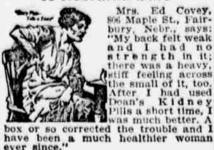
Back Giving Out?

Is a constant backache spoiling your summer? Do sharp pains stab you at every sudden move? Are you so tired and downhearted you can hardly going? Likely your kidneys have slowed up, causing an accumulation of poisons that well kidneys would have filtered off. Is it any wonder you feel so tired and depressed and have headaches, dizzy spells and annoying blad-der irregularities? Use Doan's Kid-ney Pills. Doan's have helped thou-sands. Ask your neighbor!

A Nebraska Case



Mrs. Ed Covey, 806 Maple St., Fair-bury, Nebr., says: "My back felt weak

Get Doan's at Any Store, 60c a Box DOAN'S RIDNE! FOSTER-MILBURN CO., BUFFALO, N. Y.



Natural Mineral Water Sulpho - Saline Springs DRS, EVERETT
Managing Physicians
14th and M Sts. Lincoln, Neb.

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 HARREM ON

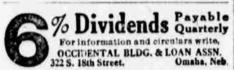
The world's standard remedy for these disorders will often ward off these disses and strengthen the body against further attacks. Three sizes, all druggists. Look for the name Gold Medal on every box and accept no imitation

> —FOR SALE— CALIFORNIA LAND

10 acres, located in Glenn Co., Cal., 44 mile to school and two miles to town. All of tract in cultivation. Soil is silt loam with almonds main crop. Orchard of 750 almond trees. Can be irrigated by well if needed. No improvements. This almond orchard lies on the Oroville-Willows lateral of the state highway and will soon be paved, making this an exceptional buy. Price is \$500 per acre with possession to be arranged. For further information write or see.



Enslow Floral Co. 131 So. 12th : Lincoln, Neb.





I have a bargain for you, come quick, W. L. DeCLOW'S JACK FARM Cedar Kapids, Iowa

FRECKLES PositivaLY REMOVED by Dr. Herry's Preckle Obstances—Your drugglet or by mail, die, Proc book, Dr. G. H. Berry Co., 2978 Michigan Avenue, Chicago

FROM REMOTEST PARTS OF GLOBE

Tanlac Elements Come From Many Lands Far Away From Here.

The ingredients from which the celebrated medicine Tanlac is made, come from remote sections of the earth, and are transported thousands of miles over land and sea to the great Tanlac Laboratories at Dayton, Ohio, and Walkersville, Canada.

The Alps, Appenines, Pyrenees, Russian Asia, Brazil, West Indies, Rocky Mountains, Asia Minor, Persia, India, Mexico, Columbia and Peru are among the far away points from which the principal properties of this re-

markable preparation are obtained. What is said to be the largest pharmaceutical laboratory in the United States has been completed at Dayton, Ohio, for the manufacture of Tanlac, which, according to recent reports, is now having the largest sale of any medicine of its kind in the world, over 20,000,000 bottles having been sold in six years,

The new plant occupies 60,000 square feet of floor space and has a dally capacity of 50,000 bottles. Uniform quality is guaranteed by a series of careful inspections by expert chemists from the time the roots, herbs, barks and flowers are received in their rough state from all parts of the globe. until their medicinal properties have been extracted by the most approved chilled. processes. The finished medicine is then bottled, labeled and shipped out throughout the United States and Canada, to supply a demand never before equalled by this or any other medicine.

Tanlac is sold by leading druggists everywhere,-Advertisement.

Sight Unseen.

He had always greatly admired the khaki bag in which his wife keeps her clothespins, so he persuaded her to

make one for his fishing tackle. A few days ago he went several preparing to assemble his line for a good day when he discovered that instead of bringing his fishing tackle kit he had carried out his wife's bag of clothespins.

Name "Bayer" on Genuine



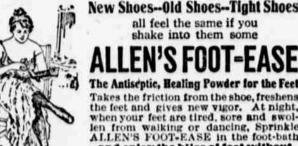
Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer JOHN N. WESTBERG, Butte City, Calif. Package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicycacid .-

> A Salt Lake in Miniature. About 40 miles south of Zuni, N. M., there is a singular depression, in a plain of Cretoceous sandstones, about a mile in diameter, with walls 150 feet high. In the midst of this exists a shallow lake, 4,000 feet long by 3,000 broad, the waters of which contain 26 per cent of salt.

This has been a source of supply of salt used by Indians and Mexicans for centuries, and lately the salt has been hauled to surrounding ranches, everybody helping himself.

I have been driven to my knees many times by the realization that I had nowhere else to go.-Lincoln.

New Shoes-Old Shoes-Tight Shoes all feel the same if you



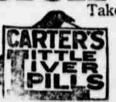
The Antiseptic, Healing Powder for the Feet Takes the friction from the shoe, freshens
the feet and gives new vigor. At night,
when your feet are tired, sore and swollen from walking or dancing, Sprinkle
ALLEN'S FOOT-EASE in the foot-bath
and enjoy the bliss of feet without
an ache.

Over 1,500,000 pounds of Powder for the Feet
were used by our Army and Navy during the war.

Ask for ALLEN'S FOOT-EASE.



What to Take for



Take a good dose of Carter's Little Liver Pills then take 2 or 3 for a few nights after. A few doses restore your organs to their proper functions and the Headache and the causes of it pass away. In the same manner They regulate the Bowels and prevent Constipation. Genuine bear Brandfood Small Pill; Small Dose; Small Price

The Kitchen Cabinet -

(C. 1920 Western Newspaper Union.)

It is easy enough to be pleasant, When life goes by like a song; But the men worth while are the men with a smile When everything goes dead wrong,

-Elia W. Wilcox. TIMELY FOODS.

The fresh green things appeal to the appetite at this season of the year, as well as all growing things such as mushrooms. Vegetables which

are bolled lose much of their valuable mineral content because of its solubility. When the water is drained off and thrown away these minerals are lost to the food. It is a good practice to serve the vege-

table in a manner that will conserve the minerals. If cooked in water let it be as little as possible and serve it with seasonings as a sauce with the vegetable. Peas, beans, greens of various kinds, should be thus served.

Lettuce, Pepper and Egg Salad .-Arrange a platter of lettuce, sprinkle with finely shredded green peppers and then add three or four hardcooked eggs cut in eighths, sprinkle with finely minced chives and cover with French dressing. Serve well

Tomato and Peanut Salad,-Peel the tomatoes carefully and remove the to tens of thousands of druggists centers so as to form a cup. Fill with chopped cabbage and peanuts, well mixed. Add French dressing. and when serving put a spoonful of mayonnaise on top of each.

Buttered Beets .- Cook small, tender beets, skin them, then chop rather coarsely. Add olive oil or butter, heat | marriage. them very hot, season well with salt, pepper and a dash of lemon juice, and serve piping hot.

Vegetable Luncheon Dish.-Arrange on a hot platter a pint of freshly boiled seasoned spinach, adding butmiles from home fishing and was just | ter and vinegar, surrounding the spinach with one and one-half cupfuls of creamed onions, then around this two cupfuls of thick tomato. Garnish, if desired, with hard-cooked eggs cut in eighths.

> Onion and Cream Cheese Sandwiches.-To one small cream cheese add minced onions spread on buttered brown brend and cut in fingersized sandwiches. See that the cheese and onions are well seasoned and

Who said they didn't like June? The month when all flowers bloom; When school is out And we frolic about-Who said they didn't like June?

DESSERTS.

A dessert which is both delicious to the taste and charming in appear-



ance is prepared as follows: Bake an angel food in a sheet, cut it in squares, arrange on service plates, cover with a layof crushed sweetened straw-

berries, then top with sweetened whipped cream or a thin slice of brick ice cream.

Macaroon Charlotte.-Cover one-half pound of macaroons with a quart of hot cream and when cool beat and mix well. Add the yolks of six eggs and a tenspoonful of vanilla, fold in the stiffly beaten whites of the eggs and fill buttered mold. Bake for ten minutes of until the custard is firm.

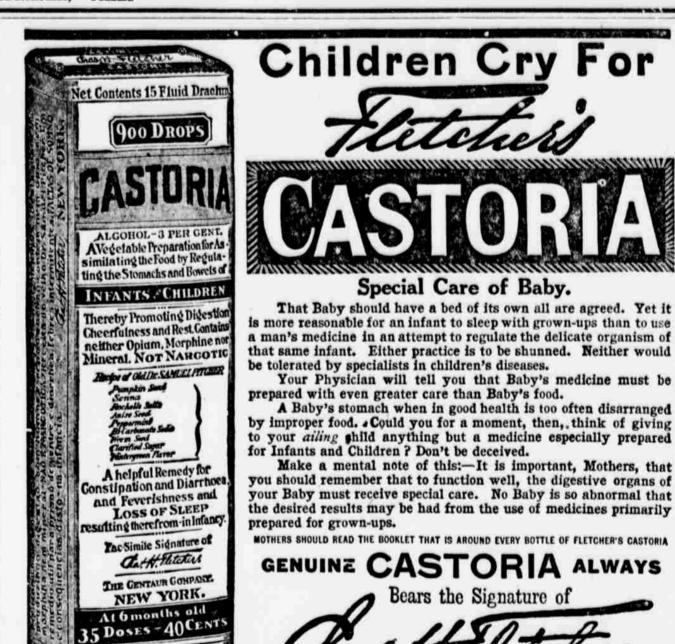
Blackberry Scones,-Take two and one-half cupfuls of flour, three teaspoonfuls of baking powder, two and one-half tablespoonfuls of milk, one tablespoonful of butter and one tablespoonful of any other sweet fat, onehalf cupful of raisins, one-half teaspoonful of salt and seven-eighths of a cupful of milk. Roll into four pieces after mixing well and bake in a hot oven. Split open but do not cut clear through. Fill with jam or crushed fresh fruit.

Mock Goose.-Parboll a leg of pork, skin and stuff, using the usual goose stuffing. Put to roast with a little water and baste with the juice of the meat. When half done, sprinkle with sage, pepper, finely minced onion, salt and pepper. Serve with gravy.

Buttercup Jelly.-Take one envelope of gelatine, soak in one cupful of cold water, add one pint of milk, three egg yolks well beaten and one cupful of sugar. Scald the milk and add the sugar and egg yolks. Cook to a custard, flavor and cool, then fold in the stiffly beaten whites of the eggs and pour into molds to chill. Serve with

tart felly and top with whipped cream. Mushrooms English Fashion,-After washing and peeling the mushrooms, add salt and pepper and toss them in a saucepan in hot butter until well cooked (five minutes is usually sufficient). Dish up on squares of toasted bread and lay on each two thin slices

of brolled bacon. Baked Stuffed Onlons, - Parboll large-sized onlons and remove the centers. Chop the part removed, add sausage or other highly seasoned meat, salt and pepper or chopped nuts. Bake, basting during the baking with butter and water, or pour over the onions thin cream. Bake until tender.



Exact Copy of Wrapper.

Swiss Have Women in Clergy. Unmarried women are now permit-

Children's handkerchiefs often look hopeless when they come to the laundry. Wash with good soap, rinse in

water blued with Red Cross Ball Blue. WOULD TAKE BACK HIS RIB

Tommie Planned Dire Vengeance for

the Faithlessness of His Fickle Playmate. Little Tommie, a precocious six- ALL FRUIT GROWER'S FRIENDS

year-old, had been disappointed in love. He had a date to play with little Mary Ann in her house across the way. When he got there he found she had forgotten all about him and was sliding down hill on his rival's

ish naivete said:

I was Adam? I'd go right up to rie chicken had over 300 of them in heaven and I'd say, 'Please, Mr. God, Its crop. The bob white has been if it's just the same to you, I'd like known to eat 135 different kinds of to have my rlb back."

All in Good Time.

It was at a children's picnic, and they were playing at farmyard, each youngster pretending to be his or her favorite animal. The woods echoed with grunting, barking and crowingbut one little girl sat silent.

"Why don't you play?" asked one of the teachers. "Please, miss, I am playing," she re-

"What are you, then?" "Please, miss, I'm a hen, and I'm laying an egg. When I've finished 1 shall cackle!"

In a country that isn't fit for a republic, the men defeated at the polls go to shooting.

Tastes Fine, and

Better for Health

POSTUM CEREAL

is a pure, wholesome

It should be boiled at

least twenty minutes. Then

Postum Cereal will reveal

a true coffee-like richness

of color and flavor.

There's a Reason

Sold by grocers everywhere.

Postum Cereal Company, Inc.

Battle Creek, Michigan.

cereal beverage, contain-

ing nothing harmful to

nerves or digestion.

Ontario's Mining Production.

Since the building of the first railway in northern Ontario, in 1903, led ted to serve as clergy in Switzerland; they must resign in the event of their to the discovery of silver in that region, approximately \$3,000,000,000 has been produced by the gold and silver mines of Ontario.

The Cuticura Toilet Trlo.

Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere .- Adv.

Birds That Should Be Protected Are Listed by the American Forestry Association.

The American Forestry association has published the fact that a cliff Tommie returned home, disgusted swallow will eat 1,000 flies, mosquiwith all girls in general and one in toes, wheat midgets, or beetles in a particular. He didn't cry nor did he day. The crops of four chicka less contemplate suicide. Instead he went showed 1,028 eggs of the cankerworm. straight to his mama and with child- Take notice, Mr. Fruit Grower. A quail killed in a Texas cotton field "Mama, d'you know what I'd do if had eaten 127 boll weevils, and a praiinsects. It has been estimated that this bird will consume an average of 75,000 insects and 6,000,000 weed seeds in a year. House martins, swallows. and swifts eat rose beetles, may beetles, cucumber beetles and house flies, The quail eats Texas fever-carrying ticks; the killdeer and other shore birds feed on the larvae of diseasecarrying mosquitoes; a night-bawk's evening meal consists of 500 adult mosquitoes.

Time Enough.

"Am I right in surmising that you have something of serious import to in the market district they agreed.

say to my daughter?" propose to her. I'll talk over the serious details with you after the wedding."-- Detroit Times.

POSTUMO

GEREAL

A BEVERAGE

Special Care of Baby.

That Baby should have a bed of its own all are agreed. Yet it

Your Physician will tell you that Baby's medicine must be

A Baby's stomach when in good health is too often disarranged

Make a mental note of this:-It is important, Mothers, that

Bears the Signature of

_FOR SALE— IMPROVED CALIFORNIA LAND IMPROVED CALIFORNIA LAND
580 acres, tocated in Glenn Co., Calif.,
two miles to town and school on land. All
of tract in cultivation. Soil is silt loan
with aifalfa, barley and wheat main crops,
Family orchard. Irrigation, well. 1,000 gal,
per minute. Improvements consist of 12
room house, bath, tenant house, two large
barns, bunk house, tank houses, granaries
and all buildings necessary. State highway runs through place. Fenced with
wire and wood. Price is \$250 per acre with
possession Oct. 1st. For further information write or see JOHN N. WESTBERG. Butte City, Calif.

Western Canada

Land of Prosperity offers to home seekers opportunities that can-not be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms

Fertile Land at \$15 to \$30 an Acre -land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—coals, bariey and flax also in great abundance, while raising horses, cattle, sheep and hogo is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

Farm Gardens, Poultry, Dairying are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches and schools, good markets, railroad facilities, rural telephone, etc.

For certificate entitling you to reduced railway rates, illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan.

Taking Her Order.

His parents were what is popularly known as "high-brow," but they also were good sports. So when he suggested taking them to a restaurant The mother's exquisite clothes "Oh, no, sir, I'm merely going to stamped her as a society woman, but democracy reigns supreme at that restaurant. They sat down at the table. The walter handed the mother a menu and then leaned confidentially forward over the back of the chair and said: "Well, sister, what's the good news?"-Indianapolis News,

Freed From Torture Eatonic Cleared His

Up-Set Stemach "The people who have seen me suffer tortures from neuralgia brought on by an up-set stomach now see me perfectly sound and well-absolutely due

to Eatonic," writes R. Long. Profit by Mr. Long's experience, keep your stomach in healthy condition, fresh and cool, and avoid the ailments that come from an acid condition. Eatonic brings relief by taking up and carrying out the excess acidity and gases-does it quickly. Take an Eatonic after enting and see how wonderfully it helps you. Big box costs only a trifle with your druggist's guarantee.

Exceptional opportunity at the present time

for young women over nineteen years of age who have had at least two years in high school to take Nurses' Training in general hospital. Our graduates are in great demand. Address Supt. of Nurses, Lincoln Sanitariam Lincoln, Nebraska



TWO IN ONE Bins and Cribs Send for circular and prices on Carter Combination Grain Bins and Corn Cribs. Made in three sizes, 500, 750 and 1000 bu. CARTER SHEET METAL CO., OMAHA