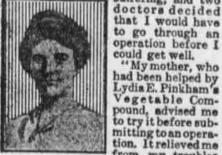
# NORTH PLATTE SEMI-WEEKLY TRIBUNE.



female trouble which caused me much suffering, and two

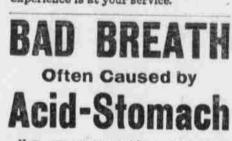


could get well. "My mother, who had been helped by Lydia E. Pinkham" Vegetable Compound, advised me to try it before submitting to an operation. It relieved me

so'I can do my house work without any difficulty. I advise any woman who is afflicted with female troubles to give Lydia E. Pinkham's Vegetable Com-pound a trial and it will do as much for them."-Mrs. MARIE BOYD, 1421 5th St., N. E., Canton, Ohio.

Sometimes there are serious conditions where a hospital operation is the only alternative, but on the other hand so many women have been cured by this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, after doctors have said that an operation was necessary — every woman who wants to avoid an operation should give it a fair trial before submitting to such a trying ordeal.

If complications exist, write to Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice. The result of many years experience is at your service.



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My friend, have you heard of the city "Yawn' On the banks of the river "Blow." Where blooms the "Walt-a-While"

flower fair Where the "Some-Time-Or-Other"

scents the air And the soft "Go-Easys" grow?

It lies in the valley of "What's the Use"

In the province of "Let'er Slide" hat "Tired Feeling" is native That

there It's the home of the listless "I Don't Care'

Where the "Put It Offs" abide.

DISHES WITHOUT MEAT.

Peanuts are the cheapest form of jut protein if purchased in large quantitles. A nut lonf if well

seasoned makes a very wholesome dish.

Nut Loaf-Take one and one-half cupfuls of

cupfuls of bread crumbs,

 $\Omega$ one and one-half teaspoonfuls of salt, a few dashes of pepper and a half cupful of hot water with a half tenspoonful of beef extract. Mix thorwith corn oil and bake in a moderate OVCD.

cupful of cooked beans, one cupful of to moisten, cover and bake until thor- rivets. cooked rice, one cupful of finely brown. ground peanuts, one cupful of cooked rice, one cupful of bread crumbs, two tablespoonfuls of minced parsley, one tenspoonful of salt, one tenspoonful of sage, one-fourth teaspoonful of pepper, and one-half cupful of milk. Mix well, form in flat cakes, roll in finely ground peanuts or peanut flour, and fry in vegetable fat.

Vegetable Cutlets .-- Take two cupfuls of cooked, sifted squash or mashed parsnips, two-thirds of a cupful of brend crumbs, one beaten egg, half a tablespoonful of fat, one and one-half cupfuls of coarsely ground black walnut meats. Season with salt and pepper and shape into cutlets. Fry in hot vegetable fat and serve with a white sauce and minced green pepper.

Peanut and Sweet Potato Cakes .--Combine the following ingredients in the order given : three cupfuls of mashed seasoned sweet potatoes, one tablespoonful of pennut butter, one tablespoonful of sweet fat; one egg and one and one-half cupfuls of ground peanuts with a bit of sage. Shape into flat cakes and fry as usual. Serve with baked apples or tart apple sauce. A handful of walnut meats, an apple or two or a pear, with a bread and butter sandwich and a glass of milk. furnishes a well balanced meal sufficiently nourishing for the average adult.

Drink less and breaths more Eat less and chew more. Waste less and save more. Preach 1 ss and do more. ECONOMICAL MEAT DISHES.

In these days a dish which tastes

good, is satisfying and at the same time reasonable in price, needs no other recom-

mendation. Mock Terrapin. - Cut cooked calf's liver into dice. Put a tablespoors ful of butter lino r

saucepan, add salt, pep per and paprika and cook until the butter is slightly brown, then add

beef stock made by using beef extract and water to make a moderately thick sauce. Add a little chopped parsley, mixed ground nuts, two half a cupful of cream, two hard cooked eggs cut fine, a tablespoonful one egg, one tenspoonful of lemon juice and the liver. Cook unof poultry dressing, one til the liver is heated through, add two tablespoonful of minced tablespoonfuls of jelly or any canned onion, one cupful of milk, fruit juice and serve at once on buttered toast.

Escalloped Veal with Potato .-- Mince cold cooked yeal very fine. Butter a baking dish and put a thin layer of oughly and stand for twenty minutes. veal on the bottom, sprinkle with then pack into a bread pan, brush chopped onion and cover with a layer of seasoned mashed potato, add another layer of yeal, onion and season-Nut and Bean Sausage,-Take one ings and cover with potato. Add mill:

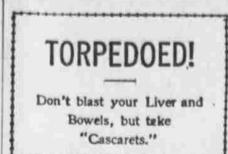
finely ground peanuts, one cupful of oughly heated. Remove the cover and

Beef Olives .- Take slices of rare roast beef and roll each around a thin slice of bacon which has been fried until transparent but not crisp. Tie and boil rapidly for five minutes, drain, remove the strings. Add the fat from the bacon to some roast beef gravy. season with catsup or Worcestershire; boll up once and pour over the olives, Serve very hot.

Corned Beef Hash .--- Chop the cooked corn beef very fine, then add the chopped vegetables, using three times as much or more than the meat. Put into a frying pan and moisten with some of the liquor left from the bolled dinner. Serve hot with a poached egg on each portion. This makes a good luncheon dish.

Creamed Liver .-- Use chopped leftover cooked liver, add to a rich white sauce and serve on buttered toast. This makes a good breakfast dish.

We meet and mingle; we mark men's speech;



You men and women who can't get feeling right-who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are billous, nervous and upset, bothered with a sick, gassy, disordered stomach and colds.

Are you keeping your liver and bowels clean with Cascarets, or shocking your insides every few days with Calomel, Salts, Oil and violent pills? Cascarets work while you sleep; they cleanse the stomach, remove the sour, undigested, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated waste matter and polson in the bowels. Cascarets never gripe, sicken or cause inconvenience and Cascarets cost so little too .-- Adv.

Airship Construction Complex. Some interesting facts regarding

the work required in building a large modern airship is given in a recent issue of the Engineer, which states that the general problems of design are closely allied to those of naval architecture; although the airship designer must be a highly skilled mechanical engineer and also must have a knowledge of textile technology. For the work of construction, owing to the multiplicity of parts required, a very efficient shop organization is necessary. In a rigid airship structure, excluding the machinery, there are 20,000 different parts, a total length of structural material of 20 miles of wire, and more than 2,000,000



Insist on "Bayer Tablets of Aspirin" in a "Bayer package," containing proper directions for Colds, Pain, Headache, Neuralgia, Lumbago, and Rheumatism. Name "Bayer" means genuine Aspirin prescribed by physicians for nineteen years. Handy tin boxes of 12 tablets cost few cents. Aspirin is trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.-Adv.

Japanese Have New Religion Japan has devised a new doctrine of life, says the secretary of the British Foreign Bible society. It is philosophical and mystical, and claims unlimited beneficence over mind and body. It professes to embrace and be superior to all religions of philosophy. Eighteen volumes are taken to explain in detail its principles. Tokyo is the headquarters, where daily lectures are



ment of Agriculture.) Since early in 1919 there has been

a steady increase each month in the federal ald business in the bureau of public roads of the United States department of agriculture. States in all sections of the country are filing their projects and receiving allotments. The road-building era is in full swing, and it would seem that the end is not yet. All indications point to greater records in the months immediately to come.

Based on complete reports from 44 of the states cash expenditures on the rural roads and bridges of the United States for the calendar year 1918 amounted to \$286,098,193. To this should be added the value of statute and convict labor, which cannot be fixed with any great degree of accuracy but probably amounted to not less than \$14,000,000, thus making the grand total expenditures for the year \$300,000,000. This total is made up of the actual expenditures for such items as labor, materials, supervision and administration directly connected with the construction, improvement and upkeep of public roads and bridges outside the limits of incorporated towns and cities, and does not include any item for sinking-fund payments or redemption and interest on road and bridge bonds.

The year 1918 offered an unprecedented condition in practically all lines of highway work. There was not only a tremendous increase and expansion in the amount of heavy truck traffic on public roads and an unprecedented shortage in regard to road materials, labor and ready funds, but also a decided increase in maintenance work, which was, however, partially offset by a decrease in the amount of new construction.

# PLANS FOR GOOD ROAD DRAG

One Shown in Illustration is Adapted for Localities Where Lumber is Plentiful.

(Prepared by the United States Depart-ment of Agriculture.)

The design for a road drag shown in the illustration is adapted for localities in which sawed lumber may be readily obtained. In this design the runners are made of 2 or 21/2-inch boards, 10 inches wide and from 6 to 8 feet long, re-enforced with other 2inch boards of the same length, but only 6 inches in width. If more convenient, however, 4-inch runners with-





two tablespoonfuls of flour and enough





Entirely Incredulous, "I can make you young again," said the doctor.

"I don't believe it," replied Farmer Corntossel, "I used to think I was jes' as young as anybody when I was dancin' the tango up to the town hall. But it didn't amount to nothin', an' I don't believe the doctors is goin' to do any better helpin' me fool myself than the dancin' teacher did."

Most people have little use for a "knocker," yet pounding the iron gives it new character.

"What fools these mortals be" if "A fool and his money are soon parted."

# **Back Lame and Achy?**

Don't let that bad back make you miserable. Find out what is wrong. If you suffer with a constant back-ache, feel lame, weak and all-playedout; have dizzy nervous spells, you may well suspect your kidneys. If kidney irregularities distress you too, you have additional proof. Don't wait! Use Doan's Kidney Pfills, the remedy people everywhere are recommending. Ask Your Neighbor!



Mrs. C. J. Mohr. Schuyler, Neb., says: "My back a ched a wfully and 1 couldn't get out of a chair or lift anything. My head ached and i was run detra and i nervous. Do a n's nervous. Do an 's Kidney Pills soon re-leved me. Before long I was entirely free from the trouble, as I have been since. I hope my informe-ment of Doan's will help someone class " help someone else."

Get Doan's at Any Store, 60c a Box DOAN'S RIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N.Y.

Stop Your Coughing No need to let that cough persiat. Stop the irritation, and remove tickling and hoarse-ness by soothing the inflamed throat with



Self condemnation with is allied thoughts and emotions has been productive of far greater loss in initiative, in will-power, and of far greater degree of lowered vitality, both mental and physical, than any of us have perhaps realized.

### WHAT SHALL WE HAVE TO EAT?

The daily question in twenty milllon homes, is "what shall we have for

dinner?" and those who are responsible for the to do much thinking if in diet. Tomato Soup. -

when melted and bubbling hot add cream or a thin boiling custard. four tablespoonfuls of flour, cook unmilk and one cupful of strained to-ODCP.

Brown Stew .- Take three or four pounds of the shoulder of beef, with suct and fry in it, one or two small of preserved ginger. chopped onions and a medium sized carrot also chopped; add the ment of rice in a baking dish with two and turn until well browned on both sides; season with salt and pepper, add water and simmer for three or flavor with cinnamon or nutineg and four hours until tender. A half hour hake three hours in a slow oven until before ready to serve add a few smallsized potatoes to the stew and brown them by basting occasionally,

Tapioca and Pears .--- Bake a dish of taploca with canned pears and juice. adding a bit of butter and a grating of lemon if desired. Serve with a slightly thickened sauce made from the pear juice, or whipped cream and sugar may be used if preferred.

Peas, Pickles and Peanut Sandwiches .- Chop a few sour pickles, add a cupful of cooked peas, add a handful of minced peanuts. Arrange on inch thick over small squares of and serve with a bolled dressing.

Boiled Dressing .-- Take equal parts of well beaten eggs and vinegar and cook in a double boller until thick. For a vegetable salad, mix equal parts of dressing and whipped cream; for

We judge by a cied alight; guess, by a fan-We give our fellows a mere glance each.

Then brand them forever black or white. -Richard Burton.

EASY LUNCHEON DESSERT.

A dessert for the noonday meal should be a very light one such as a dish of fresh or canned fruit, a cooky or small cake with the hot drink. There are, however, many desirable desserts which may be served in small amounts which are appropriate.

Jelly Fluff .- Take half a glass of jelly and the white of one egg; bent until stiff and the mixture will stand health and happiness of alone. Heap in sherbet cups and top the individuals in these with a spoonful of whipped cream or homes, find it necessary the white of egg beaten with sugar. Baked Pears With Lemon Sauce .--

they avoid a monotony Use large firm pears; core, but do not peel; place in a baking dish; add sugar, bits of butter and lemon julce simple tomato soup which is easily with the grated rind. Baste with this and quickly prepared : Put four table- during the baking, adding a little waspoonfuls of butter in a saucepan, ter if needed. Serve hot or cold with

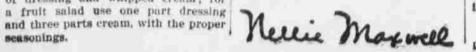
Caramel Cornstarch Pudding .-til smooth, then add one cupful of Brown a half-cupful of sugar until it forms a sirup in a smooth frying pan. mato with a pluch of soda. Season then add a plat of boiling milk; stir with salt and pepper and serve at until the caramel is dissolved; add two tablespoonfuls of cornstarch to a little cold milk. Pour into sherbet

cups; garnish with a spoonful of a generous piece of suct. Try out the whipped cream topped with a piece Rice Pudding .--- Place a half-cupful

quarts of milk, a half-cupful of brown sugar and a half-cupful of raisins; the rice has absorbed all the milk.

Waffles .--- Waffles with cold sirup makes a most delightful dessert for a luncheon. Beat thoroughly one egg; add two cupfuls of sour milk; mix and sift together one teaspoonful of soda and two tenspoonfuls of baking powder with two cupfuls of flour. Add to the first mixture with one tablespoonful of melted shortening. Best well and bake on a hot wuffle iron.

Snowballs .- Sprend cooked rice an coarse muslin wet in cold water. In the center place a canned peach, pear or apricot. Tie carefully and steam ten minutes. Remove the cloth and serve with a sauce made from the fruit juice.



### GREEN'S AUGUST FLOWER.

strated.

given and spiritual healings demon-

Stop a minute and think what it means to say that "Green's August Flower has been a household remedy all over the civilized world for more than half a century." No higher praise is possible and no better remedy can be found for constipation, intestinal troubles, torpid liver and the depressed feeling that accompanies such disorders. It is most valuable for indigestion or nervous dyspepsia and liver trouble, coming up of food, palpitation of heart, and many other symptoms. A few doses of August Flower will relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries .- Adv.

Apportioned Conversation.

"I assume that your wife generally has the last word." "Yes," replied Mr. Meekton. "Aiso

the first word and most of those in between.\*

**Catarrhal Deafness Cannot Be Cured** local applications as they cannot reach a diseased portion of the car. There is ly one way to cure Catarrhal Deafness, only one way to cure Catarrhal Deafness, and that is by a constitutional remedy. HALL'S CATARRH MEDICINE acta through the Blood on the Mucous Surfaces of the System. Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be re-duced and this tube restored to its nor-mal condition, hearing may be destroyed forever, Many cases of Deafness are condition, hearing may be destroyed forever. Many cases of Deafness are caused by Catarrh, which is an inflamed condition of the Mucous Surfaces. ONE HUNDRED DOLLARS for any

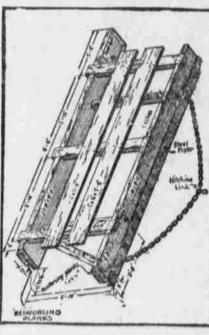
case of Catarrhal Deafness that cannot be cured by HALL'S CATARRH MEDICINE. All Druggists 75c. Circulars free. F. J. Cheney & Co., Toledo, Ohio.

than the genuine is being made by a

Cuticura Southes Baby Rashes. That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cutleura Ointment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuti-

Faith and ingenuity often take the crop.

out re-enforcing boards may be readily substituted for those shown. The method of framing the runners together is a modification of that used



Detail Drawing Showing Typical Construction of Road Drag Built of Sawed Lumber.

in connection with the split-log type of drag. In this case only two of the cross braces have their enus fitted into auger holes like rungs.

In fastening the draw-chain to a sawed-lumber drag, it is usually advisable to run both ends of the chain through holes in the front runner or else make the connections by means of eye or hook bolts, as shown. The reason for this is that the sawed cross braces are seldom sufficiently strong to withstand the pull of the chain when it is looped over them, as is frequently done when round timber crosspleces are used. If straight-grained pieces are used for the crosspieces, however, there is no apparent reason why one end of the chain might not be connected by looping it around the 21/2inch square crosspiece near the cutting end.

#### Highway Travel Increasing.

Highways travel by means of the passenger automobile increased greatly during the past summer, fully fifty per cent.

#### Must Have Good Roads.

It costs money to build a good road, but we have got to have them, as the experience of the past and the coming winter will demonstrate.

Hard on Weed Crop. Fall disking is hard on the weed Authorised factory ropresentatives for Atwater-Kent Mig. Co., Bijler Motor Lighting Co., Connecti-cut Tel. & Biec. Co., Dyneto Blactric Co., Ricettric Auto-Lite Corp., Ericason Mig. Co. (Berling Mag-neto), Gray & Davis, Inc., Rokomo Bleetric Co., (Kingston Magnetos), The K-W Ignition Co.(Mag-neto), North Bast Hiestric Co., Simma Magneto Co., parks. Withington Co. (Sparton Horns), Spiltdorf Jervice & Salee Co., Ward Leonard Electric Co., Westinghouse Bloc. & Mig. Co.

Auto Electric Service Company

Ignition Electric Starter SPECIALISTS Storage Hattery OMAHA, NEB. 2205 Farnam Street



Our crude oil requirements are permanently provided; that's why Deep Rock products can be depended upon-because you know you can get them-the same uniform quality always assured.

### CONSUMERS REFINING CO. OMAHA, NEBRASKA

Not So Bad.

"I hear your friend has a bad case of nostalgia."

"Not so bad as that; he's only awfully homesick."

A holder for a boiled egg that clamps to the side of a plate is an Italian inventor's idea.



cura Talcum is dusted on at the fin-

ish, 25c each everywhere .- Adv.

place of the hired man.

Artificial lace that is more durable French inventor from cellulose.