

THE SPRING DRIVE

Our boys are going "Over the top" and into "No man's land" this spring. No one has any doubt of their ability to get there. There will also be a spring drive on this side of the ocean, because March is the year's "blue Mon-day." It is the most fatal month of the year. March and April is a time when resistance usually is at lowest ebb. It is a trying season for the "run-down" man. But medical science steps in, and says, "it need not be"! We should cultivate a love of health, a sense of responsibility for the care of our bodies. Do not allow the machinery of the body to clog. Put the stomach and liver in proper condition. Take Dr. Pierce's Golden Medical Discovery, to be had at most drug stores in tablet or liquid form, tablets sixty-cents a vial, composed of native herbs. This puts the stomach and liver in proper condition. You may be plodding along, no spring, no elasticity, no vim, but as soon as you have put the body into its normal physical condition-oiled the machinery, as it were-you will find new vim, vigor and vitality within you. A little "pep," and we laugh and live. Try it now. Send Dr. Pierce, Buffalo, N. Y., 10c. for trial package. A little energy will save the day. The prime necessity of life is health. With spirit and energy you have the power to force yourself into action. The Golden Medical Discovery is the spring tonic which you need.



New Hampshire was the first state to establish a railroad commission.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price Toc. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Their First Mention.

Bobby, for once, expressed great interest in the sermon. "Fáncy flying machines being mentioned in the Bible!" he said. "But are they?"

"Why, didn't the vicar say Esau sold his heirship to his brother Jacob?"-Stray Stories.

Lost Opportunity.

"What's the matter, Henpeck, you as if you had not slept last might?

"Oh, I slept soundly, but I awoke n sprendid dream and I had my fist drawn back to biff Marie on the nose-and than I awoke, I shall never get another such opportunity."

As Father Does.

Two small boys were arguing over some trivial matter when one of them said: "I'll betcha I'm right." The other boy said he would not bet, as it was wrong, and this statement led to another discussion, one youngster insisting that there was no harm in betting and the other that there was.

The boy who was advocating betting talked so loud that he attracted his mother, and she, like all good mothers, tried to tell him that it was wrong to gamble on anything.

"Well, daddy does," was the boy's reply, "cause when he came home with that Liberty bond he said it was a \$50 bet with the kaiser that he would lose the war."



DESCRIPTION OF THE PARTY OF THE Grape Nuts Compound goals of When Burley, Sait and Yout. Postum Circuit Company A FOOD The same of the sa

A Conserving Food

The recognized value

Grape-Nuts

as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"

They have been at a great feast of languages and stolen the scraps.

GOOD THINGS FOR THE TABLE.

to the spring time green things appeal to the appetite, we need them as blood purifiers and various combina-



Fill each with highly seasoned chicken, sausage or ment or nuts or bread crumbs and butter and sait and pepper. Add a little water to the baking dish and bake them until brown and tender. When the onions are cold, cut them in quarters and place them on a bed of water cress, lay a sardine en each quarter of the onion and serve with French or boiled dressing.

Oatmeal Bread.-Take two cupfuls of catmeal, one-half cupful of molasses, two tenspoonfuls of salt over this pour a pint of boiling water; when cool add yeast and flour to mix well. Let raise and when light form into loaves and bake when light.

using sour cream instead of milk, preparing it in the same way. Onions are delicious baked in their

will be necessary to use care to remove all the charred portions.

ing the baking with the fat and some water.

Every particle of vegetable water when serving it, should be saved. Add it to the soup kettle, if potato water, use it to stew ment or soup meat, for gravies, griddle cakes or pastry, when well chilled. The valuable mineral salts contained in vegetable water should not be wasted.

What's one man's polson, signor, is another's meat or drink.—Beaumont and Fletcher.

A small cheer and great welcome makes a merry feast.-Shakespeare.

SEASONABLE DISHES.

Small bits of chicken which are too small to serve in other ways may be used in croquettes or in combination with other



ments in various dishes. Chicken Souffle,-Mince a cupful of chicken very fine add a cupful of white snuce, a tenspoonful of chopped parsley, salt, pepper and onlon juice

to taste; add the beaten yolks of three eggs. Cook three minutes, stirring constantly. Cool, fold in the stiffly beaten eggs. Bake until firm in a moderate oven.

Cornmeal Apple Pudding. - Take one-half cupful of sugar, a pint of fresh mush, two well-beaten eggs, a half cupful of mllk, one pint of chopped tart apple. Turn into a greased pan and bake until the apples are

Tomatoes With Chipped Beef .-Brown a little sweet fat and lay in sliced ripe tomatoes, rolled in seasoned flour; season with salt, pepper and cayenne; brown well on both sides; sprinkle a little chopped onton over each slice. Spread evenly over each a thin layer of chopped chipped beef; cover and cook 20 minutes without stirring.

Asparagus Loaf .- Take two cupfuls of cooked asparagus, add two-third; of a cupful of cracker crumbs and one cupful of cream, add one tenspoonful of butter, one tenspoonful of salt, a little onion juice and one egg. Fold In the asparagus and bake one hour.

Codfish Rolls .- Mix together mashed potato and shredded codfish, season with butter, pepper, salt and form into rolls the size of the thumb and three inches long. Roll in flour and fry in hot fat. Serve with white sauce garnished with parsley.

Tomato Sauce.-Take one pint of tomatoes, four tablespoonfuls of fat, Then add flour to butter and onion a half an onion finely chopped, two and stir all together. Let boil five tablespoonfuls of corn starch, one-half | minutes, then add the seasonings with teaspoonful of salt, and one-eighth of a teaspoonful of pepper. Cook the onion and tomato ten minutes. Strain. Melt the fat, add the flour and mix; add salt, pepper and tomato. Cook until it thickens.

Fish Croquettes,-Take one and three-fourths cupfuls of fish, one cupful of cream sauce and one egg. Add in cold immediately after the bag has the sauce to the fish, then add season- been filled, for the hot water causes ings ; dip in crumbs, eggs and crumbs again; fry in deep fat and serve.

When making milk toast add a half cupful of good flavored grated cheese heat. After it is in place it too begins to it when serving. A good way to use to expand and thus tightens and preleft-over dried cheese.

O, hour of all hours, the most bless'd upon earth Blessed hour of our dinners

EARLY SPRING SALADS AND

GREENS. Before it is warm enough to do any

outside gardening ly the states where frost is found five months of the year, a small shallow box which may serve as a window box in the summer may be used, if the soil is fertilized, the year round. In the winter pepper

grass, lettuce, radishes, parsley chives and various herbs for sensoning may be grown. A small bit of the green but an inch or two in height will furnish a flavor for sandwiches. Tender pepper grass will soon reach four inches in height and may be used in combination with other vegetables, the slight pungent flavor is especially appetizing in early spring.

Before the first leaf of the dandelion puts forth its head, cover a patch of the plants with boards, so that the crisp white leaves may be served fresh as a salad.

Mint is an early arrival and may be Cod fish, the dried variety may make hurried if in a sheltered sunny spot, a most palatable main dish. Soak the A few of the first green buds finely fish and cook carefully not to break it, minced and steeped in hot vinegar then drain enrefully and let it simmer with a small amount of sugar is a in a drawn butter sauce. Serve with most delicious sauce to serve with baked potatoes. A most delicious lamb, It is also relished when chopwhite sauce for codfish is made by ped and added to lettuce and pepper grass with a little chopped green onion making a most refreshing salad.

Watercress is another green that Is skins then peel them, season with but- most wholesome. When one is fortuter, pepper and salt or cream, or if uate enough to live near a brook desired in a white sauce. They have where it may be gathered often it quite a different flavor. Another de- should be a frequent salad. Served licious way to prepare onions is to with a sprinkling of sait it is used as roast them in the ashes or on the ledge a garnish for chops, but combines of the furnace. Do not peel them as well with other vegetables. The snapthe skin will often be burned and it by little green is also a welcome addition to bread and butter sandwiches.

Milk weed when it first comes up Onions are also delicious stuffed in the spring rivals asparagus and the with sausage, and baked, basting dur- poke grown in the southern states is another welcome green vegetable. Sorrel, dock, mustard and various other weeds are all good wholesome greens. not used as sauce for the vegetable The marsh marigold or cowslip as well as the dandelion are favorite greens cooked until tender with a little salt pork for flavor, or served well seasoned as any vegetable. The medicinal value of greens cannot be overestimated. They contain a growth determinant which is especially important in a child's diet.

> Do as adversaries do in war; strive mightily, but eat and drink as friends. A merry heart goes all the day .-

Shakespeare,

TEMPTING DISHES. After Each Rain. The parsnip is a most tasty dish and may be varied in several ways,



If the sweet flavor is objectionable to any, the water may be removed during the boiling adding fresh water, then drain, mush and season well with butter, salt and pepper. The

seasoned parsnip may be dropped into fritter batter and fried, making a most delicious fritter.

Carrot Loaf .- Take one cupful each of finely ground carrots, milk, boiled rice, ground peanuts, or six ounces of chopped round steak, one egg, one cupful of bread crumbs, a fourth of a cupful of rice water, two tablespoonfuls of minced pepper, three tablespoorfuls of minced suct or pork, a tablespoonfuls of onion juice and one half teaspoonful each of salt and mustard. Boil the carrots in rice wa ter for five minutes; cool. Add rice. peanuts, bread, milk, beaten egg and other ingredients; mix well, shape in to a loaf and bake 45 minutes.

Chicken Jelly .- Cover the bones of the fowl and bits of left-over meat with a quart of water; simmer for sev eral hours, then strain, and pour into a mold. During the cooking add seasonings to taste, such as mace, parsley. onion juice, salt and pepper. Servi with diced fresh vegetables as a salad or in various ways.

Creole Sauce,-Take one-fourth cupful each of flour and mushrooms, two tablespoonfuls of chopped onion, a fourth of a cupful of condensed tomato, seven ripe olives, a fourth of a cupful of butter and one and a half cupfuls of water. Cook the onion and butter in a double boiler 15 minutes; add water and strained tomatoes. salt and pepper. Serve cold.

lellie Maxwell

Closing Hot Water Bottles.

The hot water bottle will not lenk at the mouth if the stopper be screwed the metal socket to expand and the cold stopper goes in slightly further than if it too had been expanded by vents leaking.

GOOD ROADS IN CONNECTICUT

State Superintendent of Repairs Directs All Work Through Maintenance Organization.

(By E. B. HOUSE, Colorado Agricultural College, Fort Collins, Colo.)

Connecticut places the maintenance of her roads under an officer known as the superintendent of repairs. The state is divided into ten districts. Each district is under the control of a supervisor of repairs, who is located near the center of his district. Each district is divided into sections, and each section is in charge of a foreman. Under ordinary conditions these foremen work singly and devote



Permanent Road in Connecticut.

their entire time to the repair and maintenance of the roads in their section. If an emergency comes, ten or fifteen men are placed under a foreman for repair work. These gangs of workmen are maintained continually and are transferred from place to place; put under one foreman for a few days, and then transferred to another section in order that the work may be properly done.

COMPANY TAKES OVER ROAD

Virginia Legislature Grants Charter to Private Concern to Operate Old Highway.

The legislature of Virginia has granted a charter to an association known as the Warrenton and Fairfax Turnpike company, Inc., which will take over the old Alexandria-Warrenton pike, to grade and resurface the road and operate it as a tollroad until the state wishes to take it back.

The charter states that when the state does take it back it must pay the stockholders the cost of the road, with interest, minus dividends.

IMPROVEMENT BY ROAD DRAG

Farmer Can Be Convinced of Effectiveness by Use of Implement

If you are not one of the fortunate ones with a good macadam or even concrete road in front of your place, you can make a good road of it if drainage has been attended to by the use of the road drag. Just try it after each rain, on the stretch of road leading from your gateway toward town the length of your holdings; you will not only be surprised and gratified with the improvement, but you may be encouraging your neighbor just beyond to do likewise.

OUTLINES GOOD ROADS PLAN

Opening of Forty-Mile Boulevard in Canada First Step in System of Improved Highways.

The new concrete highway between Toronto and Hamilton, Ontario, was opened recently. The premier of Ontarlo announced at the opening that the 40-mile boulevard between the two cities was only the first step in a great system of improved highways throughout the whole of Ontario. Plans have been made for this work, but it will not be undertaken until the actual end of the war is in sight.

GOOD ROADS ARE ESSENTIAL

Better Highways Must Be Secured to Make It Possible to Consolidate the Schools.

Back of the whole country school problem looms the road question. You can't have better schools without better roads. Better roads must be secured to make it possible to centralize and consolidate the schools. Where communities enjoy the advantages of good roads, commodious buildings have been provided, more competent teachers have been employed and modern facilities for teaching have been supplied at a minimum cost.

Plan Size of Culvert.

The size of the culvert to be placed depends upon the amount of water to be taken care of, but no less than a 12-inch pipe is recommended.

Determine Type of Culvert. The side of the culvert and the type of structure should be determined by careful investigation.

Feed Calf Skim Milk. If one has an abundance of skim milk it is well to feed the calf six or aight months.

Five Bottles Peruna Restored Me To Complete Health—— Mr. C. N. Petersen, dealer in fine boots, shoes and cigars, 132 S. Main



I Have Been In The Best Of Spirits Since, And Feel That I Owe My Health To Peruna

Mr. C. N. Petersen, dealer in fine boots, shoes and cigars, 132 S. Main St., Council Bluffs, Ia., writes: "I cannot tell you how much good Peruna has done me. Constant confinement in my store began to tell on my health and I felt that I was gradually breaking down. I tried several remedies prescribed by my physician, but obtained no permanent relief until I took Peruna. I felt better im-mediately and five bottles restored me to complete health. I have been in the best of spirits since, and feel that I owe my health to it."

.Our booklet, telling you how to keep well, free to all. The Peruna Co., Columbus, Ohio.

Those who object to liquid media cines can now procure Peruna Tab-

As Age Advances the Liver Requires occasional slight stimulation,

Small Pill, Small Dose, Small Price But

CARTER'S LITTLE LIVER PILLS

CONSTIPATION

Colorless or Pale Faces usually indicate the absence of Iroseia condition which will be greatly belped by Carter's Iron Pills

Talks Too Much.

"Sir, you do me a great wrong to call me an addlepate. You have no scientific instrument for gauging my brain power."

for that purpose, sir. You have an instrument yourself that gives you away.

"What is that?" "Your tongue:"-Birmingham Age-

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.

From Way Back. Country Uncle-Gosh! What is that

there thing? City Niece-A folding bed, uncle, Country Uncle-Then I'll camp out on the floor. I could never sleep standin' up.

PREPAREDNESS. Prepare for next washday by taking home Red Cross Ball Blue. Ask any good grocer. Red Cross Ball Blue imparts a clear white; makes you smile when you see the basket of beautiful, snowy white clothes. Red Cross, the

blue that's true blue.-Adv.

More Data Wanted. He (after the proposal)-I'm getting \$2,000 a year. Now, dearest, what is the least you think you can live on

yearly? She-Well, how much credit can you get?-Boston Transcript.

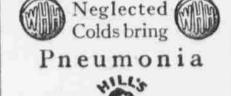
Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad. These days it is not always neces-

German spy to deserve hanging. It takes Congress to settle a strike, but an unruly stomach is subdued by Garneld

Tea. Adv.

sary for a fellow to be an out-and-out

If a man would have a good motherin-law it is up to him to make good.



CASCARA OUININE POMIO

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 Dyug Store



STOP YOUR COUGHING No need to let that cough persist. Stop the tritation, and remove tickling and hoarse-ness, by relieving the inflamed throat with

Important.

"The turnover is vital to successful merchandising."

"In that case," said the baker, "maybe I'd better put more turnovers in the "I don't need a scientific instrument oven."-Louisville Courier-Journal.

> Important to Mothera Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of Cart Hilltehre.
In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Good Subject.

"What are that couple over at yonder table scrapping about?" "I think, sir, they're fighting over the war bread."

During the war the trade of Canada has increased nearly three-fold.

Nerves All Unstrung?

Nervousness and nerve pains often come from weak kidneys. Many a person who worries over trifles and is troubled with neuralgia, rheumatic pains and backache would find relief through a good kidney remedy. If you have nervous attacks, with headaches, backaches, dizzy spells and sharp, shooting pains, try Doan's Kidney Pills. They have brought quick benefit in thousands of such cases.

A Nebraska Case Mrs. G. F. San-Mrs. G. F. Sanford, Minden, Neb.,
says: "I was laid
up in bed from kidney trouble and
was getting worse,
although I was
taking medicine all
the time. The
sharp, shooting linding dizz Midney Pills pulled ne on my feet and continued use cured me so I have never suffered since.

Get Donn's at Any Store, 60c a Box DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.



1916 Seed Corn Field, grass, garden seeds and pure bred poultry. Free book. AYE BROS., Box 20, BLAIR, NEBR. Seed Corn Center of the World.

Nebraska Directory CONHOTEL

Rooms from \$1.00 up single, 75 cents up double.

CAFE PRICES REASONABLE KODAK and supplies. Largest house in the west. All Finishing Eastman goods. We pay return postage on finishing.

THE ROBERT DEMPSTER CO., 1813 Farnam Street Eastman Kodak Co. Omaha, Neb. **GUARANTEED TIRES**

ONE HALF PRICE 3000 Miles Guaranteed 80x8 \$7.75; 30x3½ \$8.75; 32x3½ \$10.25; 83x4 \$12.55; 34x4 \$13.25; 85x4½ \$15.50 Write us today for particulars AGENTS WANTED

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BEST BUYERS ... SELLERS .. CATTLE HOGSAMPSHEEP STOCK YARDS-OMAHA

Have Your Stetson or Panama Hat CLEANED and BLOCKED by Skilled



OMAHA HAT FACTORY, Inc.