



Ice Boxes on Wheels

Refrigerator cars for carrying meat are ice boxes traveling on wheels.

Most people in America would have to go without fresh meat, or would have to pay more for what they could get, if it were not for these traveling ice boxes.

Gustavus F. Swift, the first Swift in the packing industry, saw the need of these traveling ice boxes before others.

He asked the railroads to build them. The railroads refused. They were equipped, and preferred to haul cattle rather than dressed beef.

So Gustavus F. Swift had to make the cars himself. The first one was a box car rigged up to hold ice. Now there are 7,000 Swift refrigerator cars. Each one is as fine an ice box as you have in your home.

Day and night, fair weather and foul, through heat and cold, these 7,000 cars go rolling up and down the country, keeping meat just right, on its way to you.

Thus another phase of Swift & Company's activities has grown to meet a need no one else could or would supply, in way that matched Swift & Company ideas of being useful.

When you see one of these Swift & Company cars in a train, or on a siding, you will be reminded of what is being done for you as the fruit of experience and a desire to serve.

Swift & Company, U. S. A.



Lend the Way They Fight Buy Liberty Bonds



It's awfully hard on some men's eyes when they look for perfection in themselves.

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.

United States may tax mules and donkeys.

DON'T KILL YOUR CATTLE BY DRENCHING

Salts and oil are DANGEROUS. Few cattle die of constipation; many of PARALYSIS of the bowels. Give

LAXOTONIC
dry on the tongue. Positively prevents and overcomes both. Excellent for loss of appetite.

AT OUR DEALERS or Postpaid 50 Cents. Send for price list of medicines. Consult DR. DAVID ROBERTS about all animal ailments. Information free. Get a FREE copy of "The Cattle Specialist" with full information on America's Best. DR. DAVID ROBERTS VET. CO., 100 Grand Ave., Waukegan, Wis.

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

Every Woman Wants
Paxtine
ANTISEPTIC POWDER
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic 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. See all druggists, or contact by mail, The Paxton Toilet Company, Boston, Mass.

THE KITCHEN CABINET

They never taste who always drink; They always talk who never think. —Prior.

We live upon not what we eat, but what we digest.

FAMILIAR FOODS IN DIFFERENT WAYS.

N ORDINARY dish may become something quite unusual and appetizing by the addition of a few well-blended seasonings.

Bianquette of Chicken.—Take one cold cooked chicken or fowl, the yolks of two eggs, one pint of chicken broth, with salt and pepper to taste. Peel four fresh mushrooms and stunner in the broth until tender. Add the chicken sliced in thin slices and cook until hot; add the beaten yolks and as soon as the sauce is smooth and creamy add the salt and pepper and a few drops of lemon juice.

Serbian Chicken.—Put a good-sized slice of salt pork into a saucepan and fry, add some minced parsley root, carrot, onion and a clove of garlic. Joint the fowl and place it in the pan; add salt and pepper. Cook in the oven one hour; then add three peeled tomatoes with the seeds removed. Continue to add to the pan enough water to baste the fowl frequently. Cook until the fowl is tender and serve with rice and bacon or minced ham for flavor. Pour the gravy over the chicken.

Baked Ham.—Soak the ham overnight; in the morning scrub it and trim away any rusty part, wipe dry and cover the ham with a thick paste of bread dough, one-half inch thick. Lay in a dripping pan with a little sweet cider, basting often and adding more cider as it is needed. When a skewer will pierce the thickest part, remove the crust and outside skin, sprinkle with brown sugar and crumbs, stick with cloves and brown in the oven.

Brown the cornmeal before making it into mush, using care that it does not scorch. It will have a most tasty flavor of parched corn.

Crab Salad.—Take four cupfuls of crab meat, one cupful of well-seasoned boiled dressing, one-half cupful of cut pickles, salt and pepper, two tablespoonfuls of chopped green peppers. Mix all together and serve on lettuce.

Brown Bread.—Take one cupful each of graham, rye and corn meal, one cupful of sour milk, two cupfuls of sweet milk, two-thirds of a cupful of molasses, one egg, one teaspoonful of soda and a half-teaspoonful of salt. Steam three hours and set in the oven to dry off, after taking from the pan.

Give to your friends a cordial welcome, instead of a variety of cakes and pastry.

The smile of the hostess is the cream of the feast.

SEASONABLE DISHES.

N UNUSUAL but most palatable salad is the following: Take a cupful of crab meat, the canned variety, cut with a sharp knife into small pieces, add an equal amount of finely sliced tart apple, season with salt and a few dashes of paprika, add a half-cupful of mayonnaise and serve. A little chopped green pepper may be added for variety.

Ham With Cider.—Slices of cold ham are heated in cider which has been thickened with cornstarch. Serve poured over the ham. A half glassful of apple or currant jelly with a half cupful of water and a tablespoonful of cornstarch makes a good sauce.

Cheese and Pepper Fondue.—Use two tablespoonfuls each of chopped red and green peppers, two-thirds of a cupful of corn cake crumbs, the same amount of scalded milk and cheese, one-half teaspoonful each of salt and paprika, a few grains of mustard and two well-beaten eggs. Grease a baking dish and sprinkle with the finely chopped peppers. Add the scalded milk to the grated cheese, seasonings, crumbs, and beaten egg yolks; mix well, then fold in the stiffly beaten whites. Turn into the baking dish and bake in a slow oven twenty-five minutes.

Chocolate Molasses Cakes.—Take one-third of a cupful of molasses, one-sixth of a cup of boiling water, one teaspoonful of shortening, one-half cupful of flour, one-fourth cupful of corn flour, one-third of a teaspoonful of soda, the same of salt and cinnamon, one and a half squares of melted chocolate and a half teaspoonful of vanilla. Beat thoroughly after combining as usual, and bake in small greased muffin pans.

Coconut Biscuit.—Sift two cupfuls of barley flour with four teaspoonfuls of baking powder, a half teaspoonful of salt, two tablespoonfuls of shortening and one cupful of fresh grated coconut. Add the coconut milk for the liquid and roll out one-half inch thick. Brush the top with milk and bake moderately twenty-five minutes.

To be the guiding star, the ruling spirit in a true home is higher honor than to rule an empire.

DISHES WE LIKE.

MOST appetizing dish is apples and onions cooked together and served as a vegetable. Take three pints of chopped apple and two pints of onion; if this is too large an amount for the family use cups instead of pints.

Cook the onion in a little hot bacon or salt pork fat until nearly soft, then add the apple, a little salt and cayenne and a tablespoonful or two of corn syrup. Cook until the apples are brown.

Sardine Salad.—Remove the skin from eight boneless sardines and break them in pieces. Pare and core a firm tart apple, cut in very thin slices and mash with a fork. Mix the fish and the apple together, adding a little of the sardine oil from the box to make the mixture of the right consistency to mold. Shape like sardines and serve two on a nest of lettuce hearts. Serve this salad with either French or mayonnaise dressing.

Apple and Raisin Sandwich.—Chop one large apple with a third of a cupful of raisins; mix well, add a teaspoonful of lemon juice and spread on buttered graham bread; cover with another slice of buttered bread.

The rich spiced sirup left from pickled peaches may be used again another year to save sugar. This same sirup gives a delicious flavor to meat when used to baste it.

Tango Salad.—Pare, halve and core three ripe, juicy pears. Squeeze lemon juice over them to keep them from discoloring. Place a ball of cream cheese or a cube of Roquefort in the cavity of each pear. Set these on the heart leaves and pour over a French dressing seasoned with chopped red and green pepper, a dash of mustard with the olive oil and vinegar, salt and cayenne pepper.

Apple Cake.—Line a deep pie plate with pastry. Then mix together one-half cupful each of raisins, nuts and two-thirds of a cupful of honey and a teaspoonful of cinnamon; sprinkle these over the crust and cover with three thin sliced tart apples; sprinkle with two tablespoonfuls of sugar; pour over a cupful of milk beaten with one egg. Bake slowly until the custard is set, then reduce the heat and bake until the apples are cooked.

A tart, grated apple, one cupful of sugar and an egg white beaten until stiff and it will stand up, makes a fine flavored filling for a layer cake. The cake with such a filling will not dry quickly.

In all the world there is no vice, Less prone to excess than avarice; It neither cares for food nor clothing, Nature's content with little, that with nothing.

FAVORITE DISHES.

HERE is such a diversity of dishes that he is indeed hard to suit who cannot find some in all menus which will please.

"Three" Ice Cream.—Take the juice of three oranges, three lemons and the riced pulp of three bananas, three cupfuls of strained honey, three cupfuls of water. Let stand one hour then pour into a freezer, add a cupful of cream and freeze. This amount will serve ten persons.

Peanut Straws.—Roll ripe pastry one-eighth of an inch in thickness, spread one-half with peanut butter, wet the edges and fold the remaining half over it. Roll lightly, prick with a fork to prevent puffing up. Cut in strips a half-inch wide and four inches long. Brush with milk and bake in a quick oven. When done sprinkle with paprika.

Spanish Meat Dish.—In the bottom of a baking dish place a layer of thinly sliced potatoes. Over these lay sliced cold roast beef, chicken or any kind of cooked meat; pour over a cupful or less of good gravy. A very finely-shredded onion is then sprinkled over the gravy. Then cover with two cupfuls of thick tomato; put into the oven to bake; after an hour add a tablespoonful of cooked green peas and serve at once. Salt and pepper should be added to each layer, as the seasoning improves as the dish cooks.

Stuffed Green Peppers.—Cut off the tops of a dozen green peppers and put these bits with one small onion through a meat chopper. Add a pound of sausage meat, two-thirds of a cupful of cracked crumbs, two tablespoonfuls of oatmeal, one egg well beaten, three-fourths of a teaspoonful of salt and milk to soften. Remove the seeds, stuff the peppers and set them in a baking dish with a little warm water to keep them from sticking. Bake in a moderate oven one hour or until the meat is brown and the peppers soft.

Nellie Maxwell

WRIGLEY'S

For Victory Buy Liberty Bonds

We will win this war— Nothing else really matters until we do!

The Flavor Lasts

Explaining it.
One reason more barns are hit by lightning in this region than formerly is that there are more barns to be hit. There is no more lightning than usual. —Portland Oregonian.

Cuticura Beauty Doctor
For cleansing and beautifying the skin, hands and hair, Cuticura Soap and Ointment afford the most effective preparations. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Her Way.
Stella—Are you saving money?
Bella—Well, every day I think of more things I don't buy.

Just in Time.
"Did she return the engagement ring when she jilted you?"
"She didn't have any engagement ring. Just before I proposed to her I joined a society for the prevention of useless giving."

Don't blame the hen if the egg is bad. It was all right when her responsibility ended.

Indigestion, Bloat, Heartburn, Caused by Acid-Stomach

What is the cause of indigestion, dyspepsia, flat, heartburn, food-reeping, belching, eruct, sour stomach, and so many stomach ailments? Just this—acid-stomach—acidity—as the doctors call it. It robs millions of their full strength, vitality and the power to enjoy life—to be real men and women.

It is well known that an acid stomach destroys the teeth. The acid is so powerful that it eats right through the hard enamel and causes the teeth to decay. This is fair warning of what excess acidity will do to the delicate organization of the stomach; as a matter of fact, excess acidity not only produces a great many painful and disagreeable symptoms that we generally name "stomach troubles," but it is the creator of a long train of very serious ailments. Acid-stomach interferes with the digestion and causes the food to ferment. This mass of sour, fermented food passes into the intestines, where it becomes the breeding place for germs and toxic poisons, which in turn are absorbed into the blood and distributed throughout the entire body.

Whenever you go you see victims of acid stomach—people who, while not actually down sick are always sipping—have no appetite, food doesn't digest, belching all the time, continually complaining of being weak and tired and worn out. It is this excess acidity that

takes the pep and pinch out of them, leaves little or no vitality. Strike at the very cause of all this trouble and clean this excess acid out of the stomach. This will give the stomach a chance to digest the food properly; nature will do the rest.

A wonderful new remedy removes excess acid without the slightest discomfort. It is called **EATONIC**, made in the form of tablets—they are good to eat—just like a bit of candy. **EATONIC** literally absorbs the injurious excess acid and carries it away through the intestines. It drives the bloat out of the body—you can fairly feel it work.

Try **EATONIC** and see how quickly it banishes bloat, heartburn, belching, food-reeping, indigestion, etc. See too, how quickly your general health improves—how much more of your food is digested—how nervousness and irritability disappear. Learn how easy it is to get back your physical and mental punch. Have the power and energy to work with vim. Enjoy the good things of life. Learn what it means to fairly bubble over with health.

So get a box of **EATONIC** from your druggist today. We subscribe him to guarantee **EATONIC** to please you and you can trust your druggist to make this guarantee good. If it fails in any way, take it back—he will refund your money.

The Stages.
"What did they do with the vessel?"
"First, they buoyed her up and then they manned her."

RED CROSS BALL BLUE
Makes clothes whiter than snow. Delights the housewife. Large packages 1 cents at all good grocers.—Adv.

A grain of sand in a man's makeup is worth two in the sugar.

If a man is prejudiced and knows it then there is still hope for him.

Soothe Your Itching Skin With Cuticura
All druggists. Soap 25, Ointment 25, Tablets 25. Sample each free of "Cuticura, Dept. X, Boston."

PARKER'S HAIR BALSAM
A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. See and Buy at Druggists.

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

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Your Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murice Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write **Murice Eye Remedy Co., Chicago.**