

TELL 'EM TO SEE ME, SAYS TOWNS

Every Time I Sit Down to a Juicy Steak Now I Give Thanks to Taniae, He Declares.

"Every time I sit down to a juicy steak now I give thanks to Taniae for taking me off that milk and mush diet I had to live on for a year," said Joseph R. Towns, the well-known and popular proprietor of the Sanitary Meat Market, of Marshall, Mich.

"I had stomach trouble of the worst sort and was going down hill so fast I thought I would have to give up my business. I was so nervous and worried I dreaded to see night come, as it meant little for me and then in the morning I was so fagged out I dreaded to go to my market.

"The money I spent for Taniae was the best investment I ever made. I never dreamed a medicine could do the work it did for me. Three bottles was all I needed to make me as sound as a dollar. I never felt better or more like working in my life than I do right now. I eat anything I want, my stomach is in good shape and I am brimful of energy. I sleep all night without turning over and get up in the morning as happy as a boy.

"Not only has Taniae made me feel fit and fine, but I have also gained twenty-five pounds in weight. If anybody wants to know more about what I think of Taniae let them come to me and I will be glad to tell them. It certainly hasn't an equal."

Taniae is sold by leading druggists everywhere.—Advertisement.

If a woman fails to understand a man they are on equal footing.

FOR SALE

IMPROVED CALIFORNIA LAND 560 acres, located in Glenn Co., Calif., two miles to town and school on land. All of tract in cultivation. Soil is all loam with alfalfa, barley and wheat main crops. Family orchard. Irrigation, well, 3,000 gal. per minute. Improvements consist of 12 room house, bath, tenant house, two large barns, bunk house, tank house, granaries and all buildings necessary. State highway runs through place. Fenced with wire and wood. Price is \$20 per acre with possession Oct. 1st. For further information write or see

JOHN N. WESTBERG, Butte City, Calif.

Cuticura Soap Is Ideal for The Complexion

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Kill All Flies!

Wise is the fool who knows enough to keep his mouth closed.

ALLEN'S FOOT-EASE DOES IT

When shoes pinch or corns and bunions ache, get a package of ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes. It takes the sting out of corns and bunions, gives instant relief to smarting, itching, swollen feet. 1,600,000 pounds of powder for the feet were used by our Army and Navy during the war.

Generally, "What are excess profits, pa?" "Excess prophets are weather prophets, my son."

WHY DRUGGISTS RECOMMEND SWAMP-ROOT

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.

The Readjustment. First Corkscrew—You never get used to it. Second Corkscrew—"No, even now I can't open a milk bottle."

The housewife smiles with satisfaction as she looks at the basket of clear, white clothes and thanks Red Cross Ball Blue. At grocers, 5c.

In order to mount the ladder of fame, an orator must win round after round of applause.

EASY TO KILL RATS and MICE

By Using the Genuine STEARNS' ELECTRIC PASTE

READY FOR USE—BETTER THAN TRAPS. Directions in languages in every box. Rats, Mice, Cockroaches, Ants and Waterbugs destroy food and property and are carriers of disease. Stearns' Electric Paste forces these pests to run from the building for water and fresh air. Do not use "Money back if it fails."

U. S. Government buys it.

THE KITCHEN CABINET

(By 1241 Western Newspaper Union)

Were I to pray for a taste which would stand by me under every variety of circumstances and be a source of happiness and cheerfulness to me during life and a shield against its ills, however things might go amiss and the world frown upon me, it would be a taste for reading.—Anthony Donovan.

HOT WEATHER GOOD THINGS.

A good supply of bottled sirups, juices and ginger ale will be a source of comfort and refreshment to the housewife and guest during the hot weather.

Cherry Punch.—Boil together for five minutes two cupfuls of sugar and four cupfuls of water; add one cupful of lemon juice, three cupfuls each of orange juice and cherry juice. Chill and serve with ice.

Grape Nectar.—Boil together one cupful of sugar and one quart of water; after cooking ten minutes add when cool the juice of three lemons, two oranges, one can of pineapple and a pint of grape juice. Let stand three hours then add one thinly-sliced orange. Serve with ice.

Ginger Ale.—Remove the skins from six large lemons and slice them into an earthen bowl. Add to them six ounces of bruised, fresh ginger root, six cupfuls of sugar and four gallons of boiling water. When lukewarm add one-fourth of a yeast cake dissolved in a little water. Cover the bowl with a thin cloth and let stand a day. Bottle and keep in a cool place.

Pear Fritters.—Cut ripe pears, peeled and cored into thick slices; dip into a fritter batter and fry in deep fat. Serve rolled in sugar and with a sauce made from stewing the peelings and cores with a pear or two in sufficient water to cover. Strain, sweeten, thicken with flour; add butter; cook until smooth and thick. The fritter batter is prepared with one cupful of flour, the yolks of two eggs, one-half cupful of cold water, two tablespoonfuls of sugar and a tablespoonful of olive oil or any good salad oil. Beat to a smooth paste; add the stiff-beaten whites and a pinch of salt.

A pair of baking sheets made to fit the oven with the edges turned up and reinforced by a piece of heavy wire are the handiest of baking pans. A whole roll of cookies may be rolled out and baked with one heating of the oven.

Stranger, if thou hast learned a truth which needs No school of long experience that the world Is full of guilt and misery, and hast seen Enough of all its sorrows, crimes and woes To tire thee of it, enter this wild wood And view the haunts of nature.

PRESERVES AND CONSERVES.

The season for putting up the good things from garden and field is at hand, and the weather, though hot, will not hinder the thrifty housewife in her preparation for the winter and a full fruit closet.

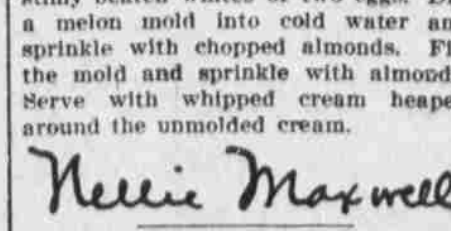
Fruit Conserve.—Take one pound of raisins, two pounds of tart cherries, the juice and rind of three oranges and four cupfuls of sugar. Chop the fruit, add the sugar and cook 20 minutes. Seal in small air-tight jars.

Preserved Pears.—Take six pounds of pared, cored and halved pears; add four pounds of sugar and two cupfuls of water, the juice of two lemons, the rind of one cut in strips and one ounce of ginger root. Drop the pears into cold water as soon as pared to keep them from discoloring. Boil together the sugar, lemon and ginger for half an hour. Drop the pears, a few at a time, into the sirup and cook 15 minutes. Drop into sterilized jars and pour over the thick sirup when all are cooked. Seal at once.

Spiced Apple Jelly.—Take one peck of tart apples, one-half cupful of mixed spices. Put the spices in a bag and cook the apples in equal parts of vinegar and water to cover, adding the spices. When the apples are soft, drain in a jelly bag. Boil the juice with equal quantities of a little less of heated sugar. When jellied pour into glasses and cover with paraffin when cool.

Rose Pudding.—Pour one pint of raspberry juice into a saucepan with one cupful of sugar, add one-half cupful of corn starch, mixed with a little cold water, to the boiling fruit juice; when partly cooled add a teaspoonful of rose extract and one-half teaspoonful of almond extract. Fold in the stiffly beaten whites of two eggs. Dip a melon mold into cold water and sprinkle with chopped almonds. Fill the mold and sprinkle with almonds. Serve with whipped cream heaped around the unmolded cream.

The Muse of Dancing. The Muse Terpsichore was the inventress and patroness of the art of dancing as accessory to the singing or recitation of lyrical poetry. She is generally represented with the lyre and plectrum, crowned with flowers and in a mirthful attitude.



Native Women of Oman.

Oman and Its People



Native Women of Oman.

(Prepared by the National Geographic Society, Washington, D. C.) But a step from lands first and longest known in the history of the world—Egypt, Babylon, Palestine—Arabia remains one of the world's most unknown regions. And in one of its least known corners is the independent state of Oman. Historically, politically and geographically, Oman has always been isolated from the rest of Arabia. Ever since the days of the caliphate, so far as communication with other Arabs is concerned, Oman was practically an island, with a sea of water on two sides and a sea of sand—the great Arabian desert—on the other. As a result, the people are even more primitive in their habits than the Arabs generally; and only recently have other towns than Muscat, the capital, opened their eyes to the world.

Oman is a relatively narrow strip of coast, bowed around the irregular eastern tip of Arabia. To the northwest it extends half way along the southern shore of the Persian gulf, into the head of which empty the historic Tigris and Euphrates rivers. From there it extends in a crooked, unbroken strip of varying width for nearly 1,000 miles, its southwestern extremity reaching almost to the mid point of the flaring south shore of the Arabian peninsula.

The state has an area of 82,000 square miles, almost twice that of Pennsylvania. Although generally accepted statistics place the population at 800,000, Colonel Miles, who has seen more of the interior than any other recent traveler, estimates it at over 1,000,000. The capital, Muscat, and the adjoining town of Mutrah, have together about 25,000 inhabitants. The ancient capital, Rostak, which is inland, declined in importance after the Portuguese, during the remarkable growth of their colonial power in the sixteenth century, pushed around the Cape of Good Hope and northward and eastward, occupying Muscat. The Portuguese remained in possession of this metropolis of Oman from 1508 until the middle of the seventeenth century.

Was Almost an Empire.

The conquerors of Oman who gave it its present ruling family came from Yemen on the other side of Arabia, Ahmed bin Sa'eed, the leader, captured Muscat in 1741. The present sultan and imam, who came to the throne in 1913, is a descendant of this eighteenth century conqueror.

At the beginning of the Nineteenth century, before European powers had determined upon the almost complete parcelling out of Africa, Oman was almost an empire. It extended over a large part of Arabia, the islands to the north of Arabia in the Persian gulf, a strip of the southern coast of Persia, and a strip of the Indian ocean coast of Africa, from the northeastern point near the entrance to the Red sea almost half way to the Cape of Good Hope. This African territory, including Zanzibar, comprised large parts of what later became Italian Somaliland, British East Africa and German East Africa. It also included the important island of Socotra at the mouth of the Gulf of Aden, now under British control.

At that time the slave trade was flourishing, and it was the Arabs of Oman who explored the great interior of Africa long before the days of Speke and Livingstone. On the death in 1856 of Oman's "Alexander," the Sultan Sa'eed, the empire began to break up, one son becoming sultan of Zanzibar and another sultan of the Arabian territory. Subsequently all Asiatic possessions outside Arabia were lost, except a few islands in the Persian gulf. About this time Oman came under the virtual protection of Great Britain through the Indian government, and a British consul and political agent has since been maintained at Muscat.

One of the most picturesque parts of Oman is the so-called Pirate coast, just within the great point of land which almost closes the mouth of the Persian gulf, the sailing ground of the Sailing. This region was a base of operation for pirates as troublesome in the first half of the Nineteenth century of the Indian and Persian trade as were the Caribbean pirate nests to the ships that piled between Panama and Europe a century or so earlier. The inhabitants of the Pirate coast were extremely fanatical as well, which added to their trouble-making qualities. British gunboats, with the assistance of Indian forces put an end to the depredations, and the one-time pirates of this region have now mostly turned to pearl diving for a living.

Trip Through the Country.

A journey from the Pirate coast across the base of the great point of Oman to Sohr or some of the adjacent ports, a trip of about 100 miles, gives an excellent idea of the back country of this little-known state. Caravans making this trip usually travel at night and rest under whatever shade may be found during the day. On the second day one passes villages and cultivated fields and at night sleeps surrounded by thousands of sheep and goats, driven in by Bedouin lasses from their mountain pastures. Even among these shepherds one finds readers, and colporteurs sell books wherever the camels halt long enough to strike a bargain. In entering the narrow pass of Hitta, the guides go ahead mounted, with rifles loaded and cocked.

Notwithstanding the fact that the wholesale price of peanuts has dropped many retailers continue to ask circus prices for them.

A surety expert says a man who swears can be put down as a good risk, but he probably didn't have fire insurance in mind.

Einstein is declared to have explained to reporters that time and space are limited. Newspaper editors have been trying to do this for many years.

Every time the country looks at the huge bill that an adequate navy calls for the coo of the dove of peace sounds more alluring in its ears.

Barros Queiroz has formed a new Portuguese cabinet. It is necessary, of course, to form a cabinet. Otherwise, how could it resign?

A wooden-legged hero of the World war is credited with having stopped the German drive into Upper Silesia. This fellow would appear to be a corker.

Disagreed. Church.—The learned judge on the bench looks sick. I guess something has disagreed with him. Gotham.—You're right. It was the jury.—Yonkers Statesman.

ASPIRIN

Name "Bayer" on Genuine



Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.

YET MOTHER WASN'T PLEASED

Little Son's Suggestion Certainly Hopeful, but for Some Reason Not Comforting.

A Columbus mother of a five-year-old son is also the unwilling possessor of two corns, both on one toe. Yesterday the corns were unusually painful.

"It wouldn't be so terrible if it were only one corn," she moaned, "but two! And both on one toe. It is the limit."

The little son listened with deep distress. He gazed at the pointed shoe and at the mother's frowning face, seemingly in deep and painful meditation. Suddenly his face brightened. "Say, mother," he exclaimed, "corns grow, don't they?"

"Why, yes," replied the mother. "Mine get bigger every day, but what of it?"

"Well," he replied hopefully, "the corns will soon grow into one and then it won't be nearly so bad, will it?"—Indianapolis News.

Comforting.

"Will this stuff kill me?" asked the suspicious customer.

"I hope not," said the affable bootlegger, "but if it does there will be no reflection on you or the members of your family."

"How's that?" "I stand in with the coroner. He'll return a verdict of death from natural causes."

Some of It Unexplored.

Although some travelers have reached the edge of the Oman desert, all the country beyond is still largely terra incognita. No one has ever made the journey beyond the range of mountains or solved the mystery of western Oman, which is still a blank on the best maps; nor is anything known of the land 100 miles southwest of Muscat save by Arab hearsay.

The most populous and fertile district of the highlands of Oman is Jebel Akhdar, which is also the best known. The fertility of this region is wonderful and in striking contrast with the barren rocks of so large a part of the coast. With a semi-tropical climate, an elevation of 3,000 to 5,000 feet, and abundant springs, the wadis and oases of Oman have awakened the delight and amazement of every traveler who has ventured to explore them. Water, the one priceless treasure in all Arabia, here issues in perennial streams from many rocky clefts, and is most carefully husbanded by the ingenuity of the people for wide irrigation by means of canals or water-courses called falaj.

Except along the Pirate coast the Arabs of Oman are remarkably free from fanaticism, simple in their habits, and wonderful in their hospitality. Most of them belong to the Abadhi sect, which has many beliefs in common with Christianity.

Did She See It?

He (telling a joke)—Do you see the point? She—If it's what I think it is I don't, and you're no gentleman.

FOR SALE

CALIFORNIA LAND 10 acres, located in Glenn Co., Cal., 1/2 mile to school and two miles to town. All of tract in cultivation. Soil is all loam with almonds main crop. Orchard of 700 almond trees. Can be irrigated by well if needed. No improvements. This almond orchard lies on the Oroville-Hollows lateral of the state highway and will soon be paved, making this an exceptional buy. Price is \$50 per acre with possession to be arranged. For further information write or see JOHN N. WESTBERG, Butte City, Calif.

BE A NURSE

Exceptional opportunity at the present time for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitarium Lincoln, Nebraska

PARKER'S HAIR BALSAM

Removes Dandruff, Itchiness, Falling Hair, Restores Color and Beauty to Gray and Faded Hair, and is sold at Druggists, Health Food Stores, etc.

HINDERCORNS

Removes Corns, Calluses, etc. Gives relief, restores comfort to the feet, makes walking easy. Sold by mail or at Druggists. Hirsch Chemical Works, Philadelphia, Pa.

TENTS AWNINGS and STACK COVERS

Get our Prices. They are Right. American Tent and Awning Co. 40th and Farnam Sts. Omaha

PATENTS

Watson E. Coleman is Patent Lawyer, Washington D. C. Advice and book free. Reasonable. Highest references. Descriptions.

KREMOLA

A WONDERFUL FACE BLEACH. Removes Tan, Freckles, Pimples, etc. Free Trial. Write for it. Kremola, 275 Broadway, New York, N. Y.

Nice Job.

She—I have invented a face powder that can't be kissed off. He—That so. How about putting me in charge of your proving grounds?—Boston Transcript.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

What They Needed.

Mother—We must get a nurse for the baby. New Pop—A nurse? What we need is a night watchman.—Boston Transcript.

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.

HAVE NEED OF MUCH FOOD

Voracious Appetites of Growing Boys Are Natural and Not to Be Wondered At.

Dr. E. F. Du Bois made extensive studies a few years ago on the food requirements of growing boys, and found that they needed about 25 per cent more than grown men, weight for weight. Now Drs. F. G. Benedict and Mary F. Hendry have made similar studies on girls between twelve and seventeen years of age. These correspond in their results with those made by Dr. Du Bois.

The Journal of the American Medical association comments that considered in connection with the usually lively muscular activities of children, which call for liberal expenditure of energy, the facts ascertained explain and justify the large appetites of growing boys.

Playgrounds for Berkeley.

Berkeley, Cal., is now acquiring, through the board of education, the playgrounds needed in practically every school district of the city, as the result of the \$2,300,000 bond issue voted in 1919. The city has acquired for \$300,000 the high school recreation building and site in the center of the city as recommended by the city planning commission. The playground commission will operate all school playgrounds.

Mental butterflying at 2 a. m. A great indoor sport for thoughtless people. One of the surest ways to become physically incapable of doing your best work is to get only snatches of sleep—broken by disturbing dreams. Let Nature restore your coffee-irritated nerves, and bring you sound, refreshing sleep. Postum is wholesome and acts in a normal way. It possesses the advantages of a hot drink, without the ill effects of tea or coffee. Drink Postum for a week or two. See what a difference it will make in you! "There's a Reason." Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. At all grocers.