

**Spanish Beans.**  
Soak two and a half cups of small red beans in cold water over night. In the morning cover with fresh water and simmer gently for two hours. Fry two good sized onions a delicate brown in a scant half cup of olive oil; add two whole sweet Chili peppers, omitting the seeds, and salt to taste. Turn in to the beans, cover and cook slowly for two and a half hours. Just before they are done add a tablespoonful of vinegar. These keep well and are even better warmed up than when fresh.

**English Walnut Pudding.**  
Yolks three eggs, one-half cup sugar, one and one-fourth cups fine bread crumbs, whites three eggs, one-half cup English walnut meats. Beat the egg yolks until very light; then add gradually the sugar, beating it in. Add the crumbs, and fold in the egg whites, beaten stiff, then the nut meats. Bake in two layers in a very moderate oven for 30 minutes. When cold spread whipped cream, sweetened and flavored, between and on top.

**Sweetbread Patties.**  
Cook a pair of sweetbreads until tender, in a very little water, take out and chop fine, season with salt and pepper. Keep the water in which the sweetbreads were cooked, add to it half a pint of cream, tablespoon of butter and two of flour blended to thicken it. Throw in this dressing the chopped sweetbreads, and just before serving add three hard boiled eggs chopped finely. Have your patty shells heated before filling, or use paper shells.

**Prune Jelly.**  
Soak one-half package pulverized gelatine in one-half cupful cold water. Have 1 1/2 quarts of stoned prunes with juice (hot) sweetened to taste. Pour all together and flavor with lemon. Pour in mold and let harden. Eat with whipped cream.

**Thread Needles on Spool.**  
A great deal of time is saved and work lightened when doing basting if several needles are threaded in succession on a spool of cotton. Break the thread the desired length and knot, beginning with the last needle threaded, until all are ready to use.

**For the Cruet.**  
Make a solution of washing soda and warm water. Half fill the cruet and shake well. Empty and half fill again, adding a little rice. Shake vigorously, then rinse with clear water. Dry inside with a soft towel, if possible.

**Apricot Gelatine.**  
Take half a can of apricots and cut them into halves; make a well-sweetened lemon jelly with only one lemon, mix the two while warm and pour into a ring mold; serve very cold with cream.

**To Remove Stains from Enamel.**  
To clean and remove all stains from enamel rub well with salt moistened with vinegar. This will clean equally well enameled pots and pans, no matter how burnt or discolored.

**Lincoln Directory**

A Little "Pride" goes a long way towards making home, clothes and people wholesome and clean. SWIFT'S PRIDE SOAP is the IDEAL soap for general home use.

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**THE WAGeworker**  
By W. M. MAUPIN  
LINCOLN, - - NEBRASKA

The navy is always over the fire. At home it is roasted and abroad it is toasted.

You have probably noticed that a heiress never finds it necessary to take advantage of the leap year privilege.

A rich man can no doubt get to heaven, but will it be heaven when he gets there and realizes that he is flat broke?

But nobody can make those foreign automobilists believe that the Panama canal is half as bad as the ordinary American roads.

London and New York are planning rush-hour street cars solely for workwomen—and the girls will not mess them all up with tobacco, either.

Ten thousand dollars for the extermination of mosquitoes seems a lot of money, but if the little pests are really exterminated it will be worth it.

If people were as ready to overlook a minister's shortcomings as they are to overlook the plate as it goes by, there would be fewer church rows.

They have found a plesiosaurus in Chili. This is in pleasing contrast with a great many other things which are being found just now in divers places.

Nowadays when a prominent man gets into the papers it is an even chance whether it is because he is honored by his country or indicted by a grand jury.

A Mexican judge is reported to have sentenced a woman to "six months' silence." The assertion that Mexicans are cruel by nature seems to have some foundation.

A Kansas City centenarian says that he did not take up smoking until he was 96. He wisely avoided the chances of acquiring a bad habit until he had reached the age of discretion.

A Duluth man has jumped 116 feet on skis. The time may come when it will be necessary to depict Mercury with skis instead of wings on his feet in order to make him impressive.

A Chicago physician argues that we should all take at least 20 minutes to wake up in the morning. Fathers and mothers can furnish the names of children who take longer than that.

King Menelik of Abyssinia wants \$500,000 to relinquish a strip of territory he has seized upon. Contact with civilization is teaching the untutored child of nature the most profitable ways of doing things.

A Massachusetts hen recently laid an egg containing a quarter. Evidently the recent financial stringency has induced the hens of the country to turn their attention from the political prophecy line to the money market.

Non-secret clubs, to which all the students are eligible, have been proposed in Chicago as a substitute for the secret fraternities in the high schools. If the pupils have time for such distractions, the open club is immeasurably superior to the secret organization.

How many young ladies who received valentines this year regarded them seriously? Lovers have outgrown the bashfulness of those of a few generations ago, and now express their sentiments more directly, even if in a less poetic manner; and the sending of valentines is chiefly an amusement for children to-day.

A bachelor aged 93 years has just died in Indiana, leaving the parting advice to his sex that they "don't live a batch as I did live." However, the bachelor who is determined upon a course of single blessedness will use the longevity as an argument that the aforesaid blessedness is rather conducive to good health and strength.

Count Boni de Castellane is said to have so much respect for his former wife that he does not want any other man to marry her. It would seem more natural if he claimed to have so much love for his former wife's American dollars that it makes him indignant whenever he thinks of her second marriage, which would effectually cut him off from a chance of ever regaining control of them.

How general has become the impulse to alleviate the sufferings of animals is shown by two recent occurrences in Boston. In one case a crowd of several hundred persons watched for two hours the struggles of a pigeon to free itself from a string which had become wound round its leg and held it suspended from a cornice. Many of the watchers tried to help, and all of them cheered heartily when the bird succeeded in freeing itself. In the other case a sergeant of police and a patrolman worked hard for 15 minutes to rescue a cat from a sewer.

A California court has decided in a suit for damages that the rights of a pedestrian on public highways are paramount, and that a man run down by an automobile cannot be accused of contributory negligence in not keeping a sharp lookout, as it is the duty of the autoist to keep that lookout. This is very different from the verdict of a coroner's jury here, says the Baltimore American, that the victim of a similar accident was guilty of criminal negligence in not leaving the street clear for a speeding automobile.

**Behold the Man**  
Wealth Cannot Rule Him Nor Gold Buy Him  
By RUDYARD KIPLING,  
Celebrated Author.

SOONER or later you will see some man to whom the idea of wealth does not appeal, whom the methods of amassing that wealth do not interest, and who will not accept money if you offer it to him at a certain price.

At first you will be inclined to laugh at this man, and to think that he is not smart in his ideas. I suggest that you watch him closely, for he will presently demonstrate to you that money dominates everybody except the man who does not want money. You may meet that man on your farm, in your village, or in your legislature. But be sure that, whenever or wherever you meet him, as soon as it comes to a direct issue between you, his little finger will be thicker than your loins. You will go in fear of him; he will not go in fear of you. You will do what he wants; he will not do what you want. You will find that you have no weapon in your armory with which you can attack him; no argument with which you can appeal to him. Whatever you gain, he will gain more.

I would like you to study that man. I would like you better to be that man, because from the lower point of view it doesn't pay to be obsessed by the desire of wealth for wealth's sake. If more wealth is necessary to you, for purposes not your own, use your left hand to acquire it, but keep your right for your proper work in life. If you employ both arms in that game you will be in danger of stooping; in danger also of losing your soul. But in spite of everything you may succeed, you may be successful, you may acquire enormous wealth. In which case I warn you that you stand in grave danger of being spoken and written of and pointed out as a smart man. And that is one of the most terrible calamities that can overtake a sane, civilized white man to-day.

They say youth is the season of hope, ambition and uplift—that the last word youth needs is an exhortation to be cheerful. Some of you here know, and I remember, that youth can be a season of great depression, despondencies, doubts and waverings, the worse because they seem to be peculiar to ourselves and incommunicable to our fellows. There is a certain darkness into which the soul of the young man some time descends—a horror of desolation, abandonment, and realized worthlessness, which is one of the most real of the hells in which we are compelled to walk.

I know of what I speak. This is due to a variety of causes, the chief of which is the egotism of the human animal itself. But I can tell you for your comfort that the chief cure for it is to interest yourself, to lose yourself, in some issue not personal to yourself—in another man's trouble or, preferably, another man's joy. But if the dark hour does not vanish, as sometimes it doesn't; if the black cloud will not lift, as sometimes it will not; let me tell you again for your comfort that there are many liars in the world, but there are no liars like our own sensations. The despair and the horror mean nothing, because there is for you nothing irremediable, nothing ineffaceable, nothing irrecoverable in anything you may have said or thought or done. If for any reason you cannot believe or have not been taught to believe in the infinite mercy of heaven, which has made us all, and will take care we do not go far astray, at least believe that you are not yet sufficiently important to be taken too seriously by the powers above us or beneath us. In other words, take anything and everything seriously except yourselves.

**Woman Suffrage in America**  
By ANNE COBDEN-SANDERSON,  
Prominent Leader of "Suffragettes" of England.

The question of woman suffrage in the United States is quite different from what it is in England. To begin with, there is no opposition whatever from the men. They may be indifferent, but they are not hostile. They say in effect: "If women want to vote they will get it, we won't stop them." The opposition comes from the rich women—the only idle class to be found in America.

These horrid women—and they are supported only by a few men who object to the alien vote and would like to confine the franchise to American born citizens—sign the petitions against woman suffrage, and so far they have met with success in the east. "We have got everything we want," they say, and as I used to tell them at my meetings: "You have a great deal more than you deserve."

But I could not get any of them to oppose me, or even to put a question. At the Century club in Philadelphia the only person who could be found to start an opposition was a lawyer, and the general impression was that it was rather bad taste for a man to contradict a woman. Such scenes as we have here at meetings would be quite impossible in America. If people don't approve they stay away or walk out. They don't interrupt.

There are two classes of women in the United States upon whom the chief hope of the movement for woman suffrage rests. The one is the college girl. She is a far larger class than we have here, because there are so many women's colleges and universities in America. I am bound to say that as a rule they know little about the question, perhaps because they approach it from a different standpoint. The idea of the thinking college girl is to go into politics in order to purify it.

I spoke at Bryn Mawr college, near Philadelphia, and there, as elsewhere, the girls were perfectly enthusiastic. They were quite ready for the "gospel," because they study sociology and political economy, and, in fact, one result of this is that they all want to go into settlements and work among the poor when they leave college.

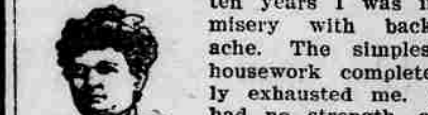
And the other class is the working women, or rather the laboring women, whose only means of improving their condition and obtaining better wages is by combination and getting political power.

Women will get the vote in America by way of socialism. Just now we are at the beginning of a great movement in that direction. There is no chance of an independent labor or socialist party, such as we have in England. But everything will come altogether by socialism.

Woman suffrage is not likely to be granted by separate legislation in America. The thing is too complicated. There are five states altogether that have adopted it, but only Colorado as a state—the others introduced woman suffrage when they were territories. And of course that does not touch federal government. So I think that women will have to wait until the American Federation of Labor is strong enough to have its way—for woman suffrage is part of its program.

**TEN YEARS OF BACKACHE.**  
Thousands of Women Suffer in the Same Way.

Mrs. Thomas Dunn, 153 Vine St., Columbus, Ohio, says: "For more than ten years I was in misery with backache. The simplest housework completely exhausted me. I had no strength or ambition and suffered headache and dizzy spells. After these years of pain I was despairing of ever being cured when Doan's Kidney Pills came to my notice and their use brought quick relief and a permanent cure. I am very grateful."



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

**"SINNER" CAN COME AGAIN.**

Thief's Visit Resulted in Nice Margin of Profit to Farmer.

If there are any more chicken thieves like the one who entered his henry three weeks ago, Thomas Ingraham of Park Mills, N. Y., will gladly furnish a chart of the grounds and guarantee to tie up the dog. A few mornings ago Mr. Ingraham entered the henry, and to his amazement found a dozen fowls in place of the ones that he had missed after the visit of the thief. He also found hanging to a nail in the building a scraw which said: "Mister Farmer, I was wickered when I stole them chicks of you, but wringed their necks when I hooked 'em from the roost, so could not put 'em back. Am awful sorry I done it, and will prove what I say by bringing you other chickens which I never stole. Them I took were common chicks, these are blooded. Never will I steal any more. Sinner." With such a conscience, the sinner's resolution is evidence of good business judgment, for Mr. Ingraham says the fowls he received are worth at least twice as much as the ones whose necks were "wringed" when they were "hooked."

**NOT SO BAD AS HE LOOKED.**



She—Then you admit that you only married me for my money?  
He—Well, I'm glad you know that at least I'm not a fool.

**What's a Widower?**  
Is a widower a married or a single man?

This question continually crops up and it is continually being answered both ways. Certainly a widower is married—he is not a bachelor. That is one answer. Certainly, on the other hand, no matter what the man once was, he is single now. That is the other answer. Thus in all match games of single against married men—games of hockey, football, baseball, cricket—the poor widower is tossed from one side to the other like a shuttlecock. The solution depends solely upon his skill.

**Your Very Own.**

There's one thing that seems to me funny,  
When the state of a bank becomes runny,  
You're supposed to go back  
And sit down. It's a fact  
They get mad if you ask for your money.  
—Lippincott's.

**Just Alike.**

Towne—Tiresome talker, isn't he?  
Browne—Yes; reminds me of a woman sharpening a pencil.  
Towne—Sets your nerves on edge, eh?  
Browne—Oh, yes; but I mean it takes him so long to get to the point.  
—Philadelphia Press.

**In Suspense.**

"Are you sure he will die, doctor?"  
"I trust not, madam."  
"Are you sure he will recover?"  
"I should not like to commit myself to that extent, madam."  
"But when can you let me know whether or not to order mourning?"  
—Houston Post.

**His Idea.**

Mrs. Crimmonbeak—It is said that a directory published in Metz, Germany, indicates every married man by inserting a star before his name.  
Mr. Crimmonbeak—Well, if it is intended as a warning, I think a dagger would be more appropriate.—Yonkers Statesman.

**Parisians' New Auto Law.**

Paris has added to its automobile regulations a law requiring automobiles to stop after causing an accident and imposing both imprisonment and fine as the penalty of an attempt to escape.

There are 27,000 men in New York who are being supported by their wives, and they can be found in Broadway bars at any time expatiating on the greatness of the Broad White Way.

**Absence of Mind.**

Exhausted by the labor of carrying the furniture out of the building, the man whose dwelling was ablaze from cellar to garret mechanically rolled a cigar and turned to one of the firemen.

"Have you got a match?" he panted.  
"A match?" growled the fireman.  
"If you want to light that thing go and touch it to your house!"

**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. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

He who gives pleasure meets with it; kindness is the bond of friendship, and the hook of love; he who sows not, reaps not.—Smiles.

"Brown's Bronchial Troches" have a direct influence on the throat, relieving Coughs, Hoarseness and Throat troubles. Free from opiates.

Liquor has caused many a strong man's downfall. It's easy for his wife to knock him out when he is loaded.

**ONLY ONE "BROMO QUININE"**  
That is LAXATIVE BROMO QUININE. Look for the signature of H. W. GROSS. Used the World Over to Cure a Cold in One Day. 25c.

Grapes are squeezed six times in making champagne, yielding wine of different qualities.



**Proof is inexhaustible that Lydia E. Pinkham's Vegetable Compound carries women safely through the Change of Life.**

Read the letter Mrs. E. Hanson, 304 E. Long St., Columbus, Ohio, writes to Mrs. Pinkham:

"I was passing through the Change of Life, and suffered from nervousness, headaches, and other annoying symptoms. My doctor told me that Lydia E. Pinkham's Vegetable Compound was good for me, and since taking it I feel so much better, and I can again do my own work. I never forget to tell my friends what Lydia E. Pinkham's Vegetable Compound did for me during this trying period."

**FACTS FOR SICK WOMEN.**

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?  
Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

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THE ONLY  
Sanitary  
Durable  
WALL COATING

Never rubs off when the wall is wiped down.

Alabastine colors are soft, beautiful and velvety; never fade and never flake off. Alabastine is thoroughly sanitary, never molds nor mildews on the wall.

Alabastine is carefully packed, properly labeled and is made in sixteen different tints, also white. Each package will cover from 300 to 450 square feet of surface.

Write for Special Color Schemes for your rooms FREE!

Ask your dealer, if he does not have Alabastine write for beautiful color cards free to

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NEW YORK CITY - GRAND RAPIDS, MICH.

**SICK HEADACHE**

**CARTER'S LITTLE LIVER PILLS.**  
Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drunkenness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER.

They regulate the Bowels. Purely Vegetable.  
**SMALL PILL. SMALL DOSE. SMALL PRICE.**

**CARTER'S LITTLE LIVER PILLS.**  
Genuine Must Bear Fac-Simile Signature  
*W. D. Wood*  
**REFUSE SUBSTITUTES.**

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

**LOOK!** Fortune told. Send date of birth and sex. PROF. MEX ERSN, BLUE ISLAND, ILL.