

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work. I gladly recommend Lydia E. Pinkham's Vegetable Compound to make weak nerves strong."—Mrs. ALBERT SULTZ, 603 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. Sultz's experience, and give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the standard remedy for such ailments.

Why Bald So Young?
Rub Dandruff and Itching with Cuticura Ointment Shampoo With Cuticura Soap

LAKE HAS THREE WONDERS

But Floating Island in Loch Lomond, Scotland, Is Not the Only One Which Is Known.

In Loch Lomond, in Scotland, there are said to be three wonders—fish without fins, waves without wind and a floating island. As far as the floating island is concerned, observes an exchange, Loch Lomond has no monopoly, for floating islands are not unknown in other parts of the world. They are found on the White Nile, where they go by the name of "sudd" or "scudd," and in Lake Gatun, in the Panama canal zone, there are (or were) several. It is said these floating islands all have the same kind of origin. They are merely masses of vegetation and earth loosened from the bottom by the rising water and blown about the surface. They are composed of sticks and leaves with a matting of soil, upon which there is usually a rank growth of grass. The largest floating island ever seen in Lake Gatun had an area of about three acres. Most of the floating islands in this lake have been towed and floated over the spillway, to be carried down to the Atlantic ocean in the swift current of Charles river, but there are still stray ones to be seen.

Pays Cat a Salary.
Tin, authorized municipal cat on the city of Newton, Mass., pay roll, probably is the only cat in the country with such a distinction. His salary is \$29.20 a year, and no public official ever fulfilled his office duties more efficiently. His title on the books is "official rat and mouse catcher." A special appropriation of eight cents a day is made for his services.

An Inheritance.
"The widow is turdy."
"I suppose she takes after her late husband."

THE KITCHEN CABINET

Wise men never sit and wait their loss, but cheerily seek how to redress their harms.—Shakespeare.

GOOD THINGS IN SEASON.

HESTNUTS may be served in such a variety of dishes that those who are fortunate enough to have plenty may serve many dainty dishes. Boiled and served as an escalloped dish, they will nicely take the place of meat; as a cream soup, or nut loaf or in Nesselrode pudding they are the nut par excellence.

Chestnut Soup.—Cook two cupfuls of shelled and blanched chestnuts in chicken stock until tender. Press through a sieve and add a cupful of rich hot milk with the same of the broth, celery salt, salt, cayenne and nutmeg to season. Cook two tablespoonfuls of onion in three of chicken fat, add two of flour and stir into the soup, Cook five minutes, add a cupful of hot cream and serve at once. Milk may be used with a beaten egg in place of cream. Serve strained.

Nesselrode Pudding.—Make a custard of three cupfuls of milk, one and a half cupfuls of sugar, and the yolks of five eggs, strain, cool and add a pint of thin cream, a fourth of a cupful of pineapple sirup and one and a half cupfuls of prepared chestnuts, then freeze. To prepare the chestnuts, shell, cook, remove brown skin and force through a strainer. Line a two-quart melon mold with part of the mixture and to the remainder add half a cupful of candied fruit, cut in small bits, one-quarter of a cupful of sultana raisins and eight chestnuts broken in pieces and soaked several hours in maraschino sirup. Fill the mold, cover, pack in salt and ice and let stand several hours to ripen. Serve unmolded on a platter garnished with whipped cream sweetened and flavored with maraschino sirup.

Chestnut Pie.—Prepare a custard for a pie, fill the crust and sprinkle finely chopped chestnuts over the top before putting into the oven.

Chocolate Nut Pudding.—Mix a cupful of soft bread crumbs with two cupfuls of scalded milk, one cupful of chopped chestnuts, a half teaspoonful of salt, two egg yolks and three-fourths of a cupful of honey, one square of chocolate grated, then fold in the beaten whites of two eggs and bake in small molds 20 to 30 minutes.

October's child is born of woe, And life's vicissitudes must know; But place an opal on her breast And hope will lull her cares to rest.

PREPARE FOR WINTER.

EVERYBODY'S garden these days there are foods that will go to waste unless they are taken care of before spoiling. Windfall apples that are bruised and unsightly will make jelly, jam, marmalades, chutney or elder for the mince-pot. Remove imperfections before using.

When preparing grape jelly or grape juice, save the pulp and make marmalade; it may be mixed with apple, thus extending the grape flavor.

Chili Sauce.—Chop a half a peck of ripe tomatoes that have been peeled, add five good-sized onions and eight green peppers, also chopped; two and a half tablespoonfuls of salt, a half cupful of brown sugar, a tablespoonful of ground cloves, a half tablespoonful of ground cinnamon, one teaspoonful of celery seed and two cupfuls of vinegar. Cook slowly, stirring occasionally for an hour and a half. Bottle and seal.

Uncooked Cucumber and Onion Chow Chow.—Chop three pints of onions and three quarts of seeded cucumbers, two and a half cupfuls of red and green peppers chopped, two cupfuls of chopped celery or cabbage, one tablespoonful of pepper, two and a half tablespoonfuls of salt, and three tablespoonfuls of celery seed. Mix and add mild vinegar to make of the right consistency.

Spiced Grapes.—To seven pounds of ripe Concord grapes peeled and cooked until soft and rubbed through a sieve, add the skins and four pounds of brown sugar, and a quart of vinegar, cook an hour and a half or until the skins are tender. Add a tablespoonful of ground cloves, the same of cinnamon, and a half teaspoonful of white pepper. Cook ten minutes longer, then seal in sterile jars.

Tomato Butter.—Blanch ripe tomatoes, remove the skins and stew. To each four quarts allow seven cupfuls of brown sugar, a tablespoonful each of cloves, cinnamon and a teaspoonful of allspice. Stew very slowly until the mixture is thick and store in stone crocks.

One way to make a butter stretcher is to add a pint of scalded and cooled milk to a pound of butter, beat it in with a wooden spoon until well blended. There is a sort of beater to be bought for this purpose called a butter merger.

Dreams, books, are each a world; and books we know Are a substantial world, both pure and good: Round these, with tendrils strong as flesh and blood, Our pastime and our happiness will grow.—William Wordsworth.

EVERY DAY LUNCHEONS.

ICE, tasty hot soup is a dish which is worth while to serve for beginning of the noonday meal. The kind of soup depends upon taste, season and the amount one wishes to expend. A simple cream soup is wholesome, easy to prepare and inexpensive, so why slight the cream soup?

Cream of Cheese Soup.—Slice a large onion into a pint of water and boil until tender. Remove the onion and add two cupfuls of milk with a pinch of soda. Pour this liquid upon one tablespoonful of butter and flour cooked together. When the mixture thickens add half a cupful of grated cheese and one well beaten egg. Season with salt and pepper and serve hot. Do not boil after adding the egg.

Corn and Chicken Soup.—Use six cupfuls of water in which a chicken has been cooked. Add one cupful of corn and half a cupful of chicken cut very fine. Season with salt, red pepper and celery salt. Simmer half an hour, then add a tablespoonful of butter and half a cupful of milk. Bring to the boiling point and serve. To make a richer and more nourishing soup, an egg yolk may be added.

Quick Bread Pudding.—Cut thin slices of bread into two-inch squares and arrange in a buttered baking-dish with layers of raisins, chopped figs, or canned grated pineapple. Pour over it a pint of milk in which an egg has been stirred, add a little honey for sweetening and bake about twenty minutes.

Spiced Apples With Cider.—Take a cupful each of brown sugar and elder, one-fourth of a cupful of good vinegar, two bay leaves, twenty whole cloves, six whole allspice, two inches of cinnamon and a blade of mace. Put into a saucepan and bring to a boil. Pare and core eight tart apples cut in quarters, add to the sirup and simmer gently until tender. Skim out and boil down the sirup until it is thick as honey, pour over the fruit and serve very cold with cake.

Who seeks for heaven alone to save his soul, May keep the path but will not reach the goal: While he who walks in love may wander far, Yet God will bring him where the blessed are.—Henry Van Dyke.

MEATLESS DISHES.

OR those who cannot eat meat and for others who will shorten the meat ration to save for our armies, the following recipes may prove helpful:

Eggplant Croquettes.—Cook a good-sized eggplant until tender in boiling salted water, then drain, peel and mash it finely, adding breadcrumbs, egg, butter, and seasoning. Cool, make into croquettes, roll in beaten egg, then in crumbs and fry a golden brown in hot fat. Serve with a brown sauce.

Noodles With Peppers.—Cook sufficient noodles for the family; when tender, drain and add a small can of red peppers, a cupful of stock or gravy, salt, pepper and a tablespoonful of sweet fat. Simmer together for ten minutes and serve hot.

Curried Cauliflower.—Boil a firm white head of cauliflower in salted water; when tender, drain and pour over it the following sauce: Melt two tablespoonfuls of butter, add a tablespoonful of chopped onion, two teaspoonfuls of flour and one of curry powder, a teaspoonful of chopped apple, cook all together then add one-half cupful each of water and milk with salt to season, pour over the cauliflower and serve at once.

Spanish Rice.—Chop one small onion fine, add one chopped green pepper and cook ten minutes in two tablespoonfuls of oil. Add four sliced tomatoes and a half cupful of hot water. Cook to the boiling point then add a cupful of rice. Cook slowly one hour, adding more water if needed to keep it moist. The rice is previously cooked before adding to this dish.

Carrots With Rice.—Scrape and cut into thick slices a dozen small carrots, cook them tender in seasoned stock to cover. Make a white sauce and place the cooked carrots with cooked rice in alternate layers with the white sauce, season well, cover with buttered crumbs and bake until the crumbs are brown.

A dish of canned or preserved fruit with a simple cooky and a cup of tea makes a most satisfactory dessert.

Nellie Maxwell

HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

The Influenza Germs Attack the Lining of the Air Passages. When VapoRub Is Applied Over Throat and Chest, the Medicated Vapors Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

CALL A PHYSICIAN — GO TO BED — STAY QUIET — DON'T WORRY

There is No Occasion for Panic—Influenza Itself Has a Very Low Percentage of Fatalities. Not Over One Death Out of Every Four Hundred Cases According to the N. C. Board of Health. The Chief Danger Lies in Complications Arising, Attacking Principally Patients in a Run-Down Condition—Those Who Don't Go to Bed Soon Enough, or Those Who Get Up Too Early.

Spanish Influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-1890.

THE SYMPTOMS.
Grippe, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages—nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night, and frequently all the appearances of a severe head cold.

THE TREATMENT.
Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or

WORMS
"Wormy" that's what's the matter of 'em. Stomach and intestinal worms. Nearly as bad as distemper. Cost you too much to feed 'em. Look bad—are bad. Don't physic 'em to death. Spohn's Compound will remove 'em. Worms, improve the appetite, and tone 'em up all round and don't "physic." Acts on glands and blood. Full directions with each bottle, and sold by all druggists.
SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

An Ominous Outlook.
"Brace up, young man!" encouraged the dentist. "It will be out and all over in a minute."
"Yes," solemnly replied little Clarence Callipers, who was in the chair, "but one day with the Lord is as a thousand years and a thousand years as one day."—Kansas City Star.

Safe Place.
Second Lieutenant—The German people apparently firmly believe that they are safe as long as they stand by the Kaiser.
American Captain—Well, aren't they? You haven't heard of the Kaiser or anybody near him getting hurt in this war, have you?

Our chain of life is forged with little rings; and little words and acts uplift the soul.
Beautiful, clear white clothes delights the laundress who uses Red Cross Ball Blue. All grocers. Adv.

There's one thing about enemies. They make life more or less interesting for a man.

As Age Advances the Liver Requires occasional slight stimulation.
CARTER'S LITTLE LIVER PILLS correct CONSTIPATION
Genuine bears signature
Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

Fair Offer.
Mrs. Clymer (giving a little dinner)—Oh, Julia, the maid just walked out on me! Won't you serve?
Cook (firmly)—Not in the dinin' room! But I've had cafeteria experience, so if you'll line up your guests and shoot them out here with their plates, I'll see that they get all that's comin' to them.—Buffalo Express.

In the march of life don't heed the order of "right about" when you know you are about right.—Holmes.

We've never heard a man admit that he wasn't a good husband.

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

SAFE, GENTLE REMEDY CLEANSSES YOUR KIDNEYS

For centuries GOLD MEDAL Haarlem Oil has been a standard household remedy for kidney, liver, bladder and stomach trouble, and all diseases connected with the urinary organs. The kidneys and bladder are the most important organs of the body. They are the filters, the purifiers of your blood. If the poisons which enter your system through the blood and stomach are not entirely thrown out by the kidneys and bladder, you are doomed.

Weariness, sleeplessness, nervousness, dependency, backache, stomach trouble, headache, pain in loins and lower abdomen, gall stones, gravel, difficulty when urinating, cloudy and bloody urine, rheumatism, sciatica and lumbago, all warn you to look after your kidneys and bladder. All these indicate some weakness of the kidneys or other organs or that the enemy microbes which are always present in your system have attacked your weak spots. GOLD MEDAL Haarlem Oil Capsules are what you need.

They are not a "patent medicine," nor a "new discovery." For 200 years they

Acid-Stomach Makes Millions Weak and Miserable

For years dentists have been telling us that it's acid mouth that ruins the teeth, yet this acid that is powerful enough to eat through the hardest than bone enamel of the teeth and decay them, is tasteless. Its presence can be detected only by chemical tests.

No chemical test is needed to tell you that you have acid-stomach. Indigestion, belching, heartburn, sour stomach, food-repeating, that miserable puffed up feeling after eating, intestinal gas, headaches, etc. These are all Nature's warning to you. They are sure signs of superacidity.

Acid-stomach causes proper digestion and assimilation, thus causing the blood to become thin and impoverished as a result of which people become pale-skinned, emaciated, sick and bad looking.

Acid-stomach causes stomach and intestinal fermentation, producing poisons and toxins which, absorbed into the blood and carried throughout the system, cause auto-intoxication, insomnia, nervousness, irritability, mental depression, melancholia, dizziness, vertigo and other ailments, palpable heart trouble and heart failure.

Acid-stomach causes irritation all along the intestinal tract—irritation so severe and unending as to frequently result in catarrh and even cancer of the stomach.

What chance, then, has anyone for robust health, happiness or success if

Easy to figure the Profits

Where in Western Canada you can buy at from \$15 to \$30 per acre good farm land that will raise 20 to 45 bushels to the acre of \$2 wheat—its easy to figure the profits. Many Western Canadian 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 barley at \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Wheat 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

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Economy in Every Cake

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Also how to GET MORE MONEY from your Hogs and Chickens. Write for this Free Book. Don't delay.—E. B. MARSHALL, Dept. 13 MILWAUKEE, WIS.

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