

FORMER MAYOR OF BIRMINGHAM, ALA., ENDORSES TANLAC

"You Will Hardly Know Me When We Meet Again, for I Am Getting Well," He Writes Friend.

One of the latest additions to the list of leaders of thought and action who have come forward with their unqualified endorsement of Tanlac is the Hon. Frank V. Evans, former mayor of Birmingham, Ala., ex-state examiner of public accounts of Alabama, and one time editor of one of the south's greatest newspapers—The Birmingham Age-Herald.

Writing to a personal friend in Atlanta, Mr. Evans says:

"Birmingham, Ala., Feb. 2.
By the way, you will hardly know me when we meet again because I am getting well and strong again. As I told you when in Atlanta last month, I have been suffering a long time with gastritis as the doctors call it—really a disordered stomach with consequent constipation, pains in the shoulders, headache, belching, heartburn, loss of appetite, loss of sleep and fainting spells. For weeks I could not sleep on my back.

"One week ago, upon recommendation of friends, who have tried the medicine, I purchased one bottle of Tanlac and began taking it. Since my second dose I have suffered none of these troubles to which I refer, and really believe I am going to get perfectly well and strong again. Won't that be wonderful at my age? Well, certain it is that Tanlac is a wonderful medicine, and you know that I am not giving any 'puffing' mere experiments and am rather orthodox as to materia medica.

"I shall continue the treatment with perfect confidence in the final results."
(Signed)
"FRANK V. EVANS."

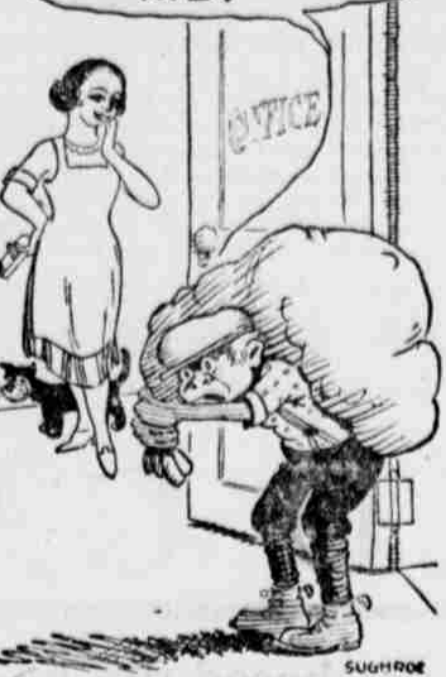
Commenting on this splendid endorsement of Tanlac, G. F. Willis, international distributor of Tanlac, said:

"Although the list of prominent endorsers is a long one, I recall a few leading names that lend both dignity and credit to the entire array. Some of them are:

"Hon. C. W. Mangum, of Atlanta, ex-sheriff of Fulton county; Hon. McKenzie Moss, judge of the Eighth district of Kentucky; Hon. Moses R. Glenn, superintendent of printing for the state of Kentucky; Col. Jno B. Gains, editor and publisher, Bowling Green, Ky.; Mr. C. C. Cooper, president Georgia Cotton Oil Co.; Mr. H. W. Hill, bank president of South Pittsburg, Tenn.; Mr. J. R. Carroll, cotton mill superintendent of Chatahoochee, Ga.; Hon. S. W. Shepherd, ex-city councilman of Atlanta, and many others whose names have heretofore been given to the public."

Tanlac is sold Alliance by F. E. Holsten and in Hemingford by H. R. Olds Drug company.

MICKIE SAYS
HELP! GIT THIS HERE SACK OFFEN ME BEFORE I CROAK! AN' BY HEK, I BET THE NEXT GUY WOT WANTS TO TRADE POTATOES, ER ANYTHIN' ELSE ON HIS SUBSCRIPTION IS GOIN' TO GIT BEANED WITH THE MALLET, TAKE IT FROM ME!



DRINK HOT TEA FOR A BAD COLD

Get a small package of Hamburg Breast Tea, or as the German folks call it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus driving a cold from the system.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB BACKACHE AND LUMBAGO RIGHT OUT

Rub Pain and Stiffness away with a small bottle of old honest St. Jacobs Oil

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a 25 cent bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the ache and pain right out of your back and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.
Nothing else stops lumbago, sciatica and lame back misery so promptly!

BUY WAR SAVINGS STAMPS

FARM STOCK

CHEAPER RATIONS FOR SHEEP

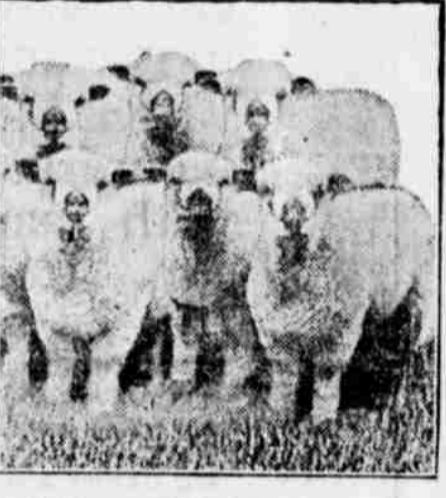
Corn Stover and Oat Straw Form Important and Economical Part of Animals' Feed.

(Prepared by the United States Department of Agriculture.)

Breeding ewes consume comparatively large quantities of roughage and need but little grain. Of this roughage corn stover and oat straw may well form an important and economical part, but they should be supplemented by other feeds containing more protein. Sheep will eat about 25 to 35 per cent of the total weight of the stover, leaving the stalks. Wheat straw is not so valuable for sheep feeding as oat straw, while rye straw has practically no value in sheep rations.

This type of roughage should be used as a supplement to leguminous hay, and the whole ration would be improved by the addition of a succulent feed such as well-kept silage or roots. If but little leguminous hay is available the use of some protein-rich concentrate such as meal from cottonseed, linseed, soy beans, or velvet beans will usually be economical and profitable. Cottonseed meal may well be used to balance up a ration lacking in protein either for breeding ewes or for fattening lambs or wethers. It has been fed to breeding ewes up to one-half pound per head per day without apparent injury, but four ounces a day will usually be found sufficient. Care should be taken to see that it is of good quality and free from mold.

The following rations should give good results when supplemented by



Mutton and Wool in This Flock.

whatever small quantities of grain may be necessary for the health and thrift of the flock:

- Ration 1: Corn stover 2 pounds (amount eaten not amount fed); Legume hay, 2 pounds.
- Ration 2: Oat straw, 2 pounds; Legume hay, 2 pounds.
- Ration 3: Oat straw or corn stover, 1 pound; Silage, 1 1/2 pounds; Legume hay, 2 pounds.

Coffey, at the Illinois experiment station, found that when fed to yearling wethers with corn and corn silage, corn stover and oat straw gave practically the same daily gains per head. A third lot getting alfalfa as the dry roughage gained slightly more.

Satisfactory gains have never been made in fattening lambs when corn stover or oat straw has formed the sole roughage. When used with leguminous hay (or leguminous hay and silage) and the usual grain ration, the gains have been slightly smaller than those obtained when nothing but leguminous hay was used, while the cost of the ration has been considerably decreased.

SHEEP FIT IN WITH FARMING

Produced More Economically Than Any Other Live Stock—Graze on Noxious Weeds.

Sheep, in proportion to the value of their products, are produced more economically on the farm than any other live stock; the feed and labor requirements are less. They fit in with practically every kind of farming; get much of their subsistence from forage, from grazing weeds and grass that would not support other stock. They eat almost no feed that has a value as human food, and need less grain than other animals. They add materially to the farm revenue, but add very little, relatively, to the farm expense.

BEST FOR BUSINESS FARMER

Fact Remains That Purebred Animal is Best Suited for Utility Purposes on Farm.

Farmers used to think that purebred animals excelled common stock only in show qualities, and that for utility purposes they had no additional value. But it has been proved that every show point has a vital connection with utility qualities, and after all is said about the uselessness of fancy points, the folly of fine pedigrees, and the absurdity of high priced ancestors, the fact remains that the purebred animal is the common-sense animal for the business farmer.

THE HOUSEWIFE SHOULD REALIZE THE VALUE OF HER TIME.

Efficiency is the watchword of the industrial world. Every effort is made to make every minute count. For time represents money. This same spirit of efficiency is reaching into the home. The housewife is advocating and practicing time saving methods. Her time is as valuable and often more valuable to herself, her family and her community—outside of the kitchen than in it. The up-to-date housewife employs up-to-date methods. She does a given task in the best possible manner in the shortest possible time. She eliminates the necessity of doing the same thing twice—to gain the desired results. Where this kitchen efficiency rules—you usually find Calumet Baking Powder because Calumet is efficient. It is positive in results. It never fails. There are no rebakings. No "double time" for the housewife. Its dependable action cuts baking time down to a minimum. Allowing the housewife more time to herself. Still there is another way in which Calumet relieves the housewife from bake day duties. It enables her to use one batch of dough for two bakings. She can work up a pan of dough, use part of it for a baking for the evening meal and set aside the balance in the ice box for breakfast biscuits. In the morning she saves the time other baking powders require—as the dough they are used in must be baked immediately. Whereas, Calumet retains its leavening strength until exposed to oven heat. The millions of housewives who use Calumet save hours of baking time, and many dollars in bake day costs as the unfaithful leavening strength of Calumet does away with all bake day waste of baking materials.

Spanish Pronunciations.

The Goths, an ancient Germanic barbaric people, pronounced like moths; Moors, inhabitants of Morocco, pronounced like boors; mantilla, accent on second syllable; Valladolid, a city of Spain, pronounced Val-ya-dollid, accent on last syllable; Cervantes, Spanish novelist, author of "Don Quixote," pronounced Thayr-von-tace, accent on second syllable. In the Spanish language e before e and i has the sound of the English th and is pronounced thay. Seville, city in Spain, is pronounced Say-veel. Burgos, a province and city of Spain, is pronounced Boor-gooce.

Soldiers' Superstition.

Cavalrymen have a superstition of their own. A mounted man firmly believes that he will come through the deadliest charge unscathed if he carries on his person the tooth of a war horse, the only condition being that the horse itself has, at some time, been through a charge unhurt.

BUY WAR SAVINGS STAMPS

A RARE TREAT FOR CHAUTAUQUA VISITORS

Famous Company of Bell Ringers Will Open Program.

The feature which characterizes the program of the Dunbar Quartet, is the absolute blending of their programs into the complete whole. There is a consistency in these programs which have distinguished them among all the Lyceum and Chautauqua attractions of the last double decade. No feature will be remembered longer than the beautiful chimes and harmonies which are introduced in their sacred selections. Their original transcriptions in which are heard excerpts of beautiful songs sung by the players accompanied by the bells will be counted by many the most beautiful music they have ever heard. The young men introduce a sufficient amount of humor to lighten the program properly and to sustain the reputation long held by the Dunbars as musical entertainers of excellence.

EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a glass of Salts before breakfast if your Back Hurts or Bladder bothers you.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out; they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health. When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders. Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

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PURE HOME MADE CANDIES
Home Made Ice Cream 45c quart Pint Ice Cream 25c
Completely Equipped—Sanitary Service. Come in and let us serve you with cooling drinks or delicious candies.
FRUIT SUNDAES 10c
Any Flavor
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"Nervous exhaustion—blinding headache"
Striving to satisfy the demands of everyone is apt to affect the nerves, and continual standing may weaken the Heart.
Dr. Miles' Nervine is invaluable for Nervous troubles, and for the Heart
Dr. Miles' Heart Treatment is highly recommended.
IF FIRST BOTTLE FAILS TO BENEFIT YOU, YOUR MONEY WILL BE REFUNDED.
LIVED IN MISERY. "I suffered greatly from nervousness and headaches. The least excitement gave me dreadful pain. I began using Dr. Miles' Nervine and a few days later started to take Dr. Miles' Heart Treatment. I soon got so much better that I was encouraged and continued taking the two remedies until I was so well that work was no bother to me at all."
MRS. LOUIS BELG, Idaho Falls, Idaho.

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