

HUSBAND SAVES WIFE

From Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Pittsburgh, Pa.—"For many months I was not able to do my work owing to a weakness which caused backache and headaches. A friend called my attention to one of your newspaper advertisements and immediately my husband bought three bottles of Lydia E. Pinkham's Vegetable Compound for me. After taking two bottles I felt fine and my troubles caused by that weakness are a thing of the past. All women who suffer as I did should try Lydia E. Pinkham's Vegetable Compound."—Mrs. JAS. ROHBERG, 620 Knapp St., N. S., Pittsburgh, Pa.

Women who suffer from any form of weakness, as indicated by displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues," should accept Mrs. Rohberg's suggestion and give Lydia E. Pinkham's Vegetable Compound a thorough trial.

For over forty years it has been correcting such ailments. If you have mysterious complications write for advice to Lydia E. Pinkham Medicine Co., Lynn, Mass.

She'd Used Them. "Haven't you any calendars this year?" asked the small boy. "No, we have not, my boy," replied the rotund man in his office. "Well, I'm sorry, and I know mother will be sorry, too."

"Why will your mother be sorry?" "Cause she's had a lot every year from you, and she says they're the grandest things for starting fires in mornings with!"

RED CROSS STORY.

Red Cross Ball Blue and what it will do seems like an old story, but it's true. Red Cross Ball Blue is all blue. No adulteration. Makes clothes whiter than snow. Use it next washday. All good grocers sell it.—Adv.

Full Meaning.

"Why do they call that one a crack snip?" "Because there is so much crack about it."

The Quinine That Does Not Affect Head.

Because of its tonic and invigorative effect, Quinine from Quinine can be taken by anyone without causing nervousness or ringing in the head. There is only one "Iron Quinine."—W. W. GARDNER'S signature is on box. See.

Punctuality.

"Telephone service prompt?" "Parts of it. The bills always get around on time."

Take care of your health and wealth will take care of you. Garfield Tea promotes health. Adv.

It is easy to make both ends meet when the financial end isn't short.

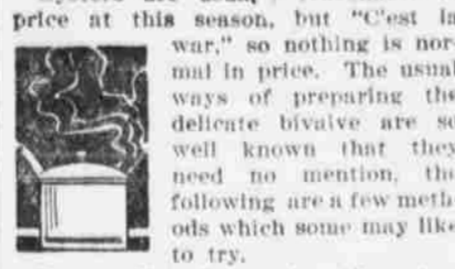
The elevator boy is always ready to give a man a lift.

The KITCHEN CABINET

The germ of greatness is in every vein, but we fall victims of arrested development.

FRESH OYSTERS.

Oysters are usually reasonable in price at this season, but "C'est la guerre," so nothing is normal in price. The usual ways of preparing the delicate bivalve are so well known that they need no mention, the following are a few methods which some may like to try.



Oyster Club Sandwich.

Allow two slices of toast for each person. Drain each oyster, dry on a cheesecloth, dip in olive oil, then cracker crumbs and broil in a fine wire broiler for three minutes, turning frequently. Put two or three oysters on a slice of buttered toast, add a little salad dressing, cover with another slice of toast and garnish with slices of broiled bacon.

Oysters en brochette.

fresh oysters put on a skewer alternating with slices of bacon. Lay the skewer across a pan and bake in a hot oven until the bacon is cooked. Serve on oblongs of toast without removing the skewer.

Oyster and Fish Pie.

Use fish flakes any oysters in equal quantities, mixed with a rich cream sauce. Have ready a deep baked pastry shell and fill with the hot mixture, cover with piecrust and place in a quick oven to brown. Spaghetti or macaroni may be substituted for the fish.

Oyster Canapés.

Cut small oblongs of stale bread, with all the crusts removed. Brown them in a shallow pan in hot olive oil. On each piece place a large raw oyster, which has been dried on a cheesecloth. Arrange these on an inverted tin and place under a gas flame. Remove as soon as the oysters are plump, sprinkle with salt and pepper, put a bit of butter on each and serve with lemon quarters. Poached oysters served in green pepper shells or in a mold of tomato jelly served with tomato catsup, horseradish and lemon juice, makes a good cocktail mixture.

Many a person never does anything worth while because he thinks it isn't worth while.

WHAT SHALL WE HAVE FOR DINNER?

While eggs are so high we must economize in them and a cake which will be moist and tasty, is a welcome one.

Apple Sauce Cake.

Cream a fourth of a cupful of shortening with a cupful of sugar, dissolve one teaspoonful of soda in a little hot water and beat it into a cupful of strained apple sauce and two cupfuls of flour, one teaspoonful of cinnamon, half a teaspoonful of cloves and a pinch of allspice. A few raisins and currants may be added if desired. Bake in a slow oven.

Chives Omelet.

Wash the chives and cut them fine with the shears. Beat four eggs, whites and yolks separately. Add to the yolks four tablespoonfuls of milk, a teaspoonful of corn starch, a tablespoonful of melted fat, and salt and pepper to taste. Add the chives to the yolks and fold in the stiffly beaten whites. Grease the omelet pan with a tablespoonful of fat and pour in the egg mixture. Lift the edges of the omelet while cooking, fold and serve garnished with parsley.

Corn Flake Kisses.

Beat the whites of two eggs until stiff and dry, add a cupful of granulated sugar and beat until well mixed, then stir in two cupfuls of corn flakes and a cupful of coconut, stirring only long enough to mix well. Drop by spoonfuls on oiled paper and bake in a moderate oven. This recipe will make about thirty macaroons.

Escalloped Oyster Plant.

Salsify is such an appetizing vegetable that it should be more abundantly grown in our home gardens. It has the advantage of belonging to the winter vegetables which may be stored in cold climates and used all winter.

Stuffed Onions.

Take six large onions, peel and cook in salted water until nearly done; remove from the water and take out the centers, chopping them fine; season well with salt, pepper, a little fat and bread crumbs, with an egg to hold the stuffing together, adding a few spoonfuls of any chopped meat or chicken or nuts of different kinds. Put into the oven and bake, basting with hot water and chicken fat.

Scrape the roots and prepare them for boiling, cook until tender in boiling salted water. Put a layer of the sliced vegetable in a baking dish, add a little shredded codfish, then a layer of buttered crumbs and seasoning, then add enough milk to just cover. Bake thirty minutes and a dish will result that tastes nearly as good as escalloped oysters.

How it comes to us in silent hours that truth is our only armor in all passages of life and death.—Ralph W. Emerson.

PLAIN AND ORDINARY DISHES.

Now is the time of the year when the housewife of ingenuity begins to do a little more thinking and planning, for whatever is served the cost is about double in price. Eggs must be used sparingly, fats are replacing butter even on the table in many homes, vegetables in plenty must be served in different ways to make them appetizing, and real brain work must be used to keep the every-day things from piling on the palate.

We are going without frosted cakes and thus saving much sugar. A layer cake with a good filling needs no frosting to appeal to the appetite, but a plain cake for special occasion may be covered with

Eggless Icing.

Roll together a cupful of brown sugar, half a cupful of milk and a teaspoonful of butter substitute until it spins a thread, beat like fudge and spread before it becomes too hard to spread smoothly.

Sour cream and brown sugar.

boiled together makes another most delicious cake filling which may be used for an icing.

Princess Pudding.

Boil enough sweet potatoes to make a pint when mashed with a tablespoonful of butter substitute and two tablespoonfuls of cream. Add to this a half cupful of chopped nuts, two tablespoonfuls of chopped raisins, two tablespoonfuls of sugar, a little nutmeg and a tablespoonful of cider. Beat well and bake in an earthenware pudding dish. Serve with cream and sugar. This is sufficient for a family of six.

Ginger Pudding.

Sift together twice, two and a fourth cupfuls of flour, three and a half teaspoonfuls of baking powder, a half teaspoonful of salt and a tablespoonful of ginger. Cream four tablespoonfuls of fat with half a cupful of sugar, mix with the flour and add a half cupful of milk beaten into one egg. Turn into a well-greased pudding mold, leaving at least two inches for swelling, cover and steam two hours. Remove the cover and dry in the oven for ten minutes. Serve with powdered sugar, made creamy with two or three tablespoonfuls of cream, with any desired flavoring.

So order one's life as to keep amid trials and suffering, the faculty of happiness, and be able to propagate it in a sort of salutary contagion among one's fellow-men, is to do a work of fraternity in the noblest sense.—Chas. Wagner.

WAR RATIONS.

We have shown that it is possible to be a little more saving, even when our housewives have tried to be as saving as possible as a principle all their lives. We cannot ask those who are half starved to save, they cannot for obvious reasons, but the vast "common people" of America of whom there are many of us, find that there have been countless little wastes going on that have never until this year been brought to the attention.

In cooking rice, mushes or various cereals if skim milk is used the food has a much higher nutritive value. In making milk soups, custards, puddings of various sorts, breads, cakes and chowders, milk that is skimmed may be used to a large extent. The fat may be supplied in some cheaper form than butter fat.

While we still have plenty of vegetables and fruits the shortage of fats is upon us. England and the other countries over there are feeling the stringency and we must use more caution with our valuable fats which are so essential to the health and well being of our growing children and the healing of the wounds of our soldiers.

Much fat may be saved at home by saving every bit of surplus trimmed from meat, trying it out and keeping different kinds in separate dishes. Fat from fowls may be used for almost all foods in which butter would be used. After trying it out or rendering it, add water and let it cook. The water removes all bits of material which have adhered to the fat and which often give it an undesirable flavor. Charcoal is added to some highly flavored fats, this decreases the intensity of the flavor. It is necessary to strain the fat through a funnel after using charcoal. After using fat for any purpose, strain it, for it keeps better and looks cleaner.

Skim milk as a real food is coming into its own. The only nutrient taken from whole milk in skimming, is butter fat, there is left, all of the valuable mineral salts, protein and sugar which is valuable in supplying heat and energy, as well as tissue building material.

Neelie Maxwell

NEW YEAR'S GREETINGS

The Heads of Canada's Western Provinces, and Their Message.

The United States having been in the great world's war for about nine months, the touch of war's spirit has permeated the great commonwealth, and in every hamlet and district is felt and shown the interest that was to be expected from a people whose love of liberty and justice rises supreme to all else. Day by day their appreciation of what it means to give up now for the future happiness of themselves and the generations that follow grows greater and greater. There will be losses of loved ones, but there will be no badge of mourning to indicate the great sorrow that will be felt. It is realized that the sacrifice is the toll that is demanded for making the whole world better, and, sensing this, there is preparation and willingness to sacrifice until the goal—the defeat and downfall of despotism—is assured. When the people look back, and see what Canada has done, and learn that Canada today is bigger and better than ever, they will take heart, and with increasingly growing vigor carry on with a greater courage. Canada has been in the war for three and a half years. She has sent 400,000 out of a population of eight million, she has subscribed to Victory Bonds over and over again and there is no sound of a whimper. At each demand that is made upon her resources, she meets it, and gets ready for the next. Recently her people were asked to subscribe \$300,000,000. She handed over \$400,000,000.

Having already contributed 400,000 soldiers, Canada was recently asked to approve of sending another 100,000. With a sweeping majority, consent was given.

How the war affects Canada is best shown by the willingness of the people to contribute. They, too, realize the great and noble part they are taking in this great conflict. They are a unit in making the world better. Canada's wealth was never shown to better advantage than in the present struggle. It possesses great wealth in the soil, in its mines, its other natural resources, and wonderful riches in the tenacity and courage of its men and its women. The soil and the climate, and the hardihood and determination of the farming class to win, by cultivating and cultivating, growing wheat and raising cattle to build up the resources so necessary to carry on the war, are factors that will count.

Probably the best word of encouragement comes from the Premiers of the three great provinces where the bulk of the food products will come from. When one reads what these men, prominent in their country say, it gives inspiration. If there are any who may be pessimistic of the future, the message that these gentlemen send forward should remove all doubt. Three and a half years in the war, able to speak as they do, the future should look bright to those who may have their seasons of doubt!

Hon. T. C. Norris, Premier of Manitoba, says:

"Manitoba has prospered exceedingly during the year 1917, and the new year finds us not only still ready and willing, but unceasingly able to bear whatever burdens the fourth year of the war may bring.

"Manitoba farmers, generally speaking, have never been in better condition to carry on. Out of her prosperity Manitoba is giving lavishly toward the winning of the war. Every appeal for funds has met with quick and generous response. The people of the Province are well settled into the collar in all war efforts. There's a spirit of determination, of willingness to make sacrifices, of confidence in the certain outcome, of which there is no room for pessimism. Manitoba will carry on."

Saskatchewan had a prosperous and successful year in 1917, and when Premier Martin sent out his New Year message it was filled with an optimism that was fully warranted.

"There is no doubt that the province today is in a better condition financially than ever before. True, the effects of the town and city real estate boom have not altogether passed away, but speaking generally, the farmers on the plains and the merchants in the towns are in a better financial position today than at any previous time. Our people are industrious and progressive.

"While we have in some portions of the Province a mixed population, education and scientific methods are making rapid strides and we are looking forward with every confidence to a glorious future and the development of a people on the central plains of Canada, of which the whole Dominion and the British Empire will have every reason to be proud."

While Alberta has given over to the war thousands of her virile manhood, thus taking from the farmer a large percentage of its producers, it still stands up big and buoyant. The farm help thus temporarily removed means a demand for farm help and increased farm effort to till its highly productive acres. Hon. Chas. Stewart, Premier of Alberta, in a message to the people on the 1st of January, speaks with such buoyancy and hope of the future and so highly of the work of the past year, that his statement is reproduced. He says:

"The prosperity of the farming communities is reflected in the towns and cities by increased wholesale business and bank clearances. Wholesalers report increases from 20 per cent to 25 per cent and their collections the best in the history of the Province. Alberta being essentially an agricultural Prov-

ince at the present time, these conditions are a source of great gratification to our people, and no doubt will be to Canada as a whole—taking into consideration the fact that Alberta forms no small part of the granary to which the Empire at present looks as the source of its food supply."—Advertisement.

Professional Bias.

The conductor was looking for one of his passengers in order to return her ticket. She was not in the Pullman, and the big dusky porter suggested that she might be on the observation car.

"How'll I know her when I see her?" asked the conductor sharply.

"Ah'll jes d'scribe hub, sub. Ah'll d'scribe hub tu yuh."

"Go ahead," said the conductor. The porter scratched his head. "Wal, sub," he began, "wal, sub, she's got on a black dress wid a w'ite collar, shoes—an' ah's jes done shine hub sub."

"Cold in the Head"

is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists 75c. Testimonials free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure. F. J. Cheney & Co., Toledo, Ohio.

Misplaced Prayers.

Little Margaret lives on an army post, across the road from the company mess. The mess cook is prone to swearing when the bread is overdone.

One morning, as she rushed into the room, the expression on the little girl's face was one of puzzlement.

"Mother," she said, "that cook is an awful queer man. He says his prayers in the daytime."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Quite a Zoo of 'Em.

Jamie—Gee, your grandma is a spry old lady.

Jennie—Well, had'n't she ought to be? Her father lived to be a centaur and her mother was almost a centipede.—St. Louis Republic.

For a disordered liver, take Garfield Tea, the Herber laxative. All druggists Adv.

Two people may be able to live as cheaply as one, but it depends on whether they are married or engaged.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Adv.

The man who is pickled is not well preserved.

37% More For Your Money

Get the Genuine

CASCARA QUININE

No advance in price for this 20-year-old remedy—25c for 24 tablets—Some cold tablets now 30c for 24 tablets—Figured on proportionate cost per tablet, you save 94c when you buy Hill's Cures Cold in 24 hours—grip in 3 days—Money back if it fails. 24 Tablets for 25c. At any Drug Store

BLACK LEGS

BLACK LOSSES SURELY PREVENTED BY CUTLER'S BLACKLEG PILLS

GIRLS Clear Your Skin Save Your Hair With Cuticura Soap 25c Ointment 25 and 50c

DYERS BEST BUYERS-SELLERS OF CATTLE HOGS-SHEEP STOCK YARDS-OMAHA

DROS & CO

Guaranteed Tires ONE HALF PRICE

Made With Two Old Tires GET THE ORIGINAL "2-IN-1" TIRES

2-IN-1 VULCANIZING CO. Dept. R. 1516-B Davenport St. OMAHA Agents wanted for "2-in-1" tires.

THE PAXTON HOTEL Omaha, Nebraska EUROPEAN PLAN Rooms from \$1.00 up single, 75c extra up double. CAFE PRICES REASONABLE

CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of Chas. H. Fletcher In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

As Age Advances the Liver Requires occasional slight stimulation.

CARTER'S LITTLE LIVER PILLS

correct CONSTIPATION

Colorless or Pale Faces usually indicate the absence of Iron in the blood, which will be greatly helped by Carter's Iron Pills

A Different Answer. "Am I the first girl you have loved?" "Oh, no. You are about the tenth, and my taste has improved right along."

Expression is nine points of the jaw.

EAT SKINNER'S THE BEST MACARONI

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder. Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases. Swamp-Root, a physician's prescription for special diseases, makes friends quickly because its mild and immediate effect is soon realized in most cases. It is a gentle, healing vegetable compound. Start treatment at once. Sold at all drug stores in bottles of two sizes, medium and large.

Take Care of Your Horses! Nothing else will do so much to keep them in the condition as Dr. David Roberts' PHYSIC TONIC AND HORSE BALM

Read the Fracture Home Veterinarian need for free booklet or brochure in care of no dealer in your town, write Dr. David Roberts' Vet. Co., 140 Grand Avenue, Waukegan, Wis.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Fortunate is the girl who can sing well—also the girl who knows she can't.

Covetousness is the one sin many a man is guilty of without knowing it.

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. Sold at all Drug Stores.

When Your Eyes Need Care Try Murine Eye Remedy

MURINE EYE REMEDY CO., CHICAGO