

WRIGLEYS

Is Sealed!

LOOK for the sealed package, but have an eye out also for the name **WRIGLEYS** That name is your protection against inferior imitations. Just as the sealed package is protection against impurity.

The Greatest Name In Goody-Land—

The Flavor Lasts

Occupation for an Idle Moment. "Charley, dear," said young Mrs. Perkins, "have you a minute to spare?" "Yes."

"Well, I wish you would tell me exactly what is meant by a 'league of nations' and 'freedom of the seas.'"

Wasted Time. Fatigue is prone to look backward, thus measuring the pathway twice.—Exchange.

A Young Girl well groomed is an attractive sight.

Red Cross Ball Blue if used in the laundry will give that clean, dainty appearance that everyone admires. All good grocers sell it; 5 cents a package.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or 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.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and maybe despondent; it makes anyone so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

A good kidney medicine, possessing real healing and curative value, should be a blessing to thousands of nervous, over-worked women.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine will do for them. Every reader of this paper who has not already tried it, by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., may receive sample size bottle by Parcel Post. You can purchase the medium and large size bottles at all drug stores. Adv.

The meekest man in the world is he who disillusion a child at Christmas.

Attention Farmers

The Income Tax Law requires all who come within its meaning to render a report at the end of each year, and to be able to verify the same by proper evidence or accounts that can be understood. Can you do it? The Farmers' Business Record enables you to do this. Well made and special for farmers. It is worth \$10.00 to them. Use it and you will not overpay or underpay. Tax for 1919 will be about 8%; 1918, 15%. Send for P. O. Money Order for complete Record and Agents' terms. Opportunity to make from \$5.00 to \$20.00 per day during next 60 days. Don't delay. Address HUNTER RECORD CO., Omaha, Neb.

W. N. U., OMAHA, NO. 3-1919.

Grow Wheat in Western Canada

One Crop Often Pays for the Land

Western Canada offers the greatest advantages to home seekers. Large profits are assured. You can buy on easy payment terms.

Fertile Land at \$15 to \$30 per Acre—land similar to that which through many years has averaged from 20 to 45 bushels of wheat to the acre. Hundreds of cases are on record where in Western Canada a single crop has paid the cost of land and production. The Government of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta want the farmer to prosper, and extend every possible encouragement and help to Grain Growing and Stock Raising.

Though Western Canada offers land at such low figures, the high prices of grain, cattle, sheep and hogs will remain.

Loans for the purchase of stock may be had at low interest; there are good shipping facilities; best of markets; free schooling; churches; splendid climate; low taxation (none on improvements).

For particulars as to location of lands for sale, maps, illustrated literature, reduced railway rates, etc., apply to Dist. of Immigration, Ottawa, Can., or

W. V. BENNETT, Room 4, Bee Building, OMAHA, NEB.
Canadian Government Agent

THE KITCHEN CABINET

Summer will surely come again. The earth needs snow and cold and rain. Just as our hearts need grief and pain. And so be cheery!

SWEETS FOR THE YOUNG FOLKS.

There are so many sweets that may be made with little or no sugar that we need not cut the small people off without their ration of sweets, even if we are saving sugar.

Fruit Cakes.—Take three-fourths of a cupful of raisins and one-fourth of a cupful of walnut meats and a few grains of salt. Put the nuts and raisins mixed through the meat grinder. Shape into small flat cakes and wrap in waxed paper.

Chocolate Nut Bars.—Melt six ounces of sweet chocolate over hot water, beat until nearly cool, then add a half-cupful each of chopped raisins and peanuts with one-fourth of a teaspoonful of salt. Mix well and press into the top of a tin cracker box. Leave until firm, when it will come out without breaking. Cut in bars and wrap in waxed paper.

Maple Cream.—Take two cupfuls of broken bits of maple sugar, put into a saucepan with three-fourths of a cupful of cream. Boil without stirring until the candy makes a soft ball when dropped in cold water, or to 230 degrees Fahrenheit. Remove from the heat and do not disturb until cool. Stir and beat with a wooden spoon until the candy begins to harden, then turn it into greased tin boxes in which biscuits were purchased. The candy may be left in the box if it is to be sent away, keeping in much better condition than if it were cut and wrapped.

Stuffed Dates.—Stuffed dates are a sweet that everybody likes. A variety of stuffings may be used which will add to the pleasure. A whole filbert or a whole Brazil nut, with the brown skin removed, may be used as stuffing. Small balls of peanut butter rolled into balls with powdered sugar, candied pineapple and preserved ginger, roasted almonds, salted peanuts, pecan meats and walnuts, all make fine fillings. A bit of fondant flavored with vanilla or a little orange marmalade, rolled in confectioner's sugar, is another dainty.

Coconut Macaroons.—Take a can of Eagle brand milk and mix it with grated coconut until thick, drop on buttered sheets and bake in a moderate oven until brown. The milk with the sugared coconut supplies all the sweetening needed. A little grated chocolate added will make chocolate macaroons.

Puffed Rice Jack.—Boil a half cupful of molasses and a tablespoonful of vinegar with a teaspoonful of butter until it hardens in water, then stir in enough puffed rice to cover each with the sirup. Put into a greased dripping pan to cool.

SWEETS WITHOUT SUGAR.

The following sweets without sugar will be welcomed by the housewives who have the sugar-saving habit:

Honey and Nut Sandwiches.—Mix one cupful of honey with two teaspoonfuls of lemon juice, then stir in enough finely chopped nut meats to make a thick paste. Spread on slices of buttered bread, place two together and cut in any desired shape.

Honey Blancmange.—Take half a cupful of honey, one-half cupful of cornstarch, a quarter of a cupful of milk and two cupfuls of boiling milk with a pinch of salt; moisten the cornstarch with the cold milk, then add the boiling milk, stir and boil eight minutes, then add the salt and honey. Put into small wet molds to cool. Turn out, sprinkle with a few chopped nuts and serve with cream.

Prune Pudding.—Take one and a half cupfuls of pitted prunes and three tablespoonfuls each of honey and butter, one egg and one cupful of butter-milk and a teaspoonful of soda, half a cupful of flour, half a teaspoonful each of salt and almond extract and one cupful of rolled oats which has been well parched. Mix and pour into a buttered mold and steam for two and one-half hours. Serve with a hard sauce.

Date Charlotte.—Take one-half pound of good dates, one and one-half cupfuls of water, three tablespoonfuls of honey, the strained juice of one orange, a few drops of coloring, one heaping tablespoonful of gelatin and two cupfuls of whipped cream. Remove the stones from the dates, add to the water honey and gelatin, the orange juice and the coloring. Cook slowly until the dates are soft. Pour into a wet ring mold and set away in a cool place. Turn out and serve with whipped cream.

Prune Salad.—Wash, soak and steam a pound of prunes until soft. When cold remove the stones and fill with chopped walnuts. Arrange on lettuce leaves. Sprinkle with lemon juice and place a tablespoonful of mayonnaise on top. Serve very cold.

You are particular about your children's playmates; the books they read are their closest and most influential intimates.

SWEETS MADE AT HOME.

The repertoire of the average woman in candy-making is fudge and molasses taffy. These sweets which well made are not to be slighted. The creamy fine-grained fudge is something of an art to prepare.

Chocolate Fudge.—Take two cupfuls of sugar, one-third cupful of corn sirup, one-half cupful of milk, a tablespoonful of butter and a square of grated chocolate. Cook all together until a drop in cold water can be rolled in the fingers. Set away to cool, and when lukewarm add nuts and vanilla and stir until it begins to thicken. Pour into a greased pan and mark off in squares before it gets too hard.

To prepare the fondant, take a smooth kettle or saucepan; into it put a pint of sugar, a half cupful of water and a large tablespoonful of corn sirup. This last is to keep the sirup from granulating. If no corn sirup is at hand use an eighth of a teaspoonful of cream of tartar. Stir until the sugar is dissolved, then boil until a soft ball is made in cold water. Pour out on a lightly greased slab or platter using care not to take the last drop or scrape the kettle, as stirring will often cause the grain to form, which will ruin the candy and it will need to be boiled again. If the candy does granulate, add more water and sirup or cream of tartar and boil again. Never stir while boiling. When cool enough to bear the finger, begin to stir from the edge to the center with a wooden spoon. Continue to stir and knead with the hands until a white, smooth loaf is made. Set away for a day or two to ripen, covered with a buttered paper in a cool place. Now the foundation is ready for any kind of flavor color or combination of fruit.

For chocolate creams, break off a piece of fondant and add vanilla, then roll in small balls. Put out and chill so they will be hard. Melt unsweetened chocolate in a saucepan over water. To a half a pound add a piece of paraffin the size of a walnut. The paraffin thickens the chocolate. Dip the balls in with a bat pin and let them drain on a waxed paper or greased baking sheet.

The saddest words that lips can say Are those we utter not at all; And our most bitter tears are they—That must not fall.

SEASONABLE GOOD THINGS.

This is the season when cakes and candies find favor with both old and young.

President Wilson's Favorite Cake.—Chop fine the peel from one lemon, add it to a pound of butter, stirring until creamy, add a pound of sugar and continue beating for ten minutes. Blend with this the yolks of five eggs and the juice of five lemons, beating for another ten minutes. Add to this mixture a quarter of a pound of raisins, the same of currants and seedless raisins, and cherries, cut in shreds, and the same of mixed peel finely shredded. Then fold in the stiffly beaten whites of the eggs, a pound of wheat flour and a quarter of a pound of rice flour and an ounce of baking powder. Put this mixture into a greased and papered tin and bake in a slow oven for three hours.

Honey Doughnuts.—Take two eggs, two tablespoonfuls of shortening, one and a half cupfuls of honey, one cupful of sour milk, to which has been added a teaspoonful of soda and three cupfuls of flour sifted with two teaspoonfuls of cream of tartar. Roll and cut as usual.

Dutch Peppernuts.—Mix together a pound and a quarter of brown sugar, two tablespoonfuls of cinnamon, one tablespoonful of cloves and one teaspoonful of baking powder. Into this stir three eggs and add as much flour as is possible to work in, for the dough must be very stiff. Roll moderately thin and cut in circles the size of a quarter. Bake in a slow oven. These little cakes puff up when baked and may be leed on the flat side if desired. They will keep for months.

Cranberry Cake.—Cream half a cupful of butter and one and a half cupfuls of brown sugar together, add three well-beaten yolks. Have ready two cupfuls of sifted flour, a teaspoonful of soda, a teaspoonful each of cinnamon and nutmeg, and a half a teaspoonful of cloves, add them to the

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For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of

Dr. J. C. Hutchins

In Use For Over Thirty Years CASTORIA

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Net Contents 15 Fluid Drachms
900 DROPS

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ALCOHOL-3 PER CENT. A Vegetable Preparation for Assimilating the Food by Regulating the Stomachs and Bowels of

INFANTS-CHILDREN

Thereby Promoting Digestion Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC

Prepared by **DR. J. C. HUTCHINS**
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A helpful Remedy for Constipation and Diarrhea and Feverishness and LOSS OF SLEEP resulting therefrom in infancy.

Facsimile Signature of *Dr. J. C. Hutchins*

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At 6 months old 35 Doses - 35 CENTS

Exact Copy of Wrapper.

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because it is one of the largest dental organizations in the United States. Because each doctor is a specialist in some branch of dentistry. Because no case is too large to be handled in its own offices—maintains its own laboratory. 30 years of service to its credit—thousands of satisfied patrons to refer you to.

If you prefer better dentistry choose Bailey Dentistry. Its guarantee includes perpetual upkeep service.

BAILEY THE DENTIST
7th Floor City National Bank Bldg., Omaha Dr. G. D. Shepherd, M.D.

Retiring. Maude—I hear that your husband is of a retiring disposition. May—Yes, but not usually before three o'clock in the morning.

To keep clean and healthy take Doctor Pierce's Pleasant Pellets. They regulate liver, bowels and stomach. Adv.

Happy are they who do for others—and whom others do not forget.

And a little kindness is a charitable thing.

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

A big theater in which moving pictures are shown is filled to overflowing nightly in Jerusalem.

WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to creak a little at the hinges. Motion is more slow and deliberate. Not so young 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 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 remedy, and needs no introduction. It is now put up in odorless, tasteless capsules. These are easier and more pleasant to take 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

The city council of Montreal, Can., has passed an order to prevent strikes of all kinds.

\$100 Reward, \$100

Catarh 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. \$10.00 for any case of Catarh that HALL'S CATARRH MEDICINE fails to cure. Druggists 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

London's telephone and telegraph wires extend to 73,500 miles overhead and 921,000 miles underground.

RECIPE FOR GRAY HAIR.
To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and ½ 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. Adv.

Portable electric machinery has been invented to screen coal and load it in wagons.

Constipation can be cured without drugs. Nature's own remedy—selected herbs—is Garfield Tea.—Adv.

The only substitute for a chunk of wisdom is a chunk of silence.

Those who are weak and reduced from an attack of Influenza or Pneumonia will experience wonderful recuperative effects from the use of

LYKO

The Great General Tonic ASK YOUR DRUGGIST

LYKO is sold in original packages only, like picture above. Refuse all substitutes.

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DROSE & CO

Children's Coughs may be checked and more serious conditions of the throat will be often avoided by promptly giving the child a dose of safe

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Your Eyes A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids; "3 Drops" After the Movies, Motoring or Golf will win your confidence. Ask Your Druggist for Murine when Your Eyes Need Care. Murine Eye Remedy Co., Chicago

Nellie Maxwell