One-fourth as much liquid as flour

One-third as much butter as sugar

One to one and a half tenspoonfuls

of baking powder for batters and

doughs, increasing to two when heavy

One-third as much shortening as

One teaspoonful of soda to a pint of

Have faith in the working out of the destiny of the race; he ready to accept the unaccustomed, to use the

radisim of social progress to cure the

few mistakes are made? How else shall the truth be learned? Try all

things and hold fast to that which is

A FEW SEASONABLE SALADS.

ishing.

spoonfuls of sugar, a dash of papriks

and white pepper and strain. Soak

four teaspoonfuls of gelatin in one ta-

blespoonful of cold water and add to

the tomatoes; stir until dissolved,

firm. Serve on finely shredded cab-

bage with French mayonnaise or boil-

Pour into cups and let stand until

Stuffed Tomato Salad .- With a

sharp-edged spoon scoop out the cen-

ters of peeled, uniform-sized tomatoes,

Fill with chopped cucumber and onion

mixed. Marinate the vegetables in a

few tablespoonfuls of French dressing

matoes, then when they are filled ready

thick dressing, either cooked or may

Chicken Salad .- Cut cold chicken in-

te small squares; mix two cupfuls

with an equal quantity of chopped cel-

ery; add a teaspoonful of salt, a dash

of pepper, a dash of paprika and a

half-cupful of mayonnaise dressing.

Serve on shredded lettuce with anoth-

er half-cupful of the dressing added

on top. Garnish with hard-cooked

eggs cut into six pieces, or with sliced

Beet, Onion and Horse-Radish

Salad .- Line a bowl with fresh, crisp

lettuce, cover with three cupfuls of

of chopped onion, one-half cupful of

of French dressing. Put two table

spoonfuls in the center and the rest

around the edge of the beets. Sprinkle

with one-fourth of a cupful of chopped

Let's not despise just common things,

The bird that soars on proudest

Comes down to earth for board and lodging.

EVERY DAY GOOD THINGS.

flavored.

sherbet cups and pour over a sauce of

strawberry. In this manner of serving,

a quart of ice cream will serve many

An Egg Extender,-Try out two

silces of sait pork cut in small cubes.

In this hot fat brown a cupful each

of trend cubes and potatoes, also cut

in cubes. Whee brown add two slight-

ly beaten eggs and stir constantly until

the egg is cooked. Season well-and

Bread Pudding. - Butter several

slices of bread and lay in the bottom

of a baking dish; pour over any stewed

canned fruit, then add another layer

of buttered bread and bake. This may

he enten with fruit juice for a sauce,

or, if the fruit is juicy, it will need no

Cottage Pie.-Put chopped meat

with gravy in a baking dish and cover

with sensoned mashed potato, nande

quite moist with milk. Put into a hot

Carrots With Lemon Butter.-Cook

tender young carrots cut in shoestrings

with very little water. When cooked add

butter and a little lemon juice, with a

Seasoned Mush,-Cook a ham bone in water until the meat falls; remove

the meat, chop and reserve it to add

later. Stir cornmeal into the broth and

cook until well done; add seasoning

and the chopped meat; pour into a

Necei Maxwell

oven to heat well and quickly,

grating of nutmeg.

nice for luncheon.

serve garnished with parsley

-Nixon Waterman.

POUND of dried ap-

ricots added to ap-

ple, then cooked

down with sugar

added to make thick

marmalade, will be

found especially good

Serve Ice cream

using the small

scoop; place in

olives or minced parsley.

sweet pickles.

wings

taore

OOD salad is al-

ways in order at any

meal. It is filling

refreshing and nour

Tomato Aspic on

Cabbage,-Cook two

cupfuls of tomatoes

and a teaspoonful

of onion for ten min-

utes; add two tea-

for stiff doughs like bread.

flour like rice or corn is used.

for all butter cakes.

flour for pastry.

#### SATISFIED SHE HAD BARGAIN

Considering Social Status Acquired, Mrs. Nurich Felt Money for Operation Was Well Spent.

Mr. and Mrs. Nurich were consulting their physician. Mrs. Nurich had felt for some time that an expensive operation, with a long period of time on the operating table to which she could point with pride, would be absolutely necessary to acquiring any kind of a social status.

"What kind of operations have you?" she asked haughtily, gazing through her lorgnette.

"Well, we have a nice tonsil removal, complete for \$250," said the doctor. She shook her head.

"Lanced carbuncle, \$200. A little cheaper," he added.

her foot impatiently. "I simply cannot bear the cheaper cuts," She finally decided on a handsome removal of the vermiform appendix, for

"I believe we have a bargain," she whispered to her husband, as the physician wrapped it up and handed It to her,-Indianapolis News.

Catarrhal Deafness Cannot Be Cured local applications as they cannot reach diseased portion of the ear. There is y one way to cure Catarrhal Deafness, only one way to cure Catarrhal Deafness, and that is by a constitutional remedy, 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 75c. Circulars free.

All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio

Our Language.

"What became of your Swedish cook?"

"Oh, she got her Irish up and took "Oh, no, no," and she stamped French leave,"-Boston Evening Transcript.

No Use Then.

Old Sage-Health is wealth all right, Pessimist-Yes, but you can't get inything for it from a pawnbroker.

Rats every year destroy about 5 per cent of the growing sugar cane in Jamaica.

# What is Castoria

ASTORIA is a harmless substitute for Castor Oil, Paregorie, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-Good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

Genuine Castoria always bears the signature of Chart Helithire Children—Experience against Experiment.



#### Fall Run of Distemper

MAY BE WHOLLY AVOIDED BY USING "SPOHN'S" A small outlay of money brings very great results. It is a sure cure and a preventive it you use it as per directions. Simple, safe and sure. The large size is twice the quantity and an ounce more than the small size. Get your horses in best condition for late fall and winter. All druggists harness designs or manufacturers. Spohn Medical Co. Goshen, Ind., U.S.A.

Editor Gets Into Trouble.

where just a few weeks before the

home had been blessed by a new baby

The hostess met him at the door, and

after the usual salutation he asked

after the baby's health. The lady was

hard of hearing, had a bad cold, and

thinking he was asking about herself

answered that although she usually

had one every winter, this was the

worst one she ever had; it kept her

awake at night a great deal, and at

first confined her to her bed. Then

noticing that the editor was acting

very strangely, she said she could tell

by his looks and actions that he was

going to have one just like hers, and

she asked him to come in out of the

draft and sit down.—Ladies' Home

Journal.

They tell lots of tales on the edi-

Crockery Saver.

Danger of breakage is eliminated in a new motor-driven dish washer in tors, but this is a new one: The edl which the dishes are held stationary in | tor of a Kansas paper went to attent wire baskets and water is forced a party given by one of his neighbors around them.

Wilmer Krusen is preparing Pennsylvania industries for employment of veteran American soldiers.

Youth thinks it knows; age wishes





For Constipation Carter's Little Liver Pills will set you right over night.

Purely Vegetable Small Pill, Small Dose, Small Price

Carter's Iron Pills Will restore color to the faces of

those who lack Iron in the blood,

as most pale-faced people do.



# Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

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 tollet 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 freckles, sunburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless .-- Adv.

Worse. "They say that he married to es-

ape military duty." "That's like committing suicide to escape death."

Always sure to please, Red Cross Ball Blue. All grocers sell it. Adv.

Britain is buying 60,000,000 sticks of

chewing gum for soldiers.

# **WEAK KIDNEYS MEAN** A WEAK BODY

When you're fifty, your body begins to those stiffened joints, that backache, rheucreak a little at the hinges. Motion is more slow and deliberate. "Not so young gravel, "brick dust," etc. They are an as I used to be" is a frequent and unwelcome thought. Certain bodily functions upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and annoying complications in other organs.

GOLD MEDAL Haarlem Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the annoying complications in other organs arise. This is particularly true with elderly people. If you only know how, this trouble can be obviated.

For over 200 years GOLD MEDAL Haarlem Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home tremedy, and needs no introduction. It is now put up in edorless, tasteless capsules.

These are easier and more pleasant to take of taken in time.

than the oil in bottles. Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve Accept No Substitutes.—Adv.

dangerous and fatal diseases of the kid-neys. They have a beneficial effect, and often completely cure the diseases of the bodily organs, allied with the bladder and

if taken in time.



Through envy, through malice, through hating. Against the world, early and late,

No jot of our courage abating, Our part is to work and to wait. -Alice Cary.

ONN BY ANY METHOD YOU CAN; BUT CAN, CAN, CAN.



HILE a regular canning outfit is an advantage it is not necessary, for any clothes boiler with a wooden rack made to fit the bottom, of strips of wood or lath will answer every purpose.

Thelmportant thing in canning is to have complete sterifization of the product; this is insured by good rubbers and a perfect

A kettle, pail or boiler of any kind which will take a few jars deep enough to cover or come to the neck of the lar with water and a good tight cover for the boiler is all that is needed.

Sterilize the cans by placing them in cold water, tops as well, and bring to the boiling point. Dip the rubbers into the hot water before adjusting them, then with the filled jars, if a Mason. screw it tight, then loosen one-quarter way back. If the covers are screwed too tight, the rubber is forced out of place or the jar may crack, if too loose the water or liquid will be drawn from the can.

The blanching of many fruits and all vegetables is an important part of the preparation. By blanching is meant ed dressing. Garnish with green the dipping into hot water and letting peas. the fruit or vegetable stand a certain time, then plunging into cold water. Blanching shrinks, drives out the gases in the tissues and brings the color to the surface making a more attractive roduct. The age and tenderness of the product determines the length of for an hour before putting into the totime for blanching. If apples are to be canned, peel, quarter and dip for to serve top each with a spoonful of two minutes (if quickly cooked apples are used), otherwise five minutes, then plunge into cold water and drain and pack into the jars. Fill the jars with hot water, seal as mentioned above and cook twenty minutes in the hot water bath. Seal tightly as soon as removed from the boiler.

Peaches, pears and plums may all be cooked in the hot water for twenty minutes. The peaches are blanched one minute; the plums or berries are not blanched.

Meats of various kinds make a very fine product canned and it will be found a most convenient method of conservation even in a city home, diced cooked beets. Mix one cupful when more meat than is needed is on hand. In the farm home, large amounts grated horse-radish, one half-cupful often on hand at butchering time that are much more quickly available if canned.

We scatter seeds with careless hand. And dream we ne'er shall see them But for a thousand years their fruit appears In weeds that mar the land,

THINGS ALL COOKS SHOULD KNOW.



Or healthful store

LTHOUGH the trying of new recipes is a most fascinating entertalnment for the lover of cookery, yet disappointment is sure to be our portion unless we know how to apply a few simple tests to every recipe before we risk wasting our

precious foodstuffs. Each kind of dish has some basic form. Knowing these, one may make

innumerable variations. When one has reached this stage of knowledge, the taste and ingenuity of the cook will have a chance to develop. In cake making we learn that there

are but two kinds of cakes; those using some form of fat and those without, or sponge cakes,

In butter cakes the fat should be from one-third to one-half the quantity of sugar, depending upon the richness desired. Since the butter becomes liquid with heat we must take that into account when adding milk, fruit, like peaches, prunes, or any water or coffee. The total amount of fiquid should measure one-half the floor. The amount of baking powder is one level tenspoonful to a cupful of flour, this in using heavier flours like sauce. corn or rice flour should be increased to one and a half or two.

When a large number of whiles of eggs are used, less flour is needed, Butter or other fat makes a latter more tender, moist and of better keeping quality; it also aids in making a fine grain. Eggs when cooked become thick, hence the more eggs the less flour, other things being equal. When a large amount of sugar and butter are used, increase the amount of baking powder as both these ingredients

are heavy. The following proportions are standard:

Use one-half as much liquid as flour for murrin and cake batters, remembering that fat is liquid as well as molasses.

One-third as much liquid as flour or soft doughs like biscuit.

Scenes of Prosperit

h D ACRE

Are Common in Western Canada

The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy

farm land in her provinces have been well repaid by bountiful crops of wheat and other grains. Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada.

In the provinces of Manitoba, Saskatchewan or Alberta you can get a

HOMESTEAD OF 160 ACRES FREE

and other land at very low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax. Mixed Farming is as profitable an industry as grain raising. Good schools, churches; markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. V. BENNETT Room 4, Bee Bldg., Omaha, Neb. Canadian Government Agent



# Don't Get Hung Up With an Acid Stomach

125,000 People Commit Suicide Every Year A great food scientist says: "The cause of the most of them started in a bad stomach"



It's Just Acidity **That Makes Millions** Sick and Suffer

It's true. There are millions of people all over the land who are weak, nervous, all tired and dragged out, who are trying to build up their jaded nerves and weakened bodies with drugs and stimulants; and many of them also EAT and EAT—but fall to get anywhere near the full amount of strength and nourishment out of their food. Why? Simply because of too much acid in the stomach—superacidity.

Getrid of the excess acid. Your s' nach is all right—just give it a chance to w.s. caslly and naturally. Then see how good you will feel—your per comes back, and your bloodwarms upl. A new method—truly a wonderful discover

FOR YOUR STOMACH'S SAKE

is positively guaranteed to clear the excess soid out of your stomach and bowels.

It is made in the form of pleasant-tasting tablets—handy to carry around with you.

Get a big box of EATONIO at any drug store and see how quickly it banishes the immediate effects of scid-stomach. Away with beartburn, belching, food repeating, indigestionacte.—and then see how your general health improves.

tion, etc.—and then see how your general health improves.

So again we tell you—insist upon it—if you are alling get a big box EATONIC from your druggist today. The cost is a trifle—only 50e. You have faith in your druggist. We authorize him to absolutely guarantee EATONIC to you and you can trust your own druggist to make this guarantee good. If EATONIC fails in any way, take it back—he will refund your money. If your druggist does not keep EATONIC, drop us a postal card and we will send it to you at once; you can send us the 50e after you get it. Address: H. L. Kramer, Pres., Eatonic Remedy Company, 1018 So. Wabash Ave., Chicago, Ill.

#### USED DYNAMITE MAY HAVE

Military Man Advances New Theory Concerning Hannibal's Celebrated Passage of the Alps.

Everyone knows the story of how Hannibal crossed the Alps. The historian Livy says he demolished the rocks that opposed his progress with the ald of fire and vinegar. The word used by Livy and ordinarily translated 'vinegar" is acetum.

The question has been raised by a European officer whether this is the true meaning of the original. He thinks that by acetum the historian referred to a substance resembling dynamite in its properties, and he invites chemists to consider the question whether the ancients may not have possessed a formula for making a powerful explosive of this kind.

He calls attention to the fact that two ancient historians-Marcus Graeccus and Albert Aix-speak of the ex-Istence of two kinds of acetum, one of which possessed greater energy than the other. A clue to the composition of this explosive may be found, he believes, in the fact that to acetum was ascribed the property of extinguishing the dreadful "Greek fire." He thinks the substance may have been strongly oxvgenated.

What Amused Him.

Roy K. Moulton at the Press club the other evening told of a young American soldier who stood knee deep in the mud in a front trench. Shrapnel was screaming all about him and the big shells were bursting over his hend. Suddenly the soldier burst into a wild fit of laughing.

"What's the matter with you?" said a trench mate sareastically. "I was just thinkin', Bill," was the

response, "about the guy who held me up one night in Memphis with a .22caliber revolver,"-New York Times,

Grandmother in Eighteen Days. A lady green bug becomes a grand-

nother in 18 days. One can Imagine. ben, notes a naturalist, the multitudiaous armies of these insects that may develop in the course of a season. Their worst foe is a tiny black our-winged fly that deposits an egg in each bug it comes across, its larva consuming the bug's inside works and using its shell for a house.

Chester, Pa., is to have 2,000 new twellings for war workers,

Granulated Eyelids, Your Eyes inflamed by expo-sure to Sun, Dust and Wind square pan to mold and serve sliced and fried in a little hot fat. This is quickly relieved by Marine Eyes eye Remedy. No Smarcing, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. or Book of the Eye free write Murine Eye Remedy Co., Chicage.

American Pronunciation Proper. In England and in Canada, "leftenant" is the common pronunciation of the word denoting army work, so much so that an American is thought to be wrong when he is heard to say "Heutenant." This may be explained by the fact that the ancient English spelling was lieftenant. The American pronunciation is better suited to the true derivation. The final syllable, tenant, is the same as the word tenant, as, the tenant of a house. It is from the Latin tenere, to hold. A tenant is one who holds possession of a house or land; a lieutenant is one who holds a place in lieu of another; one who is to act in lieu of the captain when the cantain cannot.

Milwaukee will eliminate foreign language studies from grade schools in June, 1919.

Millions of particular women now use and recommend Red Cross Ball Blue. All grocers. Adv.

Philadelphia Aero club reports 80 per cent of members in the war.

It's difference of opinion that makes

divorce cases, too.

Why Dread Old Age? It doesn't matter how old you are, it

you keep well and active. Lots of folks are younger at 70 than others are at 60. Lame, bent backs; stiff, achy, rheu-matic joints; bad eyesight and deafness are too often due to neglected kidney rouble and not to advancing years Don't let weak kidneys age you. Use Doan's Kidney Pills. They have made life more comfortable for thousands of elderly folks.

A Nebraska Case

e affected. My atention was called to
boan's Kidney Pills
and I used them.
hey strengthened
and toned up my
dneys, regulated

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

BEST BUYERS ... SELLERS .. CATTLE HOGS MASHEEP STOCK YARDS-OMAHA



W. N. U., OMAHA, NO. 39-1918.