

TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."—Mrs. JOHN KOPPELMANN, R. No. 1, McLean, Nebraska.

This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.

BILIOUSNESS Caused by Acid-Stomach

If people who are bilious are treated according to local symptoms they seldom get very much better. Whatever relief is obtained is usually temporary. Trace biliousness to its source and remove the cause and the chances are that the patient will remain strong and healthy.

Doctors say that more than 70 per cent of all diseases can be traced to an Acid-Stomach. Biliousness is one of them. Indigestion, heartburn, belching, sour stomach, flatulence and gas are other signs of acid-stomach. EATONIC, the marvelous modern stomach remedy, brings quick relief from these stomach miseries which lead to a long train of ailments that make life miserable if not corrected.

EATONIC literally absorbs and carries away the excess acid. Makes the stomach strong, cool and comfortable. Helps digestion, improves the appetite and you then get full strength from your food. Thousands say that EATONIC is the most effective stomach remedy in the world. It is the help you need. Try it on our money-back, not-satisfied guarantee. At all druggists. Only 10 cents for a big box.

EATONIC (FOR YOUR ACID-STOMACH)

Her Birthday.
Mrs. Styles—Oh, dear!
Mr. Styles—What's wrong now?
Mrs. Styles—I was just thinking how fast times flies.
Mr. Styles—Doesn't it? Why, tomorrow you'll be observing your twenty-eight birthday again.

Shave With Cuticura Soap
And double your razor efficiency as well as promote skin purity, skin comfort and skin health. No mug, no slimy soap, no germs, no waste, no irritation even when shaved twice daily. One soap for all uses—shaving, bathing and shampooing.—Adv.

Its Class.
"Is forestry a science?"
"It ought to be an art. Isn't it where all the wood comes from?"

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 been 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, as 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 Parcel 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.

Its Sort.
"Pa, what is a benignant tumor? Is it a kind one?"
"Yes; the kind you don't want to get."

BITRO PHOSPHATE
FAMOUS FRENCH DISCOVERY
replaces nerve wastage, increases strength, energy, endurance and vigor, builds firm healthy flesh.
BEST THING KNOWN FOR THIN, NERVOUS PEOPLE

The KITCHEN CABINET

Yea, it becomes a man To cherish memory, where he had delight; For kindness is the natural birth of kindness. Whose soul records not the great debt of joy Is stamped forever an ignominious man.—Sophocles.

HOT WEATHER FOODS.

For a hot night when anything heavy will not be enjoyed, try a bread and cheese soufflé. Spread slices of bread with butter, lay in a baking dish, sprinkle generously with a strong cheese, cut in bits if fresh, grated if stale; pour over a custard, using two eggs, a pint of milk and salt and cayenne instead of sugar.

Take in a moderate oven until well set. Serve hot from the dish in which it was baked.

A sandwich is always a good summer food to serve at a light supper. Cut cucumbers very thin, spread with mayonnaise or a boiled dressing and place between buttered bread. Lettuce is another good filling with salad dressing.

Small sponge cakes filled with whipped cream, jam or with any flavor of cooked cream makes a dainty dessert which is easy to prepare. Custards of various kinds and flavors are well liked. The following are a few not commonly served:

Ginger Custard.—As this is to be a molded custard we will need four eggs. Beat them slightly and add two cups of scalded milk, one-half cupful of sugar and one-half teaspoonful of salt. Garnish the sides of the buttered custard cups with thin strips of Canton ginger, strain the custard into the molds and cook in water in the oven until firm. Less sugar may be used and the sirup of the ginger added as a sauce when serving.

Baked Orange Custard.—Beat the yolks of three eggs until light; add half a cupful of sugar, one white of an egg, the grated rind of an orange, one-quarter cupful of orange juice and one and one-quarter cupfuls of milk. Mix and turn into buttered cups and bake until the custard is firm. Cool and serve surrounded with sections of orange. This custard will unmold and hold its shape.

Cheese Custard.—This is made as any other custard, adding a quarter of a cupful of grated cheese and salt and cayenne for seasoning.

Among the most thoroughly self-deluded people in the world are those who think that in the multiplication of things and possessions, happiness and contentment lies.

SUMMER SALADS AND OTHER DISHES.

A most attractive salad may be made by using a cupful of two or three cooked vegetables. Make small mounds of chopped seasoned spinach, peas and chopped potato, outlining each with chopped cooked beets. The vegetables should be marinated with French dressing to season well, then serve with mayonnaise or a hollid dressing. Smoked salmon, sardines or herring cut in strips may be used in place of the beets.

Fish Aspic.—Put head and bones of whitfish into one quart of cold water, add two cupfuls of tomato juice, two tablespoonfuls of chopped onion, two tablespoonfuls each of chopped carrot and celery, two sprigs of parsley and a bit of bay leaf, and one and a half teaspoonfuls of peppercorns. Simmer gently one and one-half hours, strain, season with salt, cayenne and lemon juice. When cool add the whites and yolks of two eggs with four tablespoonfuls of gelatin; stir constantly until the boiling point is reached, let stand ten minutes, strain through a double thickness of cheesecloth and mold until firm. Serve on lettuce with any desired dressing. This aspic may be used as the foundation for any number of fish salads. Take some of the aspic, hard-cooked egg, shrimps and cucumber, and a most pleasing combination is prepared.

Fresh fish, fried until crisp and brown and served with crisp lettuce salad, with a slice of fresh tomato, bread, and a simple dessert of acid fruit like the following will make another good dinner menu.

Cheese and Banana Salad.—Remove the skin from two bananas, scrape and cut in halves lengthwise. Mix one Neufchatel cheese with two tablespoonfuls of chopped mint leaves, add salt and French dressing to moisten. Spread one-half the mixture on the two slices of banana, cover with the other slices and press firmly. Cut in slices and arrange on lettuce; serve with French dressing. Chopped nuts or olives may be used for variety in place of the mint leaves.

Bacon and Lettuce.—Fry thin slices of bacon crisp and brown. Spread rye bread with mayonnaise salad dressing and lay on the bacon with a crisp lettuce leaf for filling. Serve at once while the bacon is still hot.

If our hearts go out in love to all with whom we come in contact, we inspire love and the same ennobling and warming influences of love always return to us from those in whom we inspire them.—Trine.

SUMMER DESSERTS.

With fresh fruit, such as berries, melons and the luscious peach, we need not prepare desserts during hot weather, but an occasional pudding not too heavy or too complicated to prepare will be welcomed for our menus.



Tapoca Fruit Pudding.—Heat two cupfuls of milk in a double boiler, add one-third of a cupful of sugar or one-fourth of a cupful of honey and stir in six tablespoonfuls of tapoca. Cook until clear. Pour into a bowl to cool, then fold in one cupful of heavy cream whipped with a teaspoonful of vanilla. Serve with peaches sliced or any berries in season.

Indian Coconut Pudding.—Heat one quart of milk to the boiling point, add a cupful of cornmeal, stirring constantly; cook ten to fifteen minutes. Add a teaspoonful of salt, a third of a cupful of sugar, half a cupful of shredded coconut, and one-fourth of a teaspoonful of cinnamon. Bake in a greased pan in a slow oven one hour.

Rice With Bananas.—Peel and scrape three well-ripened bananas and mash them with a fork to a creamy pulp adding a few drops of lemon juice. Stir this lightly into one cupful of cooked rice and serve with cream.

Apricot Ice.—Take a cupful of corn sirup, two cupfuls of canned or fresh apricots; cook until soft, mash and put through a colander. If the dried apricots are used soak overnight and cook until soft before mashing. Add two tablespoonfuls of lemon juice, a cupful of water, mix well and freeze. If a cream is wanted, substitute a cup of this cream for the water and freeze.

Junket.—Heat to luke-warm temperature one quart of milk; dissolve a junket tablet in a tablespoonful of water and stir into the milk while warm. Add half a cupful of honey and a teaspoonful of lemon or orange extract, pour into sherbet cups and let stand in a warm room until set. Then place on ice and chill. Serve with a spoonful of berries and cream, or a bit of jelly, chopped nuts or sliced fruit.

Spanish Omelet.—Make a plain omelet by the usual method, using the number of eggs needed to serve the family. Melt a tablespoonful of butter; add a tablespoonful each of chopped onion and green pepper. Cook until soft, then add a can of prepared tomato soup and heat. Pour a little of the sauce over the omelet before folding, then pour the rest around the omelet.

BREAD AND CAKE THAT YOU CAN MAKE.

In many cities delicious cakes and breads may be purchased which, if made at home by a reliable recipe, will be as good and twice as cheap.

Raised Nut Bread.—Soften one-quarter of a yeast cake in two tablespoonfuls of water; add one cupful of scalded and cooled skim milk, one-quarter cupful of dark molasses, one teaspoonful of salt, two and one-half cupfuls of entire wheat flour and one-half cupful of walnut meats. Mix and knead until smooth. Let rise until double its bulk, adding the chopped nuts in the last kneading. Shape in two loaves; let rise again and bake.

Banbury Tarts.—Sift together two and one-half cupfuls of flour, two and a half teaspoonfuls of baking powder, one and one-fourth teaspoonfuls of salt. Work or cut in with two knives four tablespoonfuls of shortening; add a half cupful of cold water, knead lightly and roll out. Spread with three tablespoonfuls of shortening, roll up like a jelly roll, pat with rolling pin and roll out. Spread again with three tablespoonfuls of fat and roll up, pat and roll out again; repeat until three-fourths of a cup of shortening is used, then roll the pastry to one-fourth inch in thickness and cut into five-inch circles. Fill with the mixture of two cupfuls of raisins (chopped), half a cupful of jelly, and half a cupful of bread crumbs. Place the filling on one side, wet the edges and fold, pressing the edges well together. Prick and bake on a baking sheet.

Hermits.—Take half a cupful of melted shortening, add one cupful of molasses and half a cupful of sour milk; sift with two cupfuls of white flour and one of oat flour, one teaspoonful each of soda, cinnamon and cloves, one-fourth of a teaspoonful of nutmeg, one and one-half teaspoonfuls of salt; add a cupful of chopped raisins and mix as usual. Drop from a teaspoon on two greased baking sheets. This makes five dozen small cakes.

Nellie Maxwell

I Owe My Life to PERUNA

Mr. McKinley's letter brings cheer to all who may be sufferers as he was. Read it:
"I can honestly say that I owe my life to Peruna. After some of the best doctors in the country gave me up and told me I could not live another month, Peruna saved me. Travelling from town to town, throughout the country and having to go into all kinds of badly heated stores and buildings, sometimes standing up for hours at a time while playing my trade as an auctioneer, it is only natural that I had colds frequently; so when this would occur I paid little attention to it, until last December when I contracted a severe case, which, through neglect on my part, settled on my lungs. When almost too late, I began doctoring, but, without avail, until I heard of Peruna. It cured me so I cannot praise it too highly."

It Cured Me

Mr. Samuel McKinley, 3507 E. 15th St., Kansas City, Mo., Member of the Society of U. S. Jewelry Auctioneers.

Sold Everywhere. Tablet or Liquid Form

Beyond Restraint.
After trying in vain for months to get a house Brown set out one day with a find-a-house-or-die look on his face. He wandered about all day without being successful, till at last his steps led him to the river.

"Ah!" he said in utter despair, "how tempting it looks!" He was almost inclined to plunge in and end it all. All of a sudden he heard a splash and, looking around, he saw his friend Green struggling in the water. Without attempting to save him he rushed off to the local house agent.

"Quick!" he gasped. "Green has fallen in the river. Can I have his house?"

"Sorry," said the house agent. "I've already let it to the man who pushed him in."—London Idens.

Newsroom Typewriter.
"The celebrated Doctor Johnson wrote one of his immortal essays in half an hour and never stopped to read it over," said the studious person.

"Possibly so," answered the veteran newspaper man, "but you must remember that the celebrated Doctor Johnson didn't use a typewriter with a twisted ribbon and one or two letters missing from the keyboard."—Birmingham Age-Herald.

Slow Populace.
"You seem down on your town." "Consarn the place," said the village pessimist. "Th' folks in this burg are dead on their feet. I don't believe we could even get out a full attendance to a lynchin' bee!"

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Nest, clean, ornamental, economical, cheap. Lasts all season. Made of natural materials. Will not soil or injure anything. Guaranteed effective. Sold by dealers or by express, prepaid, \$1.50.

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Nebraska Directory

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Distributors for General Electric Co.; American Electric Co.; Telephones; C. A. Wood Preserver Co. etc. A good stock of general supplies, both cities.

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New, absolutely fireproof. With private toilet \$1.25 with private bath \$1.75 to \$2.50

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Ask us to put your name on our quotation list that you may compare our prices with others

Your Health is affected for good or ill by every substance that finds its way into the stomach.

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The Cereal Beverage Supreme

America's health and food drink. Famous for its absolute purity and general excellence. It refreshes—nourishes—induces health—is incomparably finer in flavor than any other—once tried always preferred.

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GET some today! You're going to call Lucky Strikes just right. Because Lucky Strike cigarettes give you the good, wholesome flavor of toasted Burley tobacco.

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