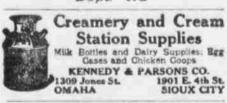
Nebraska Directory

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OMAHA FIXTURE & SUPPLY GO. S. W. Cor. 11th and Douglas Sts., Omaha, Neb. MITS. OF MODERN STORE, OFFICE and BANK FIXTURES Phone Dong as 272. All we ask is a chance to bid.



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W. A. FROHARDT Receiver and Shipper HAY, ALFALFA and STRAW

It will pay you to see us before you buy or sell. Office Phone Tyler 3890 Res. Phone Harney 5788 722 Brandels Bldg. OMAHA

Highest Prices for Cream

Ship direct to manufacturer and aliminate the middieman. Ship any day as we will give you benefit of all raises in price while cream is in transit. We guarantee service and good satisfaction. ALAMITO DAIRY CO., Omaha, Neb.



N. E. Cor. 24th and Farnam Sts. OMAHA, NEB. Telephone Douglas 3445 Night telephone Harney 4791 LADY ATTENDANT

GET HIGHEST PRICES for Your Live Stock - Ship to

Omaha, Chicago, So. St. Paul, Sioux City

STOCKERS AND FEEDERS BOUGHT ON ORDERS Pictures of fur bearing



animals and their tracks, trapping laws and parcel post map mailed free on TRAPPERS and address. Also our illustrated price list and BOLLES & ROGERS





DEEP-ROCK

Our crude oil requirements are permanently provided; that's why Deep Rock products can be depended upon-because you know you can get them—the same uniform quality always assured.

CONSUMERS REFINING CO. OMAHA, NEBRASKA



We Want Your Cream

You will always receive the highest market price. Ship Direct to Us

Omaha Cold Storage Co. Omaha, Neb.

More Eggs? Use Germozone A ben with bright rosy comb, active and vigorous, howels in order, free from colds and roup, and properly fed, is generally a good layer and not bother with lice. Hen troubles almost always start with solds or bowel compilate. That's Germsonder's lightly lightly and the solds or bowel compilate. That's Germsonder's lightly lightly or saed stores or tablet form, portpill, from here, To cents, with free positry looks.

ICE MACHINES

For making ice and refrigeration for all purposes. Manufactured by SAKER ICE MACHINE CO. 1911 Nicholas St.

MAIR GROWTH Mountain sage hair oil; results guaranteed. Try it at my risk. I was baid. ANTON SPIER, 1920-14 Boulder, Colo.

Persistent Coughs are dangerous. Get prompt relief from Piso's. Stops irritation; southing. Effective and safe for young and old. No opiates in



Loving words will cost but little Journeying up the hill of life. But they make the meck and weary Stronger, braver, for the strife.

A FEW CAKES WITH FEW EGGS.

"Eggs is eggs" these days and in spite of their high food value, are too expensive for free use at 60 to 70 cents a dozen-A cake which uses no eggs or the minimum number is the popular one. Here is one that Is:

> good: Eggless, Butterless, Milkless Cake.

Take one cupful each of sugar and water, one-half cupful of shortening, two enpfuls of chopped fruit, a mixture of raisins, currents and citron, one teaspoonful of cloves, one-eighth of a grated nutineg and a half tenspoonful of salt; boil all together three minutes, then add one cupful of molasses, one teaspoonful of Roquefort cheese may be added if desoda dissolved in a tablespoonful of water and two cupfuls of flour sifted der. Bake in a dripping pan about one

Marble Cake,-White part - take one-half cupful of sugar, one-third of e cupful of milk, one-half teaspoonful of lemon extract, one cupful of flour and two teaspoonfuis of baking powder, fold in the white of an egg, bent-

Dark part-The same amount of sugar, fat, milk and flour with baking powder, the yolk of the egg and cloves, allspice and cinnamon added. The whole cake may be made at one mixing, taking out a part to add the spices and raisins if desired. Put together in spoonfuls of each without mixing. Bake three-quarters of an hour in a noderate oven.

Raisin Cup Cakes .- Cream one-third of a cupful of shortening, add one cupful of sugar, one egg, one-half cupful of milk, one and one-half cupfuls of flour, three tenspoonfuls of baking powder, one-half tenspoonful of vanilla, and one cupful of seeded raisins, Mix as usual and make in individual

Orange Drop Cakes .-- Cream three tablespoonfuls of shortening with one cupful of sugar, add two-thirds of a cupful of milk, one egg and two cupfuls of flour sifted with two tenspoonfuls of baking powder; add salt and orange extract with the grated orange, Bake in small this. Cover with leing made of confectioner's sugar, a little grated rind and juice of the orange.

Blest be the tongue that speaks no III. That keeps the law of kindness still, Whatever others do.

Blest be the hands that toll to aid The great world's censeless m The hands that never are afraid, To do a kindly deed.

SOME ESSENTIALS IN PLANNING MEALS.

True economy consists in the right



appreciation of "essentials and nones sentials, Fruit and vegetables are in the former class and should not be listed with the table luxuries. Cream and eggs are expensive, but used in modern-

tion they cannot be classed with the purchase of strawberries in February.

We must constantly bear in mind that the food value takes into considbent and energy given the body, taken in proportion to the cost.

Cake may be made with egg substitutes or gelatin in place of eggs. Eggs are rich in food value while gelatin has very little. A meal that falls to meet the needs of the family is not an economically prepared meal.

No woman should dare go into a study the value of each food and its ability to supply nutriment,

To stimulate the appetite by pleasing flavors, attractive serving and points vitally worth consideration. The careful preparation of foods, giving time and thought to methods, will help in reducing the cost, and makes them more satisfying.

Do we realize that often all a child sees of some members of his family is at the table. A simple well-set table, and a well-cooked and served meal is a strong factor in the education of a child. The table conversation by wise parents may be led into channels of nformation and a storing of valuable knowledge. The petty gossip that is heard at so many tables is not raising the ideals of the sensitive boy and girl, Let the table talk be educative, It will mean that some one must steer the conversation. Some of our greatest men have learned to express themselves by being allowed to give their opinions when there is a discussion at the table. Happy talk aids digestion; avoid all unpleasant conversation and correction, thus the food will have an opportunity of doing its work in the

body. These things are important, and the sacre they are thought about the rates intentance we will put upon

the value of a well-planned and served meal, with the happy atmosphere of everybody comfortable

Let us approach our friend with an unlacious trust in the truth of his heart, in the breadth impossible to be overturned, of his foundations. Emer

FAVORITE SALADS AND SALAD DRESSINGS.

An unusual but very good saind is the following: Peas, pickles and peanuts served with small sections of orange and a boiled dressing.

Blackstone Dressing .-Mix with four table spoonfuls of mayonnaise dressing four tablespoonfuls of whipped cream. two of chili sauce and two of tomato catsup with two of vinegar.

Spanish Pepper Salad.-Dissolve with half a tenspoonful of baking pow- half a box of gelatin in half a cupful of cold water and half a cupful of vinegar. Add a half cupful of sugar, the juice of a lemon and a tablespoonthree tablespoonfuls of shortening, ful of sait, with a cupful of boiling water. Mix six canned pimentos with two cupfuls of finely-cut celery and one cupful of shelled pecaus cut fine; held in small molds and serve on lettuce with mayonnaise dressing. This recipe will serve 12. Kumqunts thinly sticed are very nice in this saind

> Benares Salad,-Take grated cocoout, two fart apples, chopped, one-half cupful of celery, two tablespoonfuls of chopped onion, one tablespoonful each of chopped parsiey and red pepper. Serve with French dressing.

Western Salad,-Take four hard ooked eggs chopped, four tablespoonfuls each of chopped onion, watermeion pickle or sweet pickle cucumber, four tablespoonfuls of chopped cheese. Save out the yolks of two of the eggs and put through a ricer to garnish the top.

Cottage Cheese Salad .- On a bed of lettuce arrange a circle of seasoned riced cottage cheese; in the center put seasoned rice and riced hard-cooked egg yolks. Add any desired dressing and serve.

Cheese Jelly Salad .- Mix half a cupful of grated cheese with a cupful of whipped cream, senson to taste with sait and pepper and add one tablespoonful of gelatin dissolved in a scant cupful of water. This may be molded in one large or several small molds. When the jelly begins to harden, cover with grated cheese, Serve with French dressing to which grated cheese has been added,

Our friendships hurry to short and poor conclusions, because we have made them a texture of wine and dreams, instead of the tough fiber of the burgan nearl .- Emerson.

HONEY, NATURE'S SWEET.

We have had more respect for the honey bee and the bee-keeper since the



shortage of sugar and we have learned that honey may take the place of sugar in many dishes. Honey used in cakes and cookles will keep the food much more moist as it absorbs moisture from the air; because of this cakes will not dry out as rapidly. Honey of

course is more expensive than other sirups, but we have the assurance that it is pure and about twice as sweet as eration digestibility, waste amount of corn sirup. Honey is the nectar of flowers modified and evaporated b) the bees. We find it on the market is different forms, as comb honey in small section boxes, extracted honey which has been whirled in a machine called a honey extractor, until the liquid honey has been thrown out leaving the combs empty, so that they may be put back and be again filled by the bees home of her own who is not willing to Making the comb is a great expense of time to the bees during honey sensor and the bee-keeper will have much more honey if he supplies the comb Then we have what is termed bull avoidance of monotony in the diet, are honey, broken-comb and strained honey and the fourth or granulated hones This 's honey that has become solid This may be changed to liquid form by setting the can in hot water.

Honey has many flavors-clover goldenrod, buckwhent, raspherry and many other flavors, depending upon the flowers blooming within severa miles of the hives.

The average housewife will storhoney in the cellur, which is, so bee keepers tell us, the worst possible place, as it readily absorbs moisture and will become thin and sour; the comb becomes dark and watery. Keep honey in a dry, warm place. The at the or any place warm and dry. High temperature does not affect it.

Pork Cake. Chop fine one pound of fat salt pork, add one pint of boll ing water, two cupfuls of honey, three teaspoonfuls of soda, two cupfuls of chopped raisins, spices to taste and six to seven cupfuls of sifted flour. Dries apple, chopped with the raisins, makes a good fruit.

Aims and Ideals of the United States and Canada Will Soon Be Signed.

The war is over, peace will soon be signed, the fighting nations have sheathed their swords, and the day of reconstruction has come. What of it!

Hundreds of thousands of men, takin from the fields of busbandry, from e ranks of labor, from the four walls the counting house, and the conhes of the workshop, taken from them do their part, their large part, in he prevention of the spoliation of the world, and in the meantime removed com the gear of common everyday ife, will be returning, only to find in cany cases old positions filled, the machinery with which they were formerly attached dislocated.

Are they to become aimless wanderers, with the ultimate possibility of augmenting an army of menacing loufers? If they no it it is because their ability to assist in laying new foundations, in building up much required structures, is underestimated. Men who have fought as they have fought. who have risked and faced dangers as they have, are not of the caliber likely to flinch when it comes to the restoration of what the enemy partially destroyed, when it comes to the reconstruction of the world the ideals of which they had in view when they took part in the great struggle whose Divine surpose was to bring about this reconstruction.

Inured to teil, thoughtless of fatigue, trained in initiative and hardened by their outdoor existence they will return better and stronger men; boys will have matured and young men will have developed.

They will decide of themselves lines of action and thought, and what their future should and will be. On the field of battle they developed alertness and wisdom, and they will return with both shedding from every pore.

Action was their by-word and it will stand them in good stead now that the din of the battle no longer rings in their ears, or the zero hour signals them to the fray, and it will continue during their entire existence.

But if they return to find their old avocation gone, their places filled, the institutions with which they were connected no longer exist, new walks of life and employment must be opened house, the factory, the workshop will have lost their attraction. The returned soldier will look elsewhere for employment; within his reach there is always the "Forward-to-the-Land" necessity. In this lies the remedy that will not only take care of a multitude of those who may not be able to return to their former occupations, whose desires are not to do so, whose health prohibits them from indoor life or whose outdoor habits from the past one, two, three or four years have given them such a taste and desire for it that confinement would be unbearable. Farm life will thus appeal to them, and the indications are that it will be taken advantage of by thousands. It means much to them as well as to the Continent of America that provides the opportunity to the world at large, and to the stricken and famished nations of Europe, who, not only today, but for years to come, will require the sustenance that can only targely be supplied by the United States and Canada. By following the pursuit of agriculture the returned soldier will continue the cause he so greatly advanced when fighting on the field of battle. Both countries have undeveloped areas yet open to settle-

There is little need here to direct

airention to the wealth that has come thing but of an unfriendly character. to the farmers of Canada within the The draft law of the United States past few years. It is not only in grain adopted for the carrying out of the growing that unqualified and almost high purposes had in view by the Unitunequaled success has followed hon- ed States kept many from going to est effort, but the raising of horses. Canada during the period of the war. cattle, sheep and hogs has been large The citizen army of the United States source of profit. These are facts that was quickly mobilized, and contained are well known to the many friends a large percentage of the young men and acquaintances of the thousands of from the farms. In this way many farmers from the United States who were prevented from going to Canada. have acquired wealth on the prairies of Western Canada. Farms of from one hundred and sixty to six hundred and forty acres of the richest soil may be secured on reasonable terms, and with an excellent climate with a school system equal to any in the world, and desirable social conditions, little else could be asked.

show in the fullest degree the country's | tisement. appreciation of the services he has rendered.

But, now that the war is ended, and the fact apparent that of all avocations the most profitable and independent is that of the farmer, there will be a strong desire to secure farm lands for cultivation. Canada offers the opportunity to those seeking, not as speculation but as production. The deepest interest is taken by Federal and Provincial authorities to further the welfare of the farmer and secure a maximum return for his efforts. Large sums of money are spent in educational and experimental work. Engaged in Experimental and Demonstration farms, and in the agricultural colleges, are men of the highest technical knowledge and practical experience, some being professors of international reputation. The results of experiments and tests are free and available to all. Educational opportunities for farmers are the concern of the Government and appreciation is shown by the number of farmers who attend the free courses.

Agriculture in Canada has reached a high standard, notwithstanding which lands are low in price.

Thus upon the United States and Canada for many years will rest the great burden of feeding the world. With free interchange of travel, difficulties of crossing and recrossing removed. Canada may look for a speedy resumption of the large influx of settiers from the United States which prevailed previous to the war. During the war period there was a dread of something, no one seemed to know what: if the American went to Canada he might be conscripted, put in prison, or in his attempt to cross the border he would meet with innumerable difficultles, most of which, of course, was unto them. It may be that the counting true. These untruths were circulated for a purpose by an element, which, it was discovered had an interest in fomenting and creating trouble and distrust between two peoples whose language and aims in life should be any-

That is all over now. There are ne real or imaginary restrictions; there is no draft law to interefere. On the contrary there is an unfathomable depth of good feeling, and the long existing friendship is stronger than ever. This has been brought about by the knowledge of what has been done in the recent great struggle, each vying with Canadian statesmen are today busily the other in giving credit for what was engaged planning for the future of the accomplished. In thought and feeling, returned soldier with a view to making in language, in sims in life, in work, him independent of state help after the in desire to build up a new world. immediate necessary assistance has there has been bred a kinship which is been granted, the main idea being to as judissoluble as time itself .-- Adver-

All She Did.

"Aunty," shrieked Hilda, "Gilbert te kicking me!"

"She began it," defended little brother. "What did you do to him first, HID-

da?" hotly demanded aunty. "Nuffin at all 'cept hit him across the back wif my little broom," clamly replied Hilda.

Chronic Constipation is as dangerous as disagreeable. Garfield Tea Cures it. Adv.

You can't be happy unless you try to make others happy.

Each experience a man has makes him either better or worse.

Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take



Standard cold remedy for 20 years—in tables 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 picturs. At All Drug Storea



W. N. U., OMAHA, NO. 7-1919.

HAARLEM OIL CAPSULES

urinating, bloody, cloudy urine or sed- curable disease. iment? All these indicate gravel or

and lining of the kidneys, and the lit- condition, and ward off the danger of causing the inflammation, are immethey do not help you. Ask for the diately attacked and chased out of original imported GOLD MEDAL

Do you feel tired and "worn-out?" | Don't ignore the "little pains and Are you nervous and irritable? Don't aches," especially backaches. They sleep well at night? Have a "dragged may be little now but there is no tellout," unrested feeling when you get ing how soon a dangerous or fatal disup in the morning? Dizzy spells? Bil- ease of which they are the forerunlous? Bad taste in the mouth, back- ners may show itself. Go after the ache, pain or soreness in the loins, cause of that backache at once, or you and abdomen? Severe distress when may find yourself in the grip of an in-

Do not delay a minute. Go to your stone in the bladder, or that the pol- druggist and insist on his supplying sonous microbes, which are always in you with a box of GOLD MEDAL your system, have attacked your kid- Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor, You should use GOLD MEDAL After you have cured yourself, con-Haarlem Oil Capsules immediately, tinue to take one or two Capsules The oil soaks gently into the walls each day so as to keep in first-class tle poisonous animal germs, which are future attacks. Money refunded in your system without inconvenience or brand, and thus be sure of getting the genuine.-Adv.

ired Nervous Mothers

Should Profit by the Experience of These Two Women Buffalo, N. Y.-"I am the mother of four children, and for

nearly three years I suffered from a female trouble with pains in my back and side, and a general weakness. I had professional attendance most of that time but did not seem to get well. As a last resort I decided to try Lydia R. Pinkham's Vegetable Compound which I had seen advertised in the newspapers, and in two weeks noticed a marked improvement. I continued its use and am now free from pain and able to do all my housework."- Mrs. B. B. ZIELINSKA, 202 Weiss Street, Buffalo, N. Y.

> Portland, Ind.—"I had a displacement and suffered so badly from it at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and do my own work and I give Lydia E. Pinkham's Compound the credit."— Mrs. Josephina Kinble, 935 West Race Street, Portland, Ind.

Every Sick Woman Should Try

LYDIA E. PINKHAM'S VEGETABLE COMPO