

### Suffered For Years Back and Kidneys Were in Bad Shape, But Doan's Removed all the Trouble.

"My kidneys were so weak that the least cold I caught would affect them and start my back aching until I could hardly endure the misery," says Mrs. D. C. Ross, 973 Fulton St., Brooklyn, N. Y. "In the morning when I first got up, my back was so lame, I could hardly bend over and my move sent darts of pain through my kidneys. It was hard for me to walk up stairs or stoop, and to move while lying down sent darts of pain through me."



"The kidney secretions were scanty and distressing and the water remained in my system, making my feet and hands swell. There were dark circles under my eyes and I became so dizzy I could hardly see. I had rheumatic pains in my knees and it was all I could do to get around. For years I was in that shape and I wore plasters and used all kinds of medicine to no avail until I tried Doan's Kidney Pills. They rid me of the trouble and strengthened my back and kidneys. When I have taken Doan's since, they have always benefited me."

Secure to before me,  
L. N. VAUGHAN, Notary Public.  
Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

Small Pill  
Small Dose  
Small Price



### FOR CONSTIPATION

have stood the test of time. Purely vegetable. Wonderfully quick to banish biliousness, headache, indigestion and to clear up a bad complexion.

Genuine bears signature

*Brewster*

**PALE FACES**  
Generally indicate a lack of iron in the blood.  
**Carter's Iron Pills**  
Will help this condition



### The Dressette

Completely solves the House Dress problem. Beautiful, comfortable and economical. No buttons, no lacing; simple, with smart lines to give it plenty of style. It is just what you have been looking for.

Made of the best grades of Gingham, Percale and Chambray, shrunk before making. Every care is taken to produce a garment just a little better than you have ever seen for the money. The patterns are light shades—blue, green, pink and black and white. An attractive garment for the woman who wishes to look her best at all times.

Send for a Keith Dressette today. Three Dollars, sent prepaid. If you are not delighted with it, if you can buy a dress as good for the price anywhere, return it within five days and your money will be refunded at once.

State color desired, give bust, waist measure and length from top of shoulder. A wide hem is allowed.

Remember your money back should you not be thoroughly satisfied.

**Keith's**  
543 Rosedale Avenue  
St. Louis, Missouri

### For.

Mrs. Nabor—Does your husband play golf, Mrs. Nufwife? Mrs. Nufwife—No, he doesn't use that kind of language.

### GIRLS! USE LEMONS FOR SUNBURN, TAN

Try It! Make this lemon lotion to whiten your tanned or freckled skin.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how quickly the freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

Only a few of the things we want are absolutely necessary to our well ware.

**When Your Eyes Need Care**  
Try **Jurine Eye Remedy**  
No straining—No eye comfort. 60 cents at drug stores. Write for Free Brochure.  
**JURINE EYE REMEDY CO., CHICAGO**

# The KITCHEN CABINET

Stoppage of waste and taking up of slack will yield a large part of our requirements and tone up both the individual and the business machine for the strain of the post-war period.—G. H. Lorimer.

### SHORT-CUTS FOR HOUSEWIFE.



IN THESE times that are trying the souls of the mothers of our men, we need to consider the value of woman-power in regard to the boys overseas. When they come back, as we trust most of them will, they want to find their mothers, wives and sweethearts as well and happy as they used to be. The old saying that "worry will kill a cat" should have special force for us now, when it seems next to impossible not to worry. So since we realize its power to destroy life, even the nine lives of a cat, let us have done with worry. A life full of work will have no room for worry. The best short-cut to efficiency and accomplishment is the elimination of worry.

We are asked not to waste, so let us conserve our woman power in every possible way.

We are leaving undone in our homes today many things which we have been trained never to slight. This need not mean that our homes are less comfortable, that our families are not well-fed and cared for, but that we are learning out of this war of fearful cost, the true value of things. House-keeping is a science, business and a profession and in the management of a home the greatest efficiency is the result of scientific work. The manufacturer is constantly on the watch to see where time, material and labor may be saved. Heretofore the first two have been regarded by the housewife as worth noticing, but the last, never.

Watch yourself when working. Do you make three motions when one will do? Saving steps, soiling dishes, clothes and floors will go a long way in the saving of labor. The arrangement of the utensils used in cooking within the easiest possible reach, the saving of steps by careful placing of sink, table and range, are all important. With a little thought and planning many short-cuts will be found.

A good-sized market basket is a helpful servant in the home. Take it upstairs, down cellar or to the garden to save many trips. The use of a tray in setting the table and removing the food is a great saving of time as well as labor.

A skilled worker can and does accomplish more in a given time than one who puts no thought into her work.

Every atom gives resistance not the universe can break; Each rose petal holds perfection angel artists could not make. Under every power and passion stirs the element divine. If I grasp the moment's meaning, all eternity is mine.—Theodore C. Williams.

### FOR THE FRUIT CELLAR.



EARLS are so much more delicious canned in the following manner than in the usual way: Pare and cut in halves or quarters as desired, put them with half their weight in sugar in a stone crock and let stand over night. In the morning cook slowly on the back part of the stove until perfectly done, then can as usual. The fruit has a much superior flavor canned this way, than when canned quickly. Quinces come late in the season when more attention can be given to them. Grate and cook with equal parts of sugar, letting the mixture stand in the sugar over night before cooking. This is quince honey, nice as a garnish for ice creams and puddings.

Make a list of all canned fruit and vegetables as well as pickles, preserves and relishes that are put into the store room and cellar. A glance at the list will tell you what there is to choose and each is checked off as used. Have everything labeled, as it saves disappointment, for even good eyes are sometimes deceived in canned goods.

If one makes his own sausage at home, roll it in corn husks and smoke it. You will find it a most delicious and unusual flavor. Save nice perfect husks for this purpose and make the sausage roll the size of the ear that came out of the husk. Tie the ends with strips of husk and when smoked pack in layers in a box. Keep cool and the sausage will keep well.

**English Chutney Sauce.**—This sauce requires no cooking but should be kept where it can be stirred daily for ten days before putting away. Chop one pound of apples, three-fourths of a pound of raisins, one dozen ripe tomatoes, two red peppers, six small onions and one-fourth of a cupful of mint leaves. Add an ounce of white mustard seed, four ounces of salt, one pound of sugar and one and a half quarts of vinegar, bottled and cooled. Mix and put into a crock.

In everything you do, aim to excel; for what is worth doing, is worth doing well.

### HELPFUL HINTS FOR BUSY HOUSEWIVES.



REMEMBER to wipe the top of milk bottle before opening it; hands far from clean may have handled it.

Lace curtains may be quickly mended by dipping a piece of lace to match in cold starch and ironing the piece over the hole; trim, and the place will never be noticed.

When making pastry handle with as little moisture as possible; the more crumbly it is the more flaky it will be. When whole wheat right from the granary can be bought for a few cents a pound, why buy cereals that are no better and cost five or six times as much? If cooked until soft after soaking, the grains crack, making an ideal food for growing children. It is all other breakfast foods is best served with little or no sugar. Wheat needs long, slow cooking; the fireless cooker is the finest place to cook whole wheat.

A most wholesome dish to be served either for supper or luncheon is potatoes and bacon. Put a layer of thinly sliced potatoes in a buttered baking dish and pour over a thin white sauce or simply seasoned milk, with a few bits of butter. Lay over the top a few slices of bacon, set into the oven and bake until the potatoes are tender.

A most delicious tapioca pudding is made with canned pears. A few prunes or cherries are also good.

After preparing celery for the table save the tops and small bits for soup. A severe cold on the chest may be relieved by a good greasing with lard and turpentine; one part of turpentine to two parts lard.

A glass of hot milk is a good sleep producer. Take it just before retiring.

When making French dressing a small piece of ice in the salad bowl will blend and thicken the dressing quickly.

Do not leave meat in its wrapping paper; the meat is not only flavored by the paper but the juices are absorbed by it.

While carrots are young and tender make some marmalade. Take 1 1/2 pounds of well-washed carrots, the same amount of sugar and two lemons cut fine, excluding the seeds. Chop the carrots and simmer until tender, then add the sugar and cook until thick. Seal in jelly glasses.

How much there is in this world that I do not want.—Socrates.

The great difficulty is always to open people's eyes; to touch their feelings and break their hearts is easy; the difficult thing is to break their heads.—Ruskin.

### HOUSEKEEPING HELPS.

AVE plain woodwork free from creases and places where dust will find a place to lodge. If you have the choos-

Woodwork finished with a good varnish may be easily cleaned with a damp cloth. Varnish the cupboard shelves and they will clean as easily as tiling.

Have the work table covered with zinc and save scrubbing tables.

Keep plenty of soft paper to wipe out greasy dishes, pots and pans, thus saving dish washing.

Keep a bundle of newspapers handy on which to set soiled or smoky pans.

Plan the meals a week ahead and save food and friction.

Rubber heels are a great saving of both floors and nerves. Yours and others.

Learn to close doors, screens and drawers quietly. The nervous system pays toll alike for jarring sounds and sights.

A dust mop or two will take the place of a broom and remove dust without stirring it up.

Small rugs are best for sleeping rooms, as they may be taken outside to clean.

Rocking chairs take up much room, mar the woodwork and are found in too great numbers in most homes.

Dust gathers in tufted furniture, it is hard to keep clean and in consequence is not as popular as formerly.

A window shade fastened to a row of open shelves make a fine curtain to keep out the dust.

Aside from ventilation, windows are made to look out of and for light to come in. Why load them with heavy dust cat-hang hangings?

Much of the so-called decorative china on plate rails catching dust would look better and save work if kept in a closed closet.

The wall decorations in the dining room are usually considered sufficient.

Fold a heavy rug for a mat to stand on when ironing. It is a great relief to tired feet.

*Nellie Maxwell*



## The Branch House Man

This is one of the Swift & Company Branch House Men.

They are all pretty much alike in the way they feel toward their work—and that is what this ad is about.

They know that most people couldn't get such good meat promptly and in good condition if it weren't for the branch houses of which they are in charge.

They know that the branch house is one of the most important links in the chain of preparing and distributing meat for a nation.

They know that Swift & Company must have its branch houses run at the highest notch of usefulness; that even a Swift &

Company branch house won't run itself, and that it is up to the branch house man to run it properly.

Any branch house man who doesn't see his work in this light is transferred to some other place with Swift & Company to which he is better adapted.

They are picked men, these branch house men. Every time you sit down to a steak or chop, or cut of roast, you can give a grateful thought to the whole crew of them.

And remember, in a general way, that everything that makes life smoother and more convenient for you, is the result of the thoughtfulness and effort of a lot of people of whom you have never heard.



Swift & Company, U. S. A.

## Are You Bloating After Eating With that gassy, puffy feeling, and hurting near your heart? For Quick Relief—Take ONE

# EATONIC

FOR YOUR STOMACH'S SAKE  
You can fairly feel it work. It drives the GAS out of your body and the Bloat goes with it.

Removes Quickly—Indigestion, Heartburn, Sour Stomach, etc.  
Get EATONIC from your Druggist with the DOUBLE GUARANTEE



United States has 5,500,000 illiterate.

### "HARD SKIN" AND FOOT CALLUSES

Magic! Peel them off without pain or soreness

Don't suffer! A tiny bottle of Freeze-one costs but a few cents at any drug store. Apply a few drops on the toughened calluses or "hard skin" on bottom of feet, then lift those painful spots right off with fingers. Corns also!



When you peel off corns or calluses with Freeze-one the skin beneath is left pink and healthy and never sore, tender or even irritated. Try Freeze-one sure!—Adv.

Amusement circles—circus rings.

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *Chas. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Montana has a population of 376,053.

**LIQUID BLUE?**  
No, Mr. Grocer, that's mostly water. Since the war started it's more nearly all water than ever. Give me Red Cross Ball Blue, that's a two-ounce package of real goodness. You should see my clothes. I just can't keep from smiling out loud.—Adv.

**ASTHMA**  
INSTANTLY RELIEVED WITH  
**ASTHMADOR**  
OR MONEY REFUNDED ASK ANY DRUGGIST

A fool refuses a paying job today because he has a thankless one for tomorrow.

**Catarrhal Deafness Cannot Be Cured**  
by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acts through the blood on the mucous surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the mucous surfaces. ONE HUNDRED DOLLARS for any case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

**Too Dear for Him.**  
"21—'Isn't that little girl just too dear for anything?" "20—'She is for my allowance, anyway.'—Record.

### WHY WOMEN DREAD OLD AGE

Don't worry about old age. Don't worry about being in other people's way when you are getting on in years. Keep your body in good condition and you can be as hale and hearty in your old days as you were when a kid, and every one will be glad to see you.

The kidneys and bladder are the causes of senile afflictions. Keep them clean and in proper working condition. Drive the poisonous wastes from the system and avoid uric acid accumulations. Take GOLD MEDAL Hairline Oil Capsules periodically and you will find that the system will always be in perfect working order. Your spirits will be enlivened, your muscles made strong and your face have once more the look of youth and health.

New life, fresh strength and health will come as you continue this treatment. When your first vigor has been restored continue for awhile taking a capsule or two each day. They will keep you in condition and prevent a return of your troubles. There is only one guaranteed brand of Hairline Oil Capsules, GOLD MEDAL. There are many fakes on the market. Be sure you get the Original GOLD MEDAL Imported Hairline Oil Capsules. They are the only reliable. For sale by all first-class druggists.—Adv.

**Costly Capitation.**  
"War is mighty expensive business." "Yes, the presents I have to make my wife after we quarrel almost bankrupt me."—Boston Transcript.

### Every Woman Wants Paxtine ANTISEPTIC POWDER

FOR PERSONAL HYGIENE  
Dissolved in water for douches stops peptic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. Ship all druggists, or postpaid by mail. The Paxton Toilet Company, Boston, Mass.

### Skin Tortured Babies Sleep After Cuticura

**PARKER'S HAIR BALSAM**  
A quiet preparation of purest herbs to restore color and beauty to gray or faded hair. For restoring color and beauty to gray or faded hair. For restoring color and beauty to gray or faded hair. For restoring color and beauty to gray or faded hair.

At Last the Best Seller for Agents  
A deaf and dumb agent can't sell it. Write Eastern Specialty Store, 13th & Regina Sts., Harrisburg, Pa.

### Nebraska Directory

### THE PAXTON HOTEL

Omaha, Nebraska  
EUROPEAN PLAN  
Rooms from \$1.00 up single, 75 cents up double.  
CAFÉ PRICES REASONABLE

### RELIABLE DETECTIVE BUREAU

544 Railway Exchange Building  
OMAHA, NEBR.  
Evidence secured in all kinds of cases. Business strictly confidential if desired. Reliable detectives employed. DAY PHONE DOUGLAS 2050.

### DYERS

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

**KODAK FINISHING**  
THE ROBERT DEMPSTER CO., 1813 Farnam Street  
Eastman Kodak Co. Omaha, Neb.  
W. N. U., OMAHA, NO. 38-1918.