Something to Think About By F. A. WALKER

ARE YOU WORTHY?

A COMMON and frequent complaint

With more or less petulance they ures that are their own. declare that their incomes are not in which they want to live.

Instead of being compelled to depend on popular shops for their clothes, they yearn to be in position to patronize high-priced tailors and dressmakers, and thus in their false personal indulgence. estimation keep step with the rich by making repeated shows of fine feathers.

The plebian atmosphere in which these hapless mortals are surrounded is most displeasing.

Any real effort to improve their mental qualifications is apart from the question, and contrary to their inmost wishes.

Though apostles of laxity, devotees of empty pleasures and devout disciples at the shrine of prodigality. these disgruntled young men and women openly blame the world for their imagined plight, often condemning their employers for holding them down, when as a matter of fact their employers have nothing whatever to do with It.

The man or woman who is really desirous of rising to the surface where he or she can swim with head above water must pull a hard, continuous stroke, quite regardless of what others are doing.

It is the only way to keep at the top and keep moving ahead.

Drifting is perilous to everybody who indulges in it, certain in the end to lead to disaster by wrecking the fondest hopes and highest aspirations.

In spite of our vaunted pride of progress, drifting is becoming a national habit, particularly among the puny-minded who bend their knee to the god of gold rather than to the god of wisdom.

Every good thing in life is measured by such persons with the tape bearing the dollar mark and its deci-

Uncommon

A GOOO LOSER

IF WE all liked to lose, this would be a shiftless and an ambitionless

It is natural to want to win in any competition, business or athletic, Any self-respecting man would like to feel that he can outstrip the other

fellow in any race he enters. He feels chagrined when he loses. But if he amounts to anything he does

not show it. To whine, to lose your temper, to invent excuses, to show jealousy if you lose, is poor sportsmanship and

poor judgment. You may feel badly because you have lost, and you ought to, but remember that you, and no one else, are responsible. For if the competition was one in which you had no chance of winning you shouldn't have entered It. If you did have a chance, it was

Be a good loser, therefore, and generous to your opponent. But don't lose too often

Don't be so little concerned about losing that you never try to win. Don't feel that it makes no differ-

| mals, even morality, friendship and

Yet alas! these handlers of this nowadays among self-esteemed iniquitous tape line perversely layoung men and wemen is that they ment their position in life and condemn are not making satisfactory progress. the irresponsible for faults and fall-

To make yourself worthy in any sufficient to keep them in the style calling it is necessary to prove your worthiness.

And this cannot be done except by honest endeavor, long hours of hard work and a manifest willingness always to put personal industry above

(@, 1922, by McClure Newspaper Syndicate.) PROMISING.



I introduced a grass widow to a grass widower to-Will anything

come of it? Can't tell. They exchanged refer-

Will M. Maupin

AFTERWHILE

WE ARE going to "cut the mus-Afterwhile,

Likewise be "all to the custard," Afterwhile,

But today we're in poor fettle, So we'll let our feelings settle; But we're going to show our mettle Afterwhile,

We will wipe out all injustice Afterwhile, We'll do lots of big things-trust us-

Afterwhile. But today is full of pleasure And its golden hours we'll trensure; But we'll start on some great measure

It's the greatest country ever-Afterwhile, And to reach it's our endeavor,

Afterwhile. But today we'll spend in dreaming, Wasting hours of golden gleaming; And await a glad dawn's beaming Afterwhile. (Copyright by Will M. Maupin.)

SCHOOL DAYS



ence how the race goes. When it is over have a quiet little conversation with yourself, and give general instructions not to let the same thing

happen wenny There is such a thing as being so good a loser that you like to lose. And there are no competitions run off in this world which you can afford to enter merely for the pleasure of

letting some other man win. You are perfectly justified in feeling bad when you have lost. You are and his courage, and become a mere of this intricate mechanism.

cumberer of the earth. Try to win as hard as you can. If your fault that you did not improve you lose and that you will win as

nearly 100 per cent as possible. Then when you do lose, you can bear it with a better grace, for you will know that such a thing is not

going to happen very frequently.

(Copyright by John Blake.)

Mother's Cook Book

REFRESHMENTS DURING the mid-summer sultry

great enough to be small enough to be

days a cool drink, ice, or frozen cream is always acceptable.

Date Sandwich Cookies. and chop; mix with one cupful of cherry for each glass. Combine the erange marmalade, one cupful of chopped buts. Prepare a white cookie dissolved. Fill the glasses with finely mixture, roll out very thin, place a chipped ice, pour over the fruit juice spoonful of the mixture in the center and cover with another cookie; sprinkle with sugar and bake in a moderate oven. These cookies may be cut in fancy shapes, baked and then

Green Peas Francaise.

one so desires.

Wash the ras before shelling, then shell the peas and put the pods on to cook for fifteen minutes or longer in enough cold water to just keep from the freshly shelled peas on to cook, add two green onlons, a sprig of parsley, and a head of lettuce well washed and dry; there should be added two tablespoonfuls of butter

This world's need is men and women | and cover the kettle closely. Cook slowly one hour. This is a delicious dish which will be often served.

Pineapple Nectar.

To one pint of pineapple juice add one-half cupful of orange juice, four tablespoonfuls of lemon juice, sugar Take one package of dates, stone to taste and a slice of orange and a juices, add the sugar and stir until and top with a slice of orange into which a cherry has been pressed.

Lemon Cake.

Take three-fourths of a cupful of be put together with the filling, if butter, cream it, adding two cupfuls of sugar gradually. Beat the whites of seven eggs and add to the creamed butter and sugar a spoonful at a time, Beat well, add three cupfuls of sifted flour, four teaspoonfuls of baking powder, the grated peel of one lemon alternately with one cupful of milk. scorching. Use this water, hot, to put Fold in the whites at the last. Bake in three layer pans.

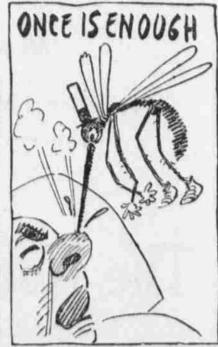
DOES SALT MAKE US THIRSTY

A NYONE who has suffered from nose-bleed or who has tasted human blood knows that it contains a considerable proportion of saltapproximately the same amount as is present in sea water. This is only justified in taking yourself into a natural, because salt is one of the corner for a lecture on the folly of essentials of the body and is carried losing. The continual loser will in the through it by means of the veins and end have to part with his self-respect arteries which feed the different parts

When an unusual amount of salt is taken into the stomach, it reacts you lose next time make up your in two ways. In the first place, the mind that you will win the next, De- blood, being already supplied with all termine that you will win oftener than the salt that it cares to handle, declines to take on any more and the saline solution remains in the stomach -"uncalled for," as it were. Then, too, salt rapidly absorbs water and its presence in the stomach causes that organ to send out a hurry call for some means of flushing out the excess which cannot be utilized by the body. The sensation of being "thirsty" is, therefore, merely the manifestation that the stomach needs something with which to dilute the unusual amount of salt-just as when we feel thirsty from other causes it is a sign that the body needs some kind of a liquid to assist it in its usual functions. (© by the Wheeler Syndicate, Inc.)

Hickory First in Fuel Value,

Shell bark hickory ranks first in fuel value, with chestnut, white oak, white ash and red ash following in the order named.



Various Points Throughout Nebraska.

Jack Lewis of Fremont bought a

Adolph Lebsack, twenty-three, of Lincoln, was seriously injured when door of the L. P. Hansen grocery store he dived into the Blue river at Mil- at Fremont, yeggs carried away a 300ford and struck his head on a stump pound safe containing \$200, besides a beneath the water.

of Mr. and Mrs. L. O. Welch of in a meion patch about one mile from Bennet, was run down by a Santa Fe the scene of the robbery. train at Colorado Springs and instantly killed.

The failure of the oat crop in por- Jesse Johnson, eight year old Omaha tions of Custer county has taken oats lad, was saved from possible death entirely off the market. None is on by the timely assistance of Frank hand and none will be received at the Mittermeyer, a neighbor, who saw the local elevators.

George Stephenson, machinist at the wire.

was found by some boys playing near the brow above the eye. the store. It had been broken open and rifled.

Threshing of small grain in north damage is expected from moist shocks. church at Moorefield and tore off an arm of the cross on top of the spire. The Bloomfield rest room was discontinued with the close of July. business men is given as the cause.

The Cass County Farm bureau has placed 173 men on farms during the Pawnee City has a 40-acre tract of harvest. The demand and the supply are now reported to be even. The first crop of peaches in Pawnee county for several years is now being this season is about 15 bushels.

marketed. The crop this year is abundant and of good quality. Forty acres of wheat belonging to F. E. McConaughey, near Aurora, averaged almost fifty bushels, the

record so far for this section. Edward Woosley was spearing fish in a lake near Omaha, and by mistake ran a three tined fork into his last presidential election, or approxifoot. It had to be cut out.

Lindsay is facing a winter without coal. None of the coal dealers there for president two years ago. has a pound of coal in their bins and no prospect of getting any.

The Polk commercial club has decided to hold a celebration September | had set 5,000 marriages as his life-13, the sixteenth anniversary of the time goal. Now he hopes to officiate establishment of that place.

A boy baby, the fifteenth child of was born last Sunday. All of the children but one are living.

dents of Beatrice has been obtained the history of the state." for a local branch of the Nebraska Automobile association. Six trains on the Northwestern and

of strike conditions. Crete will have free mail delivery

business section. The farm bureau survey shows twice as many hogs in Custer county | Dodge county. as in any other county of the state. The Jansen band which disbanded several years ago has been reorgan-.zed with a membership of fourteen.

Mrs. Henry Fuller was seriously burned when a can of gasoline exploded at her home in David City. Omaha Elks are laying plans to erect a million dollar home and club jouse at that place.

will be held at 11 a. m., August 15, Dakota. at Lincoln.

The Modern Woodmen Encampment at Fremont will be held August 7 to coal miners and coal operators to 10 inclusive.

meet at Omaha August 18. The Nebraska district of the Mis-

souri synod of the Lutheran church will hold its sessions August 16 to 22 United States district attorney's ofat Omaha. About 500 delegates are fice at Omaha, according to figures expected to be in attendance,

Fred Goerne, who was making preption of their golden wedding anniversary last week, dropped dead while at work in his shop at South Omaha.

fng near Avoca, has polled more votes American Expeditionary forces, will than any other man in Otoe county, be held in Omaha September 20 to as he has not failed to vote for sixty- 22, inclusive, according to plans one years. Fifty of these were cast formulated by the reunion executive in Otoe county.

Twenty extra game wardens to supbeing sent out by State Game Warden | the northwest. Beorge Koster to protect this class of game, which Koster says is more April 11 was run down on the main

his right hand blown nearly off by a broke down the corral of the plant after he had lighted the fuse.

The annual convention and campmeeting of the Nebraska conference of the Seventh-day Adventists will be held in Epworth park, near Lincoln, August 17 to 27. It will bring dele-News of All Kinds Gathered From gates from Omaha, Hastings, Beatrice, College View, Nebraska City, McCook, Kearney, Grand Island, Fairbury, Red Cloud, Valentine, Seward, North Platte,

Norfolk, Falls City, Columbus, and

many other places in the state. Judson H. Smith, 63, formerly of new car to tour Colorado with his Falls City, who seven years ago infamily. He filled it with gasoline, oil herited \$50,000 from his brother's esand provisions, including a tent, and tate, has been identified as a man who lay down to dream of vacation. The dled at West Palm Beach, Florida, family arose at 5 o'clock next morning apparently from starvation. In his to start. The new automobile was clothing when taken to the hospital, gone, provisions and all-it had been attendants found \$37,000 in cash and securities.

Backing up their truck to the reat large quantity of merchandise. The Frank Welch, fifteen year old son safe, with the door broken, was found

> Struck by a charged wire while erecting an aerial for a radio outfit. boy's plight and released him from

Lincoln, was electrocuted when he at- O. H. Finney of Berwyn met with tempted to remove an electric light an accident while attending a ball wire, which had blown down in front game which may cost him the loss of his right eye. He was sitting on the A cash register, stolen from the J. side lines when a wild throw was W. Coonley grocery store in Glenover, made, the ball hitting Mr. Finney on

A model tourist park, ten by twenty feet, has been constructed by Kearney Charles Atkinson of Janesville, Wis., teachers' college students and includes has accepted an invitation extended such features as an auto repair shop, him by the new Y. M. C. A. board to service station, lighting system, swimbecome secretary of the Fremont Y. ming pool, enclosed kitchen, laundry and showers.

The summer sessions of the normal Nebraska has been delayed by the schools of Nebraska have a greater unusually heavy rains. . In some places attendance this year than since the war, according to a report made at During a severe electric storm, the bi-monthly meeting of the state lightning struck the German Lutheran | board of education for normal schools, Philip, 6, son of Mr. and Mrs. George Thurtle of University Place, is dead of lockjaw developed from a wound on a finger received in a lawn Lack of financial support from local mower several days ago. Anti-tetanus serums failed to arrest the infection, County Treasurer M. L. Flanagin of wheat which made a record yield this season with 401/2 bushels to the acre. The average yield for the community

North Platte valley farmers have worked out an agreement with the threshers by which they are to pay 15 cents a bushel for wheat and 10 cents for oats, the farmer to furnish horse feed and haul the coal.

The primary vote on July 18 was 53.9 per cent of the vote cast at the mately 210,000 in all parties at the primaries as against 382,743 votes cast

Rev. Charles W. Savidge, the 'marrying parson" of Omaha, tied his 5,400th knot last week. He originally at 6,000 or 7,000 weddings.

The state board of equalization has Mr. and Mrs. Nume Warrick of Blair, cut last year's state levy of 3.3 mills to 2.3, making what the board's official statement calls "the largest re-A charter membership of fifty resi- duction in the levy for one year in

Some one raided the drug room of the Senn hospital at Omaha and carried off fifty gallons of alcohol. At Wabash lines in Nebraska have been the price paid for the bootleg article withdrawn from service on account the goods will bring the theif nearly a thousand dollars.

An inheritance tax of \$2,190 was service, twice a day in the residence assessed against the estate of the late portion and four times a day in the John Andrews of Fremont by County Judge Wintersteen. This is one ot the largest of such taxes collected in

Property valuations in 89 of the 93 counties in Nebraska are nearly onehalf million dollars lower this year than in 1921, according to a statement issued by W. H. Osborne, state tax commissioner.

Randolph's second annual Roundup and Frontier days' exhibition will be staged August 18 and 19, under the auspices of the Community club. The The probibition state convention riders will be brought in from South

Governor McKelvie announces that unless there is an agreement between resume mining of coal the state will The democratic state convention will take over the fuel situation in Nebraska.

Three hundred and eighty-four liquor suits have been started by the for the fiscal year ending June 30 Of these, 282 pleaded guilty, 23 had arations with his wife for the celebra- trials by juries, 5 were acquitted and 85 are still pending. The second annual convention of

the Eighty-ninth division, one of the William Ehlers, pioneer farmer liv- celebrated fighting divisions in the committee of this organization.

Special harvest hand railroad rates, plement the nine permanent officials for the first time in many years, are in the duck and chicken country of being offered by the Great Northern sorthern and western Nebraska are road, due to the enormous crops in

Mrs. Jessie L. Bozarth, who on plentiful this year than for ten years street of Lincoln by a wild steer, which injured six people and stam-John Blood, 22, member of the One peded the town for two hours, has hundred thirtieth field hospital corps filed suit against a local packing comof the Nebraska National guard, had pany for \$9,870 damages. The animal bomb at Capital beach, Lincoln amuse- and rushed through the business secment park, when the bomb exploded flon of town, lunging at every person

HER AILMENTS **ALL GONE NOW**

Mrs. Sherman Helped by Lydia E. Pinkham's Vegetable Compound

Lake, Michigan. — "About one year ago I suffered with irregularities and a weak-

nessandat times was obliged to stay off my feet. I doctored with our family physician and he finally said he could not understand my case, so I decided totry Lydia E. Pink-ham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took severa

bottles of the Vegetable Compound and used Lydia E. Pinkham's Sanative Wash and I am entirely cured of my ailments. You may publish this letter if you wish."—Mrs. MARY SHERMAN, Route 2, Lake, Mich.

There is one fact women should con-sider and that is this. Women suffer from irregularities and various forms of weakness. They try this and that doctor, as well as different medicines. Finally they take Lydia E. Pinkham's Compound and Mrs. Sherman's experience is simply another case showing the merit of this well-known medicine.

If your family physician fails to help you and the same old troubles persist, why isn't it reasonable to try Lydia E. Pinkham's Vegetable Compound?

Nearly every law of health is easy to follow except taking exercise; and

that's a nulsance.



Big Ship. "They have elevators swimming

pools-" "A big steamer, hey?" "You can play golf on the upper

Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorders are added, don't wait-get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. and recommended the world over.

Ask your neighbor! A Nebraska Case

Fred Urwiller, Grand Ave., Raven-Grand Ave., Ravenna, Nebr., says: "I
was awfully lame
across my hips.
When I bent over
sharp pains caught
me in my back and
hips. I felt as
though someone had
stuck me with a
knife. My kidneys
acted too freely duracted too freely dur-ing the night and the secretions were

highly colored and burned in passage. Several boxes of Doan's Kidney Pills cured the trouble." Get Dean's at Any Store, 60c a Box

DOAN'S HIDNEY POSTER-MILBURN CO., BUFFALO, N. Y.

VICTIMS RESCUED

Kidney, liver, bladder and uric acid troubles are most dangerous because of their insidious attacks. Heed the first warning they give that they need attention by taking

GOLD MEDAL

The world's standard remedy for these disorders will often ward off these diseases and etrengthen the body against further attacks. Three sizes, all druggists. Leek for the name Gold Medal on every box and accept no imitation

Piles

