it. "Fifteen dollars, up," was his answer. "The 'up' part doesn't interest me. How much down?"

**SOFT, CLEAR SKINS**

Made So by Daily Use of Cuticura Soap and Ointment—Trial Free.

The last thing at night and the first in the morning, bathe the face freely with Cuticura Soap and hot water. If there are pimples or dandruff smear them with Cuticura Ointment before bathing. Nothing better than Cuticura for daily toilet preparations. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Seeds Used as Fuel. Hundreds of tons of peach and apricot seeds, which have been thrown away every season heretofore by the canning factories in the great fruit districts of California, are now sold as fuel and bring \$2.50 a ton retail. Formerly the seeds were considered too hard for fuel, but recently it was found that when heated in a stove burning hard coal they soon pop open and ignite, after which they burn with an intense glow like that of anthracite, and are practically smokeless, besides holding a fire well.—Popular Mechanics Magazine.

Even Break. "So you told that lady who just called that I was out, Katie?" "Yes, ma'am." "Too bad you had to tell that story, Katie." "Oh, it's just as well, ma'am." "Why so, Katie?" "She was not very truthful herself, ma'am." "Why so, Katie?" "Because she said she was sorry, ma'am."—Yonkers Statesman.

The Question. "I'm trying to figure him out." "What's the matter?" "I've been watching him at work in his back yard for the last week and I'm trying to make up my mind whether he's doing all that digging from love of gardening or from a sense of patriotic duty."

In Brief. "Why are we in the war?" "To win for humanity a place in the sun."

**ECONOMY WITH GOOD LIVING**

is excellently attained by adding to the daily menu a ration of

**Grape-Nuts**

Goodness—Energy—Ease of Digestion—Excellent Flavor—are all found in this truly remarkable wheat and barley food.

