

Housework is a Burden

It's hard enough to keep house if in perfect health, but a woman who is weak, tired and suffering from an aching back has a heavy burden.
Any woman in this condition has good cause to suspect kidney trouble, especially if the urinary action seems disturbed.

Don't's kidney pills have cured thousands of ailing women who had the best recommended special kind remedy.

A Michigan Case
"I have been suffering from kidney trouble for several years. My back was so bad that I could not stand. I was tired almost all the time. I had to get up at night and go to the toilet. My appetite was so poor that I was losing weight. I was so weak and tired that I could not do my household work. I had heard of Doan's kidney pills and I bought a box. I took them for a few days and I felt better. I took them for a week and I was cured. I am now as strong and healthy as ever."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-LIMBURG CO., BUFFALO, N. Y.

The Wretchedness of Constipation
Can quickly be overcome by **CARTER'S LITTLE LIVER PILLS**.

ECZEMAS AND RASHES
Itching and Burning Soothed by Cuticura, Trial Free.

Important to Mothers
Read carefully every bottle of **CASTORIA**, a safe and sure remedy for infants and children, and see that it bears the Signature of **Dr. H. H. Phipps**.

WANTED
Butternut nuts in pounds, more or less. Will pay 75c per pound. Geo. A. Jolney, Omaha, Neb.—Ad.

Job Printing Press
For sale—\$150.00. In perfect condition. Call on J. C. Nicholls, 147 E. Washington.

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OPHICALS
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Job Printing Press
For sale—\$150.00. In perfect condition. Call on J. C. Nicholls, 147 E. Washington.

BACK IN COLONIAL DAYS FOLKS HAD GREAT FEASTS HONORING THE OCCASION: HERE'S HOW

The Christmas season brings to mind the many Christmas days gone by, with their four great features—turkey, cranberry sauce, plum pudding and mince pie.

It was a good old English custom, not to be rejected by the American colonies, although modifications were made. The turkey and religion and conditions of living in the colonies, the Christ spirit being substituted for the pagan spirit of the "honor a bear's head" was omitted, and the Christmas pie became known as mince pie. However, many old observances were kept, including the mistletoe and holly. Christmas was a day for family gatherings, with a feast prepared by the women of the house.

It is quite possible that we would not like the Christmas day as they used it, with its variety of spices, waxes and seasonings in even their plain dishes; but as everything was prepared in home, either under the supervision of the mistress or by her own hands, the mixtures were wholesome.

Everything was thrined to account in the season with a view to the future use, so in this way preparations for the holiday were going on long before the day.

In cherry time, a supply was carefully packed in hay and sent to the store, the coriander seed in them, were baked six months before and kept in an earthenware jar in the cellar.

The rich plum pudding and cranberry sauce were made early in the fall and put away to mellow and ripen. The mincemeat was then made, the recipe for which was recently found in an old household book. We copy it all but the spelling: "Four pounds veal, four pounds suet, two pounds raisins, one pound currants, six apples, some rose water and sack half a pound, no more of sugar, three-fourths pound cloves, macis, nutmeg and cinnamon, some candied orange peel, lemon peel, and sliced almonds."

They made a puff paste for their pies different from ours. One recipe called for four, one-pound butter, ten eggs and some milk or water. Some housewives made their winter supply of mince pies in November, Thanksgiving and repeated them before using.

For the lemon tart, the lemons had to be first soaked in salt water for two days. Then every four or five lemons were made into one, and the sugar was added. When they were made, apples, oranges and sugar were added.

A few days before Christmas the mistress went to market to buy the turkeys and chickens. She would get her turkeys, her chickens, oysters, and a little pig for roasting whole.

The day before Christmas the real excitement began. The stuffing was made, and such stuffings: bread crumbs, pork, onion, peas, carrots, sage, savory, pepper, salt, cream and eggs. The little pig, only four or five weeks old, was filled to its utmost capacity with mashed potatoes or sage.

Not the least to be considered were the green decorations. Ground pine for festoons and wreaths, mistletoe to hang, and holly everywhere was the necessary part of the Christmas preparation.

When Christmas morning came the excitement was at the highest pitch. The housewife, her daughters and her maids were up early. The brick oven was heated and the mince pies put in. The turkey was dressed with flour and put on the spit, with a small unwilling child to watch and turn it as it was broiled.

The mince pie was set to cracking nuts and polishing apples.
Roasting the Little Pig.
The little pig was put before the fire to roast in the dripping pan, in which were three bottles of wine for basting.

PERHAPS YOU WANT SUGGESTIONS ABOUT DISTRIBUTING THE GIFTS: HERE ARE SEVERAL

Gifts, carefully marked, should be assigned to the distributors to the one in charge, and she must purchase a quantity of cloth and twine. The line should be stretched back from the living room, and each gift, wrapped in tissue paper and tied with red ribbon, should be fastened to the line by a clothespin, suspended with wings of red and green paper.

At each place where an eggcup or saucer, on which you put an aromatic substance removed previously through a small hole in the end, partly filled with sand, and the egg contain a small paper with a suggestion in poetry of what to do with the gift.

When the family is all present at breakfast sit to serve the meal of coffee, bread and butter, ham and soft-cooked eggs without any mention of gifts.

At this time for the clever woman of the family to devise some unique way of distributing Christmas gifts, she may decorate the living room with evergreens, holly and mistletoe, and place in each corner a table covered with a white cloth, hidden from view by a screen of generous size. On this table is placed snowballs. These snowballs, made of white cotton batting and wrapped in red cotton, each designated present, and are heaped in a pyramid, thus obtaining a mass of snowballs of various sizes and colors.

The table is decorated with the turkey in the center, with everything they are to eat between, excepting the plum pudding. After the silent grace, which stills the noise for a moment, the carver takes his knife, and with a deliberation born of steady nerves carves out the turkey and the top of it. The turkey is boned, while this is being done the "Christmas bonnet" is passed.

After they are helped to turkey and pig they pass the vegetables and delicacies, and over to the mince pie is eaten when they have the desire for it.

The proper conventions are strictly adhered to. The book of etiquette says: "A gentleman must not lean her elbows on the table, nor by a ravenous gesture discover a voracious appetite, nor talk with her mouth full, nor smack her lips like a pig."

The children were kept in order. In all the feast was deprecious, but merry for all that. When they have eaten to the extent of their capacity, they begin playing, starting with a piece of holly stuck in the top, is brought in and eaten with brandy sauce. Then the toasts are drunk with the good homemade wine, and the feast is ended.

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A study of the customs associated with this period also reveals a feature, if not invariably a sole origin, that the lighting of the Yule log (a boche de Noël) on Christmas eve, once a widespread European custom, is of a function of such predominant importance among the Lithuanians and Letts that their song for Christmas eve literally signify "Lithuanian." The sports of the "Lords of Mistletoe" in England are thought to be an inheritance from the Saturnalia. The decoration of churches with the yew sprigs, mistletoe and holly is a pagan survival.

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IF YOU NEED A MEDICINE, YOU SHOULD HAVE THE BEST

Although there are hundreds of preparations advertised, there is only one that stands out prominently as a remedy for the acute diseases of the liver and gall bladder.

Dr. Kilmor's Swamp Root stands the highest for the treatment of these diseases. It has been tried by thousands of men and women, and has cured more than ten thousand cases of these diseases.

DR. KILMOR'S SWAMP ROOT PILLS

Swamp Root makes friends quickly because it is so gentle and its effects are so realized in most cases. It is a gentle, but powerful medicine.

EMERALD OIL

The simplest and surest antiseptic and germicide of our day is prepared by the process of the Emerald Oil. It is a germicide and antiseptic for all diseases.

Farmers Had No More Thought of Being Afflicted With Cattle Plague After That.

A farmer who had lost some cows to the cattle plague was fully persuaded that his cows had been attacked by the epidemic. Forthwith he hurried off and consulted his medical man, who tried to lull him into an absurd notion, but to no purpose.

The doctor then wrote a prescription, sealed it up, and told the farmer to go to a druggist in the next town.

Best Way to Cure Cold in Chest
Doctors advise that to allow cold in chest or throat to hang on, pneumonia often results. The minute your chest or throat shows signs of soreness, rub on true Mustarin, which only costs about 25 cents, and which any druggist can give you in the original yellow box.

Ungrateful Wretch
Writing a letter to Aunt Sarah and wife, "thinking her for the vast distance, I do wish you to add anything to it."

Busy
"Please, Mrs. Brown," said the husband, "I wish you would let my mother say would you be kind enough to come over and take care of baby for a little while?"

Big Bucks
"Mabel—Was your bazzar a success?"
"Gladly—Yes, indeed; the minister will have cause to be gratified."
"Mabel—How much were the profits?"
"Gladly—Nothing. The expenses were more than the receipts. But ten of us got engaged, and the minister is in for a good thing in wedding fees."

Complete Material for Body Building
must include certain mineral elements often lacking in the every-day diet.

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Grape-Nuts FOOD
made of wheat and malted barley, is scientifically prepared to supply all the nutrient of the grains including the precious mineral elements, phosphate of potash, etc., so necessary in building sturdy muscle, brain, and nerve.

"There's a Reason"
Sold by Grocers everywhere.