

FARMER OR FLOCKMASTER

Which Will Occupy the Arid Lands of the Great West?

SENATOR MANDERSON ON THE SUBJECT

Expresses No Preference, but Suggests that Land Impossible to Irrigate Should Be Given Over to Grazing.

The meeting of the senators and representatives of Nebraska and Wyoming to be held in Omaha Monday will consider matters of great importance to the west.

Speaking of the meeting General C. F. Manderison says:

"The meeting was called at the instance of Senators Millard and Dietrich, the last named gentleman being particularly desirous of the consultation, so that on all subjects relating to public lands and irrigation the delegations of the two states might be in accord.

"My only mission in the matter was to give these gentlemen a place where they could meet with comfort and where they would be fairly well entertained while here.

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recognize the fact that a large majority of eastern and southern congressmen are opposed to using the federal funds in that fashion. The last session of congress in which I served in the senate I introduced a bill providing for the creation of all the lands of Nebraska to the state and that the state itself might enter upon the reclaiming of the lands and their disposal. The same bill was introduced repeatedly after I left the senate by Senator Thurston, and received not only his approval, but that of Senator Allen. I believe the bill would have become a law during the last few years had it not been that the legislation incident to the war with Spain and our territorial acquisitions rendered it almost impossible to have bills of that character considered.

Mr. Elwood Mead, the irrigation expert in charge of the Department of Agriculture, has been invited to meet with the congressional delegation and I have received a letter from him stating that he will be present.

In the Wheeling World

An approach to settled wheeling weather down east has already demonstrated that the bicycle maintains a strong hold on public favor. The outpouring of comment in the press, particularly of the large cities, and is generally regarded as evidence of a marked revival in the delightful pastime. Hereabouts the weather has been so uncertain and unfavorable that the extent of the revival is not yet measurable.

March speculation has been indulged in during the past three months as to the probabilities of the bicycle trade for the present year. Based solely upon facts, the statements that the aggregate sale of American bicycles will be from 25 to 30 per cent larger than last year than was that of 1900 may be safely accepted by the most conservative trade critics.

A racing man whose name is familiar all across the country made an interesting statement recently. He is a man now 27 years old, and has been an attraction on circuit tracks since he was 18 years of age.

Thomas Maple, Stribeck, Ill., writes: "I had a very bad case of kidney trouble and my back ached so I could not straighten up. The doctor's treatment did me no good. Saw Foley's Kidney Cure advertised and took one bottle which cured me and I have not been affected since. I gladly recommend this remedy."

Table and Kitchen

Practical Suggestions About Food and the Preparations of It.

Daily Menus. MONDAY BREAKFAST. Fruit. Cereal. Cream. Creamed Potatoes. Corn Puffs. Coffee.

LUNCH. Cream of Tomato Soup. Minced Chicken on Toast. Baked Rhubarb. Soft Gingerbread.

DINNER. Vegetable Soup. Beef Steak in Casserole. Corn Pudding. Spinach. Cream and Radish Salad. Junket with Chocolate Sauce. Coffee.

TUESDAY BREAKFAST. Fruit. Cereal. Cream. Potato Cakes. Baking Powder Biscuits. Coffee.

LUNCH. Cream of Tomato Soup. Minced Chicken on Toast. Baked Rhubarb. Soft Gingerbread.

DINNER. Vegetable Soup. Beef Steak in Casserole. Corn Pudding. Spinach. Cream and Radish Salad. Junket with Chocolate Sauce. Coffee.

WEDNESDAY BREAKFAST. Fruit. Cereal. Cream. Potato Cakes. Baking Powder Biscuits. Coffee.

LUNCH. Cream of Tomato Soup. Minced Chicken on Toast. Baked Rhubarb. Soft Gingerbread.

DINNER. Vegetable Soup. Beef Steak in Casserole. Corn Pudding. Spinach. Cream and Radish Salad. Junket with Chocolate Sauce. Coffee.

FRESH FRUIT SALADS. Every season brings us something new in the culinary line. Many dishes are new to our novelty, which is the only recommendation they possess, perhaps. In this case they are soon forsaken for a new idea. However, from the various dishes presented, we always find one which does not fall into disfavor, but increases in popularity from season to season. An example of this, we have fruit salads. These were first introduced as suitable accompaniments to the game course and were generally combined with nuts or celery or both. Then by a slight transformation they were adapted to a salad course, playing the double part of a salad course and dessert. This is a very sensible idea, especially in warm weather, when a heavy dinner is served. It is, however, on the summer luncheon table where they are perhaps the most appreciated, and where they can fill their double mission of salad and dessert course. Then, too, they go so well with cold meats. Nor are they to be denied a place on the hot-weather breakfast table, as their refreshing colors and coolness, as well as their acid juices, recommend them to both eye and taste. Of course when they take the form of a breakfast salad they must be served in as simple a manner as possible, and with the plain French dressing, unless the salad is to be the principal dish of the meal, and no meats are served. Then a mayonnaise dressing or whipped cream may be used in order to give the dish a greater food value. To a breakfast fruit salad may be added sweetbread, shad roe and finely ground nut meats, but all other meats and fish are better omitted. In luncheon salads, Salads composed of several kinds are delicious if the combination is carefully made,

and almost every kind of fruit is now used in this way. Sweet and tart fruits, of course, make the best combinations. Mock Pineapple Salad—Peel three large, rather sweet apples; cut into thin slices and with a small round cutter remove the core. Cover the slices of the apples with cold water to keep them from discoloring. Peel four medium-sized, tart oranges; trim off the white pulp and slice the oranges across the grain the same thickness as the apples. Put slices of apple and oranges together, arrange these in pyramid form on a glass dish. Reduce some thick mayonnaise with the juice that drain from the slices of the orange and pour over the fruit and serve at once, very cold. Let the fruit chill before the mayonnaise is added.

Apple and Grape Fruit Salad—Remove the pulp from one large grape fruit in small pieces; pare, core and chop two large, rather sweet apples fine. Put fruit together and mix with French dressing. Chill on ice. Serve in lettuce cups and garnish with white grapes, skinned and seeds removed, and chopped nuts.

Pineapple and Celery Salad—Peel a small, ripe pineapple, cut out the eyes and shred; set on ice until thoroughly chilled; then mix with a cup of finely-chopped, crisp white celery, and a sweet, red pepper cut into dice. Sprinkle over this a little French dressing and let stand a few minutes. Then mix with mayonnaise and whipped cream and serve with garnish of lettuce leaves and nut meats.

Strawberry Salad No. 1—To those who cannot use cream with strawberries, the berries served in the form of salad is very acceptable. There are various ways of serving them in this form: one way is to select fine ripe fruit, stem and wash carefully if they are gritty; then drain and chill; arrange in small cups made of lettuce leaves, filling partially full; sprinkle lightly with lemon juice and cover with cream mayonnaise, garnish on top of each salad a large unshelled berry.

Strawberry Salad No. 2—Arrange on a glass dish thin slices of orange, selecting the sweet, thin-skinned ones, and do not peel them. On top of the orange slices pile the fruit, hulled and washed and wiped

dry. Dust with powdered sugar and a little nutmeg. Just before serving throw over the fruit a wineglass or more, according to the quantity of fruit, of good claret. Fruit Salad No. 1—Take equal quantity of strawberries, black raspberries and white currants. Arrange the strawberries in the center in round shape; place the raspberries around these and the currants around the raspberries; garnish the dish with leaves and flowers of nasturtiums. Serve with sauce made by dissolving 7 cup of sugar in water enough to make a thick syrup. Add to this half a wineglass of brandy, a wineglass of charrutrose and a little graded nutmeg.

Fruit Salad No. 2—Peel and slice several fine, ripe bananas and arrange slices on a glass dish; in center of this heap shredded pineapple, flattening the top of the pyramid; cap this with fine, large strawberries; sprinkle with the juice from the pineapple, dust with powdered sugar and serve with the following sauce:

Sweet Salad Sauce—Beat yolks of four eggs until light and gradually beat in a cup of powdered sugar; add half a teaspoonful of salt. Beat until sugar is dissolved, then add the juice of two lemons. This sauce can be added to the salad and kept on ice for an hour before serving.

Apricot Salad—Pare and cut the apricots in halves, removing the stones. Fill each half with finely chopped nuts, arrange in a bed of crisp lettuce, pour over the fruit a little French dressing and serve. Peaches and red raspberries are nice served this way.

French Dressings—When the fruit salad is served with game, use either a mayonnaise or French dressing; if served as a dessert salad at luncheon or for a breakfast salad at dinner. For the breakfast salad any dressing may be used, according to what is to be served with the salad. If the salad takes the place of fruit and cereals it may be served with sweet dressing. If it takes the place of a meat dish mayonnaise may be served with it and also whipped cream, but if eaten with meat serve only with fruit juices or French dressing.

CROUTONS. Cut bread in slices one-half in. thick, remove the crust, butter the bread and cut in cubes one-half inch square, brown in oven, or fry in a little butter. No kitchen is well stocked, no meat or sauce well served, without Cudahy's Rex Brand Extract of Beef.

Nerves like this. Nerves like this. Become steady when you eat. The Food Granola. Nervous disorders are aggravated by heavy, pasty or harsh, burned grain foods. Granola is thoroughly cooked, sterilized and digested. It is ready for instant use. Eat Granola and Live. Live well and be well while you live. Every package of genuine Granola bears a picture of the Battle Creek Sanitarium. Sold by all grocers. Beware of imitations. Drink Caramel Cereal and Sleep Well—it leaves the nerves strong. Caramel Cereal is the only substitute for coffee that has an actual food value. Send 3 cents for Granola sample to Battle Creek Sanitarium Food Co. BATTLE CREEK, MICH.

GREEN PEA PUREE. Steam one pint of fresh or canned green peas in one pint of hot water in which one-half ounce of Cudahy's Rex Brand Extract of Beef has been dissolved until they are perfectly soft; strain and add pepper, salt and other condiments to suit the taste. Bull and then add a little of cream, and then boil again and serve with fried bread or toast.

Immedate and Lasting. CAN MARIANI. WORLD FAMOUS MARIANI TONIC. Its good effects are immediate and lasting. It is also very palatable, agreeable to the taste and acceptable to the most delicate stomach.

Doctors' Opinions: "Aids digestion and assimilation, removes fatigue and improves the appetite." "Sustains life for a long period and nourishes without any other food or drink." All Druggists. Refuse Substitutes.

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Do you wish to enjoy spring, the season of good health, and to escape the summer heat, change your torpid, sluggish blood so that it can course through your veins and give you a better health? Dr. Burkhardt's Vegetable Compound, the world's famous spring medicine and blood purifier, is the only medicine that can be taken in any form, and is delicious if the combination is carefully made,

DOE WAH JACK. Any Kind of Fuel. Round Oak Furnaces burn any kind of fuel, give great heat, and hold fire 12 hours with wood, 24 hours with coal. All of the fuel—the gases from the fire and the black smoke—is consumed, an economy of fuel impossible without the characteristic principle of Round Oak Furnaces. Round Oak Furnaces are for sale in Omaha by Milton Rogers & Son.

Wesson VEGETABLE-ODORLESS COOKING OIL. A vegetable blessing that has given frying a new, healthful meaning to dyspeptics, rheumatism, indigestion, and house-keepers. Wesson's VEGETABLE-ODORLESS COOKING OIL. Shortening agent obtainable, it is used by thoughtful, home-making, intelligent women and men everywhere. It is far better value than the finest olive oil and has precisely the same flavor. It is used where economy is considered and nice distinctions made, held by leading grocers. Send us 50c in stamps. Economical, it reduces the monthly bill. Be careful to write your address plainly. WESSON PROCESS CO., 120 South Third St., Philadelphia.

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