

TO KFEF WELL
A Teaspoonful of PERUNA
Three Times a Day

PERUNA THE GUIDE POST TO HEALTH
Has Never Been Down Sick Since Taking
PERUNA
Read this letter from Mr. Robt. Minnick, Grass Range, Montana.
"In 1900 I was out in Kansas running a threshing engine and the threshing crew had to sleep out of doors. One of the crew brought a Peruna Almanac to the engine one day and I was feeling very ill from sleeping out. I decided to give Peruna a trial and sent for a bottle of Peruna and a box of Peruna Tablets, which straightened me out in a hurry.
"I have never been down sick since that time. I do not take any other medicines except Peruna. I always keep it on hand. If I get my feet wet, get a cold, feel chilly, or a little bad, I always take Peruna. People should not wait until they are down sick and then take it, but should keep it on hand like I do and when they feel bad, they should use it."
Recommended for Catarrhal inflammation of every description.

DYERS
BEST BUYERS AND SELLERS OF CATTLE, HOGS AND SHEEP STOCK YARDS-OMAHA
DROS & CO

PATENTS Watson E. Coleman
Patent Lawyer, Washington, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

Not for Man's Wear.
A new sweater, we see by the fashion page, is of pale pink silk, knitted in flat design, with flowers, and lined with mauve chiffon; but we can hardly image a man wearing one home from a fishing flaut with a week's growth of whiskers on his face.—Grand Rapids Press.

A Lady of Distinction.
Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

A married man says the easiest way to manage a wife is to let her have her own way.

Every department of housekeeping needs Red Cross Ball Blue. Equally good for kitchen towels, table linen, sheets and pillowcases, etc.

If a man is your friend he doesn't have to tell you so.

IF THIN AND NERVOUS, TRY PHOSPHATE

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

When one stops to consider the host of thin people who are searching continually for some method by which they may increase their flesh to normal proportions by the filling out of saggy hollows, the rounding off of protruding angles with the attendant bloom of health and attractiveness, it is no wonder that many and varied suggestions along this line appear from time to time in public print.
While excessive thinness might be attributed to various and subtle causes in different individuals it is a well-known fact that the lack of sufficient phosphorus in the human system is very largely responsible for this condition. Experiments on humans and animals by many scientists have demonstrated beyond question of doubt that a body deficient in phosphorus becomes nervous, sickly and thin. A noted author and professor in his book, "Chemistry and Food Nutrition," published in 1918, says: "It is a fact that the amount of phosphorus required for the normal nutrition of man is seriously underestimated in many of our standard text books."
It seems to be well established that this deficiency in phosphorus may now be met by the use of an organic phosphate known throughout English speaking countries as Bitro-Phosphate. Through the assimilation of this phosphate by the nerve tissue, the phosphoric content when absorbed in the amount normally required by nature soon produces a welcome change in our body and mind. Nerve tension disappears, vigor and strength replace weakness and lack of energy, and the whole body soon loses its ugly hollows and abrupt angles, becoming enveloped in a glow of perfect health and beauty and the will and strength to be up and doing.
CAUTION—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on flesh should use extra care in avoiding fat-producing foods.

A Woman's Place.
Discussing the mooted question "woman's place is in the home." Representative Foster of Ohio said on the floor of the house the other day:
"Out in my country a fellow's wife was taken to a hospital for the insane and her husband called to discuss her case with a physician. 'I can't for the life of me understand what made that woman crazy,' the husband said; 'she hasn't been out of her own kitchen in seven years.'"
His Views.
"What is this domestic science, anyhow?" "A college course in housework—that's all."

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.

THE KITCHEN CABINET

Each day is a fresh beginning. Wise is he who takes today and lives it and tomorrow when it comes—but not before it comes. The past is of value only by way of the lessons it has brought us.

FOOD FOR THE SICK.

A tempting tray with a change of china, using the prettiest in the house will interest the patient, and he will know and appreciate that the preparation of his food and tray is a pleasure, in the measure in which it is demonstrated. When no invalid tray is provided use a large tray and support it over the patient's lap with books on each side. This will take away the weight and dread of spilling food.

Gruels are such important foods for the ill that it is fitting that thought should be put upon their preparation. For a liquid diet all cereals are prepared in the same way, using two to three tablespoonfuls to a quart of water. Cook for several hours in a double boiler and strain before serving. A thick cereal is cooked as for breakfast food, but cooked a long time.

Chicken Broth.—A good broth may be prepared from the neck, wing tips and feet of a chicken. Scald the feet, removing the skin and nails. Cover with cold water adding celery and let it simmer gently for two hours. Season and strain.

Mutton Broth.—Cut one pound of the neck of mutton in small pieces. Cover with cold water and simmer gently for several hours. Season and strain through a cheesecloth. Add a tablespoonful of boiled rice or barley at serving time. This adds to the nourishment. All fat should be removed before serving. Chill, then reheat after taking off the fat.

Creamed Sweetbreads.—Soak a pair of sweetbreads in cold water an hour, changing the water several times. Simmer in hot water until tender. Add salt and a few celery leaves for flavor. When done dip in cold water and separate into small pieces, removing the membrane. Save the broth in which they were cooked as it makes delicate soup, adding a little milk and seasoning. Put the sweetbreads into a cream sauce and serve on toast or in ramekins.

Lemon Jelly.—Soak a tablespoonful of gelatin in three tablespoonfuls of cold water; add three-fourths of a cupful of boiling water and four tablespoonfuls of lemon juice and five tablespoonfuls of sugar. Stir until dissolved. Pour into a wet mold and put on ice to harden. This makes two servings.

Plain Sponge Cake.—Beat two eggs, separating whites and yolks; add one-half cupful of sugar, and a flavoring of lemon juice and rind to the beaten yolks; then add the whites and fold in one-half cupful of flour. Bake in a moderate oven until the cake shrinks from the pan.

A sunny, bright, and buoyant, chronically buoyant disposition is one of the most desirable and enviable qualities of character that anyone, man, woman or child, can possess.

SERVING THE SUMMER MEAL.

In the homes where it is necessary to use economy (and that means 80 to 90 per cent of our people) the using of leftovers wisely and acceptably is usually a daily problem. Because the male members of the family shy at anything reheated, made over or hashed, the problem becomes one which takes finesse on the part of the menu planner. The preparation of a leftover into an appetizing dish takes vastly more thought than the ordinary one, which is often the reason why such dishes are not acceptable; they are prepared with too little thought.

The reason so many men balk at salads is because they are used as the clearing house for leftovers. There is something out of balance with a person who has not learned to enjoy crisp, well-blended salads, or well-cooked and seasoned vegetables, but no one can be blamed for refusing unattractive food.

In meeting people and making friends we try to be as agreeable as it is possible to be. Why not use the same method in combining foods, by putting a little originality into the seasonings, and make a new dish welcome?

We have favorite foods as we have favorite friends, yet it is not possible nor wise for us to always be served with the foods we like best or associate with people always agreeable.

Daintiness should be the keynote in the serving of the summer meal, as attractive dishes sharpen the appetite.
By following the advice of Horace Fletcher and chewing the food three times as long as usual, the appetite is satisfied with a smaller amount of food and the body has less waste to throw off, thus saving wear on the human machinery. "Eat less, work more, worry less, walk more," is a good motto for the whole year as well as for hot weather.

A salad, a sandwich, a cooling drink with a dish of fruit and a simple cake will make a noon meal sufficiently satisfying during the hot weather. Such a meal may be varied with a change of dessert and different kinds of salads and sandwich fillings, so that there will be no monotony. Milk and eggs custards and frozen dishes are most satisfactory at this time. Hearty dishes of meats with heavy desserts are best left entirely alone if one would be well.

If I could write as I can cook, How joyfully you'd read my book, I'd pepper faults and salt down facts.
Pick and preserve important acts; I'd roast the critics to a turn (So nothing but their ears would burn);
I'd have free verse and rhyming true served up in one grand Irish stew. You'd have your fill of solid meat, And finish off with something sweet.
I repeat— If I could write as I can cook, How joyfully you'd read my book. —By Iris.

EMERGENCY DISHES.

One of the earmarks of a good housekeeper is to be ready for any occasion. If her emergency shelf is a corner grocery, even a car full of friends arriving within an hour of meal time will not disturb her serenity. The hostess who urges her guests to remain to a meal which she is wildly planning in the back of her head, will lack the ring of true sincerity, no matter how carefully worded.

With a well-stocked emergency shelf which is constantly replenished, if she lives in the country or too far from a grocery store an impromptu guest will bring no panic, but on the contrary will be welcomed and enjoyed. The list of staples to be kept for such occasions will vary with the taste of the householder. There are some things which are necessities, such as crackers, cheese, pickles, olives, jellies and preserves. With canned fruit which is found in every well-regulated home, desserts and salads of various kinds may be quickly prepared. A few fruits like a box of marshmallows, a bottle (small one) of marshmello cherries and coconut will dress up an otherwise plain dish.

If the woman who lives in the country would serve her friends with the farm food—eggs, butter, cream, chicken, vegetables and berries, and not try to prepare something fancy, both she and her guests would be far happier. Crisp, fresh vegetables with cream or butter are a treat to the city dweller. An omelet is a most satisfying dish to serve in a hurry. It may have a variety of fillings or sauces, making it a main dish or a dessert.

The wisest and most interesting men talk little, think much, complain never, but travel on. How far have you come today, brother?

HOT WEATHER MENUS.

The appetite flags during the hot weather, making it necessary to give attention to foods that are cooling as well as nourishing. This is a good time to cut down meats, serving an omelet or croquettes with a good sauce. A small amount of meat may be used in preparing the croquettes or they may be made entirely of vegetables.

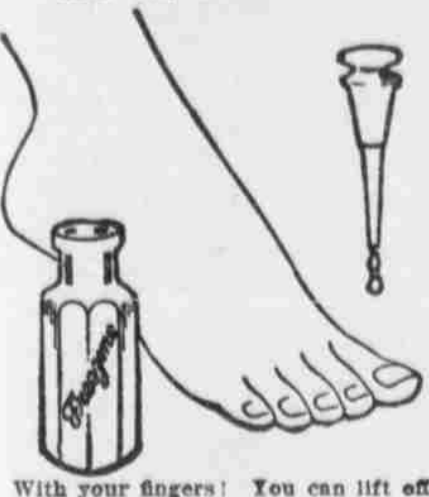
Cold fruit soups, fruit salads and fruit cocktails are especially satisfying on a hot day. Iced drinks of various kinds are always welcome. For a luncheon or supper, sandwiches with any desired filling, sliced cold roast beef, olives and radishes or small onions well chilled, a dish of ice cream or a sherbet and a cake will make a satisfying meal for anyone. Vegetable soup, crackers, omelet creamed potatoes with peas, tomato salad, sponge cake with a custard and a small cup of coffee is a good menu for dinner.

Rhubarb Pudding.—Spread bread with butter and cover with a layer of cut rhubarb; sprinkle with sugar and repeat until there is enough for each to be served. Add a little water and bake until the rhubarb is well cooked. Cherries or other acid fruit may be used in place of the rhubarb. Sponge cake with sweet berries may be treated in the same way, making a most wholesome dessert that you need not fear to give to the children.

Rich desserts and sauces, fat and highly seasoned meats, should be left out of the menus during hot weather. A supper dish that is economical and wholesome can be prepared from a cupful of cooked rice with three or four eggs. Put the rice with a little milk into a saucepan, add the eggs, stirring them into the mixture. Cook slowly, add a bit of butter, salt and pepper and serve hot in place of scrambled eggs. This will save three or four eggs, which, without the rice, would be needed to make the dish "go round" in a family of five.

Guaranteed by
The American Tobacco Co.
Nellie Maxwell

Lift off Corns!
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 between the toes, and the hard skin calluses from bottom of foot.
A tiny bottle of "Freezone" costs little at any drug store; apply a few drops upon the corn or callus. Instantly it stops hurting, then shortly you lift that bothersome corn or callus right off, root and all, without one bit of pain or soreness. Truly! No humbug!

Hopes for a Change.
The weary and pallid little man entered the drug store.
"Do you keep 'Rixie's Reviver'?" he asked.
"Yes," said the druggist.
"Gimme six bottles for my wife!"
"Tried all other remedies without success, eh?" said the druggist, conversationally.
"No; she ain't ill at all. But I saw in the advertisement where a woman wrote, after taking six bottles, 'I am a different woman!'"

Most of us never miss the target when we begin throwing bouquets at ourselves.

A lot of people get to like each other because they have the same bad habits.

Paradoxical.
"I'm afraid young Dibbs is a bad egg."
"Yes, and he's a fresh one, too."—San Francisco Chronicle.
Foregone Conclusion.
"A cat show is always a success."
"Naturally; a cat show ought to come up to the scratch."

Arrange Enamel Cover.
If you use an enamel cover for your tires, be sure you put it on right side up. Sometimes we find one put on upside down, which will cause it to hold the rain instead of shedding it.
It is more important to be going in the right direction than to be going rapidly.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which is poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrup," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS, if it bears the signature of Chas. H. Fletcher.** Genuine Castoria always bears the signature of *Chas. H. Fletcher*

Do not wait to see what will happen; take hold of things and make them happen.
Staying power is commendable in every calling except calling.—Cartoons Magazine.

Brazilian Rice.
Formerly one of the big imports of Brazil was rice. Now she exports five times as much rice as she ever imported.
Spinsters are not partial to ad-veg-og.

SAFE, GENTLE REMEDY BRINGS SURE RELIEF

For 200 years GOLD MEDAL Haarlum Oil has enabled suffering humanity to withstand attacks of kidney, liver, bladder and stomach troubles and all diseases connected with the urinary organs, and to build up and restore to health organs weakened by disease. These most important organs must be watched, because they filter and purify the blood; unless they do their work you are doomed.
Weariness, sleeplessness, nervousness, despondency, backache, stomach trouble, pains in the loins and lower abdomen, gravel, rheumatism, sciatica and lumbago all warn you of trouble with your kidneys. GOLD MEDAL Haarlum Oil Capsules are the remedy

you need. Take three or four every day. The healing oil seeps into the cells and lining of the kidneys and drives out the poisons. New life and health will surely follow. When your normal vigor has been restored continue treatment for a while to keep yourself in condition and prevent a return of the disease.
Don't wait until you are incapable of fighting. Start taking GOLD MEDAL Haarlum Oil Capsules today. Your druggist will cheerfully refund your money if you are not satisfied with results. But be sure to get the original imported GOLD MEDAL and accept no substitutes. In three sizes. Sealed packages. At all drug stores.



With a fine effervescence and rich creamy foam; combining perfect brilliancy with rare keeping qualities, having a most excellent hop taste and aroma—
PEP
THE CEREAL BEVERAGE SUPREME
AMERICA'S HEALTH AND FOOD DRINK
Is proven a benediction alike to budding youth and declining age—a revelation to every critical taste. To thousands of families it has become a household necessity.
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.

Kodak Finishing

Expert work. Prompt return. Special mail order department. We pay return postage. Write for price list. The Robert Dempster Co., Box 1138, Omaha, Neb.

Creamery and Cream Station Supplies
Milk Bottles and Dairy Supplies; Kegs Cases and Chicken Coops
KENNEDY & PARSONS CO.
1309 Jones St. 1901 E. 4th St. OMAHA SIOUX CITY

VAN ARNAM DRESS PLEATING & BUTTON CO.
412-17 Paxton Block, Omaha, Neb. Accordian, knife, side, space, box, sunburst and combination pleating, hemstitching, picot edging, plucking, ruffling, covering buttons, all styles and sizes. Price list free.

PARKER'S HAIR BALM
A toilet preparation of merit. Keeps hair from falling out. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

COME TO COLORADO AND BUY A HOME ON LONG TERM EASY TERMS & 1 PER CENT. FRANK RICH, HARBELL, COLO.

Yes, it's toasted

YOU know how much toasting improves bread. Makes it taste good. Of course—more flavor.
Same with tobacco—especially Kentucky Burley.
Buy yourself a package of Lucky Strike cigarettes. Notice the toasted flavor. Great! Nothing like it. The real Burley cigarette.



Guaranteed by
The American Tobacco Co.