

# Are You Open-Minded?

The average American is open-minded.

American business is conducted by true Americans of vision, open-minded men who believe in their country and strive to meet their country's needs. The men in the packing industry are no exception to the rule.

The business of Swift & Company has grown as the nation has progressed. Its affairs have been conducted honorably, efficiently, and economically, reducing the margin between the cost of live stock and the selling price of dressed meat, until today the profit is only a fraction of a cent a pound—too small to have any noticeable effect on prices.

The packing industry is a big, vital industry—one of the most important in the country. Do you understand it?

Swift & Company presents facts in the advertisements that appear in this paper. They are addressed to every open-minded person in the country.

The booklet of preceding chapters in this story of the packing industry, will be mailed on request to  
Swift & Company  
Union Stock Yards - Chicago, Illinois

## Swift & Company U.S.A.



# The KITCHEN CABINET

Break forth, O beautiful heavenly light. And usher in the morning: Ye shepherds, shrink not with affright. But hear the angels' warning.

### DISHES THAT SAVE EGGS.

A dish to save eggs need not mean that eggs are to be entirely eliminated, for we need the nutriment of this valuable food even when as high-priced as eggs are at the present time. The thrifty housewife has been beforehand and has packed a supply of eggs in water-glass during the summer or early fall, when eggs could be purchased at a reasonable price. Eggs packed carefully may be used as fresh eggs.

A dish which takes the place of scrambled eggs, is less expensive and quite nutritive is the following: Cook a quarter of a cupful of rice in an omelet pan until a light yellow with any sweet fat, stirring often to keep it from scorching. When of a good color, broth or water may be added, with seasoning. Cook the rice until perfectly tender. Just before time to serve add a half cupful of milk and an egg or two; stir until well scrambled and serve at once.

**Honey Drop Cakes.**—Cream a half cupful of shortening and add a half cupful of sugar, one cupful of honey, a beaten egg yolk and a tablespoonful of lemon juice and a pinch of salt. Mix well and add three cupfuls of flour with four teaspoonfuls of baking powder. Beat and add one stiffly beaten white of egg.

**Apple Sauce Cake.**—Take half a cupful of shortening, a half cupful of sugar, one cupful of apple sauce, Cream the shortening and sugar, then add the sauce. Mix and sift together two cupfuls of flour and three teaspoonfuls of baking powder, one teaspoonful each of nutmeg, cinnamon and cloves. Beat well, then add a half cupful of raisins and bake in a loaf.

**Jelly Roll.**—Take one cupful of sugar, one beaten egg and one and one-half cupfuls of flour, sifted with three teaspoonfuls of baking powder; beat well, add six tablespoonfuls of hot water and pour into a pan, making the batter about one-quarter of an inch thick. Turn out on a paper well dusted with powdered sugar, spread with jelly and roll up at once. A cloth may be rolled around the cake to keep it in place until cool.

Hate always hurts the hater most—for in many cases the hated are big enough not to let the hate in.—Adams.

### SUGGESTIONS FOR SWEETS.

Honey will play an important part in the candies for the kiddies as sugar is not yet plentiful enough to warrant any careless use of it.

**Honey Taffy.**—Take two cupfuls of honey, one-half cupful of sugar, one-fourth cupful of soda and two tablespoonfuls of vinegar. Boil to the hard crack in cold water. Cool until it can be handled, then pull as other taffy. Cut and roll in waxed paper.

**Italian Honey Candy.**—Take one pint of honey, two pounds of chopped almonds, three-fourths of a pound of pecans, one teaspoonful of cinnamon and one-half pound of grated chocolate. Boil until thick and smooth, then roll and allow to cool. Cut in round cakes and dry them in the oven.

**Fruit Sweets.**—Take one cupful each of dates, figs, raisins and almonds; prepare as above, adding one and a half teaspoonfuls of orange juice, a little grated rind and one-eighth of a cupful (two tablespoonfuls) of honey. Mold in small balls and roll in coconut.

**Nougat.**—Beat the whites of four eggs until stiff. Beat two cupfuls of strained honey until it cracks, pour slowly over the beaten whites of the eggs. Stir in the nuts and beat until smooth, pour out on a waxed paper, cover with another and a weight and let stand over night. Cut in squares and wrap in waxed paper.

**Chocolate Chips.**—Take one and a half cupfuls of corn syrup and half a cupful of molasses; boil until it cracks in cold water. Pour into an oiled pan, cool and pull. Pull into ribbon-shaped pieces one-half inch wide and cut in strips one inch long. Set away to become hard. When cold and brittle, dip in melted chocolate and cool on waxed paper.

**Glaced Fruit and Nut Balls.**—Take one cupful each of dates, figs and raisins with two cupfuls of nuts. Wash and dry the fruit, remove stones from the dates and put all through meat chopper, mixing the nuts with the fruit. Do not use the finest knife as the balls are better if not too powdery. Boil together two cupfuls of corn syrup, one-fourth cupful each of sugar and water with a tablespoonful of vinegar. Cook until the mixture is brittle when dropped in cold water. Set the pan over hot water and slip the balls, which have been rolled the size of a hickory nut, into the boiling syrup. Let dry on a buttered tin or waxed paper.

We may live without friends, we may live without books, but civilized man cannot live without cooks; We may live without love, what is passion but pining? But where is the man that can live without dining?

### SOME CHOICE RECIPES.

We all have some recipes of which we are very fond. The following are gathered from many sources, but are all cherished recipes:

**Martha's Cookies.**—Take one cupful of shortening, a mixture of any sweet fat, adding salt, three beaten eggs, two cupfuls of sugar and a half cupful of milk. Sift two cupfuls of flour with two teaspoonfuls of baking powder and add lemon flavoring, either the extract or grated rind. Let stand an hour to chill, then add as much flour as needed to roll.

**Ginger Cookies.**—Take one cupful of sugar, one and one-fourth cupfuls of molasses, one and one-fourth cupfuls of melted fat, one-half cupful of cold coffee, two tablespoonfuls of ginger, two eggs, a teaspoonful of soda and one teaspoonful of cinnamon. Dissolve the soda in the coffee and add salt if the fat is unsalted. Mix with flour as soft as possible and let stand an hour to stiffen and season before rolling and baking.

**Chocolate Cake.**—Take one cupful of brown sugar, one-fourth of a cupful of shortening, one-fourth of a cupful of sour milk, one teaspoonful of soda, one teaspoonful of vanilla, one egg, one and one-fourth cupfuls of flour, two squares of chocolate cut up and dissolved in a half cupful of hot water, added the last thing. Bake in layers and put together with boiled frosting or orange filling which is especially delicious with this cake.

**Lemon Pie (New England Recipe).**—Take one cupful of sugar, two teaspoonfuls of flour, one cupful of milk, two tablespoonfuls of butter, the juice and rind of a lemon, the yolks of two eggs and the whites of three. Mix the sugar and butter together; add the yolks of the eggs and the flour. Mix all the other ingredients and stir in the beaten whites last. Bake in an uncooked pastry shell.

**Raisin Pie.**—Take one-half cupful of raisins, one cupful of water, three-fourths of a cupful of sugar, one tablespoonful of cornstarch, the yolks of two eggs and the juice and rind of a lemon. Bake with two crusts. The egg may be omitted and a cupful of sour cream substituted in place of the water, which makes a most tasty pie filling.

The most evident good thing that this world war has brought out in us is thrift. As a people we have been notoriously profligate. We have produced more wealth in one century than Europe has in ten. But we have flung it to the winds with both hands.—Dr. Crane.

### FISH, FRESH AND SALT.

Fresh fish should be firm and eyes bright. They are usually baked, broiled, fried or boiled.

There is no more appetizing dish than fresh fish caught and cooked within an hour. To broil, split the fish from the head to the tail, wipe it dry and season well with salt and pepper. Grease the broiler and cook over a good heat, turning the broiler so that the fish will be evenly cooked.

**Baked White Fish.**—Clean the white fish and stuff with a crumb dressing well-seasoned with onion and sage, if liked. Roast or bake like meat.

**Steamed Fish.**—Arrange the body of the fish in a circle, pour over it a cupful of good vinegar, seasoned with pepper and salt; let it stand an hour in a cool place, pour off the vinegar and steam twenty minutes, or longer if a large fish. When the meat is easily separated from the bones it is done. Too long cooking will destroy the flavor, but under-done fish is most unpalatable. Drain well and serve on a neatly folded napkin or fish cloth. Garnish the platter with parsley.

**Baked Salt Mackerel.**—Soak the fish over night side up to remove all salt. Place in a dripping pan with a thin covering of sweet or sour cream; bake until the meat separates from the bones.

**Boiled Fresh Cod.**—Place the fish tied in a cloth with a little salt and scraped horseradish. Let simmer in water until done. Serve on a folded napkin with a drawn butter sauce passed in a sauceboat. A white sauce with chopped, hard-cooked egg is another well-liked for boiled fish.

**Breakfast Codfish.**—Pick up salt codfish into small bits and soak overnight in cold water. Beat some milk, a bit of butter and when hot add the fish which has been squeezed dry; when boiling hot add a little flour mixed with cold milk and cook until thick, or an egg may be used in place of the flour. Serve at once.

Nellie Maxwell

## Colds Coughs Catarrh

A trinity of evils, closely allied, that afflict most people, and which follow one on the other, in the order named, until the last one is spread through the system, leading to many evils. But their course can be checked.

### PERUNA CONQUERS

It is of great value when used promptly for a cold, usually checking it and overcoming it in a few days. Ample evidence has proved that it is even of more value in overcoming chronic catarrh, dispelling the inflammatory conditions, enabling the diseased membranes to perform their natural functions, and toning up the entire system. The experience of thousands is a safe guide to what it may be expected to do for you. Liquid or tablets—both tested by the public and approved. THE PERUNA COMPANY - COLUMBUS, OHIO

**Always a Drawback.**  
Five-year-old Ernest was expressing himself vociferously because his mother experienced difficulty in pulling the comb through his tangled mat of curls. "Never mind," said his father over the top of his paper. "Some day you'll be as bald as papa and won't be bothered with hair to comb." Ernest brightened momentarily, then heaved a sigh of resignation. "Oh, well, it would only make that much more face to wash," he said.

### WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

**Art of Oratory.**  
"Didn't you ever catch yourself talking nonsense when you were making a speech?"

"Yes," replied Senator Sorghum. "You have to give some audiences a few sentences they can't understand. It impresses them with a sense of ignorance and tends to make them sort of dependent."

**Dividing the Bird.**  
"To be happy a man needs a wonderful digestion and a woman needs beautiful attire," said Mr. Jones.

"Yes," commented Miss Brown; "one wants the stomach of an ostrich and the other wants the feathers."—London Answers.

Constipation, indigestion, sick-headache and bilious conditions are overcome by a course of Garfield Tea. Drink on retiring.—Adv.

Every cloud has a silver lining, but the trouble of it is that the majority of them are on the wrong side.

Argentine women have won their right to all the professions, including engineering and law.

**Cynical Youngster.**  
"Isn't my picture that I made prebty?" asked Robert of a little girl next door.  
"Oh, it is very pretty," she said admiringly.  
"Well, sister Mary says it isn't a bit," said Robert.  
"Well, what of it?" remarked the next door one. "You can't expect praise from one of your own family."

**\$100 Reward, \$100**  
Catarrh is a local disease greatly influenced by constitutional conditions. It therefore requires constitutional treatment. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. HALL'S CATARRH MEDICINE destroys the foundation of the disease, gives the patient strength by improving the general health and assists nature in doing its work. \$100.00 for any case of Catarrh that HALL'S CATARRH MEDICINE fails to cure. Druggists 5c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

**Served Three Years.**  
Mistress—Have you a good character, Jane?  
New Servant—Yes, mum; I was three years in my last place, mum!  
Mistress—That speaks volumes for you, Jane. Where was it?  
New Servant—In the reformatory, mum!—London Tit-Bits.

**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 *Dr. J. C. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Trouble is the one thing that gives a man a chance to find out how fine people really are.  
No man is ever great from his neighbor's point of view.

Don't trifle with a cold—it's dangerous. You can't afford to risk Influenza. Keep always at hand a box of

HILL'S CASCARA QUININE

Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates, breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores. W. N. U., OMAHA, NO. 2-1919.

# After the "Flu" —Fever or Cold

## Clean the Acidity and Toxic Poisons Out of the Digestive Tract

Millions are now suffering from the after effects of the deadly "flu," a fever or a cold. Their appetites are poor; they are weak, and they are waiting for their strength to come back.

If these people could only realize that the return to health and strength would be greatly helped by giving attention to the stomach—that is, removing the acidity and toxic poisons from the entire digestive tract, making it act naturally, so that the body will receive the full strength of the food eaten—a great deal of suffering would be saved to humanity.

Everyone knows that the disease itself, and the strong medicines that have been taken, upset the stomach, leave it hot and feverish, the mouth dry, the tongue coated, a nasty taste, and no desire to eat. This is a poor foundation to build new strength on.

Now, tens of thousands of people all over this country are using EATONIC for the purpose of cleaning these poisonous after-effects right out of the system and they are obtaining wonderful results—so wonderful that the amazingly quick benefits are hardly believable, just as shown in the remarkable letter which is published upon the request of this sturdy old Civil War veteran. He is 77 years old. Read what he says EATONIC did for him:

"I am an old soldier, just seventy-seven years. I had the Spanish flu, influenza and it left my stomach in an awful shape. I tried three different doctors but got no relief. As a last resort I went and got a box of EATONIC and to my great surprise the very first bottle I took helped me. I can now eat anything I want, and feel fine."

YourEatonics  
Fowler, Indiana  
Dec. 4, 1918  
G. S. Martin  
P. S.: If you can make any use of this letter for suffering humanity, you are at liberty to do so.  
G. S. M.

This is only one case out of thousands. You should make the EATONIC test in your own case at once. You have everything to gain—not a penny can you lose, for we take all the risk. Your own common sense, your own feelings, tell you that a good appetite, good digestion, a good stomach, with the fever poisons and effects of strong medicines out of your system, will put you on the road to strong, robust health again.

You want to enjoy life again after you have battled with the "flu," fever or cold, or any other illness that has taken your strength. You want to get back your old-time vigor, be full of pep and enthusiasm—be able to work with ease, instead of listlessly, half-heartedly dragging out a mere existence.

So be sure to take a box of EATONIC home with you today. We cannot urge this too strongly. If EATONIC fails to give you positive beneficial results, it will not cost you a penny. There is no risk—the benefit is surely all for you!

# TAKE EATONIC TODAY FOR YOUR ACID-STOMACH

NOTE—Over 20,000 drug stores throughout the United States sell and guarantee EATONIC. If you cannot obtain EATONIC quickly at your drug store, do not be without it. Write us and we will mail you a box. Or buy at once and you can send us the box after you get it. Add 10c. for postage. EATONIC REMEDY CO., 1044 N. W. Ave., Chicago, Ill.

Spot Cash for Liberty Bonds. Call or write Austin, 20 First St., Hastings, Neb.

### PATENTS

Watson E. Coleman, Washington, D.C. Books free. High-class references. Best results. Turkeys, Geese, Capons, Ducks, Rabbits, Etc. Wanted. We pay highest cash price. No commission. PERRY & CO., 413 S. 11th Street, Omaha, Neb. References: Merchants National Bank, Omaha, or any Western Co.

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

### Hooked to Death!

This may happen if your cattle have horns, or they may injure each other and keep the whole herd excited. BE HUMANE. Prevent horns growing while calves are young. It means a contented and more profitable herd. Use

**DR. DAVID ROBERTS' HORN KILLER**  
At our dealers or POSTPAID, 50c  
Consult Dr. DAVID ROBERTS about all animal ailments. Information free. Send for price list of medicines and get FREE copy of "The Cattle Specialist" with full information on Abortion in Cows. DR. DAVID ROBERTS' VETERINARY CO., 108 Grand Ave., Waukegan, Wis.

**Cuticura Promotes Hair Health**  
All drugists. Soap 25c. Ointment 25c. 50c. Tubes 25c. Sample each free of "Cuticura, Soap & Ointment."

**PARKER'S HAIR BALSAM**  
A toilet preparation of herbs. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 per Bottle.

**A Bad Cough**  
If neglected, often leads to serious trouble. Safeguard your health, relieve your distress and soothe your irritated throat by taking  
**PISO'S**

Not in Vain.  
They had arrested him on Broadway for profanity.

"Don't you know that it is against both the religious and civil laws to take the name of the Lord in vain?" demanded Judge White.

"Well, it wasn't 'zactly in vain," drawled the man. "You see, yer honor a yaller cuss had just started to steal my dlvver, but when I unloaded my my cabulary, yer orther have seen him run!"

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.

### Betrayed His Weakness.

"Is he a tightwad?"  
"Is he? Say, listen: When he came to propose to me he thought he'd have to get down on his knees, and, would you believe it, he came in the oldest pair of trousers he had!"

### In the Beauty Shop.

"I want some wrinkles."  
"What about?"  
"How to get rid of them."

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in water blined with Red Cross Ball Blue.

### In Most Cases.

"How do you pronounce 'hauteur'?"  
"Hot air, in some cases."

Headaches, Bilious Attacks, Indigestion, are cured by taking May Apple, 10c. Jalap made into Pleasant Pellets (Dr. Pierce's). Adv.

A small rent in a reputation soon becomes a large hole.

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