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## DRINK HOT WATER BEFORE BREAKFAST EVERY MORNING

Hopes every man and woman here will adopt this splendid health habit.

Says a glass of hot water with a teaspoonful of limestone phosphate in it washes poisons from system, and makes one feel clean, sweet and fresh.

Why is man and woman. half the time, feeling nervous, despondent. Worried; some days head-
achy, dull and unstrung; some achy, dull and unstrung; some
days really incapacitated by illness.
If we all would practier the drinking of phosphated hot water before breakfast, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking sonls with pasty, muddy complexions we should see crowds of happy, healthy, rosycheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons in the bowels which are absorbed into the blood.
Just as necessary as it is to clean the ashes from the furnace each dav, before the fire will burn bright and hot, so we must each
norning clear the inside organs of the previous day's accumulation of indigestible waste and body foxins. Men and women whether sick or well, are advised to drink each morning, before breakfast, a glass of veal hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material waste, sour bile and toxins; thus cleansing, sweetening and puri fying the entire alimentary canal before putting more food into the tomach.
Millions of people who had their turn at constipation, bilious attacks, acid stomach, sick headache 3 , rheumatism, lumbago nervous days and sleepless rights have become real cranks about the morning-inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing sweetening and freshening
effect upon the system.



The careful man doesint allow himself to fer talked into haphapard imosestments- he puts his mopery in the Bank where it is safe fort
some good business opportunity
everyone knows the story of the abab who TENT. SOME PEOPLE CANTT FAY "NO" TO THE GLIB STRANG ER WHO HYPNOTREE THEM INTO INVESTING IN SOMETHING THAT EXISTS ONLY ON A PIECE OF PAPER. SOME PEOPLE "BITE" AT THE GET-RICH-QUICK SCHEME BECAUSE THEY BELLEVE A STRANGER INSTEAD OF THEII! OWN BANKER. LISTEN, IF THAT GET-RICH-QUICK SCHEME IS SO GOOD, you?

## BANK WITH US

## FIRST STATE BANK

 now proprietor of the Millard Hotel
Omath, and is making a great suc
cess as a hotel man. One reaso fo
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The lane. weak or aching back-
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That may lead to droper That may lead to dropsy an
Bright's disease
When the kidneys are weak. Help them with Doan's Kidne, A remedy especially for weak kid-
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Doan's have been used in kidnes
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Mrs.
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The million-car Ford performance answers your
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