

# IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oskaloosa, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."



—Mrs. LIZZIE COURTNEY, 108 8th Ave., West, Oskaloosa, Iowa.

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such letters as this are continually being published. Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

# The KITCHEN CABINET

I will this day try to live a simple, sincere and serene life; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust and a childlike faith in God.—John Vincent.

### GOOD EATING.

When rabbits are easily obtained, as they are in many sections of our country, they are common and not expensive, making a most wholesome meat to add variety and save the shipable meats for our army.

### Larded Rabbit Baked in Milk.

Spread over the dressed rabbit thin slices of salt pork. Set in the oven and brown, basting often with milk, dredge with flour and after well browned lower the heat, cooking for an hour longer. When perfectly tender, remove the rabbit and make a gravy with the milk and liquor in the pan. Season well, although the meat should have been seasoned during its cooking. Serve with rice croquettes and currant jelly. The jelly may be placed in a small hollow in the croquette and they may be used as a garnish to the platter of rabbit.

**Hasenpfeffer Rabbit.**—Divide the rabbit in serving sized pieces, including the liver and heart, carefully wash and drain. Try out some fat salt pork and add two sliced onions to the fat, when yellow, add two tablespoonfuls of flour, mix well and add a quart of veal broth, a teaspoonful of salt, a bit of bay leaf, a half teaspoonful of peppercorns, four cloves and the rabbit. Cover and let simmer until the rabbit is tender. Add a teaspoonful of butter, a half cupful of fruit juice or the juice of an orange, two lumps of sugar and a handful of raisins. Cook until well seasoned, the sauce should be spicy, both sweet and sour and not too thick.

**Cardinal Pears.**—Cook canned pears in a little sirup with a half a glass of currant jelly. Cool and serve on oblong pieces of sponge cake, cover the pear with the thickened sirup and top with whipped cream. Sprinkle with almonds shredded.

Ripe olives may be better enjoyed if soaked in olive oil overnight to which a clove of garlic has been added.

Dip fresh parsley into a cupful of hot water in which an eighth of a teaspoonful of soda has been added. It makes the parsley more brilliant, then chop fine with a sharp knife and sprinkle over the dish to be garnished.

We ought to acquaint ourselves with the beautiful, we must keep ourselves thoroughly unselfish, we must not make it our own, but communicate it; indeed, to make a sacrifice of it to those who are dear and precious to us.—Goethe.

### SPRINGTIME FOODS.

It is necessary to have a system of housecleaning when the early spring greens appear, for the sluggish body often overfed, needs the rejuvenating of fresh mineral filled foods to prepare us for the work of the summer. Biliousness and various kindred ills may be completely routed by a careful diet of vegetables and a free use of fruits.

Nature provides us in the spring just the foods we need, without resorting to the time-honored sulphur and molasses treatment, through which many of us have suffered.

The dandelion contains taraxicum, the tonic which is in so many spring medicines. This acts directly on the liver, stimulating it to healthy action. The lack of exercise in winter is one of the worst features of our living, for exercise is life to the body. The liver from inactivity and plenty of food becomes clogged and does not do its work, hence biliousness and various other annoying ills. The liver is one of the most important organs in the body and must be kept free to work its process of elimination. When clogged the whole machinery of the body is out of order.

How much pleasanter it is to eat a dish of crisp, fresh greens than to take unpleasant-tasting medicine. The use of good olive oil on salads makes them more valuable, as the oil is a food, it is healing to inflamed tissues, it lubricates the tissues and stimulates the action of the liver.

Cowslips are another early vegetable which may be found in almost any neighborhood, the exercise used in going for, and bringing them home is not the least of their value. Spinach, Swiss chard, pepper grass and lettuce should be found in every garden.

Fresh fruit, dried fruit and green vegetables are the best of spring medicines.

Those who do not like olive oil may have been turned against it by being served with a rancid oil or one of inferior quality. Oil should be sweet, nutty and of a most appetizing odor and taste.

Early radishes may be raised long before the garden crop is ready by putting a few seeds into a hotbed, or a large flower urn, cover with glass for a while, and with plenty of water the radishes will soon be ready for the

table. If you are fortunate enough to live near a running brook where water-cress grows, you have one of the best early spring greens as well as one of the best blood tonics.

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself.

### MORE GOOD THINGS FOR SICK.

Vegetables which are tender and delicate such as asparagus tips, tender green onions, cauliflower and various other combinations which will occur to those who must prepare dainty foods or food for the sick.

Asparagus or green onions cooked until tender then served on toast with butter or a white sauce is good. A grating of nutmeg is a stimulating seasoning to add to any dish, unless the patient objects to the flavor.

**Glazed Sweetbreads.**—Parboil the heart sweetbread, drain and remove all connecting tissue, then place in a ramekin. Dissolve a teaspoonful of beef extract in two teaspoonfuls of boiling water, season with salt and paprika and pour over the sweetbread. Cook in a hot oven basting often. When glazed over transfer to a hot dish, surround with seasoned hot peas and serve at once.

Cabbage, when it is allowed is very nice shredded very fine, crisped in cold water and served after drying well, with French dressing. This salad is especially good to follow the sweetbread.

As English sparrows are so numerous, this year of conservation would be a good time to put four and twenty into a pie. They may be skinned feathers and all, it takes but a few minutes to prepare them and one broiled in paper is excellent for a tidbit for the invalid. If there seems to be any objection to the bird itself, why tell them all the details. The sparrow is a grain eating bird and there should be absolutely no more objection to them than to the squab or pigeon.

A simple salad such as head lettuce with French dressing may often be served, chopped celery, shredded lettuce, cottage cheese, as well as water cress are all good at times.

**Flaked Eggs.**—Break two eggs into a bowl and beat just long enough to mix well, put one-fourth of a cupful of milk in a small pan and when scalding stir in the eggs and cook until the white is in flakes. Season with salt and turn over buttered toast that has been softened in hot milk. Serve very hot, garnish with parsley.

Our yesterdays are the blocks with which we build Foundations for the structure of today.—Harvey.

### WARTIME SUGGESTIONS.

Hominy with cream and sugar makes a most substantial dish, and one which may be either served as a breakfast dish or as a dessert.

Hominy may be easily prepared at home, using hardwood ashes for the lye, boiling the corn in lye water until the hulls are softened so that they may be rubbed off. A large dish may be prepared at one time, keeping it in a cool place, or it may be canned for use in summer if desired.

**Potted Hominy and Meat.**—Chicken is especially good in combination with corn and the following will be found to be a most satisfying dish: If the fresh hominy is used it needs no soaking or cooking, but for the dried hominy take two cupfuls, soak it over night and cook in a double boiler or fireless cooker for four hours, or until tender. Melt two tablespoonfuls of fat, add two tablespoonfuls of flour, and when well mixed add two cupfuls of milk; cook until thick. Add four diced potatoes, two cupfuls of diced carrots, a teaspoonful of salt and a cupful of any cooked or dried meat. Mix all together and bake for one hour.

**Rice, Peas and Tomatoes.**—Soak two cupfuls of dried peas in two quarts of water. Cook until tender in water in which they soaked. Add one and one-half cupfuls of cooked rice, six sliced onions, a tablespoonful of salt, a quarter of a teaspoonful of pepper, two cupfuls of stewed tomatoes and cook 20 minutes.

Dried fruits well soaked and cooked until tender will need but little or no sugar to make them palatable.

**Fish en Casserole.**—Remove skin and bone from pickerel, or the carp makes good eating served in this way. Place in a casserole, cover with any good vegetable water and a tablespoonful of vinegar. Add three slices of onion, a bay leaf, three pepper corns, three slices of lemon, a teaspoonful each of sugar and salt. Cover and bake until the fish is tender. Remove the fish and thicken the broth, then serve in the dish in which it was baked.

Neelie Maxwell

# The DAIRY



### FEEDING YOUNG DAIRY STOCK

Where Milk is Not Available It is Economical to Supply Protein by Use of Legumes.

(Prepared by the United States Department of Agriculture.)

It is a common practice among dairymen to feed skim milk until the calf is approximately six months of age. Usually the time of weaning depends upon the availability and cost of the milk.

When milk is fed in abundance it furnishes the greater part of the protein necessary for the growth of the animal. If no milk is fed it becomes necessary for the protein to be provided from some other source. Probably this can be done most economically by the use of some legume, such as alfalfa, clover, soy beans, or cowpea hay. When hay of this sort is not available it is necessary to provide the bulk of the protein through a grain mixture. In either case, plenty of roughage should be supplied to the growing heifer at all times. During summer, when good pasture is available, the heifer needs no supplementary feed, although a little hay and grain are sometimes advisable late in the season to insure steady growth.

Part of the roughage should be silage, if it is available. A heifer of six months to one year of age will consume from 5 to 15 pounds of silage a day. The grain mixture used may be made up of (1) 3 parts of cracked corn, and 1 part wheat bran; (2) 3 parts cracked corn, 1 part wheat bran, and 1 part ground oats; (3) 3 parts cracked corn, 1 part wheat bran, 1 part ground oats, and 1 part linseed meal; (4) 4 parts cracked corn, 1 part wheat bran, 1 part ground oats, and 1 part blood meal. Either 1, 2, or 4, together with all the alfalfa, clover, or cowpea hay that the heifer will eat, makes a good ration. In case no leguminous hay such as that just mentioned can be obtained, No. 3 is advised, because it contains more protein. Another ex-

cellent grain mixture, to be used when such hay is lacking, is composed of 2 parts of cornmeal, 2 parts of linseed meal, and 1 part of bran.

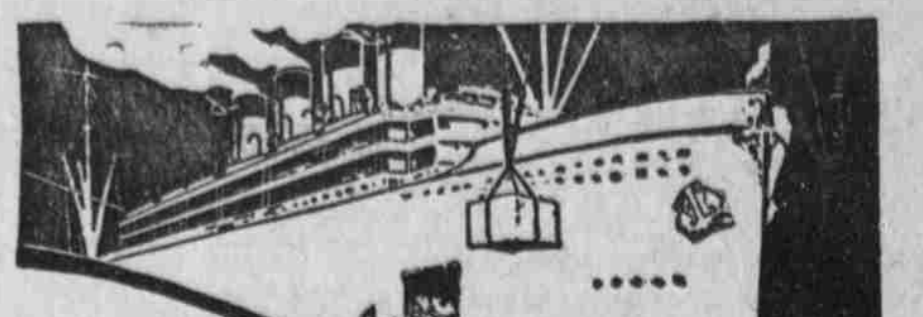
The quantity of grain to be fed depends very largely upon the individual animal's growth and condition, as well as upon the price of the grain. Some feeders desire a rapid growth of the young animals, and for this reason feed heavily with grain, while others are satisfied with a slow growth and try to carry their young stock largely on roughage. Either extreme is unwise and a medium course between the two is advisable. A safe rule to follow is to feed one pound of grain for the first hundredweight of the heifer and one-half pound for each additional hundredweight.

After the heifer reaches one year of age, the following rations are suggested: Cornmeal, fed according to the rule just mentioned, together with all the alfalfa, clover, or cowpea hay that the animal will consume. If no leguminous hay is available, grain composed of 2 parts cornmeal, 1 of bran, and 1 of linseed meal, gluten meal, or cottonseed meal, and 10 to 20 pounds of silage, together with all the dry roughage that the animal can consume, will be found to be adequate. Under ordinary circumstances a gain of at least a pound a day from the time of weaning to the time of first calving is a good average for a dairy heifer.

**SHIPMENT OF DAIRY CATTLE**

Not Advisable to Ship Fresh Cows Long Distances Except in Fast Express Cars.

Do not ship fresh cows long distances unless in express cars under particularly favorable conditions. The expense involved naturally limits such operations to valuable purebred individuals. Time and time again, as a result of being shipped shortly after freshening or so as to calve in transit, fresh cows have been ruined so far as the next lactation has been concerned.



Following the sun with

# WRIGLEYS

Vision for a moment, those far off ports beyond the trackless seas—

From Arctic ice, to the torrid lands beneath the Southern Cross—

From towns tucked in the mountains, to the busy river's mouth—

WRIGLEYS is there!

There, because men find comfort and refreshment in its continued use.

Because of its benefits and because

The Flavor Lasts

"After every meal"



## 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

CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

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

OMAHA, NEBRASKA

Energy in Swat, Too.

The public has to be educated to swat the fly, but when it comes to the mosquito, no urging is necessary—it is banded without mercy.—Salem (N. J.) Sunbeam.

Quite Different.

"My money is clean spent."

"What! all gone?"

"No; invested in soap."

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 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Ambiguous.

"Did they try the new play on the dog?"

"Yes; it was a howling success."

Prevent Abortion in Cows!

If any of your cows, before or after the herd sire have an unusual discharge wash them out with

Dr. David Roberts' Antiseptic and Disinfectant. Free of cost. Thousands of dollars and in a few calves can be saved by this simple preventive.

Read the Practical Home Veterinarian. Free of cost. Write for booklet on Abortion in Cows. If no dealer in your town, write Dr. David Roberts' Vet. Co., 100 Grand Avenue, Waukegan, Wis.

Lee's Lice Killer

The best insecticide for chickens and dogs. OREMON'S for roys, sows, canker, chicken pox, etc. A remedy and a tonic.

WIG-D-LIATON keeps fresh eggs fresh from hatching to following winter at 1 cent a dozen. WIG-D-LIATON makes eggs hatch better, chicks stronger. The Lee Poultry Line is sold at one store in most every town. Free book at dealers or postpaid for 5c. 500 N. 1st St., Dept. 4, OMAHA.

Parker's Hair Balsam

A delicate preparation of herbs. Helps to eradicate dandruff. For Restoring Color and Beautifying Hair. Sold by druggists. 50c. and \$1.00 at drugists.

W. N. U., OMAHA, NO. 14-1918.

**DODD'S KIDNEY PILLS**

FOR

Insist on the name with three D's and enjoy freedom from kidney ills. At all druggists.

**Cuticura Soap**

Is Ideal For the Hands

JUDGED BY THEIR ACTIONS

Little Miss Naturally Connected Cruelty of the Savior's Slayers With German Character.

Mary was a very serious-minded young miss of ten and was keenly interested in the religious education of her younger sister, Dorothy, aged six. Indeed, she felt that the little sister's education in Biblical stories had been sadly neglected. One day she confided to her mother that Dorothy was very ignorant on the subject of the crucifixion and the resurrection and she could be enlightened before the next Easter time came around.

The mother suggested to Mary that she be the one to tell the little sister the stories, and to make them just as vivid and real as she could.

This Mary did, and at the close of the recital the only comment made by Dorothy was this:

"Say, were those men Germans?"—Harper's Magazine.

### BOSCHEE'S GERMAN SYRUP

Why use ordinary cough remedies, when Boschee's German Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectoration in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

### But She Roasted Him.

Saplegh—I was—aw—wearing the othah day about a twibe in Africa that—aw—eats wosted monkeys, doncher know. Beasty dweadful, doncher think, Miss Knox?

Miss Knox—Yes; but why should you care; you are not thinking of going to Africa, are you?

### Just What Did He Mean?

"I have read that the most dangerous thing a girl can do is to throw her arms around a man in case the boat upsets." "Uh," said the man. "Perhaps so. This boat is perfectly safe, however."—Louisville Courier-Journal.

### The Main Thing.

"Sue married a man not of words but of deeds."

"Were they title deeds?"

### Safe.

Black—I want to put my money into something safe.

White—Try a fireproof vault.

**RED CROSS BALL BLUE** Makes clothes whiter than snow. Degrates the household. Large package 5 cents at all good grocers.—Adv.

### Economic Move.

"So you want to give up work. But can you afford to retire?"

"Yes, sir; I'm going to get married."

### When Your Eyes Need Care

Try Murine Eye Remedy

No Smearing—Just Easy Comfort. 25 cents at Druggists or mail. Write for Free Brochure. MURINE EYE REMEDY CO., CHICAGO