

DO ALL MY HOUSEWORK

Before I took Lydia E. Pinkham's Vegetable Compound I could hardly stand, says Mrs. Kwaracinski.

Chicago, Ill.—"I suffered with displacement and irregularities and I did not know what to do. My mother advised me to take Lydia E. Pinkham's Vegetable Compound and use the Sanative Wash so I took her advice and used these remedies and cured myself. I feel fine and do all my housework which I could not do before, as I could hardly stand up and I have three healthy children. You can use this letter if you wish, for your remedy is certainly wonderful for sick, run down women."

Mrs. A. KWARACINSKI, 3627 W. Oakdale Ave., Chicago, Ill. For forty years Lydia E. Pinkham's Vegetable Compound has been making women strong and well, relieving backache, nervousness, ulceration, and inflammation, weakness, displacements, irregularities and periodic pains. It has also proved invaluable in preparing for childbirth and the Change of Life. Women who suffer are invited to write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.

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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 the cost of living—where they could reach prosperity and independence by buying on easy terms.

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—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.

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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 W. V. BENNETT, Room 4, Bee Bldg., Omaha, Neb., Canadian Government Agent.

HOT WEATHER Hits the Stomach Hardest

Chicago, Ill.—Hot weather upsets the strongest stomach and causes serious trouble for the weak ones, so word is now going out to thousands of eatonic users that they should, during this hot weather, be on the safe side and take one eatonic tablet about half an hour before meals, as well as after eating. Do this and keep the excess acids and poisonous gases from forming in stomach and bowels. Eatonic acts quickly; it will help the appetite and take away the hot-weather, feverish, thirsty feeling from mouth and stomach, because it takes up the excess acids, poisons and gases and carries them out of the body and, of course, when the cause of the trouble is removed, there can be no bad feeling. Eatonic is like a bit of candy, and is recommended to all as a safe, sure remedy these hot days for stomach and bodily troubles, caused from overeating and drinking cold things. Adv.

FRECKLES POSITIVELY REMOVED by Dr. Barry's Freckle Cream. Write for free literature to Dr. Barry, 237 1/2 Broadway Avenue, Chicago, Ill.

DADDY'S EVENING FAIRY TALE

By Mary Graham Bonner

MR. DOWNY WOODPECKER.

"Gossip," said Mr. Downy Woodpecker, "is wrong. Yes, Mrs. Downy, it is wrong. More than that, it is unfair. More than that, it is untrue. More than that, it is unkind."

"Gracious," said Mrs. Downy, "it is a great deal to be more than all those things you've mentioned. But," she said, with a sweet smile upon her cheek, "I understand what you mean. Our family has been gossiped about. Alas! how often I've heard people say that we're like our cousins, the Sapsuckers, because we bore into the tree, so folks think, for sap. If they'd only come and look at our tongues they'd see how wrong this is. They'd see that our barbed tongues would never do for that."

"But do you suppose they bother? Not a bit of it. They cling to the old, old story. And they don't care about being set right. Why, it's a surprise to me that folks don't come around and say, 'Hey, there, Mrs. Downy, let's have a look at your tongue to see if all this talk is gossip or not.'"

"That is what I should think they would say, so they would make sure whether their stories were true or not. 'I've known so many people and creatures who have repeated what they've heard without bothering to find out in the first place whether it was true or not.'"

"That's such a mistake. 'So much trouble can be caused that way. 'But I must tell you how much I think of the lady who lives in that white house yonder. She doesn't gossip. She doesn't complain. But she does say how nice things are. 'You know there are some people who like to say how nice things are, and others who really hate to admit that everything is all right. They would rather complain and wish they had something else or that things were different."

"That I cannot understand. 'Now the lady in the white house is getting ready for some visitors. She is picking flowers so as to make their rooms look bright and gay, for she says they come from the city, where there are no flowers, or rather I should say, gardens with flowers. 'And I've heard her say, 'Look at the little woodpeckers, having such a good time.' She has put out bread crumbs and suet and a little pan of water and is offering them to our bird visitors who may come to call on her."

"But, oh, I do wish folks would see that our tongues are different from the way they must think them to be in order to tell the gossip story which some of them do tell. 'To be sure we don't stick out our tongues rudely, but we would show by the way we bore into trees which have live wood for the delicious milky drinks to be found inside, or in dead wood for little delicious bugs, that we aren't harmful sapsuckers. They'd see if only they'd look."

"Ah, yes," said Mr. Downy, "just as I say, gossip is wrong." He was perched on the side of a tree, making a great deal of racket, and Mrs. Downy was on the other side of the tree. He wore a handsome suit, so Mrs. Downy thought, of black and white, with a very dashing red patch of feathers at the back of his head. Mrs. Downy's dress was much the same in color, but she didn't wear the red feathers, because she wanted her Downy mate to be the more stylish of the two. 'I love people," said Mr. Downy. "I like a sociable life. I enjoy making a noise, drumming for food, and drumming for love," he added softly. Mrs. Downy put her head on one side, shyly. 'We're not like the quarrelsome sparrows," said Mrs. Downy. "Let's sing a song and give a band concert or a drum concert to tell folks we like company."

So Mr. and Mrs. Downy began beating their drums on the bark of the tree and many of their family joined them. Mr. Downy led the band, singing gaily: I beat a drum, and so do we all, My drum is the bark of a tree, And if you come around some day I'll rub-a-dub-dub for thee.

Why Snakes Were Made. Little Nettle—Mamma, I know why God made snakes. Mamma—Why, dear? Little Nettle—When he got through making the world it was full of holes, so he made the snakes to fill up the holes.

Offering Them. heard people say that we're like our cousins, the Sapsuckers, because we bore into the tree, so folks think, for sap. If they'd only come and look at our tongues they'd see how wrong this is. They'd see that our barbed tongues would never do for that. "But do you suppose they bother? Not a bit of it. They cling to the old, old story. And they don't care about being set right. Why, it's a surprise to me that folks don't come around and say, 'Hey, there, Mrs. Downy, let's have a look at your tongue to see if all this talk is gossip or not.'"

TREASURES OF BUDDHIST ART

Marvelous Collection Preserved for Centuries in the Temple of Daigoji in Japan.

Daigoji, the heart temple of the Ono school of the Shingon sect of Buddhism in Japan, situated not far from Kyoto, in the Uji district, suggests by its name its relation to Emperor Daigo, who reigned from 898 to 930. Its name originated from the fact that its founder, Abbot Shoho, came to this village and exclaimed after he drank from an old farmer's spring: "The water was as good as daigo!" It is a Buddhist word meaning an unctuous rich liquor. The posthumous title of the emperor must have originated from his devotion to the temple and its founder, as well as from his burial in the temple grounds.

Rare specimens of Buddhist art and literature, carefully preserved as the temple treasures of Daigoji, and exhibited recently at Tokio, through the efforts of Dr. Katsuni Korota of the editorial staff of historiographical materials in Tokio Imperial university, bring the story of the temple down to 300 years ago. Among the peculiar paintings in the temple are the "flower viewing screens," pictures of horse training and a collection of fan paintings said to be treasures.

In the literary collection there is an illustrated copy of the third roll of "Scripture of Cause and Effect of the Past and the Present." It was made nearly 1,200 years ago, but the colors in the picture are as fresh as the present day pigments. This scroll is considered the oldest thing extant in Japan of colored art on paper.

TREES GIVE MILKLIKE JUICE

Tropics Provide Pretty Fair Substitute for the Animal Product in Use in Northern Climes.

In British Guiana and the West Indies, particularly on the banks of the River Demerara, there grows a tree known to the natives as the hyaya, which yields from its bark and pith a juice slightly richer and thicker than cow's milk. The tree is about forty feet high and eighteen inches in circumference when full grown, and the natives use its juice as we use milk. It being perfectly harmless and mixing well with water. The Cingaloes have a tree—they call it kiragihuma—which yields a fluid in all respects like milk; while in the forests of Para grows a tree called the massendendron, which gives a milklike juice. It can be kept for an indefinite time and shows no tendency to become sour.

On the other hand, certain trees in the valleys of Aragua and in Cauagua yield a similar fluid, which, when exposed to the air, begins to form into a kind of cheese, which very soon becomes sour. In the Canary Islands there is a tree called abaya dolce, of which the milk, thickened into a jelly, is considered a delicacy.

Unpleasant Dreams. A London chemist, dreaming that he had swallowed poison by mistake, rose from the chair in which he had fallen asleep and, so vivid had the dream been, he went to the shop and took an antidote. But this, in the absence of real poison, began to poison him, and before he realized the mistake the error was beyond repair.

In another case a man, after a heated argument with a visiting friend, dreamed that his guest was in his room molesting him. He actually "felt" rough hands on his body, jumped out of bed, and ran to his friend's room. There he attacked his innocent "assailant" so violently that the latter was confined to bed for several weeks.

Bachelor to the Rescue. In a street car the other day I sat directly behind a woman who was trying desperately to untie a face veil. I was fascinated by her persistent but fruitless attempts to untie the veil with one hand while with the other she clutched her nose glasses, which were helplessly entangled in it. I was just wondering why some woman passenger did not offer assistance, when she turned to me and said: "Pardon me, but would you be kind enough to see if you can unfasten this veil."

After frantic efforts, amid the suppressed merriment of the passengers I came out victor. But I was a much embarrassed bachelor.—Exchange.

Ostrich Plumage.

Ostrich plumes are not actually plucked, by the way. They are cut-pruned with no damage or pain to the bird. When the feathers are "ripe" the ostriches are driven into a Y-shaped enclosure. Their heads are covered with a hood like a stocking, which renders them tractable. The wings are spread by the man doing the "plucking" and the feathers are clipped off fairly close to the flesh. This does not hurt the bird in the least and within sixty days the dead quill ends drop out of their own accord. The tail feathers are also clipped.

Kept Fish Alive.

During the recent storm several automobiles got into such deep water at Pennsylvania and Twenty-second streets that they had to stop until the flood abated. One member of a fishing party climbed out on the running board of his car and carefully tied a net of live fish to a spoke and calmly dropped it into the water.—Indianapolis News.

ORCHARD GLEANINGS

CONSERVE WINDFALL APPLES

Culls and Imperfect Fruit Can Be Canned for Home Consumption During Entire Year.

Apples that fall off the tree or are imperfect may not keep well nor find a ready sale, but they can be used satisfactorily to make apple products. These products are available for home consumption throughout the entire year, which is an advantage worthy of the consideration of apple growers. The following recipes recommended by the United States department of agriculture will utilize the windfalls and culls. Do not can any decayed part nor allow apples to become over-ripe before canning.

Wash the apples, which must be reasonably firm. Remove core and blemishes (pare if desirable when for immediate use). Place whole apples in blanching tray or blanching cloth and blanch in boiling water for two minutes. Remove and plunge quickly into cold water. Pack in large, empty glass jars or gallon tin cans. Pour over the product a hot, thin syrup of about 18 degrees density. This is made in the proportion of 2 1/2 pounds of sugar to 5 1/2 quarts of water. Place rubber and top in position. Seal partially, not tight. If using tin cans, cap and tip completely. Process half-gallon or gallon containers 20 minutes in boiling water in homemade or hot-water bath outfit; 15 minutes in water-seal; 10 minutes in steam-pressure outfit, with 5 pounds of steam pressure. Remove jars, tighten covers, invert to cool, and test joints. Wrap in paper and store. The time of heating will have to be varied according to ripeness and condition of the fruit. Use just enough time to sterilize perfectly, and yet not enough to change the color or reduce the pulp to sauce. Firm and tart apples may be cored and peeled first, then canned by the above recipe. Apples canned whole may be used for the following purposes: A breakfast dish, with cream and sugar added; baked, like fresh apples; apple salad; a relish with roast pork—the apples may be fried in the pork fat; apple dumplings, deep apple pie.

Packing Apples in Yakima Valley. and other desserts in which whole apples are desirable. The sirup of canned whole apples can be used for pudding sauces or fruit drinks.



Packing Apples in Yakima Valley.

SIZING HOPPER FOR FRUITS

Saves Much Hand Labor and Increases Value of Product—Plan for Building One. A simple sizing hopper for small fruits and berries saves a world of hand labor and raises the market value of the fruit. A frame, built like an ordinary screen with back and sides of eight-inch board, should be three feet wide at the large end and taper to 18 inches. Make the slatted bottom of any suitable material. The width of the slats apart depends upon the size of the product to be sorted. The joggle can must be of hardwood. As the crank is turned the slatted section vibrates up and down separating the fruit into large and small sizes which run into different barrels.

GOOD COLD STORAGE HOUSES

Should Be So Constructed as to Maintain Practically Uniform Temperature for Apples. Cold storage houses should be so constructed and equipped as to maintain a practically uniform temperature of from 31 degrees to 32 degrees F. for the successful storage of apples. There should be sufficient spaces to permit a free-air circulation and to render each lot readily accessible to inspection and withdrawal. Containers should be clean and strongly built.

DAMAGE BY CURRANT APHIS

Louse Sucks Sap and Curis Leaves—Can Be Controlled by Spraying With Oil Emulsion. The currant aphid, a form of plant louse, sucks the sap and curis the leaves. It is easily controlled by spraying with an oil emulsion spray or a nicotine solution. The insect is found clustered on the lower surface of the leaves.

Perfect Health is Yours If the Blood is Kept Pure

Almost Every Human Ailment is Directly Traceable to Impurities in the Blood. You should pay particular heed to any indication that your blood supply is becoming sluggish, or that there is a lessening in its strength and vital force. By keeping your blood purified, your system more easily wards off disease that is ever present, waiting to attack wherever there is an opening. A few bottles of S. S. S., the great vegetable blood medicine, will revitalize your blood and give you new strength and a healthy, vigorous vitality. Everyone needs it just now to keep the system in perfect condition. Go to your drug store and get a bottle to-day, and if you need any medical advice, you can obtain it without cost by writing to Medical Director, Swift Specific Co., 112 Swift Laboratory, Atlanta, Ga.

Nebraska Directory

Hotel Castle 632 S. 16th Street Omaha, Neb. New, absolutely fireproof. 30 ROOMS With private toilet \$1.25; with private bath \$1.75 to \$2.50 FRED A. CASTLE, Proprietor

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"Can't Cut Off My Leg" Says Railroad Engineer "I am a railroad engineer; about 20 years ago my leg was seriously injured in an accident out West. Upon my refusing to allow the doctor to amputate it I was told it would be impossible to heal the wound. I have tried all kinds of salves and had many doctors in the past 20 years, but to no avail. Finally I resolved to use PETERSON'S OINTMENT on my leg. You cannot imagine my astonishment when I found it was doing what over 100 things had failed to do. My leg is now completely cured."—Gus Haule, 70 Myrtle Avenue, Brooklyn, N. Y. Great for piles, eczema, old sores and all skin diseases. 50 cents. Mail orders filled. Peterson Ointment Co. Inc., Buffalo, N. Y.

DAISY FLY KILLER PLACED ANYWHERE ATTRACTS AND KILLS ALL FLIES. Kills house flies, stable flies, and all annoying flies. Guaranteed effective. Sold by druggists or by EXPRESS, Buffalo, N. Y. HAROLD SUMERS, 100 De Kalb Ave., Brooklyn, N. Y.

GAVE HIM UP IN DISGUST Colored American Put Algerian to the Supreme Test and Then Delivered Stern Verdict. The total lack of comprehension between the American negro and his Algerian brother will go down in history as one of the outstanding features of the war. There was, for instance, the case of the dusky stevedore at Brest and one of the colored French troops on duty there. Long and laboriously the Yank tried to establish some means of linguistic communication, but there was no response. Then a brilliant thought struck the boy from Georgia. He produced a pair of ivory cubes and rolled them carefully under the Algerian's nose. Intelligence still registered zero. "Man," said Sam in disgust, "you ain't no cultured pusson. You ain't even no human. You is just a corpse."—The American Legion Weekly.

Balled Up the Barber. Judge Blank is fond of relating how he put one over on the barber who wished to make a sale. The man had just shaved him, and wanted to sell him a lotion to use on his face when he shaved himself. "Is that what you use on your customers?" asked the Judge. "No," replied the barber, "it's so expensive I cannot afford it." "If you can't afford it when you get 20 cents for shaving a man," returned the judge, "how do you expect me to afford it when I shave myself for nothing?" The barber was nonplussed and gave up trying to make the sale.—Boston Transcript. A man always imagines that he wants his earth until he gets sick.

Cold Water Has Odd Use. For years steam has been used for thawing the frozen soil of mining claims in Alaska, in spite of difficulties. Now it has been discovered that cold surface water, which of course is warmer than the ground, is a much better thawing medium than either steam or hot water, states Popular Mechanics Magazine. This seeming paradox is explained by the fact that the superabundant heat units of steam rise rapidly around the pipe, and are wasted, while the few heat units carried by the cold water remain in the ground and do their work slowly but thoroughly. In one test in the Nome district, a 2-inch pipe was inserted in a 6-inch drilled hole, and fed with 20 gallons of water a minute at a temperature of 52 degrees F., the ground being at 28 degrees. In 36 hours an 8-foot cylindrical thaw had been made.

Recognizing Her Likeness. Lucy was gazing through the window of the local photographer, her eyes glued on a certain picture. It was the annual procession of school children through the village. "Mary!" she shrieked excitedly at her friend. "Come 'ere!" "What's the matter, Lucy?" asked the other. "You see the photo of Annie Smith on the third row there?" "Yes," replied Mary. "An' you see the pair o' boots behind Annie?" "Yes."

Good Judgment leads thousands of housewives to serve Grape-Nuts in place of foods that require hours of drudgery in a hot kitchen. Needs No Sugar Comes ready to eat from the package. "There's a Reason" for Grape-Nuts