

A Note of Triumph

Has been sounded to thirsty mankind—success unparalleled in the history of non-intoxicating beverages, has everywhere marked the introduction of

PEP

THE CEREAL BEVERAGE SUPREME

America's Health and Food Drink. It stands pre-eminent as the best flavored cereal beverage made—no trial will convince you that "PEP" is the drink you have craved for. It aids digestion, quenches the thirst and builds up the system from head to foot.

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

Richardson Drug Co.
Distributors - Omaha, Neb.
THE INDEPENDENT BREWERIES CO., St. Louis.



Jollyng her Along.
"I wish a set of John Shakespeare's books."
"Yes, ma'am," said the glib clerk. "Here's a set of—ahem—John Shakespeare's works for only \$40."
"Is it a complete set?"
"Yes, indeed. It includes a life of—ahem—John Shakespeare and some letters he addressed to a prominent gasoline merchant of Stratford."—Birmingham Age-Herald.

Point He Had Overlooked.
"Sir, I'm afraid you are visionary."
"Why? Just because I think the Solomon Islanders sought to be uplifted?"
"No. Because you seem to think the Solomon Islanders care a hang about being uplifted."—Birmingham Age.

A Proposal.
Gerald—Marriage is a failure.
Geraldine—Let's fall together.—San Francisco Argonaut.

In India the average length of life is only twenty-four years.

Consoling Thought.
"I don't see how these motion picture actors can put up with the treatment they receive from that director."
"Why not?"
"When they spoil a scene he talks to them as if they were no better than the dirt beneath his feet."
"Oh, that might hurt the feelings of an ordinary person, but when a movie director raves, the actors can always maintain their composure by thinking of the salaries they get."—Birmingham Age-Herald.

Not Much to Choose.
The honors are about even, whether your job wears out your shoes or your trousers. It sets you back about \$15 for replacements in either event.—Kansas City Star.

In five years (1846-1851) Ireland's loss in population, through starvation, disease and emigration, was 2,200,000.

In life's great structure don't pull the props till the concrete's dry.

The KITCHEN CABINET

Would you remain always young, and would you carry all the joyousness and buoyancy of youth into maturer years? Then have a care concerning but one thing—how you live in your thought world.—Ralph Waldo Trine.

SUMMER SALADS.
Skill is required in arranging salads; the garnishing is most important. Color combinations should be used with care, not mingling too many in one dish. Bright splashes of red, vivid green or yellow give zest to the appetite.

Pimientos, chives, and hard boiled eggs thinly sliced make attractive garnishing, as do olives stuffed or green, when shaved and placed on cheese or on pineapple salad. Capers and sweet green peppers are good in combination with lettuce, tomatoes or chicken. Lemon sliced and sprinkled with chopped parsley or sprays of parsley with quarters of lemon make a fish salad most dainty.

Beet and Potato Salad.—Take six beets and six potatoes, one cupful of chopped olives and chives, with mayonnaise dressing. Cut the cooked beets and potatoes with a potato cutter into small balls. Put the potatoes in the mayonnaise dressing to which has been added the chives and olives. Dip the beets in vinegar and dish alternately, serving on lettuce.

Poinsettia Salad.—Take six tomatoes, a stalk of celery, a sweet green pepper and three apples, one-half cup of walnut meats and mayonnaise dressing. Scald the tomatoes, chill them and with a sharp knife, mark five divisions from the top center over half way to the base. Carefully turn back the skin to form five petals, scoop out the pulp and fill with apple, celery and nuts. Hang a little extra dressing on each and garnish with a ring of green pepper.

Jellied Egg Salad.—Take one quart of chicken jelly; this may be made very economically by cooking a half dozen pairs or more of chicken's feet. Scald, then cut off the toes and skin, then cook in a quart or more of water until the flesh falls from the bones. Slice the eggs, using six, and stir them gently in the cooling jelly so they will be evenly mixed. When cold place on a platter and garnish with mayonnaise dressing and parsley or water cress.

Fruit Salad with Orange Dressing.—Take a half a pound of dates, scalded and seeded, two small apples, half a cup seeded white grapes and quarter of a cup of black walnut meats; chop all but the grapes and mix well with a dressing made by using one-fourth of a cup of orange juice, three tablespoonfuls of lemon juice, one-fourth of a cup of sugar syrup and one large egg. Cook together in a double boiler until thick. Sliced oranges with French dressing make a dainty salad to serve with game.

A child is not a blank paper on which we may write our own ideas, but an individual, who has a character to be developed and a place to make in the world.

FOOD FOR THE SICK-ABED.
Illness will come in all homes at times and it is vitally important that we realize how valuable proper food is in the recovery of a patient. A trained nurse should be well equipped in knowledge of food values and how to prepare a tempting tray, yet it is not always possible to have a trained nurse, and the mother in the home will need this knowledge. A person who is ill in bed is out of balance, both mentally and physically, and it is wise to treat them with as much consideration as one does a child. Variety even in the serving of milk is important. Surprises are important to remember in the serving of food for grown-ups as well as for children.

The tray should be arranged to please the eye first, then the palate. A rose or a small flower beside the plate or in a small vase will often make eating a pleasure what would otherwise be refused or eaten under protest.

With little people many kinds of games will be thought of by the nurse to amuse and distract attention when the appetite is poor.

In the case of serious illness a small quantity of nourishment is given often, with as much attention to daintiness as possible.

If milk is the only food allowed it may be served in various ways. Chilled or hot, albumenized or as junket or koumiss, buttermilk and whey. It may be served with cocoa, nutmeg, orange or lemon rind, with a bit of whipped cream and fruit if it is allowed. Egg-nog is a favorite method of serving milk, but it must not be overdone. A variety of flavors may be used in egg-nog.

Gelatin is an easy food to digest, and combined with fruit and juices of fruits is a valuable addition to the food for the sick. It lends itself to Jellied chicken, sweetbread and

The First Bottle of PERUNA

Gave Relief 5¢ Writes

Entirely Free from Catarrh of the Stomach

"Peruna has positively done for me what many doctors failed to do. I have been time and again compelled to take to my bed for days. The first bottle of Peruna gave relief and while I always keep it in the house for emergencies, I consider myself entirely free from catarrh of the stomach—the trouble from which I suffered for so long before taking this remedy."

Mr. M. VanBuren, Engineer, G. R. & L. Ry., 17 Highland St., Grand Rapids, Mich.

Valuing a Voice.
"Maud says she isn't going to sing for nothing any more."
"Hm! If I had her voice I wouldn't sing for anything."—Boston Transcript.

How it Happened.
"How did you get that burn?"
"Showing the children a safe way to shoot off fireworks."

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

GREEN'S AUGUST FLOWER

In the good old summer time when fruits of all kinds are getting ripe and tempting, when cucumbers, radishes and vegetables fresh from the garden are too good to resist, when the festive picnic prevails and everybody overeats and your stomach goes back on you, then is the time for "August Flower," the sovereign remedy for tired, overworked and disordered stomachs, a panacea for indigestion, fermentation of food, sour stomach, sick headache and constipation. It gently stimulates the liver, cleanses the intestines and alimentary canal, making life worth living. Sold everywhere. Adv.

Substitute for Glass.
Many ingenious substitutes are being employed in England for the window glass which has been broken in the last four years.

The poetry of earth is never dead.



Such tender bits of fine meat—such careful seasoning! One taste of Libby's Vienna Sausage, served piping hot, will tell you it was prepared by master chefs! Ask your grocer for a package today. Contents will serve two.

Libby, McNeill & Libby, Chicago

FEEDING THE CHILDREN.
The "child welfare" movement which is doing such splendid work in our country should be encouraged, for there is no system of care or feeding which insures a child's health. Further, a child's appearance can never be trusted. No mother can be sure that her child is well, except on a physician's examination and a thorough one, including a blood test. It will pay parents and it will be profitable for the state and nation to see that every child is examined every year. By the system of height and weight charts sent out by the children's bureau, any mother may know whether her child approaches the normal or not and, if underweight, he should be examined at once.

Stock Raising in Western Canada

is as profitable as Grain Growing

In Western Canada Grain Growing is a profit maker. Raising Cattle, Sheep and Hogs brings certain success. It's easy to prosper where you can raise 20 to 45 bu. of wheat to the acre and buy on easy terms.

Land at \$15 to \$30 Per Acre
—Good Grazing Land at Much Less.

Railway and Land Companies offer unusual inducements to homeseekers to settle in Western Canada and enjoy her prosperity. Loans made for the purchase of stock or other farming requirements can be had at low interest.

The Governments of the Dominion and Provinces of Manitoba, Saskatchewan and Alberta extend every encouragement to the farmer and ranchman.

You can obtain excellent land at low prices on easy terms, and get high prices for your grain, cattle, sheep and hogs—low taxes (none on improvements), good markets and shipping facilities, free schools, churches, splendid climate and sure crops.

For illustrated literature, maps, description of lands for sale in Manitoba, Saskatchewan and Alberta, reduced railroad rates, etc., apply to Superintendents of Immigration, Ottawa, Canada, or

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

Two Were Mistaken.
Brown—"Back to town again? I thought you were a farmer?" Green—"I made the same mistake."

The Condition.
"Don't you believe in getting next to the soil?" "Yes, if you are able to strike pay dirt."

Adversity never has to spit on its hands in order to get a strangle hold on a man.

Pessimists are people who go around looking for thorns to sit on.

A recently patented sling for injured arms is worn like a vest.

EVERY WOMAN WANTS Partine 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. 5¢. All druggists or mailed by mail. The Paxton Toilet Company, Boston, Mass.

W. N. U., OMAHA, NO. 31-1919.

MURINE Rests, Refreshes, Soothes, Heals—Keep your Eyes Strong and Healthy. If they Tired, 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.**

Delicate Mechanism

Despite its scope Swift & Company is a business of infinite details, requiring infinite attention.

Experienced men must know livestock buying with a knowledge of weight, price, the amount and quality of meat the live animals will yield.

Each manufacturing operation must be done with expert skill and scientific precision. A highly perishable product must be handled with speed and care to avoid loss.

Chemists, engineers, accountants, and other specialists are required to take care of our intricate problems.

Alert wisdom and judgment must be used in getting stocks of goods into the open channels of demand through our four hundred branch houses. Branch house organizations must show activity and energy to sell at the market in the face of acute competition from other large packers, and hundreds of small ones.

All these requirements of intelligence, loyalty, devotion to the task, are met in the personnel of Swift & Company. Yet the profit is only a fraction of a cent per pound with costs at minimum.

How can the workings of this delicate human mechanism be improved upon?

Do you believe that Government direction would add to our efficiency or improve the service rendered the producer and consumer?

Let us send you a Swift "Dollar". It will interest you. Address Swift & Company, Union Stock Yards, Chicago, Ill.

Swift & Company, U. S. A.


