

# I Owe My Life to PE-RU-NA

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 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, 2504 E. 22nd St., Kansas City, Mo., Member of the Society of U. S. Jewelry Auctioneers.

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## The Right Way

### DISTEMPER, PINKEYE INFLUENZA, COLDS, ETC.

of all horses, brood mares, colts and stallions is to

#### "SPOHN THEM"

on the tongue or in the feed with **SPOHN'S DISTEMPER COMPOUND**

Give the remedy to all of them. It acts on the blood and glands. It routs the disease by expelling the germs. It wards off the trouble, no matter how they are "exposed." A few drops a day prevent those exposed from contracting disease. Contains nothing injurious. Sold by druggists, harness makers or by the manufacturers. AGENTS WANTED.

**SPOHN MEDICAL COMPANY, GOSHEN, IND.**



### Cheap Concrete Houses.

At Union, N. J., Charles H. Ingersoll is building concrete houses that cost \$2,200 each, with a kitchen, a dining room and a living room on the first floor and two bedrooms and a bath on the second floor. The form into which the concrete is poured costs \$7,000, but can be erected in one day and used 100 times. A house can be completed in a month.

Among the few possessions of a shiftless man you will nearly always find a worthless dog.

It is more difficult for some men to collect their wits than their bills.

### Set a Bad Example.

Bacon—Don't you believe in co-education?

Egbert—No, I don't.

"Don't you think the two sexes can work well together?"

"Perhaps they can sometimes, but I can't get out of my mind the awful mess they once made of it."

"Why, when do you mean?"

"When Jack and Jill attempted to convey a bucket of water up a certain hill."

Final.

"What did Mr. Blank say when you asked to take him apart?"

"Said he wasn't a prize puzzle."

# The KITCHEN CABINET

In all the affairs of human life, social as well as political, I have remarked that courtesies of a small and trivial character are the ones that strike deepest to the grateful and appreciative heart.

—Henry Clay.

### INEXPENSIVE DISHES.

Inexpensive is an adjective which one uses these days with a large latitude as nothing, even the plebeian codfish, is inexpensive except by comparison.

**Baked Codfish.**—Take a package of codfish, soak over night, pour off water and parboil, then drain again and place in a shallow baking dish with just enough sweet milk to cover. Add bits of butter and pepper with salt if needed, bake one and a half to two hours. Remove the fish and thicken the milk with flour. Cook well then add the fish and serve.

**Brown Sugar Iceing.**—Take a cupful of brown sugar and four tablespoonfuls of water, cook together until it makes a thread. Pour over the well-beaten white of one egg to which has been added one-fourth teaspoonful of cream of tartar. Beat until cool; flavor with vanilla.

**Eggless Gingerbread.**—Warm together half a cupful of brown sugar and one cupful of apple jelly with a third of a cupful of shortening. Remove from the fire and add three-quarters of a cupful of sour milk, two and one-half cupfuls of flour sifted with one tablespoonful of ginger, the same of cocoa, one teaspoonful of cinnamon, one and one-half teaspoonfuls of soda and half a teaspoonful of salt. Mix and beat, pour into a buttered tin and bake forty minutes.

**Dried Apple Cake.**—Cook two cupfuls of dried apple until tender, then strain and cook them in two cupfuls of molasses (with spices to taste), for twenty minutes. Cream one-half cupful of shortening with one cupful of sugar, add two beaten eggs, three cupfuls of flour sifted with two teaspoonfuls of baking powder and a half teaspoonful of soda and the same of salt with two tablespoonfuls of milk; add the molasses and apples when cool, beat well and bake in a moderate oven.

**Tomato Pilau.**—Fry one quarter pound of bacon with one small chopped onion; when the bacon is cooked add a pint of tomatoes and salt and pepper and a half pound of well-washed rice. Stir the rice into the tomatoes when boiling hot, then steam until done.

**Eggs in Cream Sauce.**—Make a rich white sauce, using two tablespoonfuls of butter and one and one-half of flour cooked together, then add a cupful of this cream and cook until smooth. Toast bread crisp and brown; butter well. Add two hard-cooked eggs, chopped, to the white sauce and pour over the toast. Serve at once.

There are lives that crowd Actions, pure, lofty, proud. Into brief years— Dreads that high-hearted men, Counting three score and ten, Read through their tears.

### QUICK BREADS.

A hot gem or muffin, a crisp and golden corn bread, a popover or biscuit are all popular and always welcome breads.

**Bran Muffins.**—Take three tablespoonfuls of brown sugar, mix with a tablespoonful of shortening, half a tablespoonful of salt, one cupful of sour milk, one-half teaspoonful of soda, a cupful of flour and two cupfuls of bran. Mix well and drop in well-greased muffin pans. This makes ten good-sized gems.

**Southern Hoe Cakes.**—Add a teaspoonful of salt and two teaspoonfuls of baking powder to one and one-third cupfuls of cornmeal. Beat the yolks of two eggs, add a cupful of milk, and beat hard for a few minutes, then add the whites beaten to a stiff froth. Put a tablespoonful of lard in a spider and drop the batter in by spoonfuls; turn when done on the underside. Serve very hot with bacon or with fried ham.

**Sally Lunn.**—Sift four cupfuls of flour with three teaspoonfuls of baking powder and one of salt, separate the yolks and whites of four eggs and beat well; add one cupful of melted fat, four tablespoonfuls of sugar to the flour with the yolks of the eggs, then fold in the stiffly beaten whites the last thing. Bake in muffin rings.

**Snow Balls.**—Make a batter of one cupful of thin cream, two tablespoonfuls of sugar, the beaten yolks of four eggs, two teaspoonfuls of baking powder and flour enough to make a drop batter. Add the whites, beat stiff and fold in last. Fill two-thirds full deep granite cups well buttered, and bake in a hot oven.

**Graham Puffs.**—Take two cupfuls of graham flour, four cupfuls of boiling milk and one teaspoonful of salt. Handle the dough as soft as possible, roll and cut into inch-thick circles; arrange in a buttered pan and bake in a very hot oven. If the oven is hot they will be very light.

Every day is a fresh beginning; Listen, my soul, to the glad refrain; And spite of old sorrow and older sinning, And puzzles forecasted and possible pain, Take heart with the day, and begin again.

—Susan Coolidge.

### SOME NOURISHING SOUPS.

On a chilly night, or any other time of day, a dish of hot, well-seasoned soup is most gratifying.

**Potato Soup.**—Chop an onion fry in butter, add six potatoes cut in dice, and one bay leaf. Add one quart of water and cook until the potatoes are very soft. Add one quart of milk, run through a sieve and reheat. Season to taste and thicken with the yolks of two eggs, beaten smooth with a cupful of cream.

**Salsify Soup.**—Scrape and clean three bunches of salsify; cut into dice and soak for 15 minutes in cold water. Drain, cover with fresh water and cook for an hour. Add a quart of milk, two tablespoonfuls of butter, salt and pepper to season. Bring to the boiling point, add three milk crackers rolled fine, and serve at once.

**Chicken and Curry Soup.**—Slice one onion, fry in butter, add a large sour apple chopped, a sprig of thyme and parsley, a bay leaf, a tablespoonful of lemon juice and a teaspoonful of salt and one of curry powder. Add four cupfuls of chicken stock, simmer for 15 minutes, strain and add half a cupful of boiled rice, and serve at once.

**Oxtail Soup.**—Cut an oxtail into joints and fry in hot fat. Add two pounds of lean beef, four carrots, three onions and a bunch of sweet herbs. Cover with cold water, simmer until the meat is very tender; strain, reheat, thicken with two tablespoonfuls each of flour and butter cooked together, thinned with a little of the soup. Cook until well done.

**Chicken Gumbo.**—Cut up a large, tender chicken and fry brown in butter with a quart of okra. Add two cupfuls of tomatoes, a large onion chopped, half a cupful of raw ham, and water to cover. Simmer until the chicken falls from the bones; then remove the bones and add 12 soda crackers, a tablespoonful of butter, pepper and salt to season and three hard-cooked eggs chopped fine.

With the same letter heaven and home begin. And the words dwell together in the mind. For they who would a home in heaven win Must first a heaven in home begin to find.

—Joseph Vary.

### SUBSTITUTES FOR MEAT.

Certain foods are well suited to replace meat at the breakfast table. Potato appears at dinner 365 times a year, so it is a good idea to bar it from the first meal of the day unless used in hash.

**Fried Egg Plant.**—Slice the egg plant in slices one-third of an inch thick, pare, put into a deep dish and cover with cold water well salted. Soak one hour. Drain, wipe, dip in egg and crumbs and fry brown.

**Corn Oysters.**—Use canned cornlet. If the fresh corn is not obtainable. By scoring deeply with sharp knife, the inside of the kernel may be pressed out and used. Use two cupfuls of corn, half a cupful of milk, one cupful of sifted flour, two eggs, a teaspoonful of salt and one tablespoonful each of butter and lard. Beat the yolks of the eggs, add the milk, the flour and salt. Beat to a smooth batter, add the corn, then beat again, adding the stiffly beaten whites the last. Put the lard and butter into a frying pan and when very hot put into the batter by small spoonfuls. Brown on one side, then turn. If the batter is too thick add more milk, the thinner the batter the more delicate and tender the oysters will be.

**Baked Eggs and Mushrooms.**—Take one pound of fresh mushrooms, clean and wipe dry. Put into a saucepan with four tablespoonfuls of butter, half a teaspoonful of salt and a dash of pepper. Set over the fire till thoroughly hot, then turn into a shallow baking dish and break over them six eggs. Sprinkle with buttered crumbs and dust with pepper and salt. Bake in a hot oven till the eggs are set. Serve on buttered toast.

**Nellie Maxwell**

He Knew.

The teacher had spent twenty minutes impressing on her pupils the correct pronunciation of the word "vase." The following morning she wanted to find out if the children remembered, so she turned to one little boy suddenly and demanded: "What do you see on the mantelpiece at home, Jackle?" "Father's feet, miss!" came the prompt reply.

# Eases Colds

At once! Relief with "Pape's Cold Compound"

The first dose eases your cold! Don't stay stuffed-up! Quit blowing and snuffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all gripe misery.

Relief awaits you! Open your clogged-up nostrils and the air passages of your head; stop nose running; relieve the headache, dullness, feverishness, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance. Tastes nice. Contains no quinine. Insist on Pape's!—Adv.

Difference in Time. Mr. Manhattan—Do you notice any difference between the people here and those of the East? Mr. Lakeside—About an hour's difference.

### BOSCHEE'S SYRUP.

A cold is probably the most common of all disorders and when neglected is apt to be most dangerous. Statistics show that more than three times as many people died from influenza last year, as were killed in the greatest war the world has ever known. For the last fifty-three years Boschee's Syrup has been used for coughs, bronchitis, colds, throat irritation and especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectation in the morning. Made in America and used in the homes of thousands of families all over the civilized world. Sold everywhere.—Adv.

### Teaches "Safety First."

"Miss Safety First" is an important employee of the Philadelphia Rapid Transit company. She is Miss Laura M. Roadifer, who went to Philadelphia in 1917 from New York, where she had been a reader to children, as she had previously at Hull house in Chicago. Her work is to visit the schools and, after telling the children stories that attract their interest, to organize safety patrols and teach the children rules of caution. She speaks two or three times to more than 250,000 school children every year. Since she went to Philadelphia there has been a decrease of 37 1/2 per cent in the number of children hurt by trolley cars.

Care Necessary. Redd—I see a luncheon case has recently been invented which is so shaped that it will also serve as a foot-rest in an automobile.

Greene—Looks all right, but I suppose the ladies in the party must exercise great care and not get their high French heels in the custard pie or raspberry jam.

Retort Courteous. Miss Prim—Do I make myself plain? Miss Flirt—Nature saved you the trouble.

Were it not for the things we are going to do life would not be worth living.

Worse and More of It. Pattence—"Was she ever crossed in love?" Patrice—"Worse than that. She was double-crossed."

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This airplane is made of aluminum, practically indestructible, wing spread is 7 1/2 inches—in all it is so light and strong. Guaranteed to fly 500 feet on its own power, and "Land" just like the large aeroplanes. Special Christmas offer only \$1.75 and your name and address. Machine will be forwarded by express mail.

W. N. U., OMAHA, NO. 49-1919.

### OCEAN LIKE ANOTHER WORLD

But Different in That There is No One to Explain or Explore Its Mysteries.

The ocean was calm and clear—so very calm that it reflected, as if from a solid surface, every vapor that floated along the heavens; it was like sailing into a new world—a creation whose laws and boundaries must remain forever unknown to us. How exciting to imagination! So many fantastic forms revealed beneath the transparent crystal, huge rocks looking like castles, exaggerated by the watery distance; bleak Alpine landscapes stretching far away; and then the monsters of the deep moving in the solemn majesty of silence—living things, without one sympathy for the earth about them; without a single feeling that we can comprehend—it may be, if our eyes do not weary, that, in fancy, we gaze deeper down, and strange unearthly forms are succeeded by deeps on deeps—the very eternity of waters!—where we can see nothing but the blue abyss!—down—down—down! It is a fearful thing to pass over their mysteries—a great lesson.—A. M. Hall.

Pattence—"Was she ever crossed in love?" Patrice—"Worse than that. She was double-crossed."

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are helping their husbands to prosper—are glad they encouraged them to go where they could make a home of their own—save paying rent and reduce cost of living—where they could reach prosperity and independence by buying on easy terms.

### Fertile Land at \$15 to \$30 an Acre

—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such crops come prosperity, independence, good homes, and all the comforts and conveniences which make for happy living.

### Farm Gardens—Poultry—Dairying

are sources of income second only to grain growing and stock raising. Good climate, good neighbors, churches, schools, rural telephone, etc., give you the opportunities of a new land with the conveniences of old settled districts.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, and Alberta, reduced railway rates, etc., write Department of Immigration, Ottawa, Can., or

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Supt. of Nurses, Lincoln Sanitarium, Lincoln, Neb.

That Wonderful Boy. Father—"Did I tell you what my boy said to Walker?" Friend—"Yes; three times last night and four this morning."

Many a good man blacks shoes and many a bad ones blacks character.

### MURINE

Night and Morning, Have Strong, Healthy Eyes. If they Tired, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Soothes, Refreshes. Safe for Infant or Adult. At All Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago