

# I AM GLAD TO ENDORSE PERUNA

**Glad to Try Anything**  
 "Three years ago my system was in a terribly run down condition and I was broken out all over my body. I began to be worried about my condition and I was glad to try anything which would restore me. Peruna was recommended to me as a fine blood remedy and tonic, and I soon found that it was worthy of praise. A few bottles changed my condition materially and in a short time I was all over my trouble. I owe my restoration to health and strength to Peruna. I am glad to endorse it."  
 Sold Everywhere

**Was in a Terribly Run Down Condition**  
 Miss Ricka Leopold,  
 285 Layco St., Menasha, Wis.  
 Secy Liederkranz, Miss Leopold's letter opposite conveys in no uncertain way the gratitude she feels for Peruna.  
 Liquid and Tablet Form

**Looking at the Bright Side.**  
 Old Lady—That parrot I bought yesterday uses most violent language.  
 Dealer—Lady, I don't deny that he does swear a bit, but you must be thankful he doesn't drink or gamble.  
 As Good as Better.  
 "I want a piece of meat without any bone, fat or gristle."  
 "You'd better buy an egg, mum."

The charm of a bathroom is its spotlessness. By the use of Red Cross Blue, all cloths and towels retain their whiteness until worn out. 5c.

Where there is much light, the shadows are deepest.—Goethe.

## THIN PEOPLE SHOULD TAKE PHOSPHATE

Nothing Like Plain Bitro-Phosphate to Put on Firm, Healthy Flesh and to Increase Strength, Vigor and Nerve Force.

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and bust, and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness. Thinness and weakness are often due to a starved nervous system. Our bodies need more phosphorus than is contained in modern foods. Phosphorus is a claim there is nothing that will supply this deficiency so well as the organic phosphate known among druggists as bitro-phosphate, which is inexpensive and is sold by most all druggists under a guarantee of satisfaction or money back. By sending the nerves directly and by supplying the body cells with the necessary phosphoric food elements, bitro-phosphate should produce a welcome transformation in the appearance; the increase in weight frequently being astonishing.

Georgia Hamilton.  
 Increase in weight also carries with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, should soon disappear. Full eyes ought to brighten, and pale cheeks glow with the bloom of health. Miss Georgia Hamilton, who was once thin and frail, reporting her own experience, writes: "Bitro-Phosphate has brought about a magic transformation with me. I gained 15 pounds and never before felt so well."  
 CAUTION: Although bitro-phosphate is unsurpassed for relieving nervousness, sleeplessness and general weakness, it should not be used by anyone who does not desire to put on flesh.

## MILLIONS Suffer from Acid-Stomach

Millions of people suffer year after year from ailments affecting practically every part of the body, never dreaming that their ill health can be traced directly to acid-stomach. Here is the reason: Poor digestion means poor nourishment of the different organs and tissues of the body. The blood is impoverished—becomes weak, thin, stringy. Ailments of many kinds spring from such conditions. Biliousness, rheumatism, lumbago, sciatica, general weakness, loss of power and energy, headache, insomnia, nervousness, mental depression—these are serious ailments caused by acid-stomach. Keep a sharp lookout for the first symptoms of acid-stomach—indigestion, heartburn, belching, loss of appetite, a painful bloated feeling after eating, gassy stomach. EATONIC, the wonderful modern remedy for acid-stomach, is guaranteed to bring quick relief from these stomach troubles. Thousands say they never dreamed that anything could bring such relief—and make them feel so much better in every way. Try EATONIC and you, too, will be just as enthusiastic in its praise. Make your life worth living—no aches or pains—no blues or melancholy—no more of that tired, listless feeling. Be well and strong. Get back your physical and mental punch; your vim, vigor and vitality. You will always be weak and ailing as long as you have acid-stomach. So get rid of it now. Take EATONIC Tablets—they taste good—you eat them like a bit of candy. Your druggist has EATONIC—50 cents for a big box. Get a box from him today and if you are not satisfied, he will refund your money.

## EATONIC (FOR YOUR ACID-STOMACH)

**Every Woman Wants**  
 Parture  
 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. 50c. 100c. 200c. per box. The Pinkham Toilet Company, Boston, Mass.

If you are having business, domestic or other trouble, write us. We furnish expert legal advice and assistance by correspondence. Advice for one year \$10, 6 mths. \$5, in advance. LEGAL AID BUREAU, 611 Be Side, Omaha, Neb. W. N. U., OMAHA, NO. 29-1918.

## NO NEED FOR THEM TO PART

Young Man Willing to Sacrifice Himself to Soften Blow to Poor Father-in-Law.

The young man had asked him for the hand of his daughter, and a pang wrung the fatherly heart of Mr. Jones as he looked at the youth, and thought of the bitterness of parting with his well-beloved child.

"I suppose, Oliver," he said at last, "it is only natural and right that when the young birds have become old enough to fly, they should leave their parental nest and go with their chosen mates to build nests of their own, and yet it pains me when I think of one of my fledglings getting ready to fly away."

"This seems to be a good-sized nest," suggested the young man, anxious to soften the blow; "perhaps you'd rather have me and Gertie stay here."

## "BAYER CROSS" ON GENUINE ASPIRIN



"Bayer Tablets of Aspirin" to be genuine must be marked with the safety "Bayer Cross." Always buy an unbroken Bayer package which contains proper directions to safely relieve Headache, Toothache, Earache, Neuralgia, Colds and pain. Handy tin boxes of 12 tablets cost but a few cents at drug stores—larger packages also. Aspirin is the trade mark of Bayer Manufacture of Monoacetic-acidester of Salicylicacid.—Adv.

All Nicely Arranged.  
 "Oh, yes, it's all nicely arranged. Jack has found it practically impossible to live on his income and he needs me to economize for him."  
 "But, my dear, you have found it practically impossible to dress yourself on your allowance," said her chum.  
 "True," she admitted, "and so I need him to economize for me. It's a splendid arrangement, don't you think so?"

## If You Need a Medicine You Should Have the Best

Have you ever stopped to reason why it is that so many products that are extensively advertised, all at once drop out of sight and are soon forgotten? The reason is plain—the article did not fulfill the promises of the manufacturer. This applies more particularly to a medicine. A medicinal preparation that has real curative value almost sells itself, as like an endless chain system the remedy is recommended by those who have benefited, to those who are in need of it. A prominent druggist says "Take for example Dr. Kilmer's Swamp-Root, a preparation I have sold for many years and never hesitate to recommend, for in almost every case it shows excellent results, so many of my customers testify. No other kidney remedy has so large a sale."  
 According to sworn statements and verified testimony of thousands who have used the preparation, the success of Dr. Kilmer's Swamp-Root is due to the fact, so many people claim, that it fulfills almost every wish in overcoming kidney, liver and bladder ailments; corrects urinary troubles and neutralizes the uric acid which causes rheumatism.  
 You may receive a sample bottle of Swamp-Root by Parcels Post. Address Dr. Kilmer & Co., Binghamton, N. Y., and enclose ten cents; also mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

With Her Tail!  
 "Whudja spillin' all that for those good milk ter, Mandy?"  
 "Flossie kicked jest awful. Hiram."  
 "God darn it, she never even raised a hoof."  
 "An' who said she did, Hiram Foder?"

Cuticura Comforts Baby's Skin  
 When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

The worst use that can be made of success is to boast about it.  
 Worry is trying to make a \$25 salary look like a \$200 income.

**MURINE** Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they're Smart, Itch, or Burn, If Sore, Irritated, Inflamed or Granulated, use Murine often. Safe for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Company, Chicago, U. S. A.

# The KITCHEN CABINET

I think he conquers all who wins content. Take what you may. Of proffered good; accept life as it stands. And make the most of its swift-fleeting days.

## FISH AND WAYS OF COOKING IT.

Select fish with firm flesh, clear eyes, red gills, scales bright and free from any unpleasant odor. As soon as it is caught or brought it should be scaled, cleaned and well washed. After cleaning place on a large plate in a cool place until it is ready to be cooked.

To boil fish, wipe it carefully, dust well with salt and wrap in a cheese cloth four inches longer than the fish. Place in a kettle of boiling water, add a teaspoonful of salt, a bay leaf, a sprig of parsley, a slice of onion and a bit of celery. Cover the kettle and let it just simmer ten minutes to the pound. Lift out carefully and turn the fish upon a folded napkin on a hot platter. Garnish with slices of lemon and sprigs of parsley and serve with a drawn butter sauce.

Planked Whitefish.—One may have a delicious planked fish at home which may be served to perfection, if one has a gas or coal range. Secure a two-inch plank made from hard wood, oak, hickory or maple, a groove running around the plank two inches or less (in from the edge), will hold the juices from flowing over. Have the fish split down the back and place it skin side down on the plank after heating it so hot that the hand cannot be held an instant upon it. Season the fish with salt and pepper, baste with butter and place in a hot oven to bake thirty minutes, basting two or three times. When the fish is done, take it from the oven, garnish with parsley and lemon slices and send to the table on the plank, place on a tray a little larger than the plank. The longer the plank is used the better flavor it gives to the fish. Scrape the plank to remove any charred wood and carefully cover it when not in use, and it will last for years. If one wishes to roast the fish before an open fire, the ideal way, tuck the fish on the board and stand it before the fire.

Frying Small Fish.—The old saying is that "small fish should swim twice, once in water and once in oil."  
 Perch, smelts and trout may be cooked in deep fat, putting the fish in a frying basket. Dip them after being well cleaned, salt and peppered, in egg and corn meal, then put them into hot fat which will brown a small cube of bread in one minute. Cook five minutes, drain on brown paper and serve.

If you've anything good to say to a man, Don't wait till he's laid to rest; For the eulogy spoken when hearts are broken Is an empty thing at best.

## HOT WEATHER DISHES.

During the warm weather cold meats and meat leaves are popular, as they may be prepared the day before using, keeping well for several days on ice.

Jellied Veal.—Wipe a knuckle of veal and cut it into pieces, put it in a kettle with two quarts of water, bring slowly to the simmering point and simmer for two hours; then add two onions, one blade of mace, one bay leaf, twelve whole cloves, six pepper corns, half a teaspoonful of ground allspice and simmer one hour longer. Take out the knuckle, carefully remove the bones and put the meat into a square mold. Boil the liquor until reduced to one quart, strain, add a quarter of a cup of good vinegar, and salt and pepper to taste, pour it over the meat and set away to cool over night. When cold turn it carefully out of the mold.  
 Veal Loaf.—Chop three and one-half pounds of veal and a half pound of ham, both uncooked; add to them one cupful of bread crumbs, one teaspoonful of salt, one teaspoonful of onion juice, half a teaspoonful each of pepper, sage, cloves and allspice, mix thoroughly with two well beaten eggs and press into a pan to mold. Turn out on a baking pan and brush with beaten egg and bake in a slow oven for two hours, basting three or four times while baking with butter and boiling water.

Italian Cheese.—Take one pound of veal, one and one-half pounds of calf's liver, half a pound of ham, one small onion, half a teaspoonful of sage, two tablespoonfuls of chopped parsley, one-fourth of a box of gelatine, two teaspoonfuls of salt, one-fourth of a teaspoonful of black pepper and a dash of cayenne. Wash the liver, cover with boiling water and let stand five minutes, then drain and dry. Chop the liver, the veal, the ham (all uncooked) very fine; then add the sage, parsley, salt, pepper, cayenne and onion grated. Mix well. Grease a mold and press the meat tightly into it, cover and steam three hours. Remove the cover and pour off the broth and add to it the gelatine which has been soaking in cold water to cover for half an hour.

As ships meet at sea, a moment to gather, when words of greeting must be spoken, and then away into the deep, as men meet in this world; and I think we should cross no man's path without halting him, and, if he needs, giving him supplies.—Henry Ward Beecher.

## MORE SALADS.

Sweet salads make a most dainty dessert, which is easy to prepare and much more wholesome in hot weather than puddings and heavy desserts.

Banana With Raspberries.—Peel small bananas and cut in halves lengthwise, spread with raspberry jam or the fresh fruit crushed and sweetened, lay on a lettuce leaf and serve with a sour cream dressing or with a simple French dressing.

Cottage Cheese Salad.—Shape small flat cakes of nicely seasoned cottage cheese, make a depression in the center with a spoon and fill with any favorite jelly or jam. Serve on a plate or fresh lettuce.

Dutch Salad.—Arrange well washed and drained lettuce in a bowl. Pour over three or four tablespoonfuls of hot bacon fat, season with salt and pepper, then add a tablespoonful or two of hot vinegar. Serve sprinkled with bits of fried bacon or minced ham. Onion may be added to this salad, or not, as the taste dictates.

The average bottled dressing is spoiled by the addition of too much mustard. It is safe to cut down nearly all proportions of mustard in most recipes one-half and in many three-fourths. One-fourth of a teaspoonful of mustard is sufficient to season an ordinary recipe for salad dressing. Mustard is highly irritating, as one knows when it is used as a plaster for the skin, so it is reasonable to suppose that the delicate membrane of the digestive tract is also irritated by its use.

Simple Russian Salad.—Arrange a bowl of crisp lettuce and heap chopped, seasoned tomatoes on the lettuce. Serve with any desired salad dressing.

Cottage Cheese Salad.—Take a pint of cottage cheese, add two tablespoonfuls each of shredded chives and minced parsley, or green peppers, season with salt, add one-half cupful of salad dressing and four cupfuls of shredded lettuce. Heap the cheese on the nests of lettuce and serve at once.

Prune Salad.—Arrange cooked prunes in the form of a flower by cutting them in halves, and arrange on lettuce. Put a spoonful of thick boiled dressing in the center and serve with the boiled dressing, if more is needed.

Nature is man's best teacher. She unfolds Her treasures to his search, unceasing his eye, Illumes his mind, and purifies his heart. An influence breathes from all the sights and sounds Of her existence; she is wisdom's self.—Alfred Street.

## SUMMERY SALADS.

There is no dish which "touches the spot" equal to a fresh, crisp, green salad.

String Bean Salad.—Take one quart of cooked and chilled string beans, add two tablespoonfuls of chopped onion, one half teaspoonful of salt, a dash of cayenne and a few dashes of paprika, cover with olive oil using two spoonfuls of oil and one of vinegar and let stand for two hours. Line a bowl with lettuce, put in the beans and pour over the dressing. Serve well chilled.

Tomato Aspic on Shredded Cabbage.—Cook two cupfuls of tomato and one onion for twenty minutes, add one teaspoonful of salt and two of sugar and when well dissolved, strain. Soak four teaspoonfuls of granulated gelatin in one tablespoonful of water and add to the tomato. Pour into small molds or cups and let stand until firm. Serve on finely shredded lettuce with mayonnaise or a boiled dressing.

Boiled Dressing.—Take two eggs well beaten, add two tablespoonfuls of vinegar and two tablespoonfuls of water, two tablespoonfuls of butter, two teaspoonfuls of salt and half a teaspoonful of mustard with a dash of red pepper. Cook over hot water until smooth and thick.

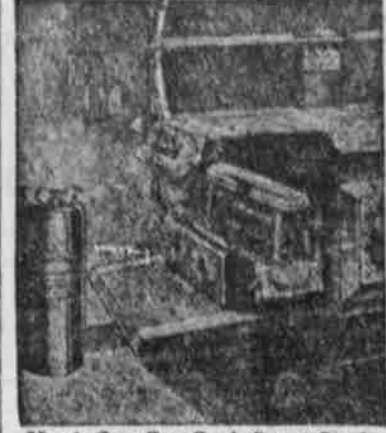
French Dressing.—Put in a bowl, three tablespoonfuls of olive oil (corn oil will do, but lacks the flavor), one tablespoonful of vinegar, one half teaspoonful of salt and a few dashes of paprika. Beat with an egg beater until thick.

Tomato With Onion and Cucumber Salad.—Cut thick slices of ripe, red tomatoes, or if small, cut in halves. Heap on each slice a mixture of chopped onion and cucumber well seasoned and mixed with French dressing; finish with a spoonful of thick boiled or mayonnaise dressing on top. Three good sized tomatoes will serve nine; the amount of onion and cucumber can be used to suit the taste. Celery may also be added using but a bit of onion for seasoning.

Nellie Maxwell

## Get An Oxo-Gas Heater For Your Range or Cook Stove

Would you like to have gas in your home for \$45? Then buy one of these appliances and make your own gas out of kerosene the cheapest fuel in the world.

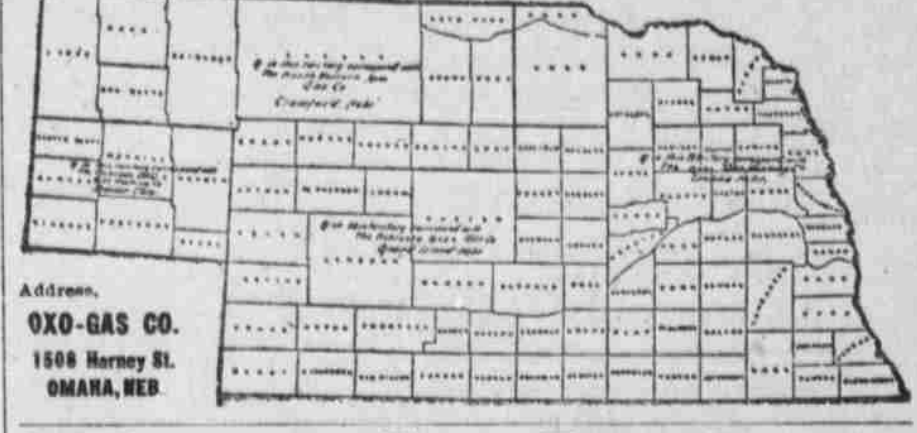


No. 1, Oxo-Gas Cook Stove Outfit

## Save Your Wife A Lot of the Drudgery and Dirty Work About the House

No coal to carry in; no ashes to carry out; no wood to cut; no coal to buy; no coal to haul; no soot; no smoke; no getting up an hour earlier; no excessive heat in the summer; no fixing the fire every ten minutes in the winter; no getting up in the winter in a cold house; just put in kerosene and this little heater will do the rest, and you will wonder why you didn't get one before, but that was because they have just been perfected so anyone can use them.

We also have them for heating stoves and furnaces. Write today and be one of the first to get one of these twentieth century wonders. Send for Catalogue and Full Instructions. Good Proposition to County or City Distributors.



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## Nature's Beverage

is truly gratifying—and what a thirsty old world indeed this would be without water! But if in quenching thirst we can also impart nourishment, then have we acted wisely and improved upon nature's suggestion.

The Cereal Beverage Supreme

Not only slakes the thirst but yields that invigorating nourishment so often demanded by the human system.

Order from your dealer, at groceries, drug stores, fountains, restaurants, etc., or from

### Richardson Drug Co.

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THE INDEPENDENT BREWERIES CO., St. Louis.

## Nebraska Directory

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 23rd, Hickory and U. P. R. R.  
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 20th, Center and C. B. & Q.  
 Phone Douglas 1141  
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