

**Tips From Telegraph**

General shortage of labor in industries that must be kept going at top speed, if the United States is to have her full part in the war, is giving the war department concern.

The National American Woman's Suffrage Association has issued a call for its 39th annual meeting, to be held in Washington, D. C., December 12.

Fourteen years' imprisonment was the penalty meted to Herbert Wood and Leo Keane, who were found guilty at Belleville, Ill., of the murder during the East St. Louis race riots. Wood and Keane are the first white men to be tried in connection with the race riots.

Late advices from Washington are to the effect that the second increment of the draft army may be called some time in January. About 250,000 of the first increment are still to be assembled.

Government supervision of the foreign language press, under the trading with the enemy act, began on Tuesday. All such papers not obtaining licenses must give a true translation of the contents of their publications, bearing on the United States or any other government at war.

For one week the workers in the food pledge drive in Iowa will pause to aid in the Liberty Loan campaign. It has been announced by J. F. Deems, federal food administrator for Iowa.

Medals have been awarded by the city council of LeMars, Iowa, to Policemen Ira Sudduth and Robert Harbour, of that city, who, after a gun fight in a general store captured two burglars, one of whom the notorious "California Whitey" Brennan, both officers were wounded, but will recover.

J. Wright, a farmer of the Iroquois, S. D., district, has received \$108 for a hog, which as a pig, was purchased a year ago for \$7. The hog weighed 600 pounds, and it brought \$18.00 per hundred weight.

When the third contingent of selective draft men from Lawrence county, South Dakota, gathered preparatory to their departure to a concentration camp, it was found that two of the twenty selected were missing. The men are thought to have fled to Mexico.

With the big guns on both sides maintaining a heavy fire, the British and French troops are keeping pretty well to the trenches in the new positions won. Owing to repeated rains of late, the swampy condition of that section has been accentuated.

In the neighborhood of 13,000,000 articles of wearing apparel and sleeping equipment have been sent to concentration camps, and shipments are being made daily, according to announcement made by Secretary Baker. All the material was manufactured in the United States.

Ten thousand pottery workers in Ohio, West Virginia, Pennsylvania, New York, New Jersey, Tennessee and Canada have gone on strike. The operators had refused to give the men a flat increase of 25 per cent in wages.

Formation of a union government, the cabinet of which is composed of an equal number of members of the liberal and conservative parties, has taken place in Canada. The conservative party is in power in Canada, and the change was made with the approval of Premier Borden, conservative.

Joseph Wakelin, of Melrose, Mass., was found guilty of manslaughter in connection with the killing of his little daughter, Loretta. Mrs. Wakelin, he was on trial with her husband, was found not guilty. Wakelin is said to have choked the girl to death while he was in a fit of anger.

Paul Wierse, a newspaper man of Charleston, S. C., and Captain Klattenhoff, of the German steamer Liebenfels, were convicted in the federal

court of conspiracy to sink the ship, and were sentenced to serve two years in prison and to pay a fine of \$1,000 each.

Nine bakers in Los Angeles, Cal., were convicted of forming a combine to raise the price of bread, contrary to the California state law. A dispatch from Washington is to the effect that Food Administrator Hoover has promised early regulation of the country's baking industry.

After they had forced the cashier of the institution to lie face downward, masked robbers took \$1,500 from the counter of the Euclid Avenue State Bank in Des Moines, Ia., and escaped.

Daniel H. Wallace, convicted at Davenport, Ia., with violation of the espionage act, was refused a new trial, and was sentenced to serve 20 years in prison.

Einar Jaukkuri has been convicted at Lead, S. D., of manslaughter, in connection with the killing of Martin J. Conheeny.

**An Inside Bath Makes You Look and Feel Fresh**

Says a glass of hot water with phosphate before breakfast keeps illness away.

This excellent, common-sense health measure being adopted by millions.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do. Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshen the skin, so hot water and limestone phosphate act on the eliminative organs.

Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who are subject to bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside bathing. Those who continue it each morning are assured of pronounced results, both in regard to health and appearance.

**SUGGESTIONS FOR 'SOLDIERS' CHRISTMAS**

Red Cross Takes Time by Forelock and Tells What to Send—Package for Every Man

In order that there may be as little waste as possible and that the soldiers shall receive the greatest cheer from the efforts of friends the Red Cross has issued the following suggestions as to Christmas packages:

By Christmas the United States will have more than 1,000,000 men under arms and everyone will be eager to help in giving them Christmas cheer.

No matter how generous a supply of gifts some of the men may receive from families and friends, it is believed that all Red Cross members will want to unite in sending to each man a Christmas packet filled with good things and good will.

In order that the men may be equally remembered and yet that there may be a pleasing variety in the contents the following suggestions are made for preparing and assembling the Christmas parcels:

1. Nothing should go into them which will not keep fresh from the

time of packing until Christmas.

2. Dried fruits and other food products should be packed in small tin or wooden boxes, one-quarter to one-half pound size.

3. Hard candy, including chocolate, would probably be safe in tin foil or heavy cardboard, but no soft chocolates nor anything that could possibly be crushed should be used, as the other contents of the package might be spoiled thereby.

4. Several dainties packed in oblong tin boxes, each holding a quarter of a pound, will provide a better variety for a packet than a larger quantity of a single confection.

5. No liquids nor articles packed in glass should be placed in the package.

6. For wrapping the gifts use a khaki-colored handkerchief, 27 inches square, and form the base of the packet by placing on the center of the handkerchief a pad of writing paper about 7x10 inches.

7. Select a variety of articles either from the suggested list (or according to individual tastes) to an amount not exceeding \$1.50, and arrange them on the pad of paper so that the entire package shall be the width of the pad and approximately five or six inches.

8. Wrap and tie with one-inch red ribbon and place a Christmas card under the bow of ribbon. A card bearing the greetings of the chapter would be desirable.

9. Wrap the parcel again in heavy light brown manila paper and tie securely with red, green or gilt cord, and use Christmas labels or American flags, as desired.

The following articles are suggested for packets: Khaki colored handkerchief, 27 inches square, for container; writing

paper pad, about 7 by 10 inches. Envelopes. Pencil. Postals. Book (in paper cover). Scrap book, home-made, containing a good short story, some jokes, etc. Electric torch. Compass. Playing Cards. Other games. Tobacco. Pipe and pipe cleaners. Cigarette papers. Water-tight match box. Chewing gum. Sweet chocolate biscuits. Fruited crackers. Fruit cake. Knife, such as boy scouts use. Mirror, steel. Handkerchiefs, khaki colored. Neckties. Mouth organ. Red cross checkerboard (this is a combination set of checkerboard, checkers, chessmen dominoes made of heavy cardboard especially for the Red Cross and can be purchased after October 15 for 5 cents apiece). Preserved ginger. Salted ginger. Salted nuts. Prunes. Figs. Dates. Raisins. Hard candy. Chocolate in tinfoil. Licorice. Katch the Kaiser (puzzle). Mechanical puzzles (an assorted lot of twelve mechanical puzzles can be bought at the rate of twelve for 50 cents.)

**FREE BOOK ON CANCER**

A new book has just been published by Dr. O. A. Johnson, Suite 530, 1320 Main St., Kansas City, Mo., which gives reliable information of greatest value to cancer sufferers. The author of this book has spent 20 years in study and scientific research in cancer and has personally treated and investigated many hundreds of cases. He is known today as one of the foremost investigators in the field of cancer research, and his book should be read by every cancer sufferer. A limited number of these valuable books will be distributed free. You should send for a copy today, and if you have a friend suffering from cancer urge him to write to the above address for the book. —Adv.

**Farm LOANS Ranch**

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**Order Your Winter's COAL Supply NOW!**

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If we could make plain to you the situation, we know that you would put in your winter's coal supply now. We are not trying to scare you, but we are trying to tell you. The car shortage exists. It may look to you like everything is moving, but you'll appreciate what we tell you when winter comes and it may be next to impossible to get coal.

We've got coal to sell you today. We've got coal today to put into your bin. We can't promise more. It's good coal and it's a fair price. We urge you to get busy—think—act. It will prove to your advantage.

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**"Work-shop pains and their quick relief"**

The constant strain of factory work very often results in Headaches, Backaches and other Aches, and also weakens the Nerves.

**DR. MILES' ANTI-PAIN PILLS**

will quickly relieve the Nerves, or Pain, while

Dr. Miles' Heart Treatment is very helpful when the Heart is overtaxed.

IF FIRST BOX, OR BOTTLE, FAILS TO BENEFIT YOU, YOUR MONEY WILL BE REFUNDED.



**SEVERE PAIN.**

"I used to suffer a great deal with lumbago in my shoulders and back. A friend induced me to try Dr. Miles' Anti-Pain Pills and I am only too glad to be able to attest to the relief that I got from these splendid pills. They form a valuable medicine and do all that it is claimed they will do."

LEWIS J. CUTLER, Marietta, Ohio.

**WRIGLEYS**



**S. O. S.**  
Send Over Some **WRIGLEYS**

Keep your soldier or sailor boy supplied. Give him the lasting refreshment, the protection against thirst, the help to appetite and digestion afforded by Wrigley's.

It's an outstanding feature of the war—"All the British Army is chewing it."

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