

REQUESTED RECIPES.

Good Graham Twists, Nice Graham Wafers and Crackers and Some Bran Biscuits.

Graham twists are made of three or four parts of graham flour to one part sweet cream. Whole wheat flour may be substituted. Sift the graham flour, and, if very coarse, add half white flour; have flour cold and in a basin; have cream cold, dropping into the flour stir briskly with a fork, allowing no wet pools to form. This should make a very stiff dough which should not stick to the board while being kneaded one-half hour, or until a piece will give a snapping sound when pulled off. Roll this as piecrust and cut into strips one-half to three-quarters of an inch wide; twist with hands and lay in baking pan; the oven should not be too hot. When done they are crisp, and the starch is dextrinized (partially digested), as in zwieback.

Graham Crackers—Seven cupfuls of graham flour, one cupful of thick sweet cream (or butter), one pint of sweet milk, two teaspoonfuls of baking powder; sieve and rub the baking powder into the flour; add the cream (or butter, which should be rubbed into the flour well), a little salt, then the milk; mix well, and roll as thin as soda crackers; cut in any shape; bake quickly; then leave about the stove for a few hours to dry thoroughly.

Bran Biscuits—One quart of milk or water; three teaspoonfuls of butter (or lard) three tablespoonfuls sugar; two tablespoonfuls baker's yeast (any live yeast will do); pinch of salt, and flour, wheat and graham. Take enough wheat flour to use up the water, making it the consistency of batter cake dough; add the rest of the ingredients and as much graham flour as can be stirred in with a spoon. Set away until morning. In the morning, grease a pan, flour the hands and take a lump of dough the size of a large egg, roll lightly between the palms; put into the pan and let them rise 20 minutes, and bake in a tolerably hot oven.

Graham Wafers—One-third cupful of butter, one-third cupful of sugar; half teaspoonful of salt; one pint of white flour; one pint of graham flour. Mix the butter, sugar and salt; chop this mixture into the white and graham flour mixed; wet it with cold water into a very stiff dough; knead well, and roll out very thin; cut in squares or any shape desired and bake quickly.—The Commoner.

MISCELLANEOUS.

White paint, when dirty, should be washed in milk. Colored paints may also be treated in this way.

Lime sprinkled on the shelves will keep pickles and jams in the store-room from becoming moldy. The lime must be renewed occasionally, as it loses its strength.

When tablecloths are beginning to get shabby in the middle or at the folds a few inches cut at one end and one side will completely alter the place of all folds and will give the cloth a new lease of life.

Boiling-hot liquid may be safely poured into a glass jar or tumbler by first putting a silver spoon in the dish. Be careful, however, that a draught of cold air does not strike the vessel while hot.

Instead of using any sort of veil-case, which requires the folding of an already mussed veil into still more creases, use a toy rolling pin and roll your veils around it, smoothing out the mussed ends as well as you can.

Never expose leather to the extreme heat of a fire or it will become hard and liable to crack. Shoes and boots should be dried at a safe distance from the fire, but to expedite the process they may be filled with oats. The damp of the leather will be absorbed by the oats, which may be dried and put away again for future use.

Whenever an oil printing becomes dusty and discolored, it may be cleaned by the use of white raw potato, for artists frequently make use of this method. Commence at one corner of the picture and rub the surface with a raw potato which has been flattened by removing a slice; as fast as the potato becomes discolored remove a thin slice with a sharp knife and continue to rub the picture until the entire surface has been cleaned. Then wipe the picture off with a soft cloth, and it will be found quite clean, and the paints will not be injured or faded, but simply cleaned.—Good Literature.

Peanut Candy.

Two cups of New Orleans molasses. Two cups of soft A sugar. One cup of butter. One saltspoon of salt. One teaspoon of vanilla. Six quarts of peanuts.

Put the butter, sugar and molasses on together, adding the salt after it comes to a boil. Boil until it forms a soft ball in cold water, then take from the stove and beat vigorously ten minutes. Return to the stove and boil until a spoon drawn through it makes a slight path. Add the vanilla and heat again. When beginning to grow cold, stir in the peanuts and pour into buttered pans.

Hotch Potch.

Hotch potch is an old-fashioned Scotch dish, made in the spring, when there are plenty of fresh vegetables. It is a thick puree-like soup. It may be made either from fresh or cooked meat. This is one way of making it. Three or four pounds of loin chops are put into a saucepan with about three quarts of boiling water. Peas, haricot beans, carrots, half a turnip, parsley, a little bit of cabbage and some green onions are added. Boil this very slowly for an hour and a quarter, season with pepper and salt. It should be a thick broth when done.

TO EXTEND YOUR LIFE.

Thinking an Exhaustive Process and the Need the Brain Worker Has of Repair.

According to the theories propounded recently by Dr. Wilhelm Ostwald, of the University of Leipzig, in his lecture before the students of Columbia university, the length of human life depends upon the store of psychic energy which is within the body. The prolongation of life at pleasure, according to his theory, should be merely a question of revitalizing the body occasionally with this mysterious force, which travels through the nervous system, and which experiment has shown to be closely akin to electricity. Dr. Ostwald said in part:

"Thinking is the most exhaustive kind of work, because it consumes more of this force than any physical process. It has often been found, upon stopping the process of thought, that this energy is transformed into heat in the body, and at the same time there is less need of reinforcement of the supply of energy. When I am engaged in severe mental labor, as I have been since coming to America, I eat twice as much as I do when I am not so engaged. This only shows that the brain is constantly using up a supply of the energy, and to keep up brain work we must keep supplying the energy from the outside.

"Most of this energy comes in through the food which we eat, but every sense impression, such as seeing, hearing or feeling, conveys a certain amount of force into the body. When the body once receives the energy, it acts just like any other machine in its transferences. The question of long life then is simply a question of keeping up the supply. As long as the vital organs are able to assimilate properly, thus providing the body with the force that is used up in mental and physical processes, a person should remain young.—Boston Budget and Beacon.

BLANKETS AND WOOLENS.

How to Cleanse Blankets the Right Way and How to Put Away Woolens.

Washing Blankets.—When my little neighbor washes blankets, it is a pleasure just to sit by and watch the pretty, soft, fluffy things blowing on the line. The process is so simple that I have learned to do it myself. Choose a warm, sunny, but windy day. This is important, if the best results are wished. While dry, look over them carefully, and put a safety pin in the center of the spoiled spots. For one pair of blankets, prepare a suds with half a cake of any good white soap, with one tablespoonful each of borax and ammonia. The suds must be as hot as you can bear the hand in. Let the blankets stand in this for an hour, and if the water is too cold, add more hot water. Then look up the places where the pins are, remove these and rub between the hands until the spots disappear. Do not rub on the board, and do not soap on the blanket direct; have ready a second tub of suds, and paddle them around in this, squeezing and pressing between the hands; rinse in not less than three waters of the same temperature, running them through the wringer each time. Fasten with at least a dozen pins to the line, and shake frequently while drying.

Storing Woolens.—This is the season for putting away woolen clothes and furs. No moth balls or other vile-smelling substance will be needed if the garments are hung on the line in the sun, whipped with a light switch, and in the case of clothes all the soil spots carefully cleaned. Then tie up in clean pillow cases or, better still, fold over the hems and run along on the machine. A chain-stitch machine is best for this purpose, as it is easily ripped; but if a lock-stitch is used, have the bottom thread loose.—Country Gentleman.

Whole Wheat Bread.

Scald one cupful of milk, add one cupful of water, one teaspoonful each of salt, sugar and butter. When this is lukewarm, add one-fourth of a yeast cake dissolved in one-half of a cupful of lukewarm water, and enough whole wheat flour to make a thin batter. Have this done by six o'clock and set in a warm place until ten o'clock. Add enough flour to make a soft dough, kneading well. Let it rise until morning. Then stir down and pour into well-greased pans and let it rise half an hour. Bake one hour in a moderate oven.

To Renew a Mirror.

Keep for this purpose a piece of sponge, a cloth, and silk handkerchief, all entirely free from dirt, as the least grit will scratch the fine surface of the glass. First sponge it with a little spirits of wine, or gin and water, to clean off all spots; then dust over it powdered blue tied in muslin, rub lightly and quickly off with the cloth, and finish by rubbing with the silk handkerchief. Be careful not to rub the edges of the frame.

Moth in Carpets.

If the moths have got into a carpet it must be taken up, thoroughly shaken, and pressed with a flatiron as hot as it will bear without scorching. Then liberally sprinkle the floor where it is to lie with spirits of turpentine, pouring it into any cracks there may be between the boards.

For Washing Brushes.

Dissolve rock ammonia in the proportion of one ounce to two quarts of water. Dip the bristles lightly in this and move backward and forward. Rinse thoroughly in cold water, shake and dry in the sun.

Market Letter.

Stock yards, Kansas City, Mo., Sept. 10, 1906. The cattle market was generally favorable to sellers last week, medium class beef steers closing the week 10 to 15 lower, prime steers remaining steady, grass steers 10 to 15 higher, stockers and feeders about steady, cows steady to weak, veal calves 25 to 50 cents higher.

Total run last week was 65,000 head, including 7,000 calves, and the demand was sufficient to clean up everything close, less than 2,500 cattle remaining in the pens Saturday night, a small hold over for this season.

The supply so far this month is considerably short of same period last September, and demand from all sources is good, putting the market in a healthy state. Run today is 22,000 head, several thousand greater than any previous Monday this fall, and indicating that this will be a heavy week. Owing to the clean way everything was closed out last week, buyers were ready to take hold freely today, and the market averages steady and is active. Prime steers sold at \$6.10 to \$6.35 last week, five loads today at \$6.25, medium class steers \$5 to \$5.65, grassers, including Westerns, \$3.50 to \$5, heifers \$3 to \$4.50, a few upwards to \$5, cows \$2.40 to \$3.60, veals \$3.50 to \$6.25, including all weights.

Trade in country grades has been heavy lately, 750 carloads to the country last week, heaviest business this fall. Feeders range from \$3.50 to \$4.30 including Colorado, a few fleshy natives suitable for a short feed at \$4.40 to \$5, stockers \$2.60 to \$4.25, including a good many panhandles at \$3 to \$3.50.

Hog run last week was lightest in several months at 30,500 head, supply today only 4,000. Not much of an increase in receipts is expected before November, and it would seem that higher prices were inevitable. Market is strong to 5 higher today, at the highest point touched in several months, light weights \$6.25 to \$6.45, mixed weights \$6.15 to \$6.35, heavy hogs \$6.10 to \$6.25. A year ago prices were \$1 lower than now.

Mutton receipts were moderate last week at 30,000 head, prices 10 to 15 higher on both sheep and lambs at the close, although lambs

sold 20 to 30 higher middle of the week. Run is 10,000 today, market 10 lower, fair to good lambs selling at \$7 to \$7.65, yearlings for the country and for killing at \$5.40 to \$5.75, muttons and feeders and breeding ewes within the range of \$4.80 to \$3.50. Liberal runs are looked for without much change in prices.

A New Jersey Editor's Testimonial.

M. T. Lynch, Editor of the Phillipsburg N. J. Daily Post, writes: "I have used many kinds of medicines for coughs and colds in my family but never anything so good as Foley's Honey and Tar. I cannot say too much in praise of it." For sale at all drug stores.

The Situation.

The campaign in Nebraska this year will be a speaking one, and the voters of the First congressional district will have a number of opportunities to hear national, as well as state issues discussed. The fact ought not to be overlooked in the interest aroused over the candidacies of Brown and Sheldon that there are some national questions upon which an expression of the people is desirable. The most important one will be, Shall President Roosevelt be endorsed? Democrats may say that this is begging the question, since the President is not an issue, but republicans are not to be blinded to the fact that the democracy is making a desperate effort to secure control of the lower house. If they succeed it cannot be construed otherwise than a rebuke to the President.

In this district Congressman Pollard is a candidate for reelection. Mr. Pollard was one of the staunch supporters of the Roosevelt program in last session, and he can be depended upon to be for it in the sessions that will intervene between now and the close of the President's term. Mr. Pollard has no disposition to make his campaign upon the platform of "Stand by Roosevelt," and in the six weeks campaign that has been outlined he will present his views and submit his record to the people of the district for their verdict. Voters generally however, ought to bear in mind that the most important thing to them is whether they wish to give the special interests that

the President has so successfully fought, the satisfaction of seeing him humiliated at the hands of the people he has served so well, or whether they desire to stamp with approval his acts. The only way they can give that approval is by electing a republican Congress. The First District can do its part in this good work.

Norris Brown by his ability, his labor and his courage has won for the tax payers of Richardson County a great victory. A decree is spread upon the records of the United States court which commands the Burlington railroad to pay to Mr. Lord every dollar of taxes they owe us. To obtain this decree Mr. Brown contended against the greatest railroad lawyers in the west. This judgement did not cost the tax payers of this county a penny but it did cost Mr. Brown the most determined opposition of every railroad in the state. This opposition will be continued throughout the entire campaign. Not a railroad in this state will support a single candidate for the legislature whose vote, if elected, will be cast for Brown for the United States Senate. These great corporations will vote against him because he would not permit them to beat us. Would it not be the fair thing for us to do to support him because he did fight our battles so well and so successfully? A vote for Shubert, Jones and Stalder is a vote for Brown, for honesty in public places, for the Roosevelt policy of the square deal. A vote against them is a vote against one who has been our best friend, a vote in favor of the railroad desire, a vote against the President and his policies.

Doctors Could not Help Her.

"I had kidney trouble for years," writes Mrs. Raymond Conner of Shelton, Wash., "and the doctors could not help me. I tried Foley's Kidney cure, and the very first dose gave me relief and I am now cured. I cannot say too much for Foley's Kidney cure." It makes the diseased kidneys sound so they will eliminate the poisons from the blood. For sale by all druggists.

Used For Pneumonia.

Dr. J. C. Bishop, of Agnew, Mich., says, "I have used Foley's Honey and Tar in three very severe cases of pneumonia with good results. In every case." Refuse substitutes. For sale at all drug stores.

Burlington Bulletin.

September, 1906.

To New England and Canada:—Daily low excursion rates during September to Canada, on Sept. 5 and 19 to New England resorts. To California, Portland and Puget Sound:—Round trip Sept 3 to 14, \$50.00 to California; one-way via Puget Sound, \$62.50. Last chance this summer.

Denver, Colorado Springs and Pueblo:—One fare round trip, maximum excursion rate \$15.00 from Nebraska Sept. 19 to 22 inclusive.

To the East and South:—Cheap excursions to various destinations during September.

Homeseekers' Excursions:—Frequently each month to Western Nebraska, Eastern Colorado, Big Horn Basin, dry land farming destinations or irrigated sections.

Free Kinkaid Lands:—Write Clem Deaver, Agent Burlington's Homeseekers' Information Bureau at 1004 Farnam St., Omaha, about getting hold of a free section of a free section of Kinkaid lands now being restored to the public domain.

Cheap One Way to Pacific Coast:—Cheap Colonist rates, daily to San Francisco, Los Angeles, Portland, Seattle, Tacoma and other Coast territory Aug. 27th, to Oct., 31st also cheap one way rates to Montana, Wyoming, Big Horn Basin, Utah and Western Colorado.

E. G. WHITFORD, Agt.

Special rates to Los Angeles, Portland, San Francisco and many other points for \$25. Ticket on sale Aug. 27 to Oct. 31.

American Royal Live Stock Show at Kansas City, \$4.10 for the round trip tickets, on sale Oct. 5 to 13 inclusive, with return limit Oct. 15.

J. B. VARNER, Agt.

How To Avoid Appendicitis.

Most victims of appendicitis are those who are habitually constipated. Orino Laxative Fruit Syrup cures chronic constipation by stimulating the liver and the bowels. Orino Laxative Fruit Syrup does not nauseate or gripe and is mild and pleasant to take. Refuse substitutes. For sale at all drug stores.

THE TRIBUNE

....\$1.00 a Year....

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The BEER you Like

NO matter with whom you are or where you are—at lunch, at dinner, at home or at the restaurant, you and your friends will always enjoy **Pilsener** Beer. It is always the same—always pure, pale, delicious and wholesome. It will never disappoint you in your entertaining. You will enjoy seeing others enjoy it and hearing them praise it. All who know good beer when they taste it know that they never tasted any other so good as **Pilsener**.

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