A REMARKABLE STATEMENT

Mrs. Sheldon Spent \$1900 for Treatment Without Benefit. Finally Made Well by Lydia E. Pinkham's Vegetable Compound.



ham's Vegetable Compound made her well, so I took it and now I am just as well as I ever was. I cannot understand why women don't see how much pain and suffering they would escape by taking your medicine. I cannot praise it enough for it saved my life and kept me from the Insane Hospital."—Mrs. E. Sheldon, 5657 S. Unleted St. Englewood III Halsted St., Englewood, Ill.

Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs contained in Lydia E. Pinkham's Vegetable Compound

If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free advice.

Don't Persecute Your Bowels



Great Sood Diet for the Lean.

Dr. Louis Henry Levy, in Pictorial Review says:

"Though the lean individual may be the more agile and vigorous, leanness is also associated with those of a nervous temperament. It is not always a desirable condition, since it prematurely ages the face by the early appearance of wrinkles. It is also the accompaniment of chronically diseased stomachs, resulting from a disturbed digestion and poor absorption of the digested foods.

"The foods which are best adapted for the lean are those that have been denied to the obese person-the starches, sugars, and fats, but sufficient care must be exercised to prevent disturbing an entirely good stomrich foods and sever relations with the sour and spicy ones. Above all, let her cultivate a sunny, restful disposition, with a nervous system under steady control, for these are the trademarks of the robust and plump per-

If women had their choice between cold feet and small ones, there would be less demand for leather.

It isn't at all likely that a woman will ever discover that she's beautiful fruit. If she waits for another woman to tell

Feel Achy All Over?

To ache all over in damp weather, or after taking a cold, isn't natural, and often indicates kidney weakness. Uric acid causes many queer aches, pains and disorders of the organs. Well kidneys keep uric acid down. Tired, dizzy, nervous people would do well to try Doan's Kidney Pills. They stimulate the kidneys to activity and so help clear the blood of irritating poisons.

A Nebraska Case Mrs. Geo. Earl



Madison, Neb., says: "The pain and stiffness in my back was awful and I suffered from dizzy spells and hot flashes. Puffy sacs came beneath my eyes and my feet and an-kles were swollen and painful. Doan's Kid-ney Pills rid we deal. ney Pills rid me of all these troubles and I have had but little cause for complaint

DOAN'S RIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.







WITH STALE BREAD

MANY DISHES MAY BE PREPARED FROM REMNANTS.

Can Be Put to Excellent Use for Stuffing and Meat Frying-Bread Custard Pudding Is Good-Jelly for invalids.

Of all the left-over remnants of food from the kitchen bread is the most common, perhaps, and many pieces are daily thrown away which a little thought would turn to excellent use. If the left-over pieces are not utilized the same day, an excellent plan is to wrap them in pieces of waxed paper and store them in a stone jar. They will keep well for a week in this way.

Dried Crumbs for Stuffing and Meat Frying .- Put the crusts and small pieces in a baking pan and dry in the oven without burning. They may then be put through the food chopper and stored in clean Mason jars until wanted. They may be used as a basis for meat croquettes, poultry stuffing and other things.

French toast may be made from the whole slices of left-over bread. It is an excellent luncheon pick-up dish. Beat an egg and add a little milk. Dip the slices of bread in this and fry a nice brown in hot drippings. Serve with butter, jelly or marmalade.

Bread Custard Pudding .- Cut the bread in dainty shapes and butter liberally. Make a plain custard of eggs, milk and sugar. Put in baking dish and float the buttered bread on top. Sprinkle with grated nutmeg and bake in a quick oven until brown. This is excellent.

To make croutons for the various soups so much relished in season, cut the bread in cubes and fry in butter or dripping just before serving with the soup. Add five or six to each plate of soup. These are delicious with almost any soup.

Bread Jelly for Invalids .- Scald the stale bread freed from crusts. Mash to a paste until of mushlike consistency. Add a little sugar and flavoring mold, chill and serve with cream.

Sterilized bread crumbs are epecially valuable for the young children in the household. A jar should be kept filled with these. They may be heated when wanted and sprinkled in soft eggs, soups, milk, fruit juices and, indeed, anything eaten by very young children where fresh bread is often positively dangerous.

Dried bread is also valuable for mixing with various other foods for feeding the household pets.

Peach Dumplings.

Mix and sift two cupfuls of flour, one tenspoonful of baking powder, onehalf teaspoonful of salt and one-half teaspoonful of sugar. Work into this two teaspoonfuls of lard. Mix with three-quarters cupful of ice water. Have all of the ingredients very cold, mix quickly, handling as little as possible, and roll out thin. Cut the dough into pieces just large enough to cover one-half of a preserved peach, roll them up and bake in a quick oven. Serve with hard sauce and the sirup from the preserved peaches.

Apple Chutney.

Twelve sour apples, one mild onion, three peppers, one red, one cupful of chopped raisins, one-half cupful currant jelly, two cupfuls of sugar, juice of four lemons, one tablespoonful of ground ginger, one-quarter teaspoonful of cayenne, one tablespoonful of salt and one pint of cider vinegar.

Chop the apples, onions and peppers very fine, add the vinegar and jelly and let simmer one hour, stirring constantly. Store as canned

Stewed Kidneys.

Remove the fat and center from six kidneys and soak in cold water. Slice. season with salt and pepper, roll in flour and saute in butter. Add to the fat in the pan one tablespoonful of butter and two tablespoonfuls of flour: brown, and add three-quarters cupful of stock. Season with salt, pepper, onion juice and table sauce and pour over the kidneys.

American Cream.

Half box gelatin, one quart milk Set on back of stove to heat gradually. Boil a minute or two. Take off stove and stir in yolks of four eggs well beaten with three tablespoonfuls sugar. Then add whites, well beaten with three tablespoonfuls sugar and two tablespoonfuls vanilla. Put in dish ready for table. Serve next day with cream.

For Bamboo Articles A soft rag saturated with solution of equal parts of spirits of camphor and linseed oil is a handy thing to keep around the house. It is the best thing you can get to rub down bamboo furniture with, for it loosens the fiber and makes the wood more elastic. For this reason it will not crack when exposed to changes of temperature.

Combination Cake.

One-third cupful of butter, one cupful granulated sugar, three small eggs, one-eighth cupful coffee, one and onehalf cupfuls flour, two level teaspoonfuls salt, one capful of dates, cut small, one cupful of chopped English walnuts. Marshmallow frosting is nice if you like it.

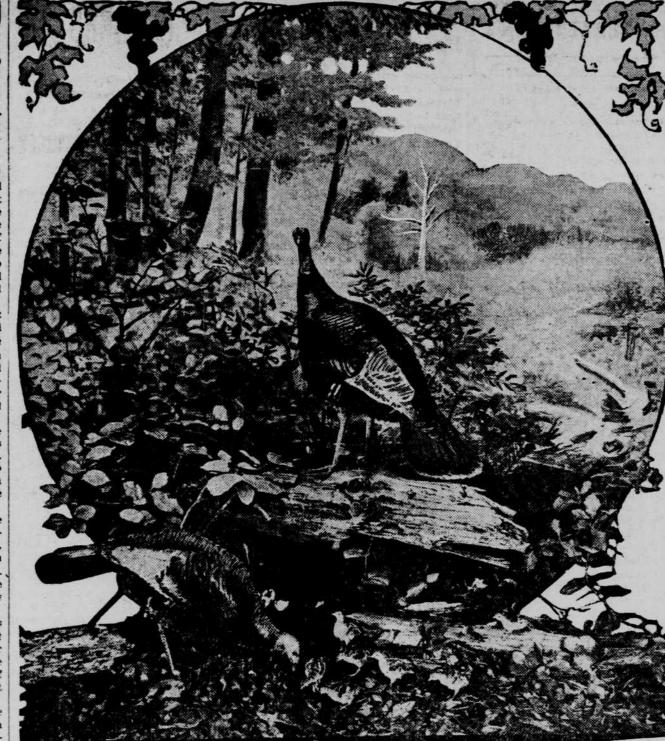
Developing Interest in Study. The conscious student must fight off distracting thoughts and fatigue. When he becomes interested in his study, however, the subconscious brain takes hold. The best ways to develop interest are by collateral reading, original thought on the subject and conversation with those who are interested.

To Pick Up Broken Glass.

Even the smallest pieces of broken glass can be easily picked up with a bit of wet absorbent cotton, which can then be destroyed by burning.

To Remove Fruit Stains.

To remove fruit stains from the hands wash in clear water, dry slightly and then hold them over a lighted



WHERE THE WILD TURKEY CALLS-THE REAL THANKSGIVING BIRD

THANKS-AMIC WRICKMAN our Thanksgiving this year will be no perfunctory, infantile prattle be-

JAMES W. DECIMMAN THIS is the week of Thanksgiving Thanksgiving day is an American custom started by the Pilgrims who landed on the new continent and faced hardships which few can realize who are reared in the wealth and luxury of the land to-

The season had been a hard one. Many had died and the prospect of starvation during the cold winter with Its ice and snow loomed large. So, when the harvest yielded enough to keep them until another season would produce the necessities of life, they met that last Thursday in November In year 1621, and gave thanks to their

God, who had remembered them. Thankfulness is usually in inverse ratio to the value of the thing for which we give thanks. This is no disparagement of the things we are grateful for; but humanity does not think of thanks until it has felt the terrors of distress.

The rich who live in luxury and ease To not thank with their hearts. Their thanks are but formal expressions of meaningless words. How can words nean anything when one has not felt Neck." the things which make for thankful-

'ness? But the poverty-stricken who have faced starvation pour out thanks from tneir humble hearts for the things that have saved their lives.

Those who live in gorgeous homes with comfortable fireplaces do not think of thanks. But those who live in the little hovel with big cracks in the walls and crevices about the doors and windows and without fuel, give thanks for the comfort of fire.

We do not prize health until we have lost it, and we do not appreciate life until we have faced the danger of having to give it up.

That which we have we are likely to accept as a matter of course; but be deprived of it and the sudden realization of its value jars our souls like an earthquake.

We are thankful in the full sense of the word for things necessary to life and happiness only when we have had to do without them. We are not thankful for that to

which we are accustomed and accept thoughtlessly. But when we are deprived of the necessities of life and face the hardships, including death. that come as a result, we are thankful

America has more to be thankful for yearly, than any other nation in the world; but our thanks are tempered by the gravity of the sorrow of our neighbors.

The year has not been one of great happiness, peace and prosperity. It is a year of travail for humanity-the travail of a people being born again. But out of it will come a disciplined and sober people; a people who will know the realities of life better.

We will learn that life is a serious matter, and no silly, simpering affair. The war has brought us again to an understanding of the terrible earnestness of the thing we call life.

have earthquakes and volcanic erup-

Humanity, too, is in process, and strife and sorrow and death will continue to be its lot. We must face life resolutely and meet destiny undisnaved.

This year we will not be thankful so much for the blessings we have received, for the things that have been given to us-for being pampered by a prodigal Providence-and being relieved of our burdens, as we will be thankful for the strength to bear them. 3 In the shrine of our hearts our deepest prayer is not that we shall be relieved of our burdens; but that we shall be given the strength to bear

them, for we are great in the degree and the manner in which we face our tasks and perform them. The Great Souls are those that have suffered and endured.

ause of satiety. This is a year of reckoning with fate; of being thankful if we, ourselves, have not fallen in the wreckage. We are thankful not for what has happened; but for what has not happened.

Life is not a trivial pastime. It is destiny takes, and let us be thankful, not for less of life, but for more of it, strength, and the persistence to meet ered in the temple in great procesits difficulties and continue its course sions, holding palms, and in the streets undannted by disaster and unspoiled by success.

We are thankful for Character, no charity, and for iron wills that have not been broken by the inevitable!-From the Sunday Magazine.

Thanksgiving Fable.

An aged Turkey, once upon a time had occasion to read the Riot act to a Grandson because the latter was a

weeks," said the Wise Old Bird, "for week attended. While most of the Thanksgiving draweth apace—that tribes have vanished as such, there are season when long-legged Bipeds still some left on government reserva-Swoop down upon Us without Warn- tions which observe, though possibly ing and give it to our Family in the in a modified degree, the ancient cus-

"Oh, go to!" exclaimed the Young Glutton. "You think because Old Age has made you Gouty and rendered you Unable to Partake of the Good things of Life that you can Stuff me. I'm Dead Next. See?"

"Very well," answered the Grandsire. "Keep right on getting Obese and you will be Dead Next for keeps: then You'll see who does the Stuffing." And the late November returns showed that the Old Turk knew Whereof he Spoke.

Moral-If you would Live Long and Prosper, Don't get Gay.

Is an Old Institution.

Despite popular opinion to the contution is not peculiarly American. big gathering and a harvest feast soon followed his lead. years before the white man ever set foot on the shores of the new world. By the Greeks and Romans the fes-

tival days in honor of the goddess of agriculture were times of rustic sport. of processions through the fields and ple is a great work—the greatest work the decorating of the home with fruits a woman can do—and it doesn't reand flowers. The people of Egypt enjoyed a time of feasting after gather- Example is contagious. We can begin ing in their harvests and laid the fruits of the year on the altar of the that will do more good than we would Goddess Isis.

The Thankful Spirit.

Cultivate the thankful spirit. There is, or ought to be, with us no great, because the least are undefrom everything.-J. R. Macduff.

Christ's standards are good for tw.

THANKSGIVING DAY

That we're at peace with all the world Safe in our cities and our homes. That unto this, our favored land, Such gift, with all its blessings, comes

That men go not to war and death, That women do not fearful brood By anxious hearths for dear ones gone, We thank Thee, Giver of all good.

That no ambitious strife is ours. That lust of conquest does not thrill This mighty nation's inmost heart, That we abhor to burn and kill. That weaker nations we protect Fight but to make their wronging cease, And only comes to make them free,

We thank Thee, God of love and peace. That in the stress around us now, We feel our hearts with pity throb. And haste to heal the wounded man To hush the child and woman's sob. That we are eager still to share The goods that heap our stores again.

We thank Thee. Father of all men!

Feast of the Tabernacles. The feast of the tabernacles in the

Old Testament times was also a hardeadly earnest. It is the course that vest celebration and took place on the seventh day of the month, which corresponds to our November, sometimes and the courage, the fortitude, the lasting for a whole week. They gathwere booths decorated with the flowers and fruits of autumn.

Among the Indians of America the custom of having a Thanksgiving feast was practically universal-at least among those who had any amount of planting. As corn was the main article grown, their dances and feasting were generally in honor of the har vesting of that food. The writers of several hundred years ago who first studied the Indian on his native heath all speak of these festivals and the "It Behooves you to Fast for a few elaborate ceremonial with which they tom of their race.

One of Most Ancient Customs. The Dutch colonists held "thank days" every year from 1690 until 1710,

and the English, upon gaining authority there, followed their example. 'The English harvest home was familiar to them, and they carried out the American feast day much as they had in the old days on the island. This event there was and still is purely a rural one, and is the sole day in the year when the vast estates of the British gentry are thrown open to the whole countryside. There is a barn dance at night, sports on the greensward as the sun sets, just as there was a thousand trary, Thanksgiving day as an insti- years ago among the Saxons; and there is, of course, quite a wonderful For history shows that all ancient na- dinner. It was in 1830 that the govtions used to celebrate some feast of a ernor of New York chose a day of thanksgiving nature, while most of the thanksgiving for yearly observance. tribes of our American Indians had a and several other northern governors

A Helping Hand.

One doesn't need to be rich or famous to reach out a helping hand to someone who needs it. A good examquire the spending of a one-cent piece. a very sweet work if we will-a work ever dream about. Then let us put aside petty repinings

and complainings, sit down quietly It and complaining.
Thanksgiving day and count up our will be to thee a perpetual feast. Thanksgiving day and let us be truly grateful blessings, and let us be truly grateful such thing as small mercies; all are for them. We probably know someone struggling on alone. If we are able Indeed, a really thanking to do so, why not bring a little pracheart will extract motive for gratitude tical cheer into her life Thanksgiving day? If we do the holiday will fly away with golden wings and next morning we'll know what it is to be thankful and happy.

FOR BAKED COD OR HADDOCK

Method of Preparation That Has Long Been in Favor With Housewives of New England.

dock. Now, hold in an upright position and have a needle and string handy.

Take the threeded product of the control of the co Wash and wipe a small cod or had-Take the threaded needle and run through the head from side to side, then in the opposite direction through the middle of the body, then reverse and put through tail, then draw up, and it will form a letter S. Tie ends of string together on under side of fish. If fish is to be stuffed it must be done arst. For stuffing, one-half cupful bread rumbs and four teaspoonfuls melted outter, four tenspoonfuls of finely chopped parsley or onions, two teaspoonfuls salt and one of pepper. Add milk to moisten, put in fish and sew it up. When fish is put in the pan it is resting on its belly. Cut gashes in back of fish about two inches apart and insert narrow strips of salt pork. Dredge with flour and baste often with the pork drippings. Allow ten minutes to every pound and ten minutes extra. When done remove string, place on platter and pour over it this egg sauce: Three tablespoonfuls flour, two of butter, and one pint boiling water, onehalf teaspoonful salt and a little pepper, and one hard boiled egg. Melt butter in saucepan, add flour and stir in boiling water slowly. Let boil five minutes, stirring constantly. Add the egg chopped fine, and sait and pepper. Garnish with parsley.

WILL BE ENJOYED BY ALL

Rich Chocolate Cake Suitable for a Birthday Celebration or Any Special Occasion.

Two cupfuls of sugar, three-fourths of a cupful of butter (good measure), one cupful of buttermilk, whites of six eggs, yolks of four eggs, one teaspoonful of soda, one-half cake of good chocolate, three scant cupfuls of flour sifted together with the soda, one teaspoonful of vanila. Cream the butter and sugar, add the yolks of the eggs previously beaten to a cream, then alternating, the buttermilk and the flour. The vanila and chocolate are added last, the chocolate having been melted in a bowl set in a boiling tea kettle. Bake in a moderate oven. Test with a broom straw and when this, thrust in the top, comes out dry the cake is

The frosting, also brown, is made with one cupful cream, two cupfuls sugar, butter size of an egg, three squares of chocolate. Mix together yer?" and put on to boil. Let it boil slowly until it balls when thrown into cold water. Remove from stove and let the bubbling subside, then beat until it can be poured on the cake and glazed bloom again." with a knife.

Berry Pudding.

Beat to a cream one cupful of butter with two cupfuls of sugar, add four well-beaten eggs, one cupful of sour cream in which one teaspoonful of soda is dissolved, and four cupfuls of flour. Stir all together and add one quart of berries, dredged lightly with flour. Wring a pudding cloth out in my kidneys and was advised to try boiling water, dredge it with flour and pour the batter in, tying it loosely enough to allow the pudding to swell. Plunge this into boiling water and boil for three hours. This pudding can be steamed, but an hour longer should be allowed for the steaming. Serve with wine or vinegar sauce.

Invalid's Chair. A chair for an invalid or an elderly person may be made very convenient by placing a drawer beneath the seat, arranging it to pull out at one side. It can be provided with a lock if desired. The drawer can be readily manipulated by anyone occupying the chair, and makes the infirm feel fairly independent, as many useful articles and treasures may be kept there, and he will not have to ask for every

Delicate Cakes.

Buy a nice jelly roll with not too much jelly. Cut in slices an inch thick. Frost with white, pink or choc-

little thing he uses.

olate frosting on top and sides and put coconut or chopped nuts on top. Frosting-Four tablespoonfuls milk make quite stiff with confectioners sugar and flavor and color as you like

Chocolate frosting must be a little thinner than plain before chocolate or cocoa is added.

Pickled Red Cabbage.

Slice up the cabbage fine and place it in a colander; sprinkle each layer with common salt. Let the strips drain for two days, then put them in a jar and cover with boiling vinegar. If a spice is used it must be put in with the vinegar in the proportion of one ounce of whole black pepper and one-half ounce of allspice to the quart.

Duration of Lightning Flash. A flash of lightning lights up the ground for one-millionth of a second yet it seems to us to last ever so much longer. What happens is that the im-

pression remains in the retina of the

eye for about one-eighth of a second

of 124,000 times longer than the flash

Some Egg Tips. A tiny pinch of salt added to the whites of eggs makes them beat up quite quickly. A tablespoonful of water added to each white of egg before beating will double the quantity. To pre-

For Greasy Woodwork. Paint or woodwork that has become greasy should be cleaned with a cloth dipped in turpentine. Then wipe with a clotn dipped in water to which a

vent eggs from cracking when boiling

always dip first in cold water.

little kerosene has been added. For Spotted Paintings. A few drops of ammonia in a cupful of warm water, applied carefully, will remove spots from paintings and

To Boil Cracked Eggs. An egg that is cracked can be boiled by inclosing it in a piece of soft pa-

must be paid to the first evidence of weak. ness in the stomach, liver or bowels-Neglect only invites illness.

BE WISE IN TIME—TRY HOSTETTER'S STOMACH **BITTERS**



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Nebraska Directory CAFE PRICES REASONABLE

ANDIRONS Everything for the hearth. Send for eatalog

SUNDERLAND BROS. 303 Se. 17th. St. Omaha Neb. Time to Migrate. "Goin' sout' fur de winter?" "Sure t'ing." answered Frisco Mike.

"No. "And none o' de welfare societies is invitin' boes ter rally roun' an' toast deir tootsies at a radiator till devi'lets

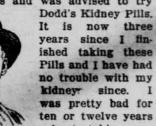
"Ain't heard none o' dese swells offer-

in' ter give away fur overcoats, have

"Dat's right." "Exactly. So it's me fur a rattler out o' town an' de lan' o' de sunny

sout'."-Birmingham Age-Herald. AN APPRECIATIVE LETTER.

Mr. M. A. Page, Osceola, Wis., under date of Feb. 16, 1916, writes: Some years ago I was troubled with



prior to taking your Mr. M. A. Page treatment, and will say that I have sen in good health since and able to do considerable work at the advanced age of seventytwo. I am glad you induced me to continue their use at the time, as I

am cured. Dodd's Kidney Pills, 50c per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box.-Adv.

Just a Quibble.

"A mere quibble," said a society leader in a discussion of the divorce problem at Newport. "A quibble," he continued, "as worth-

less as the wife's." "A man said, looking up from his

"'Here's another miser leaving hall a million to charity. I wonder why all the misers you read about are bachelors?

"'Oh, his wife answered, 'married misers are so common they're not worth mentioning."

Similar.

"This reminds me of some of the new-fangled poetry they're printing in the magazines nowadays," observed the man who was viewing the parade of the Punkville Preparedness league. "On account of the rhythm, I suppose," suggested his friend.

lines." And some men who are short on hair imagine that they are exceptionally

long on brains.

"No. on account of the irregular

Cure that cold -Do it today. WILL'S CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

16 ROUGH on RATS 77 Ends Rats, Mice, Bugs