VALUABLE RECIPES.

OF INTEREST TO BOTH THE COOK AND HOUSEKEEPER.

An Aid for the Laundress That Is Easily Prepared—Three Dainty Desserts That Are Appetizing—Molasses Vinegar.

JAVELLE WATER.—To one gallon of water add a one-pound can of chloride of lime and four pounds of common washing soda—sal soda. Allow it to boil ten minutes. When cool turn into bottles, fruit jars or stone jugs.

A cupful in a tub of water will loosen dirt in the most soiled clothing, bleaching perfectly. It will cut grease and dirt out of cooking utensils, sinks and drain pipes. Dilute the javelle water for all except for washing clothes. Keep tightly corked and plainly labeled.

MOLASSES VINEGAR.—One pint of New Orleans molasses stirred into a quart of rain water. Tie mosquito netting over the open crock (earthenware) containing the mixture to exclude dust and set in a warm closet by night, in a sunny window by day. It should be sour in a fortnight. Strain and bottle.

BEARNAISE SAUCE.—Beat the yolks of two eggs very light, put into a round bottomed saucepan and set in one of boiling water, stir into it, a few drops at a time, three tablespoonfuls of salad oil, heating as you stir; then, as gradually, the same quantity of boiling water; next, one tablespoonful of lemon juice, a dash of cayenne and salt.

It is served with all sorts of fish; also with chops, cutlets and steaks.

LEMON SNAPS.—One egg, one teacupful of sugar, one-half teacup of butter, three teaspoonfuls of milk, one teaspoonful of cream tartar, one-half teacupful of soda, two small lemons, juice of two and grated rind of one; flour to mix rather stiff. Roll and cut out with a cake cutter.

CHEESE PUDDING.—Grate cheese and crush broken and dried bread and crusts into fine crumbs. There should be two cupfuls of these to one of cheese. Wet the crumbs with two cupfuls of milk, in which has been dissolved a bit of soda no larger than a lima bean. Beat two eggs light, whites and yolks apart; whip the yolks into the soaked crumbs with a tablespoonful of melted butter. Season with salt and a dust of cayenne, add the frothed whites, deftly and rapidly; bake in a greased pudding dish in a brisk oven, keeping the dish covered until the fondu has puffed high and is crusty on top. Then brown lightly and serve at once.

GERMAN PUFF BALLS.—Boil one cup of milk, three ounces of butter, and five ounces of flour until done. When partly cooled, add four eggs, one tablespoonful of sugar and a little cinnamon. Drop by teaspoonfuls into hot fat and serve sprinkled with powdered sugar.

Symbolism in Jewelry.

Symbolism is being introduced into jewelry with happy effect by an artist who designs beautiful ornaments for women. Sometimes the setting symbolizes an attribute of the wearer, and again it relates to the history or legend of the jewel itself. His masterpiece is a pendant just finished for the wife of a millionaire banker. She took to him a beautiful emerald and asked to have it set in a symbolic pendant. The artist had read that when the Spaniards conquered Peru, large collections of emeralds were found among the hoards of the Incas. These were taken back to Europe. The fact of the discovery was utilized in the artist's design. The gem was set hugged to the bosom of a little Aztec god. In his hands, which met above the jewel, he held a small diamond, simulating a lamp, and he was peering wonderingly into the luminous depths of the green stone.

Potato Puff.

Take two cups cold mashed potatoes and stir into it one tablespoon of melted butter, beating to a white cream before adding anything else. Then put with this two eggs beaten extremely light, one cup cream, and salt to taste. Beat all well and pour into a deep dish, and bake in a quick oven until it is nice and brown. If properly mixed it will come out of the oven light, puffy and delectable.

Polish for Hardwood Floors.

For hardwood floors melt together in a bowl set in hot water half a pint of turpentine, two and one-half ounces of powdered resin, three-quarters pound weeswax. Do not let these ingredients come in contact with fire while being melted, as they are all inflammable. When melted apply with a soft cloth and polish with a brush.

Using Up Sour Cream.

When the cream sours, there is a way of disposing of it better than in and which is far less trouble. Put in a cream jar, filling it only about one-third full, and shake it until it comes to butter, an operation which takes some ten minutes of steady work, and which results in delicious fresh butter for supper.

Free-and-Easy Servitude.

An inspector arrived unexpectedly at a Scottish jail. He asked the solitary warder for the governor. "He's away fushin'," was the answer. "Well, I'll see the prisoners," said the inspector. "Him! He's out, sir." "Out? The prisoner out? Why, has he escaped?" "Ach, no, sir; he's just awa' wi' the governor at the fushin', carryin' the bag!"

WORN TO A SKELETON.

A Wonderful Restoration Caused a Sensation in a Pennsylvania Town.

Mrs. Charles N. Preston, of Elkland, Pa., says: "Three years ago I found that my housework was becoming a burden. I tired easily, had no ambition and was fading fast. My complexion got yellow, and I lost over 50 pounds. My thirst was terrible, and there was sugar in the kidney secretions. My doctor kept me on a strict diet, but as his medicine was not helping me, I began using Doan's Kidney Pills. They helped me at once, and soon all traces of sugar disappeared. I have regained my former weight and am perfectly well."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

When Bachelors Were Taxed.

There is nothing revolutionary in modern proposals to tax bachelors. Two centuries ago every celibate in England was paying tribute to the exchequer "for neglecting his duty to support another man's daughter."

All Chemically Pure.

The mistaken idea of a few years ago, about Alum in Baking Powders being injurious, no longer prevails, or scarcely exists. It is a well established fact by chemical analysis that Cream of Tartar being less volatile than Alum, when exposed to heat, is not entirely vaporized as is the case with Alum, but leaves a residue in the bread, which is injurious. Alum, on the contrary, is entirely evaporated while performing its function during process of baking, leaving no atom of injurious residuous substance. The words "Chemically Pure" erroneously used to designate Cream of Tartar from Alum baking powder is a misnomer. Baking Powder made of pure Alum is as chemically pure as made from pure cream of tartar. These words mean nothing more nor less than pure chemicals, and in no way can they imply that one baking powder is Alum and another Cream of Tartar. Alum has been declared to be wholesome; an established fact. Every large water system in the cities along the Missouri river use Alum in large quantities to purify the water before pumping it into their water mains for consumption. Cream of Tartar baking powder is perhaps good enough for any one; Alum baking powder is better, and very much cheaper.

Cruising for Derelicts.

The excellent work in destroying a dangerous derelict last week, begun by the Tacoma and completed by the Columbia, gives renewed point to the suggestion hitherto made in these columns that vessels of the navies of the world might with peculiar profit be employed in tracking and destroying the abandoned hulks which dot the seas and which present one of the one of the most serious dangers to navigation, says the New York Tribune. Of the need that derelicts shall be destroyed as speedily as possible there can be no question. Many known accidents and disasters have been due to them, and there is reason for supposing that many, perhaps most, of the mysterious disappearances of vessels might truly be explained on the ground that they had come into collision with those wandering destroyers. Carrying no lights, making no noise, giving no signal of any kind, often lying so low in the water as to be scarcely perceptible, and heavy and solid almost against which a vessel can scarcely be guarded in the dark and collision with which is always serious and often disastrous.

Sensible German Idea.

On continental railways and the Rhine steamers there is no miscellaneous scrambling for meals. Instead a steward goes through the train or boat and lists the people who want to eat. Each gets a number, and this insures a seat without crowding or delay.

WHEN WASHING ORNAMENTS.

Proper Care That Should Be Given to Valuable China.

The washing of valuable china needs to be carried out very cautiously and carefully. A big wooden bowl, filled with warm, not boiling, scapsuds, to which a few drops of household ammonia have been added, should be prepared, and each piece of china washed separately in this, using a square of old flannel for plain plates, etc., and a soft brush (a painter's brush is best) for elaborately ornamented articles. Rinse in another wooden bowl of clean warm water, and dry with linen cloths. Bronze ornaments may be washed in the same way, but should be finally polished with a chamois leather. Some people consider a rub with a rag on which there is the least suspicion of paraffin gives bronze a nice appearance, but we do not think it necessary. Glass has a little ammonia in it, but no soap, and then rinsed in quite cold water, says Woman's Life. But glass should be washed with a brush, or, if, elaborately cut and very dirty, it is rather a good plan not to wash it at all, but brush a paste of whiting and water well into it, allowing it to dry on thoroughly, then removing it with a clean brush, and finally polishing with an old silk handkerchief.

Thoughtless of Us.

"This is a sad and bitter world," remarked a gentleman of Irish extraction. "We never strew flowers on a man's grave until after he is dead."

North Dakota Solves the Adulteration Problem.

North Dakota seems to have found the key to the question, "How shall we protect the people from frauds in manufactured products?" A new law has recently gone into effect designed to make it impossible to deceive people into buying inferior and adulterated paint under the impression that they are getting real paint, viz.: pure white lead and linseed oil.

The North Dakota lawmakers did not attempt to absolutely prohibit the inferior pigments, or mixtures of pigments. They adopted the slogan, "Let the label tell," and then left to the people to buy whichever they wished.

Under this plan, if any one wishes to buy a mixture of rock-dust, ground quartz and other cheap elements which are found in many paints and so-called "white leads," no one can object; for they do it with their eyes open. But if they prefer genuine white lead and linseed oil, they can be sure of getting it, for none but the genuine article can bear a label which says "pure white lead."

In all other States mixtures are often sold as pure white lead which contain little—sometimes no—real white lead.

It would seem that were this same principle applied to food, beverages and all other prepared articles, where deception is practiced upon the buyer, the question would be solved. It would leave us free to buy what we pleased, but would protect us from unwittingly buying what we did not want.

Troubles of an Author.

Robert Louis Stevenson's mother wrote in one of her letters from Samoa: "The people here are now discovering that Louis writes, as 'The Bottle-Imp' is coming out in the native paper, having been translated by Mr. C——. It is much appreciated, but leads to some curious results. For instance, the house in it somewhat resembles ours, and a good many of the natives suspect that Mr. Stevenson has the 'bottle' himself."

To keep your auto looking bright use the following mixture for all painted parts: Sperm oil, one-half pint; common vinegar, one-half pint; oil bergamot, one dram. Mix and rub with clean cloth. For all brass work use tripoli, one and one-half pounds; any lubricating oil, eight ounces; gasoline, three quarts. This is one of the best cleaners for all polished brass.

If you contemplate buying a medium priced automobile and want to be certain of securing a car suitable for touring on country roads, up hill as well as down hill, you will make no mistake in buying either a Buleck, Maxwell, Mitchell, Reo, Knox, Franklin or Queen. These range in price from $750 to $2,000.

False Alarm.

From the valley there came a cloud of dust and a distant rumble. The man of the stone age rushed up the mountain and perched himself on the highest peak.

"Shucks!" exclaimed the fugitive, as he slipped down to the valley again, "it is only a poor dinosaur roaming about for his breakfast. From the noise I thought it must be an automobile."

And the man went back to his peaceful occupation of hewing an apartment house out of a solid cliff.

A woman willingly promises to obey a man at the altar, but she's apt to forget to deliver the goods.

PUTNAM FADELESS DYES, are fast to light and washing and color more goods than others. 10c per package.

Gossips might be appropriately termed misfortune tellers.

The average girl has more faith in a four-leafed clover than a woman has in a man.

Mice and conclusions are not synonymous, yet women jump at both.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Automobilists in Shanghai.

There is no speed limit for autos outside the city of Shanghai, China. Within the city 30 miles an hour is allowed.

In a Pinch, Use ALLEN'S FOOT-EASE.
A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

Long Journey for Pleasure.

Justus Miles Foreman has left New York for an extended journey, the itinerary of which includes Australia, New Zealand and the South Sea islands, and which is undertaken, he said, not to gain new literary material, but solely because he "wants to play a little."

Lincoln Dental College.

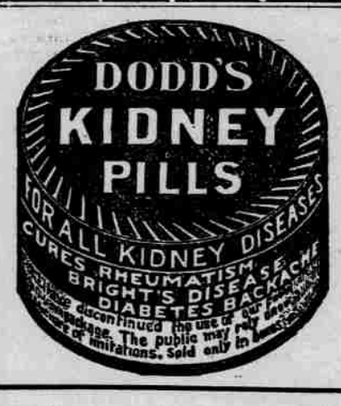
Associated with the State University of Nebraska, where all classes in the sciences take their work. Ample equipment, university standards, minimum tuition. Member of the National, and all credits accepted. It will pay you to write for special announcement. Address the Dean, Dr. Clyde Davis, Lincoln, Neb.

Magnificent Sacred Edifice.

The largest and costliest building thus far undertaken in New York, the city of immense structures, is the magnificent $10,000,000 Episcopal Cathedral of St. John the Divine, now being erected on Morningside Heights. This will be the greatest edifice in America, and the fourth in importance in the world.

Deadly New Rifle.

Bullets from the new 30-caliber rifles of the United States army whirl with great rapidity. The rifling gives one revolution of the bullet about its axis in ten inches. At the muzzle the velocity of the bullet is 2,300 feet a second, which means 2,760 turns a second, assuming that the bullet does not strip in the rifling. The circumference of the bullet is .942 of an inch, which gives a peripheral velocity of 2,600 inches each second, or 13,000 feet a minute.



A HEALTHY OLD AGE

OFTEN THE BEST PART OF LIFE

Help for Women Passing Through Change of Life

Providence has allotted us each at least seventy years in which to fulfill our mission in life, and it is generally our own fault if we die prematurely.

Nervous exhaustion invites disease. This statement is the positive truth.

When everything becomes a burden and you cannot walk a few blocks without excessive fatigue, and you break out into perspiration easily, and your face flushes, and you grow excited and shaky at the least provocation, and you cannot bear to be crossed in anything, you are in danger; your nerves have given out; you need building up at once! To build up woman's nervous system and during the period of change of life we know of no better medicine than Lydia E. Pinkham's Vegetable Compound. Here is an illustration. Mrs. Mary L. Koehne, 371 Garfield Avenue, Chicago, Ill., writes:

"I have used Lydia E. Pinkham's Vegetable Compound for years in my family and it never disappoints; so when I felt that I was nearing the change of life I commenced treatment with it. I took in all about six bottles and it did me a great deal of good. It stopped my dizzy spells, pains in my back and the headaches with which I had suffered for months before taking the Compound. I feel that if it had not been for this great medicine for women that I should not have been alive to-day. It is splendid for women, old or young, and will surely cure all female disorders."

Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, of Lynn, Mass., invites all sick and ailing women to write her for advice. Her great experience is at their service, free of cost.

U. S. NAVY

enlists for four years young men of good character and sound physical condition between the ages of 17 and 25 as apprentice seamen; opportunities for advancement; pay $16 to $70 a month. Electricians, machinists, blacksmiths, coppersmiths, yeomen (clerks), carpenters, shipfitters, firemen, musicians, cooks, etc., between 21 and 35 years, enlisted in special ratings with suitable pay; hospital apprentices 18 to 28 years. Retirement on three-fourths pay and allowances after 30 years' service. Applicants must be American citizens.

First clothing outfit free to recruits. Upon discharge travel allowance 4 cents per mile to place of enlistment. Bonus four months' pay and increase in pay upon re-enlistment within four months of discharge. Offices at LINCOLN AND HASTINGS, NEBRASKA, and NAVY RECRUITING STATION, P. O. Building, OMAHA.

60 Bus. Winter Wheat Per Acre

That's the yield of Salzer's Red Cross Hybrid Winter Wheat. Send 2c in stamps for free sample of same, as also catalogue of Winter Wheats, Rye, Barley, Clovers, Timothy, Grasses, Bulbs, Trees, etc. for fall planting. SALZER SEED CO., Box W. L. La Crosse, Wis.

75 of the BEST POSTCARDS for $1. Trial assortment only sold to dealers. Address at once U. S. SOUVENIR POST CARD Co., 22 to 58 East 23rd Street, New York City.

DEFIANCE Cold Water Starch makes laundry work a pleasure. 16 oz. pkg. 10c.

If afflicted with sore eyes, use **Thompson's Eye Water**

W. N. U., LINCOLN, NO. 36, 1906.

W. L. DOUGLAS

$3.50 & $3.00 Shoes

BEST IN THE WORLD

W. L. Douglas $4 Gilt Edge line cannot be equalled at any price

To Shoe Dealers: W. L. Douglas' Jobbing House is the most complete in this country. Send for Catalog

SHOES FOR EVERYBODY AT ALL PRICES.
Men's Shoes, $5 to $1.50. Boys' Shoes, $3 to $1.25. Women's Shoes, $4.00 to $1.50. Misses' & Children's Shoes, $2.25 to $1.00.
Try W. L. Douglas Women's, Misses and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. *Take no substitute.* Ask your dealer for W. L. Douglas shoes and insist upon having them.

Fast Color Eyelets used; they will not wear brassy.
Write for Illustrated Catalog of Fall Styles.
W. L. DOUGLAS, Dept. 12, Brockton, Mass.

MOTHER'S FAVORITE

For Baby's Skin & Scalp

Because of its Delicate Medicinal, Emollient, Sanative, and Antiseptic Properties combined with the purest of Cleansing Ingredients and most refreshing of Flower Odors.

Sold throughout the world. Cuticura Soap, 25c., Ointment, 50c., Resolvent, 50c. (in form of Chocolate Coated Pills, 25c. per vial of 60). A single set often cures. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Boston, 137 Columbus Ave. Potter Drug & Chem. Corp., Sole Props.

Send for "How to Preserve, Purity, and Beautify the Skin, Scalp, Hair, and Hands of Infants and Children."

PAIN

that women suffer every month, can be relieved by taking opiates and other dangerous drugs, but the only safe way is to cure the disease that causes the pain, which can be done by taking

WINE OF CARDUI

WOMAN'S RELIEF

"I would nearly die every month," writes Mrs. Nellie French, of Batavia, O., "with pains in head and back, but Cardui eased all pain. I cannot recommend it too highly."

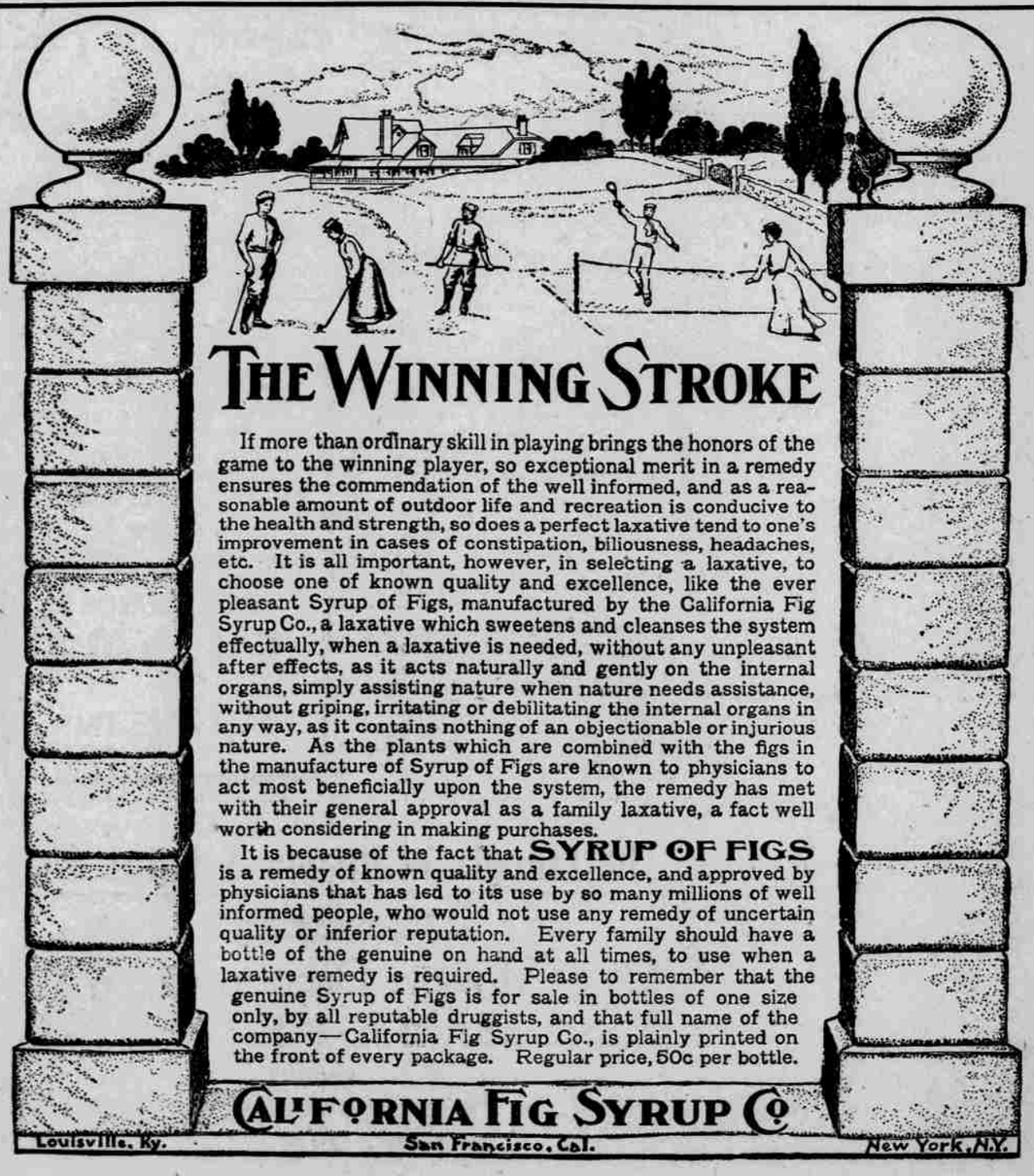
At all Druggists. C17

WRITE for Free Advice, stating age and describing your symptoms, to Ladies Advisory Dept., Chattanooga Medicine Co., Chattanooga, Tenn.

SALESMEN WANTED.

We want a live, active and thoroughly experienced salesman in this locality with sufficient money to buy outright his first month's supply of our Simplicity Low Pressure Hollow Wire Gasoline Lights. A utility needed in every store and home and fully complying with insurance rules. To such a man we will give exclusive sales right and guarantee to refund money if goods not sold in 60 days. Further particulars on request. The Standard-Gillett Light Co., 960 N. Halsted St., Chicago, Ill.

WANTED—More View Agents. Business pays $200 per month. Farmers' sons, students and clerks preferred. STANDARD SCENIC Co., Kansas City, Mo.



THE WINNING STROKE

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists, and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. New York, N.Y.