# LIST OF COUNTY FAIRS

TOWNS AND DATES FOR HOLD. hog and cattle investigations at the ING THE FALL SHOWS

# A LARGE VETERINARY CLASS

Items of General Interest Gathered from Reliable Sources Around the State House.

Western Newspaper Union News Service. county fairs in the various localities over the state this fall:

Antelope, Neligh, September 12-15.
Boone, Albion, September 19-22.
Box Butte, Alliance, September 19-21.
Boyd, Butte, September 13-15.
Brown, Ainsworth, No fair, 1916.
Butler, David City, September 19-22.
Buffalo, Kearney, September 19-22. Buffalo, Kearney, September 19-22, Chase, Imperial, September 20-22, Cheyenne, Sidney, September 20-22, Clay, Clay Center, September 14-16, Clay, Clay Center, September 12-15, Dawes, Chadron, September 12-15, Dawson, Levis Dawes, Chadron, September 12-15.
Dawson, Lexington, September 12-15.
Dixon, Dixon, September 12-14.
Dixon, Dixon, September 12-14.
Dodge, Scribner, September 13-15.
Dodge, Hooper, September 19-20.
Douglas, Benson.
Dundy, Benkelman, September 20-22.
Fillmore, Capana, September 12-15.

Fillmore, Geneva, September 13-15.
Franklin, Franklin, September 12-15.
Frontier, Stockville, September 26-29.
Furnas, Beaver City, September 26-29.
Gage, Beatries, September 25-29. Gage, Beatrice, September 25-30, Greeley, Greeley, September 12-16, Hall, Grand Island, September 12-15 Hamilton, August Hamilton, Aurora, August 29-Septem-

ber 1.
Harlan, Alma, September 19-22.
Hayes, Hayes Center, September 28-30.
Hitchcock, Culbertson, September 21-23.
Holt, Chambers, September 20-23.
Holt, O'Neil, September 20-23.
Howard, St. Paul, October 3-5.
Jefferson, Fairbury, October 11-14.
Johnson, Tecumseh Johnson, Tecumseh. Kearney, Minden. Keith, Ogallala, Oct Keith, Ogallala, October 3-4. Kimball, Kimball.

Kimball, Kimball.
Knox, Creighton.
Lancaster, Lincoln, September 4-8.
Lincoln, North Platte. September 26-29.
Madison, Madison, September 26-29.
Merrick, Clarks, September 13-15.
Morrill, Bridgeport, September 7-9.
Nemaha, Auburn. ha, Auburn. dls. Nelson, September 19-22. Nebraska City. Pawnee, Pawnee City, October 3-6. Pawnee, Fawnee City, October 3-6. Plerce, Pierce, Septemb er 26-29. Platte, Columbus, September 12-15. Polk, Osceola, August 29-September 1. Red Willow, Indianola, October 3-6. Saunders, Wahoo. No fair, 1916. Scottsbluff, Mitchell, September 13-15.

Seward, Seward, September 19-21. Sheridan, Gordon, September 5-8. Sherman, Loup City, September 20-22. Stanton, Stanton, August 20-Septem-Deshler, August 29-September 1. Thurston, Walthill, October 4-6. Valley, Ord, August 29-25. Webster, Bladen.

District Fair, Frontier, Maywood, September 11-16.

#### Big Class in Veterinary Surgery.

Governor Morehead, State Auditor W. H. Smith and Secretary of State Charles W. Pool, members of the state veterinary board, appeared before forty young men who were taking an examination for license to practice veterinary surgery and medicine. Governor Morehead made a short talk to the applicants on the importance of the profession which they seek to enter. The state officers reappointed State Veterinarian J S Anderson of J. C. Bowman of Tecumseh and Dr. G. R. Young of Omaha.

The advance in the price of steel and concrete has been so great in the Will Call for New Bids. months that the university have discovered that they could not let the contract for the agricultural engineering building within the appropriation of \$140,000. The board has referred the building plans to the property committee for revision of the proposed cost of the structure.

#### Binder Twine Prices Advancing.

Nebraska farmers will find the process of harvesting their winter sive one this spring that it was a year til the next meeting. ago. In addition to the increased cost of harvesting machinery, binder twine prices have advanced materially and will add a neat sum to the general harvesting expense. Prices on twine have been announced by the large manufacturers at 9% cents per pound, base price on 10,000 pound lots f. o. b. Chicago or St. Louis, with an additional 14 cent per pound for delivery at Omaha or other Missouri river

Forty-two delegates and school garden enthusiasts from all over Nebraska met in Lincoln last week for the first garden workers' conference ever held in co-operation with a college of agriculture. The extension service gave The latter has been authorized to a two days' course taking up both technical work in gardening and the administration of school garden clubs.

## Uphold Fort Crook Law.

The supreme court has sustained the law of 1907, prohibiting the licensing of a saloon within two and one-half miles of a military post. The opinion of the court was written by Judge Rose and concurred in by the entire court. A test case was instituted, entitled Gear Rushhart vs. Homer Crippen et al. The case was tried in Sarpy county where Fort Crook is stiuated. The district court sustained the provisions of the law and the supreme court has affirmed that judgment.

Seals of the secretary of state and auditor will be attached to \$50,000 worth of North Platte school bonds at the dictation of the board there, although the law now exempts the former official from the duty. The cost, because the attachment of the seals, is a source of revenue, will be \$50. The amount has been paid by the North Platte board and the step to the Nebraska poem recently selectwill be taken. If Secretary Pool performed the service without charging voices. All such compositions subfor it he would be subject to the payment of the money himself, in the

Plans for holding the fourth annual conference of the middle western collegiate association for women's selfgovernment, which will be held at the pected to the convention from the unidelegates from these schools a number

A PROFITABLE INDUSTRY

The Nebraska Hog a Gold Mine for the Farmers

Charles B. Lee, in charge of the university farm, is of the opinion that the hog industry can be more widely adopted to meet general conditions in agricultural areas of the state than any other branch of live stock farm-

During the year 1915 Nebraska stock raisers marketed 750,000,000 pounds of pork. At an average price of 61/2 cents a pound this represents a valuation of \$48,750,000. In the same year the state produced 228,000,000 bushels of corn, valued at \$114,000,000 and 4,000,000 Following is a list of the dates and tons of alfalfa. Feeding evidence inditowns as arranged for holding the cates that where hogs are being fed for the market four and a half pounds of corn and a half pound alfalfa will produce one pound of pork. Had all of the corn produced in Nebraska during 1915 been fed to pigs on the basis figured above 2,815,000,000 pounds of pork would have been produced worth \$185,975,000. Deducting \$7,000,000 as the value of the alfalfa used, pricing it at \$10 per ton, this leaves an increase of \$61,000,000 over the elevator price of corn. This would mean an average increased profit of \$450 for every farmer in the state.

#### Preparing for Irrigation Case.

Attorney General Reed has received word that surveys are now being made in the North Platte and South Platte river valleys, under the direction of State Engineer Johnson, in order to obtain necessary evidence for protecting the rights of Nebraska water users in this state's intervention proceeding in the suit between the states of Colorado and Wyoming over the right to use the headwaters of both streams, irrespective of priorities in Nebraska. Mr. Reed is expecting to appear as counsel for the Nebraska water users in this suit, and will endeavor to obtain a judgment upholding their right as against conflicting claimants in Wyoming and Colorado.

County assessors have been asked

#### To Keep Tab on Autos.

by Secretary Bernecker of the state board of assessment to keep a lookout for automobiles. They are asked to obtain from the county treasurer a list of licensed automobiles and if the number of machines found by percinct assessors April 1 does not corgspond with the number licensed at that date the assessors will have to hunt for any that are missing from the tax rolls. Last year assessors listed 44,261 automobiles for assessment. It was believed that there were over 50,000 automobiles in the state. The secretary of state who also handles licenses has licensed 67,000 automobiles this year and the total may reach 80,000 before the end of the year. Butler county has reported 1,186 autos in the license list April 1. Last year 771 were found by the assessors of 'that county. Cuming county last year assessed 716 automobiles. This year, on April 1, 1,615 Seward a member of the examining were on the license register in that board. The other examiners are Dr. county. The average assessed value of automobiles in Nebraska last year was \$73 each, or \$365 each, actual

board of regents of the state university, it was decided to reject all bids for the proposed agricultural engineering building and to call for new ones. This action was taken because of amended specifications, wherein reinforced concrete is called for instead of structural steel as originally planned. Prof. Grummann made a report regarding the introduction of music into the curriculum of the uniwheat crop a decidedly more expen- versity, but action was deferred un-

> Demands for teachers for the various high schools of the state and from points in other states have flooded the department of high school inspection at the state university. Dean Fordyce of the teachers' college has announced that 200 teachers will be graduated this year, and the demand far exceeds the supply. Latin and German teachers are scarce.

A dispute between C. E. Snyder, owner of a small telephone exchange at Bignell, and G. L. Swancutt, who runs a competing exchange at Brady, has been settled by the state railway commission in Snyder's favor. charge at a rate of \$1 per month and include in that charge free service to North Platte.

#### Women the Better Students.

Sorority women were better students at the University of Nebraska than the men of the fraternities during the first semester of the present school year, according to the scholarship figures made public by Dean Carl Engberg. Acacia, the Masonic fraternity. leads all the men's fraternities, while Delta Delta Delta tops the list of the sororities. The fraternity average for scholarship, with deductions for delinquencies, is 147.7 points, while the solority average is 249.9 points.

Want Music for Nebraska Poem state-wide celebration of the semi-centennial celebration of the admission of Nebraska into the union of states has announced that John D. Haskell of Wakefield has offered a prize of \$100 for the best music composition suited ed. The music should be for mixed mitted in this contest are to be sent to State Superintendent A. O. Thomas, opinion of legal authorities at the cap- Lincoln not later than July 1. Copy of poem will be sent on application.

Under a new rule adopted for the purpose of limiting the number of banks to the needs of communities University of Nebraska May 4, 5 and the state banking board has refused 6. are being pushed rapidly ahead by to issue a charter to the Creston State the local girls' club. Delegates are ex- bank, recently organized. In the absence of a law authorizing-the legisversities of Wisconsin, Iowa, Washing- lature, in fact, having refused to pass ton, Missouri, Illinois, Grinnell, Ohio, a law—the board seeks to limit the Michigan, Minnesota, Kansas, North- number of banks by adopting rules Western and Cornell. In addition to for the regulation of banks. Several years ago it was decided that the state of visiting delegates from colleges out- board could not refuse to charter a side of the conference are expected to state bank organized by reliable per-

# **NEBRASKA** STATE NEWS

DATES FOR COMING EVENTS.

May 2 - Omaha-Lincoin-Denver Good Roads association convention at

May 13-East Central Nebraska High School track meet at Fremont. May 14-Proclaimed "Mothers' Day"

in Nebraska. May 16 to 18-State G. A. R. Encampment at Lexington.

May 15-18-State Dental Society annual convention at Lincoln.

May 17-Nebraska Bankers' convention, Group One, at Beatrice. May 23-24-25-State Harness and Saddle Makers' association meeting at

Columbus. May 24-25-State Association of Commercial Clubs' Convention at Omaha. June 5 and 6-Pageant of Lincoln,

presenting "The Gate City." June 5-6-Spanish War Veterans' State Convention at North Platte. June 12 to 15-Trans-Mississippi Bakers' Ass'n convention at Omaha.

Nebraska Elks at Omaha. June 13 to 16-State P. E. O. Convention at Alliance.

June 13-14-15-Great Western Handicap Tournament at Omaha. June 19-20-21-22-American Union of Swedish Singers, West. Div., concerts and convention at Omaha.

vention at Alliance. Eagles, state meeting at Lincoln.

June 20 to 24-State Stockmen's con-

In a gun duel which lasted several minutes, Officer Lon Trude of the Beatrice police force shot and fatally wounded Nels Smith. Smith had been previously arrested for being disorderly and had been released on promise of good behavior. As soon as he gained his freedom, however, he obtained a gun and began threatening the police. He died some minutes after being shot.

Miss Hazel Parks, representing Hastings college, won the state prohibition oratorical contest at Bellevue, taking a \$50 cash prize. Simon E. Cozad of Nebraska Wesleyan university was second. Third place went to Earl A. Everett of Grand Island college. The winner will represent Nebraska in the interstate contest at St. Paul, Minn., July 21.

Edward 10-year-old son of Joseph McMichail, living east of Wellfleet, a mall town near North Platte, was intantly killed when lightning struck he bell at the school house and ran down a wire rope, burning his face and right side to a crisp. Other children standing nearby were rendered unconscious by the shock, but none were permanently injured.

A special train loaded with 300 men left Omaha just recently for the sugar | jail and it will be built at once. beet fields of Minnesota. They will be distributed in the territory around Minnesota sugar beet fields last sea-

Fremont poultrymen say that the ing the practice season there.

The Platte county attorney wants contest. the county to own some bloodhounds

ular schedule of matches and a loving cup as a prize instead of a pennant, is windfall means much to him. a movement that Omaha bowling leaders are now discussing.

the Lincoln highway.

During a five days' campaign a new Carnegie library.

With a new six-story hotel and a \$100,000 court house, besides many put in one of the busiest building seasons in its history.

Ground has been broken for Broken Bow's new Burlington depot. The council has passed an ordinance vacating certain streets, in order that \$5,000 is required. the depot shall have an adequate loca-

direction of Rev. James Rayburn, is cent night to help it financially. being conducted in Broken Bow. A tahernacle with a seating capacity of of Osceola will open a union store 1,200 has been erected for the meet- where they will receive and dispose

The pulp drying process is one of now under construction.

be hung up for the national swine show, which will be held in South water extensions.

\$3 flat rate for service to Arcadia.

ture to cost \$35,000. The finance committee of the Freclub raised a similar amount and the hours of university work. system proved so successful that it

will be employed again. construction of a new home in that of his wife.

Hastings Commercial club has tendent of the Comstock schools, has promised to aid company G, Nebras- purchased the Sargent Leader and ka National Guard company of that the Sargent News and consolidated

Frank M. Coffey, state labor commissioner, in Omaha recently. announced A. Caminetti, United States commissioner of immigration, will send a federal representative to Nebraska to conduct a freee labor bu reau, and to be in charge of an immigration station here. "The office will

be in Omaha," said Coffey. "The labor office will direct the migratory and seasonal laborers. The former come and go without regard to conditions. Seasonal laborers, such as harvesters, fruit pickers and others, want to follow the seasons. The immigration branch of the work probably will bring more immigrants to Nebraska.'

The Fairbury city council has refused to grant pool hall licenses to several applicants in the city. The question was not voted on at the spring election, it being understood there would be no opposition to the granting of the licenses. The sentiment against the pool halls sprang up when proprietors started a movement

Coffey said. "Some may be routed

directly to Omaha."

to reduce license fees. Definite plans have been made by the historical and patriotic societies of the state to mark the old historic California trail. The second monu-June 13-14-15—Annual convention of ment to be erected within the next few months will be at Florence at the starting point of the trail in Nebraska, the first being already erected at Fremont by Lewis & Clarke Chapter, D. A R.

Election boards in every precinct in Hastings stood pat at the recent election on the ruling of the attorney general and refused ballots to all voters who failed to state their party June 21 to 23-Fraternal Order of affiliations when registering at the city clerk's office last month. There were about 159 voters in Hastings disfranchised as the result.

About seventy-five delegates are expected to attend the 1916 convention of the English association of the Augustana Synod which will be held in Omaha next October. Exact dates for the annual gathering have not yet been set, although it will probably be held about the middle of the month.

Both the road grading and road paving bonds of Douglas county, to taling \$1.700,000, carried at the recent primary. These were divided into two propositions: The one for \$200,000 bonds for grading the roads in Douglas county, and the other for bonds in the sum of \$1,500,000 for paving certain Douglas county roads.

Woodrow Wilson was defeated in the recent primary election in one precinct in Seward county by Robert G. Ross, proprietor of a livery stable The precinct is German-American, and the vote was 29 to 38. Ross filed himself as a candidate for both the demo cratic and republican presidential nominations at the primaries.

The question of building a jail at Martinsburg, an inland town near Allen, has been the bone of contention there for some time and in order to dispose of the question the village board placed the issue on the ballot and women from Lincoln and Omaha. at election. The majority favored a

Pa Rourke, manager of the Omaha Western league baseball feam, has Mankato, Eagle Lake and Chaska. The signed a new second baseman named party was made up largely of Rus- Priest, from Rochester, N. Y., and he sians and most of them worked in the has joined the team. He will play second until the recovery of Irelan. who had a leg broken at Beatrice dur-

present scarcity of poultry and the Revival of the old-style country high price prevailing for poultry meat | spelling bees will be undertaken in is due solely to the fact that eggs are schools of several counties of the bringing 18 and 20 cents a dozen, an state this year and it is hoped by unusually high price for this time of those interested that next year enough year. Farmers are hanging onto of the counties will have taken up the their hens to get the eggs, they say. | work to assure a state-wide spelling

John Zook, for years city marshall to smell out and run down criminals. and drayman at Tecumseh, has sud-He will urge the purchase of dogs at denly become fich by inventing a the next meeting of the county board, church model and selling the natent A state bowling league, with a reg- to a Kansas City firm for \$25,000. He continues at his position, although the

The pupils of the Beatrice schools are looking forward with eagerness to When First street paving in Fre- the annual May festival, which probamont is laid it will make a total of bly will be held on May 12th. It will twenty-nine blocks, or nearly two be held in Atheletic park, a spot of miles of paving through Fremont on marvelous beauty on the Blue, and

the pride of Beatrice. The eleventh annual convention of financial committee of the Bair li- the Thirtieth district of Rebekahs will brary collected \$1,200, the amount be held at Ponca May 11. The district necessary to purchase the site for the is composed of six lodges, Wynot, Newcastle, Ponca, South Sioux City, Allen and Emerson.

Lincoln's chances for an incinerator other buildings, Fremont expects to within the next year went into the discard when the city commissioners rejected all bids.

Committees have raised \$3,100 toward the purchase of a site for an structure will be thirty by eighty feet auditorium at Holdrege; another comin size and cost \$26,000. The city mittee has raised \$8,000 toward the construction of the building. Another

Tecumseh has a military band and a local picture house turned its facil-An evangelistic campaign, under the ities over to the organization one re-

The farmers in the neighborhood of goods in quantity lots.

Bids for water, sewer and paving the important features which will jobs were given out by the city counmark the improved facilities of the cil of Sidney recently. W. J. Creedon new Gering sugar factory, which is was given the contract for \$20,000 worth of concrete paving and the Nor-More than \$13,000 in cash prizes will folk Bridge and Construction Co. won the bid for \$20,000 worth of sewer and

Toddling Kidney, 3, son of Mr. and The Comstock Telephone company Mrs. Howard Kidney, University has been authorized to discontinue a Place, winner of the grand prize in the 1914 state fair better babies con-The village of Ewing will construct test, was instantly killed at the Kida new school building in the near fu- ney home when a cellar door fell, striking him on the head.

Two Omaha boys are among eightmont Commercial club has decided to een freshmen members of fraternities raise \$15,000 for publicity work in of the University of Nebraska dropped British scientists believe that the world Frement this year. Last year the because of the failure to carry twelve is at least 711,000,000 years old.

Peter E. O'Sullivan, veteran editor and newspaper man of pioneer days, The Alliance lodge of the Fraternal died at his home in West Point. He Order of Eagles is contemplating the died just two days after the burial

Guy E. Livermore, who is superin-

## THE EUROPEAN WAR A YEAR AGO THIS WEEK

April 24, 1915.

In furious battle north of Ypres allies gained some ground. French repulsed attacks at Les parges and elsewhere. Germans gained in forest of Le

Finnish and Norwegian vessels sunk by German submarines.

French aviator bombarded Smyr

April 25, 1915.

Germans gained more ground at pres and began terrific drive near La Bassec. French repulsed in the Argonne

ind the Meuse hills. Austro-Germans took by storm Ostry mountain in the Carpathians, ommanding Orava valley.

Russians repelled Germans in Prussian Poland. Russian Black Sea fleet bomharded Bosporus forts.

April 26, 1915.

Allies rallied at checked Germans. Germans took summit of Hartnannsweilerkopf from French. Austrians again defeated Rus-

ians in Carpathians. General land and sea attack on the Dardanelles.

French cruiser Leon Gambetta torpedoed by Austrian submarine; 552 lost. German cruiser Kronprinz Wil-

nelm interned at Newport News. Zeppelin dropped large bombs on

April 27, 1915. Allies repulsed German attacks

near Ypres and Dixmude and captured several towns. German attacks at Les Eparges

Russians began another offensive round Uzsok pass.

British battleships Majestic and Triumph badly damaged in Dardanelles attack. Allied airmen bombarded a dozen

International Women's Peace congress opened at The Hague.

#### April 28, 1915.

Terrible battle at Ypres contined, with varying fortune. Heavy fighting continued in Uzsok pass and Stryj regions. Allies established line across tip

of Gallipoli peninsula. French cruiser Jeanne d'Arc disabled at Dardanelles.

German aeroplane dropped bombs on American tanker Cushing in North sea

Aviators of all armies made Secretary Bryan answered unfa-

vorably Germany's note on sinking

April 29, 1915. Germans won victories at Ypres. n Champagne and along the Meuse. Germans began an offensive long entire East Prussian front. Russians beaten back in Carpa-

Allies landed many more men or Gallipoli, but at Gaba Tepeh were driven back by Turks, who sank 12 sloops carrying troops.

German aeroplanes bombarded Belfort and Epernay. Kurds massacred Christians in Armenia.

April 30, 1915. French and Belgians gained in

German gun shelled Dunkirk from position 22 miles away. Germans repulsed French at Le

Russians checked Germans on left bank of Vistula and near Golovetzko and Nadvorna. Turkish troop ship sunk in Dar-

danelles. Zeebrugge bombarded from the

Zeppelin dropped bombs on Suffolk towns.

### POSTSCRIPTS

The Russian senate has been in existence since 1711. An average of one ton of solid and liquid nourishment is consumed every year by a healthy man.

Australia's last census revealed the presence of 52,951 naturalized British An expedition of Norwegian scientists is studying the natives, flora and

fauna of almost unknown regions of

northern and central Asia. One of the queerest requests on record has been received at San Antonio. Tex., from Dr. Guy A. K. Marshall of the royal bureau of entomology, London. It is for a certain flea, which lives in the eye of a bat, and San Antonio, the only town in the world with a municipal bat roost, is about the proper place to go for it.

Using radioactive phenomena for the basis of their calculations, two

Do Things Worth While.

Spend not your time in that which profits not; for your labor and your health, your time and your studies, are very valuable; and it is a thousand pities to see a diligent and hopeful person speed himself in gathering cockle-shells and little pebbles, in telling sands upon the shores, and making garlands of useless daisies .- Jeremy Taylor.

# MIXING THE BUTTER CAKES

Breakfast and Luncheon Delicacy Worth All the Time That Can Be Bestowed on It.

An earthen bowl should always be used for mixing cake, and a wooden cake spoon with slits lightens the labor. Measure dry ingredients, and mix and sift baking powder and spices, if used, with flour. Count out number of eggs required, breaking each separately that there may be no loss should a stale egg chance to be found in the number, separating yolks from whites if rule so specifies. Measure butter, then liquid. Having everything in readiness, the mixing may be

If butter is very hard, by allowing it to stand a short time in a warm room it is measured and creamed much easier. If time cannot be allowed for this to be done, warm bowl by pouring in some hot water, letting stand one minute, then emptying and wiping dry. Avoid overheating the bowl, as butter will become oily rather than creamy. Put butter in bowl and cream by working with a wooden spoon until soft and of a creamy consistency, then add sugar gradually and continue beating. All yolks of eggs or whole eggs beaten until light. liquid and flour mixed and sifted with baking powder; or liquid and flour may be added alternately. When yolks and whites are beaten separately whites are usually added at the last, as in the case when whites of eggs alone are used.

quickly accomplished.

A cake can be made fine grained only by long beating, although light and delicate with a small amount of beating.

Never stir cake after the final beating, remembering that beating motion should always be the last used.

Fruit, when added to cake, is usually floured, to prevent its settling to the bottom. This is not necessary if it is added directly after the sugar, which is desirable in all cark cakes. If a light fruit cake is made, fruit added in this way discolors the loaf. Citron is cut first in thin slices, then in strips, floured, and put in between layers of cake mixture. Raisins are seeded and cut, rather than chopped. Washed currants, put up in packages, are quite free from stems and foreign substances, and need only picking over Development of Beauty Depends a and rolling in flour.

Stewed Beef With Dried Green Peas. Wash (after picking over) one pint of dried green peas. Put in kettle with enough water and let come to a boil (water should cover), and while boiling add about one-half teaspoonful of baking soda (saleratus). Continue boiling for about five or ten minutes, then remove from fire and strain and wash the peas to free from taste of soda. Prepare about one-half pound of lean beef (stew beef) by rinsing and cutting up in not too small pieces. Put the meat and prepared peas again in kettle and stew until meat is tender. Keep covered with water while meat is cooking. Season with salt, pepper and a small lump of butter (the butter may be omitted, but I prefer to add it).

Cut some scraped salsify into inch lengths, dropping them as done into water acidulated either with vinegar or lemon juice, and, soaking them in it seum, church, park, some place where for an hour; drain carefully, barely she can find rest in the picture that cover with boiling salted water, cook

gently until soft, and strain. Having made a thick, white sauce with the liquor mingled with an equal quantity of scalded milk, thickened with butter and flour in the usual pro- in it. portions and seasoned agreeably with salt, pepper and lemon juice, put the salsify into fireproof shells, mask with the sauce, strew lightly with bread crumbs and a few knobs of butter, and brown in a quick oven. Or, if preferred, serve in cases of puff paste.

Vegetarian Rissoles. Rub three ounces of butter into onehalf pound of whole-meal bread fact that one has to hustle in order crumbs, adding one tablespoonful of finely chopped parsley, one teaspoonful each of shredded onion and of minced herbs, a grate of nutmeg and lemon peel and seasoning to taste; mix this with an egg beaten up in one teacupful of milk, or, better still if available, of white sauce; mold into balls or torpedoes, fry in hot fat and serve garnished with daintily fried brown sauce and red currant jelly at lief of disease but to maintain health the same time.

Put four cupfuls of water and two lemon juice. Color green and strain. Freeze, using three parts of finelycrushed ice to one part of rock salt. regularly in its place." (Coffee is in-Serve in tall dessert glasses and pour jurious to many persons, because it creme de menthe. Sprinkle with caffeine.) chopped nuts, using Jordan almonds, English walnuts, and pecans in equal

Pommes a la Creme.

Having smoothly blended one tablespoonful each of butter and flour, stir until thick, season well, and add two he says: heating thoroughly and serving, am so enthusiastic a friend. browned or not in the oven, in a deep

Veal Salad.

with a roast of veal. Cut up veal in in endorsing the fine qualities of your dice, also bunch of celery diced, place admirable product." on bed of lettuce leaves. Pour over dressing, place few olives, stuffed ones with red peppers look attractive and add a delicate flavor, too, by chopping in a few with the salad.

Bacon and Apples. amount of bacon into very thin slices. Fry the bacon in its own good fat un- and 50c tins. til crisp and put it on a hot dish. Fry the apples in the bacon fat until light brown; arrange around the bacon. Serve very hot.

# Get the Habit of **Drinking Hot Water** Before Breakfast

Says we can't look or feel right with the system full of poisons. Millions of folks bathe internally now instead of loading their system

with drugs. "What's an inside bath?"

you say. Well, it is guaranteed to per-

form miracles if you could believe these hot water enthusiasts. There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidnevs and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels the quick result is poisons and toxins

which are then absorbed into the

blood causing headache, bilious at-

tacks, foul breath, bad taste, colds,

stomach trouble, kidney misery, sleep-

lessness, impure blood and all sorts

of ailments. People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sani-

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach. liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

#### MUST TAKE TIME TO REST

Great Deal on That and on One's Environment.

· It cannot be impressed upon us too often that harmony of surroundings is absolutely necessary to the development of beauty. It depends on the soul quality for its inspiration and growth. The soul quality dies unless nurtured by such surroundings as are pleasing.

Each personality must chose the colors and shades that are most soothing. Every woman cannot have her home decorated just as she wishes. But every woman can have some one corner that is her own that is decorated in the colors and with the things (they may be very simple and inexpensive) that appeal to her. When she is tired let her go to this corner and find rest there, reading her favorite authors. looking at her favorite pictures, sewing, crocheting or sitting and thinking. If it is impossible for such a corner to be had, surely there is some spot of the town or city, some library, mu-

Luxury, when you think of it, is not of necessity attractive. So often it is in bad taste that the joy comes often in being able not to have to indulge

tive at home. This is because in the setting of the things they love, which are part of their personalities, they are in repose. The woman who is beautiful under the glare of the sun in all sorts of places is indeed fortu-

"Haste makes waste," despite the

to keep up with the wagon. Don't count your chickens before

#### they are big enough to bluff the cat. GOOD REPORT

Doctor Proved Value of Postum. Physicians know that good food and drink, properly selected, are of the utslices of hard-boiled egg, handing most importance, not only for the re-

even when one is well.

ure to say a good word for Postum with which I have been enabled to recupfuls of sugar in saucepan, bring lieve so many sufferers, and which I to the boiling point and let boil 20 min- count, with its valued companion utes. Cool, add three-fourths cupful of Grape-Nuts, one of the daily blessings. "Coffee was banished from my own table some time ago and Postum used

A doctor writes, "I count it a pleas-

over each portion one teaspoonful of contains the subtle, poisonous drug, "I frequently find it necessary to instruct patients when they take Posproportions.-Woman's Home Com. tum for the first time to be quite sure that it is properly made according to directions, then it has a clear, seal-

as well as health giving qualities. The above letter, received over ten them into one breakfast cupful of hot years ago, is fully confirmed by a remilk, continue stirring over the fire cent letter from the doctor, in which

brown color and a rich, snappy taste.

breakfast cupfuls of sliced cooked po- "It is a pleasure to render a good tatoes and a little chopped parsley, report covering a product of which I

"I am using in my home your Postum Cereal in both its forms. And, what is more, I am having it used in the families of several patients in This is nice when you have finished which there are children, and all unite

Name given by Postum Co., Battle

Creek, Mich. Postum comes in two forms: Postum Cereal-the original form -must be well boiled. 15c and 25c

Instant Postum-a soluble powder-Core and peel the apples and cut dissolves quickly in a cup of hot wainto one-half inch slices. Cut the same | ter, and, with cream and sugar, makes a delicious beverage instantly. 30c

Both forms are equally delicious and cost about the same per cup.

-sold by Grocers.