

Something to Think About

By F. A. WALKER

ARE YOU WORTHY?

A COMMON and frequent complaint nowadays among self-esteemed young men and women is that they are not making satisfactory progress.

With more or less petulance they declare that their incomes are not sufficient to keep them in the style 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 estimation keep step with the rich by making repeated shows of fine feathers.

The plebeian 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 decimal.

Uncommon Sense

By JOHN BLAKE

BE A GOOD LOSER

IF WE all liked to lose, this would be a shiftless and an ambitious life.

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 your fault that you did not improve it.

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-

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 again.

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 justified in taking yourself into a corner for a lecture on the folly of losing. The continual loser will in the end have to part with his self-respect and his courage, and become a mere cumber of the earth.

Try to win as hard as you can. If you lose next time make up your mind that you will win the next. Determine that you will win oftener than 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.

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SCHOOL DAYS



KIDDIES SIX

By Will M. Maupin

AFTERWHILE

WE ARE going to "cut the mustard." Afterwhile. Likewise be "all to the mustard." 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 treasure; But we'll start on some great measure Afterwhile.

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.)



CORNHUSKER ITEMS

News of All Kinds Gathered From Various Points Throughout Nebraska.

Jack Lewis of Fremont bought a new car to tour Colorado with his family. He filled it with gasoline, oil and provisions, including a tent, and lay down to dream of vacation. The family arose at 5 o'clock next morning to start. The new automobile was gone, provisions and all—it had been stolen.

Adolph Lebsack, twenty-three, of Lincoln, was seriously injured when he dived into the Blue river at Millford and struck his head on a stump beneath the water.

Frank Welch, fifteen year old son of Mr. and Mrs. L. O. Welch of Bennet, was run down by a Santa Fe train at Colorado Springs and instantly killed.

The failure of the oat crop in portions of Custer county has taken oats entirely off the market. None is on hand and none will be received at the local elevators.

George Stephenson, machinist at Lincoln, was electrocuted when he attempted to remove an electric light wire, which had blown down in front of his home.

A cash register, stolen from the J. W. Cooney grocery store in Glenover, was found by some boys playing near the store. It had been broken open and rifled.

Charles Atkinson of Janesville, Wis., has accepted an invitation extended him by the new Y. M. C. A. board to become secretary of the Fremont Y. M. C. A.

Threshing of small grain in north Nebraska has been delayed by the unusually heavy rains. In some places damage is expected from moist shocks.

During a severe electric storm, lightning struck the German Lutheran church at Moorfield and tore off an arm of the cross on top of the spire. The Bloomfield rest room was discontinued with the close of July. Lack of financial support from local business men is given as the cause.

The Cass County Farm bureau has placed 173 men on farms during the 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 marketed. The crop this year is abundant and of good quality.

Forty acres of wheat belonging to E. 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 foot. It had to be cut out.

Lindsay is facing a winter without coal. None of the coal dealers there 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 13, the sixteenth anniversary of the establishment of that place.

A boy baby, the fifteenth child of Mr. and Mrs. Nume Warrick of Blair, was born last Sunday. All of the children but one are living.

A charter membership of fifty residents of Beatrice has been obtained for a local branch of the Nebraska Automobile association.

Six trains on the Northwestern and Wabash lines in Nebraska have been withdrawn from service on account of strike conditions.

Crete will have free mail delivery service, twice a day in the residence portion and four times a day in the business section.

The farm bureau survey shows twice as many hogs in Custer county as in any other county of the state.

The Jansen band which disbanded several years ago has been reorganized 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 house at that place.

The prohibition state convention will be held at 11 a. m., August 15, at Lincoln.

The Modern Woodmen Encampment at Fremont will be held August 7 to 10 inclusive.

The democratic state convention will meet at Omaha August 18.

The Nebraska district of the Missouri synod of the Lutheran church will hold its sessions August 16 to 22 at Omaha. About 500 delegates are expected to be in attendance.

Fred Goerne, who was making preparations with his wife for the celebration of their golden wedding anniversary last week, dropped dead while at work in his shop at South Omaha.

William Ehlers, pioneer farmer living near Avoca, has polled more votes than any other man in Otoe county, as he has not failed to vote for sixty-one years. Fifty of these were cast in Otoe county.

Twenty extra game wardens to supplement the nine permanent officials in the duck and chicken country of northern and western Nebraska are being sent out by State Game Warden George Koster to protect this class of game, which Koster says is more plentiful this year than for ten years past.

John Blood, 22, member of the One hundred thirtieth field hospital corps of the Nebraska National guard, had his right hand blown nearly off by a bomb at Capital beach, Lincoln amusement park, when the bomb exploded after he had lighted the fuse.

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 weakness and at 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 to try Lydia E. Pinkham's Vegetable Compound. After I had taken the first bottle I could see that I was getting better. I took several 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 consider 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 nuisance.

Sure Relief FOR INDIGESTION

BELLANS FOR INDIGESTION 25 CENTS

6 BELLANS Hot water Sure Relief

BELLANS

25¢ and 75¢ Packages, Everywhere

Big Ship. "They have elevators swimming pools—" "A big steamer, hey?" "You can play golf on the upper deck."

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 drowsy, 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. Used and recommended the world over. Ask your neighbor!

A Nebraska Case

Fred Urwiler, Grand Ave. Ravello, Neb., 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 during the night and the secretions were highly colored and burned in passage. Several boxes of Doan's Kidney Pills cured the trouble."

Get Doan's at Any Store, 60c a Box

DOAN'S KIDNEY PILLS

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 BARLEM OIL

(CAPSULES)

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

Piles

are usually due to straining when constipated. Nujol being a lubricant keeps the food waste soft and therefore prevents straining. Doctors prescribe Nujol because it not only soothes the suffering of piles but relieves the irritation, brings comfort and helps to remove them.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol

A LUBRICANT—NOT A LAXATIVE

Mother's Cook Book

This world's need is men and women great enough to be small enough to be used.

REFRESHMENTS

DURING the mid-summer sultry days a cool drink, ice, or frozen cream is always acceptable.

Date Sandwich Cookies. Take one package of dates, stone and chop; mix with one cupful of orange marmalade, one cupful of chopped nuts. Prepare a white cookie mixture, roll out very thin, place a 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 be put together with the filling, if one so desires.

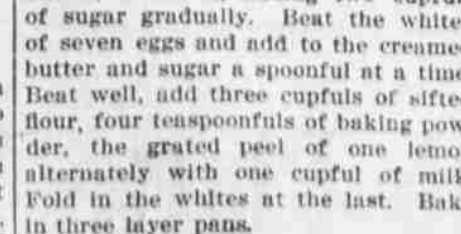
Green Peas Francaise. Wash the peas before shelling, then shell the peas and put the pods on to cook for fifteen minutes or longer in enough cold water to just keep from scorching. Use this water, hot, to put the freshly shelled peas on to cook, add two green onions, a sprig of parsley, and a head of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

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 to taste and a slice of orange and a cherry for each glass. Combine the juices, add the sugar and stir until dissolved. Fill the glasses with finely chipped ice, pour over the fruit juice and top with a slice of orange into which a cherry has been pressed.

Lemon Cake. Take three-fourths of a cupful of 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. Fold in the whites at the last. Bake in three layer pans.

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.



Nellie Maxwell (Copyright by Western Newspaper Union.)