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W. N. U., OMAHA, NO. 26-1917.

**CURIOUS FEARS OF SOLDIERS**

**One Dreads That His Charcoal Burner Will Be Destroyed Although Indifferent as to Himself.**

It is extraordinary what curious fears some soldiers have. One fighter always dreads that his charcoal fire will be destroyed by a shell. He always places the burner in the most protected part of the trench, but remains quite indifferent in regard to his own personal safety.

Another extraordinary fear of a soldier at the front is that of having his bootlaces untied. Nothing else has terrors for him, from bayonet fighting to asphyxiating gases. But he is quite certain that if his bootlaces are loose he will trip over them and break his neck. He always examines his laces to see if they are properly fastened. Another soldier who has been through the thick of the fighting is terribly frightened of going through a wood, and would rather walk miles round it than half a mile through it. He has the fear that some day a tree will suddenly fall and crush him.

Many soldiers have a horror of losing their identity disks, or of being unidentified if they are killed, and buried in a nameless grave. One man is known to carry little scraps of paper in every pocket, giving his name and regiment, so that his body may be recognized if he is killed.

**The Hemstitched Handicap.**  
Oldfoge—Doesn't Swiftspace's wife object to his staying out till two or three every night?

Newfangle—She would if she knew it. So far he has always managed to get home first.—Judge.

Many a woman who thinks herself a beauty never succeeds in convincing her mirror.



**For Building Up Quickly**

probably the very best food you can select is **Grape-Nuts.**

It contains the mineral salts and energy values—all the nutriment of whole wheat and barley—digests easily and quickly, and the flavor is delicious.

"There's a Reason" for **Grape-Nuts**

**The KITCHEN CABINET**

A generous supply of vegetables and fruits are of the greatest importance for the normal development of the body and of all its functions.—Sherman.

**LOW-COST DISHES.**

A most satisfying dish to be used as a main dish for luncheon or dinner is macaroni. In combination with a cupful of left-over roast, half minced, or a half cupful of grated cheese with either white sauce or a sauce made by using the broth made from two or three of the steak bones, with proper seasoning, such as onion juice, a bit of chopped celery or parsley, this dish may be varied in several ways and still prove good. Tomato sauce is another well-liked combination, also. The macaroni should be cooked until tender, then place a layer of it in a buttered baking dish, then sprinkle over it a little chopped onion and bits of meat, or two or three hard-cooked eggs, then a generous covering of white sauce, and if the eggs are used, a little cheese adds to the flavor, but with meat this is not needed.

**Bean Fricassee.**—Boil a pound of lima beans or simmer them until tender, as boiling is not advisable for dried beans. Drain them. Brown a tablespoonful of butter in a pan and add the beans, stirring until thoroughly seasoned. Add a little minced parsley, salt and pepper. Stir in a cupful of cream or milk and let it stew for a few minutes; then season with mushroom or tomato catchup and a little vinegar.

**Rice Espanol.**—Cook a cupful of rice in a cupful of actively boiling water for 15 minutes, then drain. Slice two medium-sized onions, two green peppers and two cupfuls of stewed tomatoes. Put the mixture in a buttered baking dish, add salt and pepper, sprinkle with bread crumbs and bake covered for 20 minutes.

**Nut Loaf.**—Take a pint of bread crumbs, and mix well with two tablespoonfuls of melted butter; add a teaspoonful of salt, a half cupful of nut meats, a dash of pepper and some poultry dressing, with two eggs beaten light. Form into a loaf and bake in a shallow pan a half hour. Serve with tomato sauce.

Rice served hot with grated cheese makes a good substitute for potatoes, and buttered rice with minced parsley will take the place of parsley potatoes. Cucumbers are usually served fresh and crisp, but are excellent when stewed or baked. A well-seasoned cream sauce or a Hollandaise is especially good with the cooked cucumber.

Cheese is a most nutritive food which we are slow to appreciate. As a meat substitute it has no equal, being concentrated food without waste.

**DUMPLINGS.**

Men are only boys grown tall. Hearts don't change much after all.

Dumplings may be either sweet or seasoned to serve with meats. The sweet dumplings are too numerous to mention.

**Fig Dumplings.**—Sift two cupfuls of flour with a quarter of a teaspoonful of salt, one teaspoonful of baking powder, four ounces of suet finely chopped and rubbed into the flour, two tablespoonfuls of sugar and a cupful of chopped figs. Mix all together and add sufficient milk to make a stiff dough. Shape into dumplings and drop into a pan of boiling water; boil for an hour and three-quarters. Serve hot with maple syrup.

**Lemon Dumplings.**—Mix two cupfuls of bread crumbs with a quarter of a pound of finely chopped suet, add half a cupful of brown sugar, a little salt and the grated rind of a lemon. Moisten with two well-beaten eggs and the juice of a lemon; mix well and put into small buttered molds, cover with buttered paper and steam one hour. Turn them out on a hot dish, sift over them a little sugar and serve with a custard sauce.

**Farina Dumplings.**—Put a cupful of milk into a double boiler, add two tablespoonfuls of butter and a pinch of salt; when it begins to boil stir in enough farina to thicken and allow it to cook for ten minutes, stirring all the time. Remove from the fire and when cold add two well-beaten eggs, a little nutmeg, half a cupful of blanched and chopped almonds and a little lemon juice. Allow it to become cold, then make into balls and cook in hot soup a quarter of an hour.

**Delicious Dumplings.**—Sift a cupful of flour with two teaspoonfuls of baking powder and a little salt, add a cupful of milk and a beaten egg and more flour to make a drop batter. Drop into the boiling hot soup by teaspoonfuls and cook just eight minutes without raising the cover.

**Oatmeal Dumplings.**—Add a quarter of a pound of chopped suet to one cupful of fine oatmeal, one chopped onion, a tablespoonful of chopped parsley and salt and pepper; mix with cold water to form a stiff dough, wrap in a wet cloth sprinkled with oatmeal, place the dumplings in it and tie, leav-

ing room to swell. Plunge into a dish of boiling water, placing a plate under it, and boil one and three-quarters hours.

Hey diddle diddle!  
The cook has a riddle,  
With prices as high as the moon,  
And a purse so very small  
And hungry folks all  
Who will eat at night, morning and noon.

**SICK ROOM DRINKS.**

"Something to drink" is the imperative need of all who are ill even more insistent than the call of hunger. The wasted tissues in illness cry out for a drink and good, pure, cool water not only quenches thirst but reduces temperature where fever is present. Liquids of various kinds are so easily taken and so welcome that sustaining foods may be thus given to those suffering from various causes. In illness the attending physician should be consulted as to the kind of drink to give, as serious results often happen from unwise judgment. One young man lost his life by taking a drink of grape juice when he was well past the crisis in typhoid fever, according to the testimony of his family. One cannot use too great care in treatment of convalescence. Beverages as well as everything else prepared for the invalid should be presented in the most acceptable form. Even well trained housemaids fail to give the right touch to foods. The thin glass, the pretty plate, the dolly which accompanies a well prepared and cooling drink is very important.

Acid drinks made from fruit juices are especially refreshing to fever patients. Lemon and orangeade are the most commonly used, as these fruits are found everywhere. Other fruits may be used separately or in combination with others, as raspberry and currants, form a most delightful shrub, to bottle for winter use. Lemonade made in the usual way and to which a quarter of a cupful of grape juice is added makes a most refreshing drink. A half cupful of pineapple juice or grated pineapple gives variety to a glass of lemonade. A pinch of soda added to lemonade, stirring it thoroughly, will be a good substitute for effervescent water.

Egg lemonades are so well known that it hardly seems worth while to speak of them, yet they are very valuable. An egg may be digested this way and given often when other food will be refused. There are other drinks like cocoa, chocolate and alluminous beverages which are all cooling and nourishing as well.

In a family of growing children, food that builds muscle and brain is necessary. Heat and energy makers are also required.

**THINGS WORTH THINKING ABOUT.**

The present high price of flour is bringing us back to the coarser grains and foods. We read every day that half the ills of humanity are caused from improper food and eating, resulting in liver and stomach troubles. These are the causes of indigestion, constipation, lack of assimilation of food and a clogged condition of the alimentary canal.

The value of bran and whole-wheat bread is not appreciated by one in ten thousand. The portion of the wheat which contains the mineral matter, the "growth determinant" about which we are hearing so much these days, are sifted out and fed to the farm animals.

Those who have indigestion should not combine acid fruits or foods of any kind containing acid with starch, as this causes fermentation. To eat food which needs long chewing is very advantageous; sloppy, soft foods encourage bad habits in mastication. The starchy foods need to be well mixed with the saliva in order to have a perfect digestion. Starch that has not been well insalivated sets up fermentation in the stomach. Whole wheat bread is more solid than white bread, hence it is better masticated and the saliva penetrates the starch cells. The use of vegetable oils for shortening instead of animal fats is also an advantage, as the heat does not affect them as it does such fats, as butter or lard.

Take a spoonful of bran in your breakfast food, you will not know it is there, and you have presented your stomach and intestines with a splendid scrub brush which will clean and heal any inflamed section of the alimentary canal. It is never wise to change a diet entirely and suddenly unless under a physician's orders, for habit is a hard master. Going without a meal or two each week is a good custom, and economical. This will apply to well nourished and plump people who have plenty of reserve. Fasting and prayer should not be a forgotten privilege, as it so commonly has been in the near past.

Exact Copy of Wrapper.

Nellie Maxwell

**FARMS THE SOURCE OF WEALTH**

Careful Tillage, Good Management and a Beneficent Soil.

Reading the reports of the managers of the chartered banks in Canada, one is struck by the wonderful showing that they have made during the past two or three years. They are careful in their statements, and while they attribute the success that they have met with, together with that which has followed other lines of business, they are careful to emphasize the fact that the condition of big business may not continue. On the other hand, they point out that the material and fundamental source of wealth is the farm. While other lines of business may have their setbacks, and while care and scrupulous care, will have to be exercised to keep an even balance, there is but little risk to the farmer who on economic and studied lines will carry on his branch of industry and endeavor to produce what the world wants not only today, but for a long distance into the future, with a greater demand than ever in the past.

Speaking recently before a Canadian bank board at its annual meeting, the vice president, once a farmer himself, said:

"The farm is the chief source of wealth. We have now three transcontinental railways with branches running through thousands of miles of the very best undeveloped agricultural land in the world. In the natural course of things, these must attract immigration. The products of the farm are now commanding the highest prices ever known, and in my opinion even after the end of the war, high prices for foodstuffs must continue to prevail. With the mechanical appliances now available for farm work, the farmer needs no considerable supply of extra capital, but should be helped to the extent needed upon good security. The food supply of the world is short, the demand is likely to increase rather than decrease. Development of mines, extension of factories and the reconstruction of devastated Europe must all call for supplies for the workers. On the whole, the farmer has been helped rather than hurt by the war, and will continue to be, at least for a long time to come."

Many men of authority and intelligence support what the vice president has said, and their statements are borne out by the facts that readily present themselves. The different grain-producing countries of Europe have been robbed of the man power that developed their agriculture, the farms have been devastated and laid waste. Full and complete reliance will have to be placed on the United States and Canada, and from what we see today, it will take the combined forces of these two countries to come anywhere near meeting the cry that will go out for food. The warnings and appeals sent out by the heads of these two countries are none too soon nor too urgent. Therefore, it becomes necessary for those who can produce to exert themselves. Secure land, rent it, buy it. Get it somewhere, some way, and have it operated. The Canadian Government, sending out its appeal, is not selfish in this matter. Thousands of acres in the United States await the tiller's efforts, and none of it should be idle. Canada, too, offers wonderful advantages, with its free lands and its low-priced lands, to those desirous of helping the nation, and improving their own condition at the same time. Many are taking advantage of this wonderful opportunity.—Advertisement.

**Too Sick To Work**

**Many Women in this Condition Regain Health by Taking Lydia E. Pinkham's Vegetable Compound.**

**Convincing Proof of This Fact.**



Ridgway, Penn. — "I suffered from female trouble with backache and pain in my side for over seven months so I could not do any of my work. I was treated by three different doctors and was getting discouraged when my sister-in-law told me how Lydia E. Pinkham's Vegetable Compound had helped her. I decided to try it, and it restored my health, so I now do all of my housework which is not light as I have a little boy three years old."  
— Mrs. O. M. RHINES, Ridgway, Penn.

**Mrs. Lindsey Now Keeps House For Seven.**

Tennille, Ga. — "I want to tell you how much I have been benefited by Lydia E. Pinkham's Vegetable Compound. About eight years ago I got in such a low state of health I was unable to keep house for three in the family. I had dull, tired, dizzy feelings, cold feet and hands nearly all the time and could scarcely sleep at all. The doctor said I had a severe case of ulceration and without an operation I would always be an invalid, but I told him I wanted to wait awhile. Our druggist advised my husband to get Lydia E. Pinkham's Vegetable Compound and it has entirely cured me. Now I keep house for seven and work in the garden some, too. I am so thankful I got this medicine. I feel as though it saved my life and have recommended it to others and they have been benefited."  
— Mrs. W. E. LINDSEY, R. R. 3, Tennille, Ga.

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.

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