

Upso the shoulders of the past we stand, | water ; cook until the cherries are ten-And to the future turn our questioning

What doth she hold in store, what pretions prize That we may wrest from out her close-shut hands?

-Elizabeth Wade.

POTTED MEATS AND FISH.

In England potted meats are an every-day occurrence, and the knowledge of potting is known



by the plainest cooks. Meats such as ham, tongue or chicken, as well as fish left over from a meal, is potted for a luncheon dish, rather than making it into hash which is too common in

most of our families. The goodness of potted ments depends upon the pounding and seasoning. If carefully prepared and put away they will keep for a long time and will be found most helpful in preparing emergency dishes Potted Chicken,-Take cold roast

chicken, rejecting the skin and sinews, chop fine and to every pint allow a half cupful of chopped ham or tongue. Put the bones of the chicken into a saucepan, add a pint of cold way ter and simmer until there is a half pint of stock; strain and remove the fat. Pound the chicken, hum or tongue to a smooth paste. An old-fashioned mortar and pestle is used for this, or It may be ground through the meat chopper until fine. Then pound, add a little of the broth to thicken; season with cayenne, nutmeg and a tablespoonful of butter. Put into small jars and press down tightly, cover with a cloth, and cover the cloth with a paste made of flour and water, and bake in a moderate oven one-half hour, the jars standing in water. Take out, remove the cover and pour melted butter over the meat. The with a paper moistened with white of egg and keep In a cool, dry place. This will keep for months, and makes an ideal hot weather dish. Fresh beef's tongue, cold roast veal, bolled or roast mutton, ham and smoked tongue may all be potted in the same manner.

Potted Fish .- Pick cold, cooked fish to pieces, season with salt, pepper and a little mace, then put into a jar, tie tightly with a piece of muslin, cover with a flour paste, stand the jar in wa- fat, three cupfuls of flour, a teaspoonter and bake one hour in a moderate ful of salt and one teaspoonful of soda, oven. When done and cold, pound the Beat well, then add one cupful of seedfish to a paste, pack in the jars and less raisins and fold in the stiffly beatcover with melted butter.

Brood not on words or slights, their biting force

der, then thicken with cornstarch and cook until the starch is well cooked. Serve hot.

Thou mayest not rest in any lovely thing. Thou who wert formed to seek and to aspire;

For no fulfillment of thy dreams can bring The answer to thy measureless desire.

The beauty of the round green world is not Of the world's essence; far within the

The tints which make this bubble bright

are wrought; The bubble bursts; the light can never -Lucy Larcom.

HERE'S A RAISIN.

Until the shortage of sugar, we never realized the wealth of sweetness



stored in some of our dried fruits. and never considered them in regard to their sugar value. As raisins are three-

fourths sugar, why not take advantage of that when using them in various dishes? The

saving of sugar is not so vital now, but we still need to use economy so that foreign nations may have a share.

A handful of raisins added to almost any fruit salad adds to its flavor and richness. For a toothache one of the pleasant remedies is a split raisin, sprinkled

with a few grains of cayenne; press the pleces together and place the raisin on the gum nearest the tooth. A hot raisin is said to cure earache.

Apples Stuffed With Raisins .--- Wash. ore and remove the pulp from a dozen mooth, firm apples. Put through the neat chopper two cupfuls of the apple removed, and two cupfuls of seeded raisins; add one tablespoonful of lemon juice. Stuff the apples with this mixture and place them in a greased bakng pan. Into a sauce pan put a cupful each of water and corn sirup, add a tablespoonful of butter and boll for five minutes. Pour this sauce over the apples and bake until they are tender. Serve either hot or cold.

Raisin Pancakes .-- Beat the yolks of three eggs, add two cupfuls of milk (sour), two tablespoonfuls of melted er whites. Cook on a hot griddle and serve with maple sirup or honey.

A few chopped and steamed raisins added to ordinary boiled frosting Is measured by their housing mischief makes a very good cake filling. Nuts Which, nursed and tended, bring forth will make a still richer filling, if a few are added, finely chopped.

THE SEMI-WEEKLY TRIBUNE, NORTH PLATTE, NEBRASKA.

Lift off Corns! FRECKLES Now is the Time to Get Rid of These Ugly Spats

There's no longer the slightest need of feeling asbamed of your freckles, as Othine-double strength-is guaranteed to remove these homely spots. Simply get an ounce of Othins-double strength-from your druggist, and apply a little of it alght and morning and you should soon are inst even the worst freckles have begun to dis-appear, while the lighter ones have vanished en-tively. It is seldon that more than or ounce is needed to completely clear the skin and gains a beautiful clear complexion. Be sure to ask for the double strength Othine, as this is sold under guarantee of money back if it fails to remove freckles.-Adv.

Sergeant (to Private Jones, who is looking blankly at the mug of tea)-Now, then, Private Jones, what's the matter with you? Private Jones-This bloomin' tea

ion't 'arf taste funny. Sergeant-Taste funny, does it? Well, then, if it's funny, why the

don't yer larf?-From Blighty, Lon-

The Chinese are not a race given to flattery. A gentleman called at a Chinese laundry for his clothes. On recelving the package he noticed some Chinese characters marked upon it. Being curious, he asked, pointing to erb.

"That is my name, I suppose?" "No. 'Scliption," was the China-man's bland reply. "'Lil' ol' man,

Bunk

with something under his coat was

stopped by the officer of the day and Gold is found in Sumatra, the nsked: Celebes and in Dutch Borneo in beach "What is that you have under there

> a tumor?" "No, it's a can-cer," was the reply.

The Trouble Buster. Past Experience. "Your singer has a fine range. But

can she manage it?" "She ought to. She used to be cook."

matro they also work the tertiary beds in a primitive way by tunnels. The larger companies confine themselves

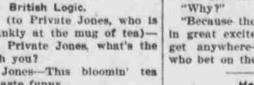
to working vein deposits. It is understood that the greatest quantity of gold is produced in the residency of Benkulen, Sumatra. The gold mining area extends sometimes to length of two and one-half miles. Water power can be employed nearly everywhere. Some mines in central Sumatra are being worked. The mines in the Celebes are not as rich as those

Worst Part of It.

in Sumatra.

"Why do you waste your days and nights on these pictures?" asked the wife of a struggling painter. "You don't get enough for them to pay for the paint you use."

"I know, my dear," he answered, "but think! Rembrandt and others painted pictures and sold them for trifles, and now they are the masterpieces of this world and sell for a million dollars! I am not painting for us, I am painting for our descendants." "Humph!" was the wife's discour-



this, the fellow who does the umpir-Automobiling may be the poetry of

Candor breeds hatred .-- Latin Prov-

Legitimate Plea. Father-My daughter, it gives me

much discomfort to see you keeping company with such spendthrifts, Don't you know that a fool and his money are soon parted?

Said Daughter-Yes, I know that, father, but it seems that the fools have all the money these days .-- Penn State Froth.

Men and Horses.

"Charley, dear," said young Mrs. Torkins, I should think race horses would feel foolish !"

In Peace and War for over 25 years Allen's Foot-Ease, the Antiseptic, Healing Powder for the Feet, to be shaken into the shoes and sprinkled in the foot-bath has been the standard remedy for all aching, swollen, hot, tired feet, blisters and sore spots and for the instant relief of corns, bunions and callouses. "Because they keep running around in great excitement and never really Thousands of people sent packages of Allen's Foot=Ease to their sons, brothers or sweethearts in the army and navy be cause they knew from experience that if would freshen and rest their feet, make their shoes comfortable and walking easy. Those who use Allen's Foot=Ease have solved their foot troubles. get anywhere-just like the people who bet on them."

He Surely Is.

"What do you know about the League of Nations?" "Not a great deal. But I'm sure of

ing is going to have a tough job."

motion until the machine breaks down; then it is blank verse. HAROED SOMERS, 169 De Kalb Ave., Brooklyn, N. Z

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Kill All Fligs I THEY SPREAD DISEASE Placed any where, DAISY FLY EILLER attracts and tills all fligs. Neat Alson organisation convenient and

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It is useless to berate a stingy man.

If you pay the mortgage, he can't hurt

One Million Five Hundred Thou-

sand Pounds of Powder for

That is what the government sent last-ear to make the soldiers' and sailors' feet comfortable and fit for the kind of was

you

the Feet.

they fought and finished.

No organs of the human body are so important to health and long life as the kidneys. When they slow up and com-mence to lag in their duties, look out! Danger is in sight. Find out what the trouble is—with-out delay. Whenever you feel nerrous.

mence to has in their duties, look out Danger is in sight. Tind out what the trouble is—with-out delay. Whenever you feel nervous weak, dizzy, suffer from sleeplessness, or have pains in the back, wake up at once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and other poisons, which are causing you distress and will de-stroy you unless they are driven from your system.

Children Cry Change - Contract let Contents 15 Fluid Drach 900 DROPS JASTORIA ALGOHOL-3 PER CENT. A Vegetable Preparation farAs-similating the Food by Regula-ting the Stomachs and Bowels of INFANTS CHILDREN Thereby Promoting Digestio What is CASTORIA Cheerfulness and Rest Contab neither Opium, Morphine na Mineral NOT NARCOTH Castoria is a harmless substitute for Castor Oll, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium,

His Description.

stantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit the lettering: of pain or soreness. Truly ! No hum-

FIND GOLD IN EAST INDIES closs-eyed, no teet'!"

Precious Metal Is Sought in Many Places, Though No Great Amounts

A soldier coming through the gate

Are Recorded.

Doesn't hurt a bit and Freezone

costs only a few cents.

With your fingers! You can lift off

any hard corn, soft corn, or corn be-

tween the toes, and the hard skin cal-

A tiny bottle of "Freezone" costs

little at any drug store; apply a few

drops upon the corn or callus. In-

deposits, alluvial deposits, tertiary

dravel beds and also in vein deposits.

According to a government report, the

working of the gravel beds has so far

been of little importance, and the

dredging companies have met with lit-

tle success. The natives are employed

to some extent in the washing of river

sediment, and in certain parts of Su-

luses from bottom of feet.

bug!

podu Whose bitter crop is hatred and remorse

SOUPS OF SUMMER FRUITS.

Fruit soups are not commonly used among the people of America. In the

old world both

the prince and

with shaved ice

they may be at



tractive, refreshing, as well as nourishing. With fruit soups, the nourishment depends upon the ingredients used as with

other soups Such fruits as prunes, raisins, figs, »bananas, persimmons and pawpaws, have more food value than most other fruits, though lacking in other ingredients. The addition of stock or milk and egg also adds to the food value. the days that fruit is not served as a Dried or canned fruit may be used in soup making as well as fresh fruit.

slice very thin eight unpeeled apples. both pleasing to the eye and palate, Cook them with a half a cupful of rice The fruit may be crushed, sweetened in two guarts of bolling water until both the fruit and rice are soft, then sweetened whipped cream. The shell put through a sieve, add spice and half of course is baked, and when used a cupful of orange or grape fruit mar- with fruit which will soak its delicate malade, Serve hot.

Strawberry and Orange Soup .--Sprinkle a plnt of strawberries with that may be put into the shell as soon sugar and let stand on ice for one as it is stiff enough. Make the gelhour. Meantime make a sirup with atin mixture and when it begins to one and a half quarts of water and a set, beat it well with a Dover beater. pound of sugar and a quart of fresh then let chill and fold in the stiffly berries, with the juice of one lemon, beaten whites or whipped cream or Mash, strain and add a cupful of orange juice with the prepared berries in border of whipped cream and berries. sugar. Serve ice cold

Raspberry and Mulberry Soup .--Wash and drain one quart each of raspherries and mulberries, mash them, add a pound of sugar and let stand for one hour. Then put through a sleve, heat gradually, and when at the bolling point thicken with two tablespoonfuls spoonful of sait, a tablespoonful of of cornstatch rubbed smooth in a little water. Serve hot or cold, adding the julce of a lemon or a lime and prika. Mix and turn into a dish in half a cupful of finely shredded almonds just before serving.

Prune and Peach Soup .--- Take onethird of a pound of dried prunes and two-thirds of a pound of dried peaches. Serve hot or cold.

stone a pint of deep red cherries : various dishes. place them in a saucepan with the juice and grated rind of a lemon, half a cupful of quince juice and a pint of

In counting off our life By harvest moons, the checkered, tollsome years

Show in their record more of peace than strife. More joy than sorrow, more of smiles than tears.

-Ellen Allerton.

pensant enjoy GOOD EATS FOR HOT WEATHER. them summer and winter. Chilled

During the summer the wise housemother serves plenty of vegetables and fruits, cutting down

> on ments, rich pastries and puddings, thus saving herself and the digestion of her family.

As most people like a bit of sweet to end the dinner, why not prepare a plate of stuffed dates or a dish of

homemade candy to substitute or dessert?

Pastry shells filled with fresh fruit Apple and Rice Soup .--- Core and or with various gelatin mixtures are and mixed with or garnished with texture should not be filled until ready to serve. With the gelatin, however, serve it piled high in the crust with a One will find, many new and pretty

ways of serving these dainty ples. Ceylon Tomato Salad .-- Peel three solid tomatoes, cut them into halves and press out the seeds. Chop the tomatoes and put into a howl, add a tablespoonful of lemon juice, a teachopped onion and the same of green pepper, with half a tenspoonful of pawhich it is to be served. Add four tablespoonfuls of coconut cream and serve at once.

Coconut Cream .- To prepare coconut cream grate one good sized cocosonk over night. In the morning add nut and pour a pint of boiling water a pint of cold water and let them over it. Wash and stir until all the cook to the boiling point, then add flavor has been washed from the fiber. two tablespoonfuls of sago; cook until Turn into a cheesecloth and press firmthe sago is clear. Add a cupful of ly Stand the milk thus obtained in cherry, eranberry, or other tart juice. a cool place over night, when a thick cream will have formed on the sur-Cherry and Quince Soun .-- Stem and face. Remove this and set aside for

neecie maxwell

aging reply. "You don't make enough for us to raise any descendants."-San Francisco Chronicle.

Frequently Happens.

Mr. Exe-Jack and Edith are to be married and I get the credit for making the match.

Mrs. Wye-Enjoy the credit while you can, my dear. In a few years they may be giving you the blame .--Boston Evening Transcript.

Easy to Tell. June-Is that her dad or her husband with her? Bess-Her dad, of course. She's ask-

ing his opinion of something .- Boston Globe.

One Exception. "I can handle any subject without gloves."

"Then please don't try live wires."



Every Sick Woman Should Try 'DIA E. PINKHAM'S EGETABLE COM LYDIA E. PINKHAM MEDICINE CO. LYNN. MASS.

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