

WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased. Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle immediately from any drug store. 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.

Quite Literal. "What did the jockey exclaim when his mount threw him and fell on top of him?" "He said, 'This is a horse on me!'"

BOSCHEE'S GERMAN SYRUP

will quiet your cough, soothe the inflammation of a sore throat and lungs, stop irritation in the bronchial tubes, insuring a good night's rest, free from coughing and with easy expectoration in the morning. Made and sold in America for fifty-two years. A wonderful prescription, assisting Nature in building up your general health and throwing off the disease. Especially useful in lung trouble, asthma, croup, bronchitis, etc. For sale in all civilized countries.—Adv.

Modern Blindness. Husband—Did she look out of sight? Wife—I can't imagine any person with sight wearing such a gown.

Catarrah Cannot Be Cured by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrah is a local disease, greatly induced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarrah. It is taken internally and acts through the blood on the mucous surfaces of the system. HALL'S CATARRH MEDICINE is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH MEDICINE is what produces such wonderful results in catarrah conditions. Druggists See Testimonials Free. F. J. Cheney & Co., Props., Toledo, O.

Woman suffrage will increase New York city's election expenses by \$1,000,000.

Lots of men seek temptation in order to test their strength.

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

HAVE YOU BAREEN COWS? Are your barns or stables crowded with about 1000 bareen cows? Dr. David Roberts' BREEDING TONIC Price \$1.00 is sold on the basis of reproduction and puts the animal in better breeding condition. Read the Practical Home Veterinarian, sent free booklet on abortion in cows. Write to dealer in your town, or to Dr. David Roberts' Vet. Co., 100 Grand Avenue, Waukegan, Ill.

Nebraska Directory

DYERS BEST BUYERS AND SELLERS OF CATTLE HOGS AND SHEEP STOCK YARDS-OMAHA
DROS & CO

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

KODAK FINISHING and supplies. Largest house in the west. All Eastman goods. We pay return postage on finishing. THE ROBERT DEMPSTER CO., 1313 Farnam Street Eastman Kodak Co. Omaha, Neb.

FLOWER, GRASS AND GARDEN SEEDS and supplies. Handly Perennials, Poultry Supplies, Fresh Cut Flowers Always on Hand. STEWART'S SEED STORE 119 North 16th St., Omaha, Neb. Phone Douglas 977

The KITCHEN CABINET

Teach me your mood O patient stars Who climb each night the ancient sky. Leaving no space, no shade, no scars, No trace of age, no fear to die.

BEANS OF VARIOUS KINDS.

The soy bean has, up to a recent time, been grown in America only for the purpose of stock food, but the scarcity of other beans has brought out the value of the bean as a food for the human family. The soy bean contains nearly twice as much protein as meat and may be used as a substitute for it, as well as for other beans. They are unlike the navy bean as to starch content, containing very little which makes them a valuable food for diabetics. The starch may be supplied by flour or cornstarch, making them more nearly like the ordinary navy bean. Soy beans are of several colors, black, green, brown or yellow. They are good cooked in many ways, but must be soaked twelve hours before cooking, then simmer until tender. When baking them the addition of a little flour to supply the starch makes them more palatable.

Baked Soy Beans.—Take one and one-half cupsful of yellow soy beans, soak twelve hours, then put into a baking dish with a small onion, a piece of pork weighing a fourth of a pound, a fourth of a teaspoonful of mustard and two tablespoonfuls of molasses. Cover with cold water mixed with two tablespoonfuls of flour, put on the lid of the bean pot and place in the oven to bake all day. Add more water if needed. A half a cupful of navy beans may be used with the soy beans; if so, omit the flour.

Cream Soy Bean Soup.—Take a cupful of green soy beans, soak twelve hours, then cook in water four hours, or until tender. Rub through a sieve. Brown a chopped onion in a little butter, add two tablespoonfuls of flour mixed with two tablespoonfuls of butter, to the bean pulp; add a teaspoonful of salt, a dash of cayenne and an eighth of a teaspoonful of pepper, with a quart of milk. Let simmer for ten minutes, stirring occasionally, and serve.

Black Soy Bean Soup.—This soup is prepared as above, using onion, celery, a lemon rind and juice, mustard and pepper, with two quarts of water. The lemon may be cut in slices and used as a garnish if preferred.

Know you the wonderland that smiling lies Just on beyond the turning of the way, Where every mead is blossom-pied and skies Are bluer than the depths where salt waves play?

GOOD THINGS FOR THE FAMILY.

Green vegetables, such as spinach, chard, lettuce and water cress should appear as often as possible upon our tables. Meat that is tough may be made more palatable by steaming in water with the addition of a tablespoonful of vinegar, which softens the fibers of the meat.

A Salt Cod Dinner.—Take a third of a pound of salt codfish, cut in pieces two inches square and one-half inch thick, and then seal in three waters. Boil two large beets until tender, cook four medium-sized potatoes until mealy and dry, and dice two slices of salt pork and fry until the little cubes are brown with plenty of drippings. Have everything ready at the same instant. The true salt cod devotee will first mash the potato with a fork, then shred the fish and mix it with the potato; over this a slice or two of hot beet. Dice the beet and mix with the other two, then add pork dice and drippings and cover with a generous spoonful of thin cream sauce. This is most truly a dish in which the "proof of the pudding is in the eating." This recipe may be doubled or increased to fit the size of the family served.

Orange Salad.—An orange salad is refreshing and not expensive for a winter salad. Peel and let the oranges stand awhile to dry, when the white part may be easily peeled off, and then they may be sliced. Grate a little of the rind, if liked, to add to the dressing. Season with salt and pepper with a little fresh tarragon finely minced, a few shredded chives or finely chopped onion. Squeeze the juice of an orange over the salad or serve with French dressing.

Carrots cooked in a little water, then seasoned with butter, salt and a dash of lemon juice is a dish good for a change. Try adding cream to season rutabagas instead of butter, as the former seems to remove the strong flavor, which is objectionable to many palates.

Baked Hubbard squash may be cut up in pieces, the seeds removed and baked in the shell. Serve each with dots of butter, salt and pepper. It may be eaten from the shell, saving dishes in serving.

The world is wide and the world is old, Its mysteries past our ken, And only to God are the secrets told, Which live in the hearts of men.

LET US USE MORE VEGETABLES.

We have such a variety of good things which may be safely stored for winter use if conditions are right that monotony should never be feared. Peas, beans, and lentils because they are dried are easily cared for. Lentils contain a great deal of nutriment and should be more widely known and used. Treat as peas, soak over night and make purées or add them to various other dishes as rice, or spread over cabbage leaves and rolled, then cooked, they make a dish unusual and very good. If cooked in broth they will take little extra seasoning to make the dish palatable.

Oyster plant, or salsify is another much slighted, good and wholesome vegetable. Scrape the roots, cut them in small bits and boil in salted water. Serve in a white sauce as a vegetable or serve on pieces of buttered toast as a breakfast or luncheon dish. They also make most delicious soup or a chowder when used with codfish, a little pork and potatoes.

Escalloped Turnips.—Boil the turnips in large pieces until tender, then cut in cubes or if one likes them extra attractive, use a potato scoop. Make a white sauce using a tablespoonful each of butter and flour with a pint of rich milk. Put a layer of the turnip, then a layer of the sauce well seasoned with salt and pepper, repeat until the turnips are all used. Sprinkle with buttered crumbs and place in a hot oven long enough to brown the crumbs. Turnip balls may be added to potato salad, the potatoes also cut into balls. These may be combined in a creamed potato adding a little onion juice for flavor.

Onion and Potato Puffs.—Chop fine several cold, boiled onions, mix with mashed potato and bind with a beaten egg. Roll into flat balls, season well and fry a light brown in bacon fat. The potato cakes may be made adding a spoonful of onion on top of each and folding, then fry. Garnish with parsley.

There's a glinting of blue, there's a sprinkle of gold, There's a haze in the skies over-head, There's a budding of leaf, there's a stirring of life In the heart of the hyacinth bed.

MORE MEATS.

Squabs and pigeons can take the place of much of our meat that is needed abroad. Rabbits and various game birds in season are also available. Squabs are young pigeons and may be broiled or served in casserole. Prepared as one does young broilers, they are delicious.

Pigeon en Compote.—Brown a half cupful of sweet fat with four pigeons, browning them all over, then remove them from the saucpan and replace with one-half a pound of salt pork cut into dice and one dozen white onions. When browned, remove most of the fat and add a tablespoonful of flour, stirring until well browned. Add a cupful of bouillon, stir until smooth, then add the pigeons with the rest of the fat, salt, pepper, a sprig of parsley and a bayleaf. Cover and cook one hour. Then add the browned onions, a few mushrooms, and cook thirty minutes longer. Serve with the gravy poured around the pigeons.

Pigeons With Green Peas.—Brown four pigeons in a half a cupful of sweet fat, add one-half cupful of soup stock, salt, pepper and small bunch of parsley and four green onions. Cover and cook for an hour and a half, then add a pint of shelled peas and cook thirty minutes longer. Cook until the peas are tender if it takes longer.

Potted Rabbit.—Cut the rabbit into five pieces after it has been carefully cleaned. Remove the saddle, make two pieces of the hind quarters and two of the fore quarters. Fry a quarter of a pound of bacon until the fat is well tried out. Put the rabbit in, turn it until brown, then dust with salt and pepper; cover with another pan and bake in a quick oven for an hour.

Roasted Rabbit.—Lard the hind quarters with pork and leave in deep dish covered with salt, pepper, bay leaf, thyme, sliced onion and cloves with a cupful each of water and vinegar. Turn over several times and leave for twenty-four hours. Then drain and bake basting with the speed vinegar.

Open Rebellion in Atchison. Some evangelists tell us to love every person—but to hate the ways of wicked people. It can't be done. One can't separate a man and his ways. His ways are a part of himself. We absolutely refuse to love every ornery cuss that comes along—at least, we refuse to kiss him.—Atchison Globe.

Nellie Maxwell

The DAIRY



BREEDING AGE FOR HEIFERS

Time Depends Largely on Development and Season of Year—Cool Season is Favored.

The age at which heifers should freshen depends largely upon their development and the season when it is desired to have most of the cows freshen. Although the larger breeds do not mature at so early an age as the smaller ones, in most cases it is possible by liberal feeding to obtain sufficient



Splendid Dairy Heifer.

growth so that heifers may profitably be bred to freshen at two years of age. It is seldom desirable for a heifer to freshen at an earlier age.

In deciding upon the time to breed the size and development should be given greater consideration than the age, since it is important that the heifer have good growth by the time she freshens. However, if allowed to become too mature before breeding, especially in the case of animals that are heavily fed, there is sometimes difficulty in getting the heifers in calf.

It is undesirable to have cows freshen during the latter part of the summer, because their milk production will be seriously hindered by hot weather, flies, and dried-up pastures. Rather than have heifers freshen during the summer months, it is advisable to postpone their breeding so that they will freshen during the cooler season.

ADDING VARIETY TO RATION

Feeding Alfalfa Hay Before Cattle Run on Pasture is Especially Good in Avoiding Bloat.

(By R. H. WILLIAMS, Animal Husbandman, Arizona Experiment Station.)

Stockmen have proved to their own satisfaction that it pays to have some alfalfa hay before cattle run on alfalfa pasture. This is especially beneficial in avoiding bloat and adding variety to the ration. The animals seem to get tired of succulent feed and wish a variety. On this account it is always wise to have a feed rack either in the lane or in the field where the animals may receive the dry feed. Dairy cows especially will relish a few bites of the hay night and morning. It is a simple matter to keep this hay in the dry lot adjacent to the barn where the cows may eat before and after milking. Better gains will be made in the young stock and also cows will yield more milk and do better if allowed alfalfa hay while on pasture.

CAUSE OF DISEASED UDDERS

Bitter Taste and Rancid Smell in Milk Traced to One Cow in Herd—Cases of Sore Throat.

Dairymen have occasionally been puzzled by a bitter taste and rancid smell in milk, produced under sanitary conditions. It has been found that such conditions can arise from one cow in the herd with a diseased udder and a bacterium has been isolated as the immediate cause in the milk. The bacterium credited as the disturbing factor is said to belong to the group lactis aerogenes. On a farm in Wisconsin they found three cows affected with mastitis to which was traced the cause of 200 cases of severe sore throat among the persons using milk from the herd.

MUST RAISE DAIRY CALVES

To Increase Number of Cows It is Advisable That Farmers Begin Raising Their Own.

If we are to increase the number of cows, as seems advisable, some farmers must raise calves of the dairy type. It is hoped that many farmers will decide to begin raising cows and producing dairy products. The first essential will be food for the family, then a surplus to sell, then soil fertility which will be possible where cows are kept.

AVOID FILTH IN CALF PENS

Important That Young Animal Have Clean Stall and Dry Bedding—Dirt Breeds Disease.

Many of the troubles that the calves of this country are heir to can be traced directly to unclean surroundings. The calf should have a clean, dry stall, clean pails from which to eat and clean, dry bedding all the time. Filth breeds disease more quickly in the calf pen than anywhere else.

PERUNA—The Greatest Human Vitalizer

Mr. Wm. A. Hartman, 217 1/2 South Second St., Muskogee, Okla., writes: "During the winters of 1897 and 1898, I was so badly afflicted with catarrh of the head and thought I must surely die from it. After trying many doctors and all other recommended remedies made known to me, I was induced to use Peruna. I was cured entirely by using twelve bottles of Peruna and one bottle of Manalin. Since that time, I have never been without Peruna. I use it for colds and as a general tonic during Spring and Fall months and find it the greatest human vitalizer."

Catarrh of Head Thought I Must Die. Now ENTIRELY WELL



Those who object to liquid medicines can secure Peruna tablets.

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, a condition which will be greatly helped by Carter's Iron Pills

Win the War by Preparing the Land

Sowing the Seed and Producing Bigger Crops Work in Joint Effort the Soil of the United States and Canada

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR

As They Say in the Army. Overheard in the car: Bella—Hallow, Peter, whaur did you spring frae? Peter—Ach, I'm oot o' work. Bella—Oot o' work, are ye? Whit are ye gaun to dae? Peter—I havena settled yet. I'm thinkin' o' applyin' for a job as valet to a munition worker.

Not Good Boon Companions. I'd never accept an invitation to drink with a doctor. "Why not?" "Because even when they treat a man they make him pay for it."

Why Bald So Young? Dandruff and dry scalp usually the cause and Cuticura the remedy. Rub the Ointment into scalp. Follow with hot shampoo of Cuticura Soap. For free sample address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Examiner—How is Central America divided? Pupil—By earthquakes.

Lesson in Pronunciation. Harry Lauder told a story at a Robert Burns dinner in Chicago. "A new minister preached his first sermon in a little Scottish village," he began, "and at the end of the services the preacher came to him and said: "So ye call 'em Sawms, do ye? Losh, noo, we never knew what to make o' that there P hereabouts. We always called 'em Spasms.'"

It is believed that the polka was originally a Serbian war dance.

Found an Oyster. Bill—Did you go to the oyster supper at the church? Jill—I sure did. "Were there many there?" "I found one."

All girls sing like birds—but there are many kinds of birds.

HEALTH RESTORED

Serious Kidney Trouble Was Removed by Doan's and Results Have Been Permanent.

"Kidney trouble put me in a bad way," says Thomas A. Knight, 624 N. Ninth St., East St. Louis, Ill. "It came on with pain across my back and the attacks kept getting worse until I had a spell that laid me up. Morphine was the only relief and I couldn't move without help. The kidney secretions were scanty, painful and filled with sediment. "I was unable to leave the house, couldn't rest and became utterly exhausted. The only way I could take ease was by bolstering myself up with pillows. For three months I was in that awful condition and the doctor said I had gravel. Doan's Kidney Pills brought me back to good health and I have gained wonderfully in strength and weight."

Sworn to before me, A. M. EGGMANN, Notary Public. ALMOST THREE YEARS LATER, May 24, 1917, Mr. Knight said: "The cure Doan's brought me has been permanent."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Power dwells with cheerfulness.

When Your Eyes Need Care Try Murine Eye Remedy

W. N. U., OMAHA, NO. 8-1918.