News of Interest to and Pertaining to
Alliance Colored People
Edited by Rev. T. B. J. Barclay





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## JUMP FROM BED IN MORNING AND DRINK HOT WATER

Open sluices of system each morning and wash away the poisonous, stagnant matter, says authority

A glass of hot water with a teaspoonful of limestone phosphate in it, drank each morning before breakfast, keeps us looking and feeling fit.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. ttain, and yet how very easy it is if one will only adopt the morning inside bath.
Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, eay, instead, feel as fresh as a daisy by opening the sluices of the system each
morning and flushing out the morning and flushing out the
whole of the internal poisonous whole of the internal poisonous
stagnant matter. Everyone, whether ailing, sick
or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus
cleansing, sweetening and puricleansing, sweetening and puri
ying the entire alimentary canal before putting more food into vater and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a blood and getting ready for a thorough tlushing of all the inside organs. re bothered with constipation, bilious spells, stomach trouble, fallow skins, blood disorders and sallow skins, blood disorders and
sickly complexions are urged to sickly complexions are urged to
get a quarter pound of limestone get a quarter pound of limestone
phosphate from the drug store, which will cost but little, but is sufficient to make anyone a pro-
nounced crank on the subject of internal sanitation.

## LIVE STOCK PRICES AT SOUTH OMAHA

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