

HOW MRS. BOYD AVOIDED AN OPERATION

Canton, Ohio.—"I suffered from a female trouble which caused me much suffering, and two doctors decided that I would have to go through an operation before I could get well."

"My mother, who had been helped by Lydia E. Pinkham's Vegetable Compound, advised me to try it before submitting to an operation. It relieved me from my troubles so I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Compound a trial and it will do as much for them."

"Mrs. MARIS BOYD, 1421 5th St., N. E., Canton, Ohio. Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary—every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal."

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.



Clear Pimples With Cuticura And Be Happy

Seap 25c. Ointment 55c and 75c.

What Fire Destroys.

Apart from the thousands of lives destroyed by fire this country sustains an annual loss from this cause of at least \$300,000,000.

Catarh Cannot Be Cured

by LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE will cure catarh. 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 catarh conditions. Druggists 75c. Testimonials free. F. J. Cheney & Co., Props., Toledo, O.

Cheap Enough.

Jones—"Did you get that mining stock at a bargain?" Brown—"Yes; I gave other mining stock for it."

Good health cannot be maintained where there is a constipated habit. Garfield Tea overcomes constipation. Adv.

Keep your eye on the humble man. The chances are he is setting a trap for you.

Garfield Tea, taken regularly, will correct both liver and kidney disorders. Adv.

If a man has crow's-feet about his eyes there must be some caws.

WAS DISCOURAGED

Lost 65 Pounds in Weight and Had to Give Up Work. Has Been Well Since Using Doan's.

"Being exposed to extreme heat when working as an engineer, and then going outdoors to cool off, caused my kidney trouble," says Karl Goering, 8513 N. Orkney St., Philadelphia, Pa. "In cold weather and when it was damp, my joints and muscles would ache and often my limbs were so badly affected it was only with great misery I was able to get around. For a week I was laid up in bed, hardly able to move hand or foot."

"Another trouble was from irregular and scanty passages of the kidney secretions. I became dull and weak and had to give up my work. Headaches and dizzy spells nearly blinded me and I went from 205 to 200 in weight. Nothing helped me and I felt I was doomed to suffer."

"At last I had the good fortune to hear of Doan's Kidney Pills and began taking them. I soon got back my strength and weight and all the rheumatic pains and other kidney troubles left. I have remained cured." **Known to Before me.** WM. H. MUMFORD, Notary Public. Get Doan's at Any Store, 60c a Box. **DOAN'S KIDNEY PILLS** FOSTER-MILBURN CO., BUFFALO, N. Y.

The KITCHEN CABINET

Keep your face always toward the sunshine and the shadows will fall behind you.—M. B. Whitman.

HELPFUL HINTS.

In using pineapple juice or fruit in gelatin it is well to remember that there is a substance in pineapple which acts upon gelatin, digesting it, so a little more should be used when pineapple is the basis of the pudding or dessert of any kind.

Sugar, salt and spices if added to pumpkin the day before using will make a much better flavored pie than if added when ready to fill. Cookies should be mixed the day before, and doughnuts if mixed and allowed to stiffen where it is cold roll and cut much better and make a lighter cake when fried. In summer, place the dough on ice, in winter set out to chill. Pound cake is much better if the flour and butter are rubbed together, then added to the beaten eggs which have had the sugar folded into them. Add the flour mixture a little at a time, not to lose the lightness of the eggs.

Use mace for various dishes where nutmeg is usually used. A tablespoonful of cream to a quart of sherbet, improves all flavors, making a smoother frozen dish. Keep a roll of toilet paper, the cheaper kind, near at hand where a spot on the floor, or a table or a soiled dish may be quickly wiped and the paper burned saving the use of a cloth.

Spring clothespins are handy to use in the kitchen for holding a cloth while straining fat or other things. Fasten them through the cloth to the side of the vessel. Keep the cellar stairs scrubbed so that skirts will not be soiled in going down stairs. Another safety device is painting the bottom stair white if the cellar is dark, to save falling. A little oil or tallow rubbed on the cork of the glue bottle will keep it from drying into the bottle.

Devil's Cake Without Eggs.—Take a cupful of brown sugar, four tablespoonfuls of softened fat, two tablespoonfuls of molasses in the place of two eggs, a half square of chocolate melted in four tablespoonfuls of boiling water, a cupful of sour milk, a teaspoonful of soda and a teaspoonful of baking powder sifted with two cupfuls of flour. Add vanilla to flavor.

Wander Muffins.—Take a cupful and a quarter of chicken fat, one and a third cupfuls of sugar, one egg, half a cupful of milk, one and a half cupfuls of flour, two and a half teaspoonfuls of baking powder. Mix as usual and bake in gem pans. Serve at once.

We ought to acquaint ourselves with the beautiful; we ought to contemplate it with rapture and attempt to raise ourselves up to its height.

FEEDING THE CHILD.

The wise mother appreciates the immense value of teaching her child to masticate its solid food well, beginning with its first mouthful. The habit will soon be formed which will never be broken. Food well masticated is much easier of digestion, less food is eaten, as the appetite is sooner satisfied and in consequence no food is wasted. A child should never be allowed to hurry or to eat when excited; forcing a child to eat after excitement and play will often cause serious digestive disturbances.

For a child from two to three, orange juice, prune juice, the pulp of stewed prunes, baked apple and sometimes scraped raw apple may be given but never just before or just after a feeding of milk.

The yolk of egg contains the growth stimulant which all young animals should have in some form. Milk, butter, cream, green leaves of various plants as well as clover and alfalfa contain this wonderful growing principle.

Cereals of various kinds long and well cooked, if strained of coarse fiber will make a good food for the young child.

Sweets are craved by all children and they should have them in the most digestible form which will be sufficiently satisfying, that is in dried fruit like prunes, figs, raisins and apricots. Later a child may have a piece of wholesome candy after a meal, once or twice a week, but a child is better in every way to get its sugar from fruit.

Dry toast, stale bread, graham crackers and zwieback are all good breads for little people.

Simple desserts should not be given until the child is two years old. Custards, baked fruit with cream, rice cooked in milk and ripe fresh fruit will make a sufficient variety. Pastry should never be given to a child until after ten years of age.

The breakfast may be a little meal, but at noon the food should be the heartiest with a supper of simple bread and milk, milk toast or some light, easily digested food like rice and milk.

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. —Wesley.

SAVORY FOODS.

Hominy is one of our cheaper cereals and should be more freely used. We say cheaper, yet corn because of its scarcity has not been cheap, but another year with a good crop it will, we hope, be back to its normal price. Potatoes are plentiful this year and we are being asked to use them more freely as our farmers will not be willing to raise another big crop if there is not a good market for them.



POULTRY

DRINKING WATER FOR FOWLS

Sufficient Supply, Frequently Renewed, is as Necessary as Proper Amount of Food.

(Prepared by the United States Department of Agriculture.)
If your flock of poultry has not been doing as well as you think it ought to, perhaps it is because you have not been providing the chickens with a supply of fresh, pure drinking water. Of course, lack of thrift and low egg yields may be due to a number of other certain causes, such as poor stock, poor feed (both quality and quantity), bad housing conditions, diseases, presence of lice and mites, and lack of care. But for some reason many poultry raisers who give attention to these items sometimes neglect the water supply. A supply of pure drinking water frequently renewed is as necessary for poultry as sufficient amounts of food.

There are two different types of drinking vessels for poultry in common use: Open vessels—pails, pans, crocks and the like; and drinking fountains so constructed that dust and dirt cannot get into the water except by way of a very small exposed surface.

These quite opposite types of drinking vessels are about equally popular with poultry keepers. Open vessels catch more dirt and dust, but are more easily cleaned. Closed fountains may be used much longer without cleaning, but if allowed to become foul are harder to clean thoroughly.

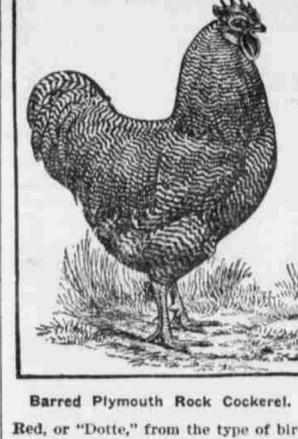
Placing open drinking vessels on a shelf a foot or more above the floor prevents the hens from scratching coarse litter into them, but does not keep out the dust which floats in the air and settles in the water.

Thoroughly rinsing open vessels once a day and scalding drinking fountains once or twice a week will usually keep them as clean as necessary.

VARIATION IN BARRED ROCKS

Pains Must Be Taken to Keep Fowls Typical of the Variety They Represent.

To see the many flocks of chickens over the country, varying in size, shape and color, yet all dubbed purebred Plymouth Rocks, or Reds, or Wyandottes, as the case may be, leads one to wonder if breeders, aside from those who breed for the showroom, know what the type of their breed is. The variation in a Barred Rock, or



Red, or "Dotte," from the type of bird accepted by the standard, is great. Unless some pains are taken to keep the birds of a breed typical of the variety they represent, a comparatively short time makes all the breeds look alike.

RIGHT QUALITIES OF MALES

They Should Be Gallant, but Not Too Generous, and Thus Deprive Himself—Study Nature of Bird.

The male should be gallant, ever ready to share his meals with the hens; but he must not be too generous and thus deprive himself, or he will be underfed, become nervous, and not prove to be a good breeder. The glutton male is equally bad. He becomes overfat while the hens do not get their share, and the consequence is poor fertility. The nature of every male bird should be studied.

SAVE THE HENS.

(Prepared by the United States Department of Agriculture.)
Every pullet and young hen sold for food this winter means a reduction of from five to twelve dozen eggs in the potential egg supply of next spring and summer.

Hundreds of thousands of farmers who have not raised poultry will do so next spring and summer—responding to the demand for more chickens and eggs so that beef and pork will be released to help win the war. They will need young hens.

The United States department of agriculture urges the saving of fowls of producing qualities, so that they may be used for stock in the early spring.

INCREASE IN WESTERN CANADA ACREAGE.

Will Prove a Big Factor in Winning the War.

Reports to hand indicate that Western Canada has a vastly increased acreage ready for crop this year over last year. The splendid open fall of 1917, gave a better opportunity for fall plowing than for some years. Work in the fields was almost continuous until the end of November. In fact, in the neighborhood of Pincher Creek, Alberta, there was sufficient mild weather in January of this year to permit farmers to plow, and many took advantage of it. A great many Americans owning land in Canada moved up last year, and this has also helped to increase the acreage. They came into possession of the land at prices varying from \$15.00 to \$30.00 an acre, and with the proven yields of wheat running from twenty and as high as fifty bushels per acre, with a set price of \$2.21 a bushel, they could join production and patriotism together with a big margin of profit.

The Post-Intelligencer of Seattle, Wash., gives a very conservative statement of the agricultural development and opportunities in Western Canada. In its issue of December 14, 1917, it says:—

"Since the beginning of the year American emigration into Canada has been greatly stimulated according to the reports of the Dominion authorities, and has been almost entirely made up of farmers attracted by the fertile and comparatively cheap wheat lands.

"Whatever may be said of wheat culture as a profitable avocation in ordinary years, since the beginning of the war it has offered advantages quite beyond the usual opportunities. War has boomed the price of wheat until the farmer now receives around \$2 for his product at his granary.

Average crops, according to the adaptation of soil and climate are from 12 to 25 bushels to the acre. Even the minimum crop, at \$2 per bushel, brings in these war times a reasonable profit. Before the war wheat culture was fast being abandoned by farmers who worked intelligently for results on the right side of the ledger. It has been the popular crop for new countries, but when the pioneers settled down to business it was generally corn, hogs, cattle and diversified farming that brought the profits. Iowa and the Dakotas in turn, as their prairies became settled, mortgaged the land on wheat culture and afterwards paid off the mortgages with corn and hogs.

"War is thus bringing a temporary encouragement to wheat farming. Many of the ranchers of Manitoba, Saskatchewan and Alberta laid away \$20,000 to \$30,000 in the banks last fall. It may be pointed out, however, that the growing of wheat is not the only inducement which is leading settlement to Canadian lands. Low taxation, favorable agricultural climate, and profitable prices not only for grain but for hogs, cattle and all forms of farm produce all contribute their share toward the rapid settlement of the fertile lands of Western Canada."—Advertisement.

Pretty as All That.
"Is she pretty? How long was the jury out?"
"Didn't go out at all."

RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 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.

No Doubt.
Hubby—"I'll be back at eleven, my dear; I give you my word." Wifey—"I would rather you keep it, my love."

WANTED

A few young men to learn the milling business. MILLER CEREAL MILLS, OMAHA, NEBR.

GUARANTEED TIRES

ONE HALF PRICE
3000 Miles Guaranteed
30x3 \$7.75; 32x3 \$8.75; 32x3 1/2 \$10.25; 32x4 \$12.50; 34x4 \$13.25; 34x4 1/2 \$15.00
Write us today for particulars
AGENTS WANTED
Expert Radiator and Tire Repairing
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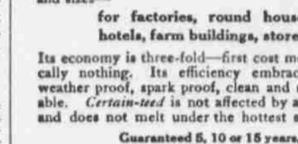
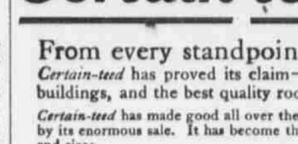
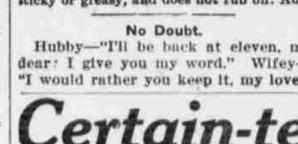
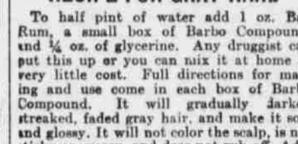
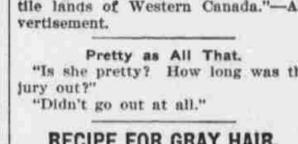
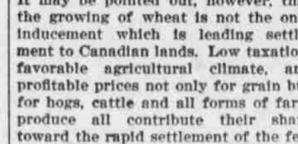
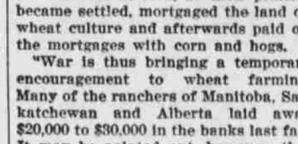
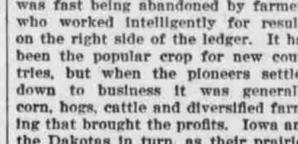
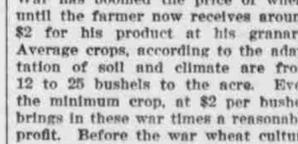
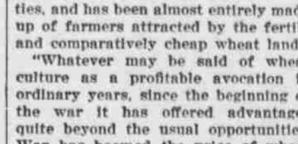
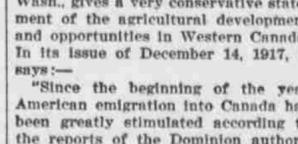
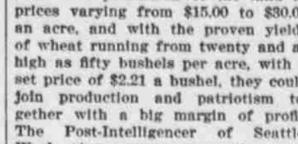
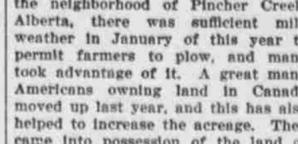
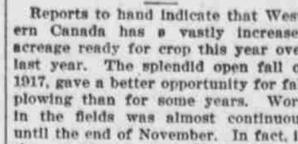
Certain-teed Roofing

From every standpoint of service and cost—Certain-teed has proved its claim—"The best type of roof for most buildings, and the best quality roofing of its type."

Certain-teed has made good all over the world under all conditions—as proved by its enormous sale. It has become the standard roof for buildings of all types and sizes—

for factories, round houses, elevators, garages, warehouses, hotels, farm buildings, stores, out-buildings, etc.

Its economy is three-fold—first cost moderate, laying cost low, up-keep practically nothing. Its efficiency embraces every important roofing quality—weather proof, spark proof, clean and sanitary, and very durable. Certain-teed is not affected by acids, fumes or smoke, and does not melt under the hottest sun.



Kill That Cold and Save Health

CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it. 24 Tablets for 25c. At Any Drug Store.

GOULD STORAGE BATTERY

The battery with the dreadnaught plates. One for your car. Sold and installed by quality dealers.

McGraw-Hill and Electrical Supplies
1208-10-12 Harney St., Omaha
A CHANCE FOR DEALER AGENTS

How Telephone Equipment Prices Have Increased

Here are a few figures showing the advance in prices of telephone equipment during the last three years:

Glass insulators—from \$19.07 to \$28.09 per 100.

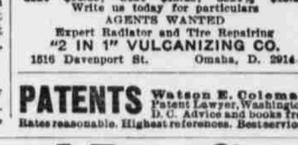
Iron telephone wire—from \$3.70 to \$8.25 per 100 pounds.

Copper telephone wire—from \$25.00 to \$68.00 per mile.

Telephone poles—from 36 to 57 per cent depending upon kind and size.

These are a few of the items selected from more than 600 articles used in the telephone business.

The steadily increasing cost of telephone materials is a problem which is daily becoming more serious for the telephone companies.



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