# WOMEN OF **MIDDLE AGE**

### Need Help to Pass the Crisis Safe-ly-Proof that Lydia E. Pinkham's Vegetable Compound Can be Relied Upon.

Urbana, Ill.—"During Change of Life in addition to its annoying symptors, I had an attack of

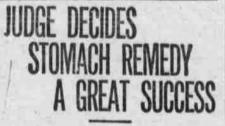


me in a weskened condition. 1 Telt at times that I would neverbe well again. I read of Lydia E-Pinkham's Vegetable Compound and what it did for women passing through the Change of Life, so I told my doctor I would try it. I soon began to gain in strength and the annoying

grippe which lasted all winter and left

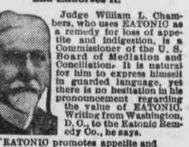
appeared and your Vegetable Compound has made me a well, strong woman so I do all my own housework. I can not recommend Lydia E. Pinkham's Vege-table Compound too highly to women passing through the Change of Life." ---Mrs. FRANK HENSON, 1316 S. Orchade St., Urbana, Ill.

Women who suffer from nervousness, "heat flashes," backache, headaches and "the blues" should try this famous root and herb remedy, Lydia E. Pink-ham's Vegetable Compound.



Commissioner of Mediation and Concil-iation Board Tries EATONIC, the Wonderful Stomach Remedy, and Endorses It.





"EATONIO promotes appeilte and aids digestion. I have used it with beneficial results."

beneficial results." Office workers and others who sit much are martyrs to dyspepsia, belching, bad breath, heartburn, poor appetite, bloat, and impair-ment of general health. Are you, yourself, a sufferer? EATONIO will relieve you just as surely as it has beneficed Judge Chambers and thousands of others. Here's the secret: EATONIO drives the gas out of the body-and the Bloat Goce With Iti is generanteed to bring relief or you get your money back! Costs only a cent or two a day to use it. Get a box today from your druggist.

**Heal Itching Skins** 

With Cuticura

All druggists; Soap 25, Ointment 25 & 50, Talcum 25 Sample each free of "Outieurs, Dept. E. Besten."

THE SEMI-WEEKLY TRIBUNE, NORTH PLATTE, NEBRASKA.



Rehlnd the snowy loaf is the mill wheel; behind the mill is the wheat field; on the wheat field rests the sunlight; above the sunlight is God.

For every evil under the sun, There is a remedy, or there is none If there be one, seek and find it: If there be none, never mind it.

SUMMER DESSERTS.

URING the warm weather, desserts are more fitting that appeal to the eye and are so light that they do not tax the digestion. Most people feel that the meal is unfinished if there is

rts should follow a meal that is heavy. Baked Bananas .- Place under-ripe

and chopped raisins. Cook until tenbrown serve

Italian Cream .--- Soak two tablea fourth of a cupful of sugar; cook Flavor with any desired extract or fruit juice.

vanilla and mold.

Chocolate Junket .- Melt a square of chocolate, add three tablespoonfuls of boiling water. Heat a quart of milk to blood heat, just lukewarm. Dissolve a crushed junket tablet in a tablespoonful of cold water. Add a quarter of a cupful of sugar and a teaspoonful of vanilla to the warm milk, stir in the dissolved junket tablet and the chocolate and pour into sherbet cups.

Velvet Sherbet .- Take a quart of rich milk, the juice of three lemons and two cupfuls of strained honey. Freeze as usual, this is a most dainty and satisfying frozen dish.

No one by giving can escape the obligation to save. We must both give and save.

We have plenty of food in this country but not an ounce to waste; we have plenty of labor, but not an hour to sluck

Thrift is simply the happy medium between recklessness and meanness. The Saturday Evening Fost.

#### SUMMER DRINKS.



ction.stWarGarden no dessert. The des-05

pananas in the oven to bake until the kins burst. Serve with melted buter and lemon juice.

Company Apples .-- Pare and core light apples. Arrange in a baking dish, fill the apples with apple jelly der, basting with sugar, water and lemon juice. Decorate with quartered almonds, blanched, when they are

spoonfuls of gelatin in a fourth of a cupful of water, scald two cupfuls of milk, cool and add the yolks of three eggs well beaten, a pinch of salt and until thick, add the gelatin, chill and as the mixture thickens fold in stiffly beaten whites, Mold and serve,

Bavarian Cream .- Soak two tablespoonfuls of gelatin in a third of a cupful of cold water, dissolve in a fourth of a cupful of hot cream; add a half a cupful of sugar and the whip from a pint of cream when the mixture begins to thicken. Cut and fold in the cream without stirring. Flavor with

Meanness and niggardliness have never been American faults: but thrift and prudence-have not been American virtues.-The Saturday Evening Post.

RUFT drinks are not only satisfying to the taste but healthful as well. There is nothing more beneficial in ton-

ing up the system than nature's owp cruit juices. Iced Tea With Mint.

Pound a pint of mint until the juice flows freely, then add two cupfuls of water and bring to the bolling point for five minutes. Strain and add 214- tenpoonfuls of gelatin dissolved in onehalf cupful of orange-juice. Strain into a flat mold and chill. When thoroughly cold cut in squares about the dze of a loaf of sugar. Prepare some ced tea, fill each glass half full of crushed ice, add a square of the mint elly and fill with iced tea.

Coffee Ambrosia .- Make a quart of trong black coffee. Allow this to cool, after straining, then add one-half cupful of honey, a few drops of almond extract, a pinch of powdered mace, two cupfuls of leed milk, mixing well, Serve in glasses with a few spoonfuls of chopped ice and garnish with a spoonful of sweetened whipped cream.

Grape Juice Nectar .-- Bruise Jour sprigs of mint to bring out the flavor. Add these to one pint of grape juice, three tablespoonfuls of lemon juice, a can of grated pineapple, a half cupful of honey, a pinch of salt, four tablespoonfuls of orange juice and a pinch of nutmeg. Set in a cool place for an hour, then strain and serve. Crushed ice should be added to each glass when ready to serve.

Loganberry and Ginger .-- Chop half a pound of preserved ginger, add it to four cupfuls of water and one cupful of honey; allow this to stand for an hour to steep well, then bring to the boiling point and cook gently for 15 minutes. Blend three tablespoonfuls of ginger sirup with a cupful of loganberry juice; cool, strain and serve with crushed ice.

Egg Lemonade .- Add a well-beaten egg to a pitcher of iced lemonade. This makes a drink that is both refreshing and nourishing.

The world which clouds thy soul with doubt Is but a carpet inside out; It's when we view these shreds and

ends, We know not what the whole intends: So when on earth, things look but odd.

They're working out some scheme of God. Whi

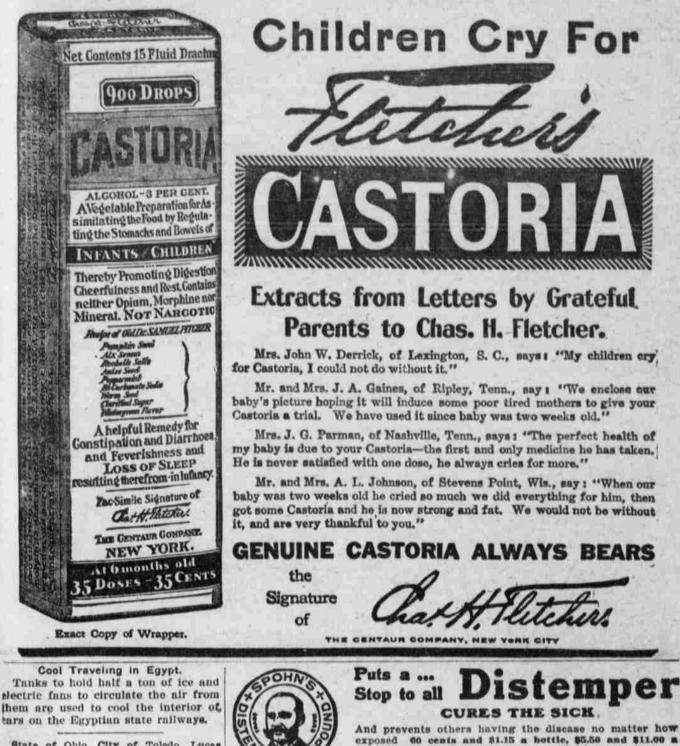
## Honest Advertising.

THIS is a topic we all hear now-a-days because so many people are inclined to exaggerate. Yet has any physician told you that we claimed unreasonable remedial

properties for Fletcher's Castoria? Just ask them. We won't answer it ourselves, we know what the answer will be.

That it has all the virtues to-day that was claimed for it in its early days is to be found in its increased use, the recommendation by prominent physicians, and our assurance that its standard will be maintained.

Imitations are to be found in some stores and only because of the Castoria that Mr. Fletcher created. But it is not the genuine Castoria that Mr. Fletcher Honestly advertised, Honestly placed before the public and from which he Honestly expects to receive his reward.



State of Ohio, City of Toledo, Lucas

## PATENTS Watson E. Coleman, Wats-ington, D.C. Books free High-

### MADE MARCHING MEN SMILE

#### Appeal of Groups of Parisian Midinettes Got Desired Results From Passing British Soldiers.

The Paris Figaro recounts the following picturesque episode at a review recently, which admirably expressed the enthusiastic admiration of the Parisian crowd for the British soldiers. The latter marched past, stern and impassive. Groups of midinettes observed that the soldiers were not smiling. "Smile, please, smile," they cried in French. The men did not falter, but continued to march, grave and meditative, because they did not understand. "Cry 'Smile' to them," a linguist in the crowd suggested, whereupon the group of midinettes cried in English, "Smile, please, smile." And then the British smiled, to the great delight of the girls.

L'Oeuvre writes : "We may say without hesitation, because we know we shall be understod by our incomparable Pollus, that it was the British troops, and especially the Scotch, who produced the greatest impression."

#### Taking It Back.

"I see where an American 'ace' has just downed his tenth German, after fighting a brilliant battle in the air against five enemy planes." "istr why shama tears?"

"They are tears of remorse and selfreproach. I once called that fellow a lounge lizard."



WAYS WITH LEFTOVER MEATS. ASTY sauce served with leftover meats often makes a dish that is more palatable than it was in the original.

VO

Mutton Ragout. -Melt a tablespoonful (Aational War Gardan ) of butter in a saucepan, add the same amount of flour, stir

until smooth and brown. Add one cupful of well-seasoned stock, stir until thick, then add two cupfuls of cold hopped mutton and let it stand on the tack part of the stove for 15 minutes, When ready to serve add a tablespoonful of catsup and a tenspoonful of Worcestershire sauce, pepper and salt to taste.

Curry of Lamb .- Brown a tenspoonful of chopped onion in two tablespoonfuls of butter, add a teaspoonful of curry powder and two teaspoonfuls of flour, stir until smooth and brown, then add a half teaspoonful of chopped nint and two cupfuls of chopped ooked lamb, stir for two minutes to thoroughly mix the seasoning with the meat, then add two cupfuls of stock made from extract of beef, cook until the sauce is thickened. Season and erve.

Ragout of Veal .- Brown a teaspoonful of onion in two tablespoonfuls of butter, with a tablespoonful of cooked. chopped mushrooms. Add a tablespoonful of flour and brown, then add me cupful of stock, stir until smooth, then add one cupful of roast yeal cut in pleces. Season with salt and peper and serve.

Kidney Saute .--- Rinse a pair of kideys in cold water several times, then over with boiling water and simmer en minutes, draining and recovering with water once. Drain and skin the aldneys, cut in slices and cook as folows: Melt a tablespoonful of butter in a saucepan, add a tablespoonful of minced onion and the kidneys, cook, turning often, until the onion is brown. Add salt and pepper and two cupfuls of stock. Cook three minutes and terve.

Kidney With Mushrooms .-- Prepare he kidneys as directed above. Brown a tablespoonful of butter, add a tablespoonful of flour and brown. Add one cupful of stock, salt and paprika to taste, a teaspoonful of Worces@ershire sauce and a half cupful of mushrooms out in slices. Add the isdneys and ook until well heated through, and

there

In order and design appear Then shall we praise what here we spurned:

For then the carpet shall be turned. LET US CAN WHAT WE CAN.

HILE apples are plentiful and to save for winter use let us prepure some of, the good things from the queen of fruits.



every pint of apple pulp take one quart of fresh cider; boll down one-half, add the apple pulp and cook slowly, stirring often. When begins to thicken add brown sugar to

sweeten. Cook until the butter is of the right consistency, like soft jam; pour into jars or glasses while hot and cover with paraffin when cool. If preferred spiced, allow the following quantites : To every five quarts of apple pulp use one tenspoonful each of ground cloves, allspice and cinnamon

Indian Chutney,-Take two quarts of tart apples, one pound of raisins, two quarts of green tomatoes, one small onion, three cupfuls of brown sugar, two cupfuls of lemon juice, one teaspoonful of cayenne pepper, three cupfuls of vinegar, one-half cupful of salt and one ounce of ginger. Pare and core the apples, add the peeled onlon, then the tomatoes, and put all through the ment grinder; add the raisins; mix all together and let stand in an earthen jar overnight. In the morning set the jar in kettle of water and boil slowly for six hours, stirring often. Put into jars and seal.

Grape Catchup .-- Take five pounds of ripe grapes, two and a half pounds of brown sugar, a tablespoonful of pepper and a tablespoonful each of whole cloves, cinnamon and allspice, two cupfuls of vinegar, two tenspoonfuls of salt, two blades of mace. Put the whole spices in a small bag, and remove them, after the catchup is thick and ready to bottle. Seal while hot.

Cucumber Relish.-Grate one of more ripe cucumbers, squeeze quite dry, then add good vinegar to make of the consistency of catchup; add chopped onion, fresh chopped red pepper and salt to season. Bottle without cooking.

neecie Maxwell

County -siz. Frank J. Choney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of To-ledo, County and State aforesaid, and that said firm will pay the sum of ONE HUN-DRED DOLLARS for any case of Catarrh that cannot be cured by the use of HALL'S CATARH MEDICINE. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886. (Seal) A. W. Gleason, Notary, Public.

A. D. 1886. (Seal) A. W. Gleason, Notary Public. HALL'S CATARRH MEDICINE is tak-en internally and acts through the Blood on the Mucous Surfaces of the System. Druggists, 75c. Testimoniais free. F. J. Cheney & Co., Toledo, Ohio.

#### Galrant.

"Pardon me, Mr. Gusherly. My foot s asleep," said Miss Sweetleigh. "And what a light sleeper it must se," returned the gallant swain, lookng down at the dainty little, slipperneased slumberer.

#### **Heal Baby Rashes**

That itch, burn and torture. A hot Cuticura Soap bath gives instant relief when followed by a gentle application of Cuticura Ointment. For free samples address, "Cuticura, Dept. X. Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.-Adv.

Even if a woman is self-made she wants people to think she is tailor made.

The only safe bei on record-the alphabet.

### **Keep Yourself Fit**

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel ired all the time, and suffer with lame work, sharp pains, dizzy spells, head-aches and discrete kidney action, use Doan's Kidney Pills. It has, ave pr attack of rheumatism, dropsy, of Bright's disease. Doan's have helped thousands back to health.

#### A Nebraska Case

A INCORASKA Case Delevan Bates, retired merchant, Burkett, Neb. says: "I don't know of any other kidney medi-cine I can recommend more highly than Doan's Kidney Pills. They have been an old standby with me ever since I came out of the army. The hardships I endured in the army brought on kidney complaint and awful attacks of back-ache. I have used Doan's Kidney Pills for these spells and they have certainly done fine work."





farmers (scores of them from the U. S.) have paid for their land from a single crop. Such an opportunity for 100% profit on labor and investment is worth investigation.

Canada extends to you a hearty invitation to settle on her

### Free Homestead Lands of 160 Acres Each

or secure some of the low priced lands in Manitoba, Saskatchewan or Alberta. Think what you can make with wheat at \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming and cattle raising.

The climate is healthful and agreeable; railway facilities excellent; good schools and churches convenient. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to



Right Back at Him.

She was noted for her quickness at repartee, also a habit of worrying over trifles or some unintentional slight. The young husband arrived home and found her in tears. An older, exteri-

enced husband would have taken a. walk thatil she recovered but this one tried to argue, and finally, losing patience, he said:

"Well, my dear, I can't provide you with brains."

Immediately came the rep'y which cleared the atmosphere: "I don't expeet you to with your limited supply.'

Always proud to show white clothes. Red Cross Ball Blue does make them white. All grocers. Adv.

#### Test of Temper.

"Isn't it rather hard to be an optimist and a commuter at the same time?"

"It takes patience and perseverance," said the suburbanite. "I commuted nearly ten years before I got so I could maintain my equanimity when other passengers read the headlines in my newspaper and then fell to arguing about what they had read."-Birmingham Age-Herald.

If the average man had his life to live over he would probably make more mistakes than ever.



50 ACRE

FARMS IN

Those who delight in reading about patrioteers of today should enjoy this fable by Ambrose Bierce, written 20 years ago:

Having heard that the state was about to be invaded by a hostile army Warhorse belonging to a Colonel of Militia offered his services to a passing Miller.

"No," said the patriotic Miller, "I will employ no one who deserts his position in the hour of danger. It is sweet to die for one's country."

Something in the sentiment sounded familiar, and, looking at the Miller nore closely, the Warhorse recognized his memer in disguise.

Neighborly sympathy often turns out to be about nine-tenths curiosity.

Many a man who knows that there is room at the top sits down and walts for the elevator.



W. N. U., OMAHA, NO. 37-1918.

