

Neglected Colds bring Pneumonia

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. 24 Tablets for 25c. At Any Drug Store.

Shock.
"At the restaurant the other night George asked Miss Wrink how she would like a little wild duck."
"What did she answer?"
"She changed color, and said, 'Oh! this is so sudden!' and fainted."

LEMON JUICE IS SKIN WHITENER

CHEAP HOME-MADE BEAUTY LOTION TO REMOVE TAN, FRECKLES, SALLOWNESS.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin whitener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach a darkened skin and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener and beautifier. Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It is marvelous to whiten rough, red hands.—Adv.

As Father Does.

Two small boys were arguing over some trivial matter when one of them said: "I'll betcha I'm right." The other boy said he would not bet, as it was wrong, and this statement led to another discussion, one youngster insisting that there was no harm in betting and the other that there was.

The boy who was advocating betting talked so loud that he attracted his mother, and she, like all good mothers, tried to tell him that it was wrong to gamble on anything.

"Well, daddy does," was the boy's reply, "cause when he came home with that Liberty bond he said it was a \$50 bet with the kaiser that he would lose the war."

Sterilize Drinking Glasses.

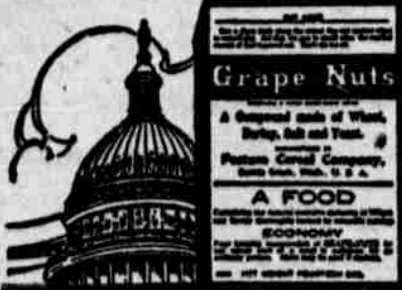
Drinking cups and glasses used in restaurants, at soda fountains and other places must be washed five minutes in boiling water containing a 5 per cent solution of lye, according to regulations promulgated by the California state board of health for the enforcement of the law governing the sterilization of drinking utensils.—The New American Woman.

Important.

"The turnover is vital to successful merchandising."
"In that case," said the baker, "maybe I'd better put more turnovers in the oven."—Louisville Courier-Journal.

Quite a Record.

The Gulf stream is more rapid than the Amazon, more impetuous than the Mississippi, and its volume more than 1,000 greater.



A Conserving Food
The recognized value of

Grape-Nuts

as a "saving" food for these serious times, rests upon real merit.

Unlike the ordinary cereal Grape-Nuts requires no sugar, little milk or cream, and requires no cooking or other preparation in serving.

A trial is well worth while for those who sincerely desire to save.

"There's a Reason"

YOUTHS TO DO SHARE

YOUNG NEBRASKANS EXPECTED TO DOUBLE GARDEN CROPS.

EXTENSION SERVICE AIDING

Offers Chance to Help Uncle Sam and Remunerates Worker—Many Towns Take Up Work.

Lincoln.—Last year Nebraska boys and girls working under the direction of the agricultural extension service contributed \$30,000 worth of fresh vegetables as their part toward winning Uncle Sam's war. This year they are asked to double that amount and make it \$60,000. And they are going to do it, too, for the agricultural extension service of the state university is whipping plans into shape which will make it possible for every boy and girl in the state to farm from one-half to one acre of ground.

One hundred towns in the state working in co-operation with the junior section of the extension service have already signified their intention of hiring paid supervisors to advise and assist the young gardeners in every way. Among the larger towns of the state which have already taken up the work are Lincoln, Fremont, Hastings, Grand Island, Columbus, Holdrege, Norfolk, Scottsbluff, Alliance, Ashland, York, Aurora, Auburn and Fullerton. Scores of towns in Nebraska already have made a survey, listing every vacant lot that can be farmed. In practically every case the school authorities will be only too glad to assign one of these plots to any young person who will agree to farm it.

The best thing about this plan is that every boy and girl besides helping the country, will get all of the

Defense met last Thursday to consider the question of raising the embargo which had existed up until that time in Nebraska on shipments of seed corn from the several Nebraska counties to each other and also outside of the state.

After careful investigation it decided to recommend to the Council of Defense the lifting of the embargo. Several County Defense Councils and Agricultural Agents report conditions which they believe warranted a continuance of the embargo on account of local peculiarities. In such cases it was suggested that vigorous action be taken so that the use of old and new stocks of corn suitable for seed in their locality be had.

It was reported that selfish holders were waiting for the embargo to be lifted so that they could ship their corn out of the state at prices above that made by the State Council of Defense. In such cases the local committees should see to it that this is not done, to the detriment of their community.

The extreme seriousness of the seed corn situation and the imperative necessity of every farmer securing an abundance of good seed, cannot be too earnestly urged upon our people.

The seed corn campaign having been waged for several months in the state and the urgency of the question vigorously brought to the attention of our people, the Nebraska State Council of Defense accepted the recommendation of the seed stocks committee and raised the embargo.

Stockmen Seek Relief.

Lincoln.—Nebraska cattle and hog men have sent an appeal to Food Administrator Hoover asking that the government do something to relieve the stock situation in this state. Limitation of packers' profits and the abolition of meatless days, temporarily, at least, are asked for in the telegram. "The trouble is that the government is conserving the meat supply of the country and yet has not ships enough to send it abroad," is the way officers of the state live stock breeders' association size up the sit-

NEBRASKA WAR GARDEN



Patch of beets, sweet corn and onions developed with a system of scientific intercropping by a Washington county youth. This garden was located at Blair, and is a good illustration of what can be accomplished by boys and girls of this state.

money he or she can make out of it. Unlike many patriotic activities, there is no expense connected with it, unless, perhaps, the cost of seed. The extension service will send complete instructions on making the garden and handling it successfully during the summer months. Practical business experience will be given the children. Every boy or girl starting a garden under the plan will keep an account book showing just what is received from vegetables which are sold. All working time put in on the garden will be figured by the children at ten cents an hour to be deducted from the gross income before the profits are determined. Just to show what can be done along this line, one boy living near Scottsbluff, Neb., made nearly \$400 last season in clear profit. His war garden occupied less than an acre. His income was \$436.77, and his expenses were \$46.95. This garden was under the government irrigation ditch and perhaps affords an exceptional record, but it illustrates what can be done. In many Nebraska towns this summer children's markets will be held where the boys and girls can sell what they raise.

The agricultural extension service is desirous of enlisting 15,000 boys and girls in the project this summer. Those desiring to receive the bulletins and instructions should address Junior Section, Agricultural Extension Service, Lincoln, Neb.

Lift Embargo On Seed Corn.
Lincoln.—The seeds stock committee of the National government and also of the Nebraska State Council of

Favors Closing Some Enterprises.
Lincoln.—Women and school boys will never solve the question of additional labor on the farm, according to Prof. H. C. Filley of the department of farm management of the Nebraska university. "We must get farm labor from some source or production will be imeded," he says. "In every city are thousands of men who were farm raised and thousands of others accustomed to heavy work. These men can be made available for the farm by shutting down unnecessary enterprises," declared the professor.

Keeps Trousers in Shape.
A New York tailor is the inventor of a device that prevents trousers bagging at the knees by pulling them up slightly as a wearer sits down.

Nature's Great Hoodoo Temple.
In the Hoodoo basin of western Wyoming are curious formations which resemble Punch and Judy heads, grim savages, stampering old maids, monkeys, rabbits, birds and animals. There are fifty different shapes of heads, says Popular Science Monthly, and over forty different animal and human faces have been counted. The rock out of which the hoodoos have been carved by Dame Nature is what is known as volcanic breccia.

uation. "They can't get it abroad and won't let us eat it at home. The result is that prices are sagging and feeders are losing money."

Good War Crops.
Crab Orchard.—Buckwheat and beans have proved two good war crops for F. A. Woodfill of Crab Orchard. He used one and a half bushels of buckwheat last June in sowing a patch and to date has sold \$175 worth of flour from it. Mr. Woodfill figures that it is a good crop for that part of the state, since it can be put in after the other crops are sown and brings a tidy income. Mr. Woodfill also raised navy beans last year, securing seed from the agricultural extension service, and found a market for all that he could produce.

Urged to Make Known Wants.
Washington.—Exaggerated reports of shortages of farm labor, the Department of Labor announced, are hindering efforts of the government to place workers on the farms. Less talk about the shortage and more of the methods by which farmers can make known their needs, was suggested as a remedy. Any farmer who wants hands may obtain an application blank from his postmaster, rural carrier or county farm agent, which will put him in touch with the department.

Better Than His Press Agent.
"George Washington was a most truthful man."
"I have always thought so. An evidence of his truthfulness is the fact that he never gave any personal endorsement whatever to that cherry tree story."

Slim Encouragement.
He—I've a notion to propose to you. She—Please do. I'm trying for a record.—Buffalo News.

Not So Foolish.
The members of a certain local exemption board shrugged their shoulders cynically when a young man appeared before them limping conspicuously and asked for exemption on the grounds of physical disability. "Fall down on the ice and hurt yourself, I suppose," one of them suggested.

Too Much.
A playwright and an actor were in conversation when the former, who has been none too successful of late, exclaimed gloomily: "People will praise my work after I am dead."

Doubtless.
Thief—Gimme that watch. Victim—I would, old fellow, but I really can't spare the time.

Proof Indeed.
They had been discussing friends and exchanging views about them. Suddenly Jones mentioned Brown-smith.

Never Falls.
"The hostess said the affair was to be strictly informal." "That makes the girls dress up, all right."

Necessary.
"Riches have wings." "They need 'em to keep up with the cost of living."—Detroit Free Press.

England now has more than 4,775,000 women wage earners.

Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales \$875,000,000.
Profits \$34,650,000.

This is equivalent to a \$3,465. profit on a business of \$87,500.

If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.

Swift & Company, U. S. A.

MAKE MOST OF LOCOMOTIVES

Part of Wisdom to Increase Serviceability of Old Ones—New Engines Unobtainable.

"Now that new locomotives cannot be obtained within any reasonable time," says Railway Review, in discussing the country's need for additional transportation, "it is the part of wisdom to make the most of those whose serviceability can be increased 10, 25 or 50 per cent. Money spent in this way begins to earn money and to smooth out the situation quickly."

KIDNEY TROUBLE OFTEN CAUSES SERIOUS BACKACHE

When your back aches, and your bladder and kidneys seem to be disordered, go to your nearest drug store and get a bottle of Dr. Kilmer's Swamp-Root. It is a physician's prescription for ailments of the kidneys and bladder. It has stood the test of years and has a reputation for quickly and effectively giving results in thousands of cases. This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist. However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

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How to Make Oatmeal Bread
Healthful to Eat—Saves the Wheat

1 cup flour	1 cup cooked oatmeal or rolled oats
1 1/2 cups corn meal	2 teaspoons salt
1 teaspoon salt	2 tablespoons shortening
5 teaspoons Royal Baking Powder	1 1/2 cups milk
2 tablespoons sugar	No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR