

DRUGGISTS HIGHLY RECOMMEND DR. KILMER'S SWAMP-ROOT

Satisfied With Results I have been selling Dr. Kilmer's Swamp-Root for six and one-half years and my customers are always satisfied with the results obtained from the use of the medicine and speak favorably regarding it.

Customers Speak Favorably We have been handling Dr. Kilmer's Swamp-Root for fourteen years and during all that time we never had a dissatisfied user of Dr. Kilmer's Swamp-Root; all of our customers speak very favorably regarding it.

Prove What Swamp-Root Will Do For You Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder.

What to Do if Lights Go Out. If your electric lights are cut off suddenly a very good light can be had in the following manner: Melt a tablespoonful of lard and pour it in the top of a baking powder can.

Just the Pet. "The alligator can go six months without eating." "Just the pet for a poet."

Sudden Cold. Look out—it's dangerous. HILL'S CASCARA QUININE

The old family remedy—in tablet form—safe, sure, easy to take. No colic—no unpleasant after-effects.

LOSSES SURELY PREVENTED BY CUTLER'S BLACKLEG PILLS. Write for booklet and testimonials. 10-dose pkg. Blackleg Pills, \$1.00.

Your Liver Is Clogged Up That's Why You're Tired—Out of Sorts—Have No Appetite. CARTER'S LITTLE LIVER PILLS.

Great Improvement. "I hear a reform wave struck Chigerville," remarked the traveling man.

Strong Thread From Spider's Web. Thread made from the spider's web is lighter and stronger than that which comes from the silkworm.

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured.

Astonishing Power of Iron to Give Strength to Broken Down Nervous People

Physician Says Ordinary Nuxated Iron Will Increase Strength of Delicate Folk 200 Per Cent in Two Weeks' Time in Many Instances. NEW YORK, N. Y.—In a recent discourse Dr. E. Sauer, Specialist, of this city, said: "If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron."

In the Midst of Plenty Many Are Starving Themselves to Death

By DR. SAMUEL G. DIXON, Commissioner of Health of Pennsylvania.

I may surprise many readers by mentioning the fact that notwithstanding our markets are full, and the wheels of industry moving with unprecedented steadiness, keeping the dinner kettle of every able-bodied person full of things to eat, we have many among us who believe themselves intelligent, and yet are starving to death.

The human body represents the most complicated piece of machinery known to man. To maintain it we must supply it with albumin found in meats, beans and some of the other vegetables. It must have starch or sugar found in bread, potatoes and sweets.

These constituent parts of the diet must be intelligently proportioned. The lower animals know somehow what foods nature demands to keep up healthy bodies and a strong physical development.

POULTRY POINTERS

Lice will affect fowls at this time of year when you have the impression it's too cold. Use common coal oil on roosts and get rid of them.

See that your dropping boards are all in their places, perfectly level, never slanting, and see that the young fowls begin to take to roosts early.

Earth floors are the best for poultry if they can be kept dry; but if not, then plank is the best, as cement or brick cause disease of the foot.

Always gather the eggs at noon and at night when the weather is cold. otherwise you will have heavy losses.

Matches can be waterproofed by dipping them in melted paraffin. A stand to which an automobile engine of any size can be belted and turned to any desired position has been invented to facilitate the work of repair men.

For warming the hands there has been invented a small, perforated tube containing an asbestos pad within which is a wick to be soaked in benzine and lighted.

A Greek inventor has produced a machine which automatically cleans and packs more than 150 cases of currants an hour without contact of human hand or foot.

2,000,000 Chinese Eggs Shipped Each Week to U. S. Beginning in a small way several years ago, a Boston firm is now importing 2,000,000 eggs a week from China.

Fish That Builds a Nest. The stickleback is one of the most interesting members of the finny tribe. It constructs a home for its prospective mate, and then mounts guard over it until the mate comes along.

To Keep Plants Fresh. There is a simple way to water ferns and flowers which will be of interest to one who must leave them for a time without care.

STAR OF THE MOVIES



Jose Collins.

Miss Collins takes a prominent part in many of the Pathe feature films.

Six Flags Have Flown Over The Territory That Now Is Included in State of Texas

Six flags have flown over Texas, including the banners of three foreign powers—France, Spain and Mexico. First came the French flag, which was carried down the Mississippi river to the Gulf of Mexico by the intrepid La Salle.

The Stars and Stripes followed the Lone Star, but was supplanted for a time by the Stars and Bars of the Confederacy.

The history of the Republic of Texas is one of the most unique examples of national sovereignty that the world has ever seen.

Introduced Graham Bread. The inventor of Graham bread and flour was Rev. Sylvester Graham, a New England clergyman, who died in Northampton, Mass., sixty-five years ago, having devoted the major part of his life to the advocacy of a vegetarian diet theory.—New York World.

Fish That Builds a Nest. The stickleback is one of the most interesting members of the finny tribe. It constructs a home for its prospective mate, and then mounts guard over it until the mate comes along.

Johnny Was Curious. As a great privilege, John was taken to church to see his baby cousin baptized. Just as the minister had the water all ready and there was a hush in the congregation, John leaned toward his mother and asked in a too audible stage whisper, "Hot or cold?"

A Few Remains. There are more than 333,000 members of the famous five civilized tribes of Oklahoma, the Cherokees, leading with 41,824 the Seminoles coming last with 31,277, the other tribes being the Chickasaws, Choctaws and Creeks.

Mother's Cook Book

All that is beautiful shall abide, All that is base shall die.

Some Simple Soups. As soups are both nourishing and easy to prepare it is wise to have a large repertoire of them to serve as luncheon and dinner dishes.

Quick Mutton and Potato Soup. Add a cupful of cold mashed potatoes to six cupfuls of mutton stock. Reheat, season to taste and thicken with two beaten eggs added with half a cupful of cream just before taking up.

German Veal Soup. Put two pounds of the knuckle of veal into three quarts of water, with a carrot, an onion, a clove, salt, pepper, parsley and thyme to season. Reheat six cupfuls of this stock, add a half cupful of cooked vermicelli, a tablespoonful of chopped parsley, a grating of nutmeg and the yolk of an egg blended with a half cupful of milk. Reheat but do not boil.

Saratoga Soup. Strain and reheat one can of tomatoes. Add a half cupful of sage and cook until the sage is clear. Add two cupfuls of veal stock, salt, pepper, Worcestershire sauce to season, and when boiling hot serve at once.

Chicken Broth. Cut a chicken into small pieces and put into a kettle with two tablespoonfuls of pearl barley, a pinch of caraway seed and a head of lettuce cut fine. Cover with two quarts of cold water, simmer four hours, skimming when necessary. Strain through a sieve, season to taste and serve.

Chicken Consomme. Cut up a chicken and put into a kettle with three pounds of the knuckle of veal and four quarts of stock. Add an onion, two cloves, two leeks, and three stalks of celery. Add a teaspoonful of salt, simmer for three hours, skim, strain and cool. Remove the fat, reheat, season to taste and serve.

Savory Rice Soup. Wash half a cupful of rice and boil fifteen minutes then drain. Add a quart of veal stock, simmer until the rice is done, rub through a sieve and reheat. Thicken with the yolks of two eggs beaten smooth with half a cupful of cream, season to taste and serve very hot with croûtons.

Puree of Carrots. Slice thin six fresh young carrots. Fry brown in butter, add sugar and salt and sufficient beef stock to make the required amount of soup. Simmer until the carrots are tender, put them through a sieve, reheat and serve with croûtons. A binding of butter and flour may be used if desired.

Ever See a Fish's "Soul"? Look Right In His Face. Fish can not sing or dance, or attend dinner parties—except in an unfortunate capacity—but they have souls, said Dr. Paul Bartsch, curator of the National Museum, before the Aquarium Society.

The Whale and the Eagle. There are two animals that puzzle naturalists more than any others. They are Nature's submarine and aeroplane—the whale and the eagle. It is known that whales occasionally descend as far as 3,000 feet below the surface of the sea—a depth at which, from the pressure of water, they ought to be crushed flat.

Defining the Heart. The human heart, always a mystery, has become the subject of further speculation, since a Supreme court justice decided that "nobody can plumb its depths." It has been described as broad and hollow, and the jurist says, in effect, that it is bottomless. One is almost driven to the conclusion that, as was the world before the first heart began to beat, it is "without form and void."

Japanese Claim Credit for Fan. Japan takes credit for the folding fan. The original kind was of the palm-leaf variety—an oval or round shape which could not be folded. But Japan conceived the idea, just when or how nobody knows, of fastening half a circle of paper on a frame made of sticks fastened together at one end—and the collapsible fan resulted.

Daily Thought. The life a man leads after his death in the memories of those who loved him is a stronger and better life than any he lived during his physical life.—Butler.

HADN'T REALIZED IT BEFORE

Lawyer's Speech Awaked Litigant to Full Knowledge of the Harshness of His Treatment.

It is told of Rufus Choate, one of the greatest of American lawyers, that on one occasion he appeared in court to defend a blacksmith, whose iron-work had been seized by a creditor.

So powerfully did the great advocate depict the wrong which he contended had been done to his client, and so graphic was his description of the extent to which the forge had been stripped, that the blacksmith, who sat near by, was observed to burst into tears.

Revenge. "Yep, they fired me off'n the team! But I put a couple of bricks in their ball before I blowed it up!"

Who faults not, achieves.



WINCHESTER

"LEADER" AND "REPEATER" SHOT SHELLS. For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND

Knew His Money by the Scent. How real life plagiarizes from fiction was again shown at Aldershot when a sergeant charged another N. C. O. with stealing his money wallet.

RED, ROUGH, PIMPLY SKIN. Quickly Cleared by Cuticura Soap and Ointment. Trial Free.

All Facilities. The aged admiral was well known for his powers of exaggeration. At supper one night he was describing a thrilling voyage.

Patents Watson E. Coleman, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

Nebraska Directory THE PAXTON HOTEL Omaha, Nebraska Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE. W. N. U., OMAHA, NO. 49-1916.

Getting Old Too Fast?

Late in life the body shows signs of wear and often the kidneys weaken first. The back is lame, bent and aching, and the kidney action distressing. This makes people feel older than they are.

A Nebraska Case Mrs. David Roelke, 1801 Maxwell St., Fremont, Neb., writes: "I had a constant, heavy ache across the small of my back, which was the result of a cold that had settled on my kidneys. I couldn't rest well and the pain distressed me while I was doing my work."

Get Doan's at Any Store, 50c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Many people in the larger cities buy a new automobile every year. This places us in a position to save you many dollars on the purchase of a high grade car in perfect running condition, but with the paint slightly weathered.

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI. 36 Page Recipe Book Free. SKINNER MFG. CO., OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA.

Patents Watson E. Coleman, D. C. Advice and books free. Rates reasonable. Highest references. Best service.

Nebraska Directory THE PAXTON HOTEL Omaha, Nebraska Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE. W. N. U., OMAHA, NO. 49-1916.

Canada's Liberal Offer of Wheat Land to Settlers

is open to you—to every farmer or farmer's son who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is much higher but her fertile farm land just as cheap, and in the provinces of Manitoba, Saskatchewan and Alberta.