Show the pessimist a silver lining and he will tell you it is the cloud darkening the silver.

Chronic Constipation is as dangerous as disagreeable. Garfield Tea cures it. Adv.

Business is a mantle that covers a multitude of queer transactions.

W. N. U., OMAHA, NO. 6--1918.

THE KITCHEN CABINET

He is a capitalist:—
Who hath his surplus well laid by
And doth invest his all for good;
Whose dividend returns are sure and high,
In bank of truth and brotherhood!
—J. H. Ayers.

GOOD THINGS IN SEASON.

A sandwich filling that is unusual but good, is Italian. Boil a pound of calf's liver until tender, then while hot rub it through a sieve. Measure and mix with it three-fourths of the amount of stuffed olives finely chopped. Add salt, pepper and mayonnaise to moisten and spread on buttered or rye bread.

Tuna Timbales.—Melt two tablespoonfuls of butter, add a fourth of a cupful of bread crumbs and a cupful of milk, cook five minutes, stirring constantly. Add a pound can of tuna fish, flaked, two eggs slightly beaten, a tablespoonful each of chopped parsley and lemon juice, a half teaspoonful of celery salt, the same of onion juice and salt, and an eighth of a teaspoonful of pepper. Turn into buttered custard cups and cook in water in a moderate oven. Serve with tomato sauce.

Hot Chicken Sandwiches.—Cook the chicken until tender in plenty of water so there will be a good supply of broth. Cool, remove the meat from the bones and clip it into bits with the scissors. Put the skin and giblets except liver through the meat chopper and mix the chicken with enough stock to make the mixture moist. Thicken the remaining stock with one and a half tablespoonfuls of flour and cook until smooth, season well with salt, pepper and onion juice. For each serving take two slices of bread place a spoonful of the chicken on a slice, turn over it another slice and dip a ladle of gravy over it. Serve with potato. This will serve 15.

Scalloped Peaches.—Butter a baking dish and cover the bottom with sliced peaches, fresh or canned. Sprinkle with buttered cracker crumbs and repeat until the dish is full, having the crackers on top. Pour over the juice from the can or a sugar sirup, if fresh fruit is used, and bake 45 minutes in fresh fruit, 30 if canned peaches.

Other fruits, like pears, plums, apricots may be used in this way, adding acid or sugar as needed to make the dish palatable.

"Conserve your food supply and win the war,"
All of you have read the words before,
But when you read them now remember you
Have got your "little bit" to do.

Good cheer is the every day prescription that keeps the heart alive.

MORE GOOD THINGS.

A good winter relish to serve with meat is:

Beet Relish.—Take a quart each of finely chopped cooked beets, and cabbage, add two cupfuls of sugar, a cupful of finely chopped celery and a cupful of fresh grated horseradish. Mix with cold vinegar and seal.

Sweet Potato Pie.—Pare, boil and mash three large sweet potatoes. Season with salt and beat light. Line a casserole with pork sausage, put in the potatoes, cover with sausage and bake in a hot oven 30 minutes. Bake uncovered the last ten minutes.

Macaroni With Kidney Beans.—Cook a cupful of macaroni until soft. Heat a cupful of milk and add to it a tablespoonful of butter and one of flour rubbed smooth, cook five minutes, then add a cupful of hot, strained tomato and a pint of canned beans.

Lentils With Onions.—Take a cupful of lentils soaked over night, cook in two cupfuls of water with a stalk of celery, a sliced carrot and two sprigs of parsley. Remove the seasoning and rub through a sieve, stir in a cupful of onion puree, a cupful of soft bread crumbs, salt and pepper to taste and one beaten egg to bind the mixture. Form into cones with floured hands and chill for an hour. Then dip in egg, crumbs and fry in deep fat. Serve garnished with water cress.

Onion Loaf.—Put a cupful and a quarter of nuts through a meat chopper. Moisten the soft part of a loaf of bread which has been flaked, add the nuts, a teaspoonful of mixed herbs, a half teaspoonful of salt, a dash of paprika and a cupful of finely chopped onion, mix with two tablespoonfuls of butter and half a cupful of cream. Work with the hands into a loaf, put into a buttered pan and bake one hour basting with butter and serve hot with cream sauce.

Corn Parker House Rolls.

Take one and a fourth cupfuls of flour, three-fourths of a cupful of cornmeal, two tablespoonfuls of baking powder, one-half teaspoonful of salt and a tablespoonful of sugar, the same of shortening, one beaten egg and one-half cupful of milk. Roll out a half inch thick, cut and fold. Bake twenty minutes.

It is certain that there is not enough wheat, corn or rice in the world to let one bit be wasted in any way which we can avoid or control.—H. Hoover.

THE DAILY PROBLEM.

What shall we have for dinner? is the daily problem, and any aids toward helping to solve the problem are always welcome.

Pea Griddle Cakes.—Soak two cupfuls of dried peas over night and cook the next day until soft and will pass through a sieve. Keep the water to use for sauces or soup stock. Beat two eggs, add the yolks to the puree, with a cupful of milk, half cupful of barley flour, a tablespoonful of drippings, a half teaspoonful of salt, and a teaspoonful and a half of baking powder. Then fold the whites of the eggs and bake on a hot griddle. Serve as a vegetable or as a meat substitute.

Fruit Pudding.—Slice two quarts of apples, measure one and a half cupfuls of sugar, half a cupful of water, three tablespoonfuls of butter, a third of a nutmeg grated, seven slices of bread. Butter the bread and soak it the cold water until soft. Place it in the bottom of a baking dish, spread over it half of the apple and sprinkle with half of the sugar and nutmeg. Repeat, pour in water by the spoonful, cover with a plate, and bake very slowly two and one-half hours. Serve hot or cold. Lemon sauce goes well with this pudding.

Kedgeree.—Take equal parts of fish and rice, for one cupful of rice take two hard-cooked eggs, one teaspoonful of curry powder, two tablespoonfuls of butter, a half a tablespoonful of cream, salt, pepper and cayenne to taste. Put the shredded fish, cooked rice, butter and white of eggs, cut fine, cream and seasoning in a dish, and toss over the fire until hot. Rub the yolks of the eggs through a sieve, sprinkle with the curry, and serve hot. Boiled samp, or coarse hominy is very palatable. Soak it over night, simmer gently all day, adding water as needed. Just before serving add butter, cream and seasoning of salt and serve hot.

Codfish Pie.—Take one cupful of shredded mashed potatoes, two eggs, a half cupful of milk, mix well, add one beaten egg. Put into a shallow baking dish, spread with the other egg beaten lightly, then cover with buttered crumbs. Bake in a quick oven. Slip onto a chop dish and serve with a garnish of parsley.

Ennui is simply being tired of doing nothing, and being too tired to do anything else.

COMMON VEGETABLES.

We do not tire of the daily potato, but we do weary of the vegetable served in the same way. This is true of all of the other common vegetables. They are served too often in the same old way. Try boiling them for 10 or 15 minutes with the skins on, then peel and put into the oven to bake. Every bit of such a potato will be eaten. This method may be varied by basting them with any sweet fat while baking, of course having them in a pan in either case.

Beets when young and tender, the size of a walnut, are delicious with butter, pepper and salt, with a dash of lemon juice or vinegar. When good sized they may be cooked, scooped out and used as receptacles for chopped salad of any kind. Place on a lettuce leaf or in a nest of shredded lettuce and serve with a good salad dressing. This is a most wholesome and attractive salad.

Turnips may also be cooked and used as cups for a hot vegetable or a salad filled with creamed carrots or potatoes and used as a garnish for meat they will taste good and appeal to the eye.

Carrots are very nice boiled tender and served with green peas; season with butter, pepper and salt and with a dash of sugar. Sliced carrots are good boiled until tender and then allowed to simmer in a little sweet fat with a spoonful or two of shredded onion; salt and pepper to taste, then served around chops or stew.

Swiss chard should be a standby during the growing season, and canned for the months when it cannot be grown. Take the white stalks, cook and serve in a well-seasoned white sauce, or mix with celery for a salad. The greens are treated in various ways—molded and served as a salad or hot with chopped, cooked egg. The stalks may be cooked and serve as asparagus or in a lemon ring or a beet ring as a salad. French or mayonnaise dressing is appropriate for this vegetable.

Corn as pudding, corn with tomatoes as an escalloped dish, stuffed green peppers, all lend themselves to an endless variety of dishes.

Cooked beets shoe stringed or julienced, using the handy little cutter, will make a pretty salad all by themselves if chilled and served in lettuce nests.

Nellie Maxwell

FOOD CONTROLLER OF CANADA GIVES WARNING

Food Production Should Be Increased at All Cost.

In his letter to the public on the 1st of January, Hon. W. J. Hanna, Canada's Food Controller, says:—

"Authoritative information has reached me that food shortage in Europe is terribly real, and only the sternest resolve on the part of the producers, and equally stern economies on the part of all as consumers, can possibly save the situation.

"France last year had a crop between one-third and one-half that of a normal year. Women did the work of draught animals in a determined effort to make the impoverished soil of France produce every possible ounce of food. They now look to us to make up their deficiency of essential supplies.

"The harvest in Italy was far below normal and will require much larger supplies to feed her people until next harvest.

"It is impossible for the allies to spare many cargo carriers to transport foodstuff from India, Australia, New Zealand and even the Argentine Republic. This means that the allied nations are practically dependent upon North America to supply them with the food which must be forthcoming if terrible suffering is to be avoided and the fighting efficiency of the armies maintained.

"On December 1, the United States had not a single bushel of wheat for export, after allowance was made for domestic requirements on the basis of normal consumption, and the United States Food Administration is endeavoring to bring about a reduction of 20 per cent in home consumption of wheat and flour. This would release 100,000,000 bushels for export, but the Allies will require nearly five times that amount before the 1918 harvest.

Canada is the only country in the world, practically accessible to the Allies under present conditions of shipping shortage, which has an actual exportable surplus of wheat after allowance for normal home requirements. The surplus today is not more than 110,000,000 bushels. A reduction of 20 per cent in our normal consumption would save an additional 10,000,000 bushels for export. The outlook for production of food stuffs in Europe next year is distinctly unfavorable.

"Such is the situation—grave beyond anything that we thought possible a few months ago. Unless our people are aroused to a realization of what the world shortage means to us, to our soldiers and to our Allies, and of the terrible possibilities which it entails, disaster is inevitable.

"Production, too, must be increased to the greatest possible extent. Present war conditions demand extraordinary efforts, and every man, woman, boy or girl who can produce food has a national duty to do so.

"I am confident that when the people of this country realize that the food situation is of utmost gravity they will willingly adjust themselves to the necessities of the case and make whatever sacrifices may be required. The call which is made upon them is in the name of the Canadian soldiers at the front, the allied armies, and the civilian populations of the allied nations who have already made food sacrifices to an extent little realized by the people of this country."

Here is an appeal made by a man, upon whom rests the great responsibility of assisting in providing food for the allies and the soldiers at the front, who are fighting the battles in mud and blood. It cannot be ignored. At home we are living in luxury and extravagance inclined to idleness and forgetfulness. This must cease. We must save and produce. Our lands must be tilled no matter where it may be, in Canada or the United States. It is our duty to cultivate. Splendid opportunities in the United States are open for further cultivation of lands. Western Canada also offers opportunities in high producing lands at low prices. Decide for yourself where you can do the most good, on land in the United States or in Canada, and get to work quickly.—Advertisement.

His Choice.

"Is he making any special claim for exemption?"

"No. Says he'd rather die in battle than live the rest of his life as a liar."

Ice in a Mine.

Ice that formed in the winters of the sixties and seventies, is being uncovered by coal companies at Hazleton, Pa., in running the culm banks of the region through the breakers to meet the demand for anthracite created by the war.—Boston Globe.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

Woe to the politician whose nerve has become affected.

German women must pay $3.60 a pair for woolen stockings.

ROAD BUILDING

SAFETY FACTOR IN CONCRETE

Aid Traveler at Night to Keep Road and Glaring Reflections of Surface Are Missing.

Any hard road is good, any permanent type—concrete, brick, asphaltum—is better. Each individual advocate has his own favorable argument, so the concrete man says, with a good deal of truth, that "not only do concrete roads harmonize with natural surroundings, and blend with objects in the landscape, but their light-colored surfaces aid the traveler at night to keep to the road. Since the top of a concrete pavement presents a sandy and gritty surface, there are no glaring reflections of sunlight nor mirror-like effects, as are found with many other types of surfaces when worn smooth or when wet.

"Dark-colored roads, merging into the grass and foliage at the roadside at night, are indistinct, and there is a likelihood of accidents at curves, whereas the light-colored surface is distinct from the sides of the road. Under motor traffic the concrete roadway offers an element of safety, as no matter how dark the night the clean, firm, light, nonskid surface is clearly defined to view."

ROAD DRAG MADE EFFECTIVE

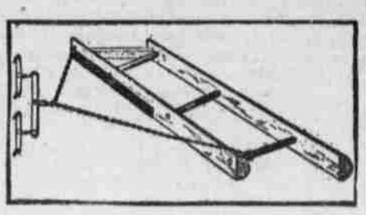
Directions Given for Constructing Implement Weighing About 200 Pounds for Dirt Road.

In response to a query as to the construction of a cheap, but effective road drag the following directions are given:

Take two planks each ten feet long, two inches thick and twelve inches wide, rounding both ends of one edge in a manner similar to the runners in a sled. The two planks are then placed on edge and connected on the top by two planks six feet long, thus making a sled ten feet long and six feet wide.

The two runners are again connected by two planks two inches thick and twelve inches wide. These planks are set on edge, the same as the runners, and at an angle of about 45 degrees to the runners, as follows:

On the right side of the drag start the diagonal plank 12 inches back of the front, and connect with the opposite runner (which will be the left side), 5 feet back of the front runner; then have another plank of the same



Efficient Road Drag.

dimensions exactly 4 feet back of the front diagonal plank. Be sure to make an opening in the runners on the left side, immediately in front of each diagonal plank, the opening to be about 5 inches high and 24 inches long. In order to make the drag solid and well braced run a 2 by 12 inch plank diagonally across the top, opposite the planks which serve as a drag.

Have an iron shoe about one-quarter inch thick and 3 inches wide on the front of the two dragging planks, the bottom of the iron shoe to be one-half inch below the runner on the right side and exactly even with the runner on the left side.

Large holes should be bored in front ends of the runners in which to attach the rope or chain to pull the drag. It is well to hitch the horses as close as possible. The total weight of the drag, under these specifications, is about 200 pounds and an ordinary team can pull it on a dirt road, with a heavy man on, with less effort than any other drag of the same dimensions on the market and it will be found that this road leveler will do far better work than a split-log or metal drag.

PLAN COAST-MIDLAND TRAIL

Promoters Propose Route From San Francisco to Washington, Via Denver to St. Louis.

The Midland trail, a highway to extend from San Francisco to Washington, D. C., is the latest piece of modern roadway to cross the continent.

Officials of the executive committee named by the promoters have circulated a communication, with a map, showing the states, cities and towns that will be traversed by the new road. Leaving San Francisco, it will come to Salt Lake City, St. Louis, Louisville, Lexington, Winchester, Ashland, Huntington, Charleston, Richmond and on to Washington.

Peach-Tree Borer.

The peach-tree borer is a most destructive insect when allowed to increase for a few years without molestation.

Like Buttermilk Best.

After a calf learns to drink buttermilk it does not care for the sweet milk.

Plenty of Mite Powder.

Don't let your supply of insect powder run short. Use it regularly and liberally.

Inadvertent Boasting.

"Do you believe in heredity?"

"Of course I do," replied the gentle egotist. "Why, I've got one of the brightest boys you ever saw."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ¼ 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.

The Era of Censorship.

"A little knowledge is a dangerous thing," exclaimed the man who quotes.

"Possibly," replied Senator Sorghum. "A great deal just now depends on how you got your information and what you intend to do with it."

OLD-FASHIONED WIFE BEST

Nat Goodwin, Who Has Had Experience, Furnishes Specifications for the Ideal Woman.

The business of being a woman would be very simple, Nat Goodwin believes, if we took a tip from Mrs. Antediluvian Ancestor. That lady made the family cave a magnet. Within its walls her master never knew boredom. Few neighbors could coax him forth, even for a game of skullbones. His mate served him with beauty, wit, wisdom, comfort and what not. Every replica of his image was trained to add to the household interest. In short, Mr. Ancestor had a "home."

"That is all man wants today," Mr. Goodwin says, "That is what he means when he clamors for 'the old-fashioned woman.'

"It bores me to tears to talk of matrimony," Mr. Goodwin added.

"My attitude is that of a confirmed optimist. My own record proves that hope conquers experience.

"I am very old-fashioned in my ideas, if I have any. I think a woman ought to do everything she can to make herself beautiful and intelligent, useful and interesting, and then make herself subservient to her home. That is what my mother did. I got both my ideal and my optimism from her."

A Kitchen Paradox.

"Your cook is certainly a rare one."

"Yet everything she does is well done."

Montana will expand wheat-growing area in the spring.