

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incandescent material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire

alimentary tract, before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

REUNITED

By GRAYSON STONE.

This was the situation with Clyde Richards when his twenty-first birthday arrived. He had sold his first picture as a landscape artist and his brother artists had found only a little fault with it. He had money enough to struggle along until success came, but none to make a show with. Acquaintances had cautioned him not to immerse himself, and friends had told him outright that it would not be good policy to handicap himself with a wife.

Clyde Richards was in love and had been for a year or more, and Marian Fletcher knew that he was, but no word had been spoken. He was a regular caller at her father's house and had reason to believe that his calls were rather looked for, but he did not indulge in any hopes. Her father was a broker and reputed to be well off, and she held her head very high as a daughter of a rich man.

A girl of nineteen is romantic, however, and had he spoken his love who would tell what would have happened? The case stood thus when a word or two from Miss Marian dashed all of the young artist's hopes. One evening when he was a caller and they had talked a little of his art she said in a laughing way:

"Father is so practical. He was talking about you the other day, and I told him you were a landscape painter. He answered from his own view of things. He asked why you did not paint houses and barns and thereby make a good living."

It was a very foolish speech and intended more as a joke than to hurt, and the girl regretted it as soon as the words had left her lips. It was too late, however. The young man did not show his resentment, but he felt it and it brought about resentment between them. He left the house with his mind made up not to call again.

Six months later he saw in the papers that the broker had suffered a complete collapse financially, and was told by friends that he and his daughter had retired to the country. A relative had given him a little farm, and all their friends soon forgot them.

It was two years later that Mr. Clyde Richards was motoring along a country road when he came to a country schoolhouse. School was dismissed for the day. On the steps sat a young woman who was weeping, and beside her sat an old man whom anybody would have called a skink after the first glance. In a dim way the artist felt that he had seen the young woman before, but he could not fully recall her. He was driving his machine slowly and he heard the old man say:

"That mortgage and interest has got to be paid within ten days or I shall commence proceedings to foreclose!"

"Then we shall have to live in the fields!" sobbed the girl.

The artist stopped his car almost in front of them, for he saw it was a case of distress. The old skinkling rose up and shook his fist at him, and then said to the girl:

"Now, then, remember what I have said. If the money is not paid, out you go!"

For a long minute after he had walked away, the girl sat blinded by her tears. Then she wiped them away and looked up. She gave a sudden start of surprise. She left the steps and walked out to the car and, after taking a careful look at the occupant, she tried her best to smile as she said:

"Why, it's Mr. Richards! Who would have thought of seeing you here?"

"Yes, it is Mr. Richards," was the reply. "Do you live around here?"

"About a mile and a half down the road. Hadn't you heard that I was the schoolteacher for this district?"

He extended her his hand to help her into the auto, and, after a moment's hesitation, she was beside him. They had gone half a mile before he said:

"Now, then, tell me all about it."

He was almost the last man in the world she wanted to tell her troubles to, but he spoke so kindly and seemed so strong that she began to talk, and, after a time, he knew all. Her father had almost collapsed mentally and physically. He was able to do little or no work. They were, in fact, pensioners on the bounty of relatives. She had been a schoolteacher for two or three years, but the salary was so low that it did not help much. The old man with whom she had been talking was a money-lender and had induced her father to mortgage a little farm without saying anything to her about it. She was not complaining nor lamenting. She had done the best she could, and she would bear her troubles the best she could.

He on his part told her of his success, but not in a boasting way, and the past between them was not referred to. When they arrived at the little farm, he helped her out of the car and, instead of driving on, he walked into the house with her. After he had greeted her father, he sat down and said:

"Mr. Fletcher, listen carefully to me. I am going to marry your daughter. I am going to pay up that mortgage and then you are to deed the place over to her. You shall live with us, and we'll make you as comfortable as we can. This shall be my studio in the summer, and in the winter we will live in town. Marian, what do you say to this?"

And Marian's tears and blushes made the answer plain.

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LEWIS J. CUTTER, Marietta, Ohio.

SAY COMIC VALENTINE A THING OF THE PAST

The comic valentine, the kind you used to send teacher when you were mad at her, in a thing of the past. No longer can you invest a shining dime and receive ten gorgeously hideous caricatures to send to your enemies.

Dealers say it may be the highest cost of paper, and maybe folks' taste has grown more refined.

DROVE AUTOMOBILE THROUGH WINDOW

The case of the Southern Security company against Mrs. R. P. Woods, in which the plaintiff is suing the defendant for damages incurred when she drove her automobile into the window of a Beatrice automobile show window, has been appealed to the district court. A policy was carried by the owner of the garage in the surety company, which paid the loss for the breakage of the window, then filing suit against Mrs. Woods. The company alleges that the defendant was driving her car in a reckless manner, while she asserted that she lost control of the car and that the accident was unavoidable. In justice court before Judge H. A. LaSelle, the court found for the de-

pendant. An appeal to the district court followed. The damages claimed is \$69.90.

Severe Cold Quickly Cured

"On December first I had a very severe cold or attack of the grip as it may be, and was nearly down sick in bed," writes O. J. Metcalf, Weatherby, Mo. "I bought two bottles of Chamberlain's Cough Remedy and it was only a few days until I was completely restored to health. I firmly believe that Chamberlain's Cough Remedy is one of the very best medicines and will know what to do when I have another cold." Obtainable everywhere.

MANY RUSH TO SHELTER OF STARS AND STRIPES

Three applications for first papers and three for second papers were filed in the office of the clerk of the district court at Beatrice in one day. One of the applicants for second papers took out his first papers in 1890 and the other in 1894. The clerk of the district court has been flooded with inquiries since the breaking off of diplomatic relations with Germany, by Germans who failed to finish taking out their papers. The activity has been occasioned to some extent by reason of a rumor that the

naturalization bureau had ordered that no further applications be taken. One application for first papers was held up Friday because the applicant had failed to secure a certificate of arrival.

Calling cards for the ladies are printed promptly and neatly at The Herald office. The prices are reasonable. Phone 340 for samples and prices, or call at the office.

COUNTY CLERK LOCKS UP COUNTY RECORDS

The re-checking of the records by an expert accountant in the office of County Clerk Hudson at Hastings came to a sudden halt when upon Attorney Bruckman's advice Clerk Hudson gathered up the records and locked them in the vault. This action followed the discovery of missing warrant books taken possession of by County Treasurer Haverly. Upon the advice of County Attorney Fouts, he explained the books would not be returned to the custody of the clerk under investigation until photographic copies have been obtained.

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