

Are You Suffering From Auto-Intoxication?

The dictionary says that Auto-Intoxication is poisoning, or the state of being poisoned, from toxic substances produced within the body. This is a condition due to the stomach, bowels, kidneys, liver, or pores of the body failing to throw off the poisons. More than 50% of adults are suffering from this trouble. This is probably why you are suffering from nervousness, headaches, loss of appetite, lack of ambition, and many other symptoms produced by Auto-Intoxication. Your whole system needs stirring up.

DR. PIERCE'S GOLDEN MEDICAL DISCOVERY

(In Tablet or Liquid Form)

will remedy the trouble. It first aids the system to expel accumulated poisons. It acts as a tonic and finally enables the body to eliminate its own poisons without any outside aid. Obey Nature's warnings. Your dealer in medicines will supply you, or you may send 50c for a sample package of tablets by mail. Address Dr. R. V. Pierce, Buffalo, N. Y.

The latest edition of Dr. Pierce's Common Sense Medical Advice should be in every family. It is the reason why you should be without it when it is sent free to you if you will write our responsible editor mailing—5c stamp—Dr. R. V. Pierce, Buffalo, N. Y.



Watch Your Colts

For Coughs, Colds and Distemper, and at the first symptoms of any such ailment, give small doses of that wonderful remedy, now the most used in existence. SPOON'S DISTEMPER COMPOUND. 50 cents and \$1 a bottle; \$5 and \$10 the dozen of any druggist, harness dealer, or delivered by SPOON'S MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

Succinct.

Representative Simeon D. Fess of Ohio believes in looking for the brightest side of life; he is "strong" for optimism. His distinction between an optimist and a pessimist is apparent in the following definition which he sometimes gives: "A pessimist," says Representative Fess, "asks 'Is there any milk in that pitcher?' But the optimist says, 'Pass the cream.'"

Softy.

"He remarked to her that men are but clay." "Bright." "And she asked him if that applied to her." "And then?" "He replied that it applied to all. And now his name is mud." "She threw cold water on him, eh?" —Houston Post.

A Double Misfortune.

"So Jiggins had his head cut off with the new management. How did that happen?" "I think it was because he lost his head at a critical moment."

The Right Ejaculation.

"Don't you think we had better suspend judgment in this case?" "Oh, hang it!"

Women have been thinking of Easter millinery. Such thinking costs money.

A Poignant Anecdote.

"The great fault of American servants is familiarity. To be familiar is to be inefficient. A familiar cook is as inefficient as a pessimistic doctor."

The speaker, Mrs. Boardman Harriman, is perhaps the most brilliant conversationalist in New York—a fact which renders more poignant this anecdote.

"I had a cook," she continued, "whom I tried to break of her over-familiarity. What was the result? This cook, discussing me in the servants' hall, said: 'I don't say she's a bad mistress, but she's a woman of only one idea. Why, I can't never get her to talk of a single think but eating.'"

Rattled by Court Proceedings.

An elderly man of the farming type was called as a witness in the Belfast summons court, and the clerk, proceeding to administer the oath, told him to repeat "I swear by Almighty God that the evidence," etc.

The old fellow was a little excited, however, by being in court, and instead of following the words of the clerk, began amid loud laughter to repeat the words of the well-known hymn, "O God, our help in ages past."

Cynicism.

Richard Croker, nearly everybody knows, has a cynical wit. Mr. Croker aired this wit in a recent letter to a member of Tammany hall apropos of a millionaire's charities.

"To be canonized in American public opinion," he wrote, "give publicly and steal privately."

Solace.

"Aren't you worried about these public questions?"

"Yes," replied Farmer Cornstossel. "But I'm thankful for this much. There's enough of 'em so that when you get tired of worryin' about one you can rest your mind thinkin' about another."

Natural Mistake.

"I was only whispering sweet nothings in Mabel's ear," said the young man as Aunt Miriam entered the parlor in search of her glasses.

"Strange you should have mistaken her mouth for her ear," retorted the aunt as she left the room.

Reason for Acquittal.

Juror—We acquitted him out of sympathy.

Friend—For his aged mother? Juror—Oh, no; for having such a lawyer.

And some men refuse to quarrel with their wives because it costs them too much to make up.

COSTA RICAN PRESIDENT AND HIS FAMILY



Senor Don Rafael Iglesias has been elected president of the republic of Costa Rica. He is the father of ten lively children, here shown grouped about their father and mother.

ON A TEN-THOUSAND-MILE HIKE



William Moore, aged twenty-one; Elwin G. Cook, twenty-seven, and Henry Mason, twenty-two, have started on a ten-thousand-mile hike, bearing letters from Mayor Mitchell of New York. They are dragging a miniature prairie schooner stored with provisions and clothing and expect to cover 24 states in about eighteen months. Their combined capital when they started was \$2.

JOHN JACOB ROGERS



John Jacob Rogers, who succeeded Butler Ames in congress from the Fifth Massachusetts district, is a regular Republican with progressive tendencies, and he believes in the preservation of the Republican party. He is an honor graduate of Harvard, and his home is in Lowell.

Dancing Idea.

Girls like the one Bertrand married in the Ade fable—who knew that Columbus discovered America and which message cream to use and let it go at that—have little difficulty remembering the intricate convolutions of the Maxixe and the Tango. Three of the right, two and a half south by southeast, da capo, seven back and over—and so on. Why not make mathematics attractive, since the colleges are conducting the classics? Why not the Arithmetical Progression Glide? Beginning with the one-step, the sum of the steps would be n(n+1)/2. And that Binomial Bend! And oh!—oh!—oh! that Differential Calculus Rag! —F. P. A. in New York Tribune.

NEW CHIEFS OF UNITED STATES ARMY



On April 22 Maj. Gen. William W. Wotherspoon (right) becomes chief of staff of the United States army, succeeding Major General Wood. At the same time Brig. Gen. Hugh L. Scott (left), at present commanding the second brigade of cavalry at El Paso, Tex., will be called to Washington to be General Wotherspoon's assistant.

TO EXTINGUISH A CANDLE

With Practice It is Possible to Put One Out at a Distance of Twelve Feet.

The distance from which an average man can blow out a candle rarely exceeds three feet, remarks the New York Tribune. If he is an adept at blowing smoke rings, however, a candle may be extinguished at 12 feet. Of course, smoke isn't necessary. An ordinary air ring will do, and has the added advantage of being invisible. Simply pucker the mouth as you would to blow a smoke ring and expel air in a quick, sharp manner. It takes a good deal of practice to do it.

An easier way to show the effect, if one is doubtful, is to place a sheet of cloth or canvas over the open side of a box otherwise closed, making a small round hole in another side. Then tap in a sharp manner on the canvas and invisible air rings will be produced. If the hole is pointed at a person's face and the rings are made he will feel them as they strike his face. Only a few trials are necessary to extinguish a candle at 12 feet. To render the rings visible a smudge may be burned in the box, or a small dish of ammonia may be placed side by side with a small dish of hydrochloric acid, the combined fumes of these liquids making a dense smoke.

The explanation why one can't put out the candle at 12 feet is that the energy of expulsion is conserved and practically all retained in the smoke ring, while a simple blowing has set in motion a whole stream of air and is, therefore, wasteful.

Speaking of Races.

"Saw an odd race yesterday." "Indeed?" "Yes, it was between two dogs—a fox terrier and a dashchund." "Well?" "Two saucers of milk were placed in front of them and the object was to see which could lick up his first." "Which won the race?" "The dashchund won in the last lap."

THE LIABILITY ACT

PLANS TO ENLARGE ASHLAND RIFLE RANGE.

GOSSIP FROM STATE CAPITAL

Items of Interest Gathered from Reliable Sources and Presented in Condensed Form to Our Readers.

Western Newspaper Union News Service.

The ballot title prepared by Attorney General Martin for the submission of the employers' liability and workmen's compensation law, an act of the legislature which is to be submitted under the referendum to a vote of the electors of the state for their approval or rejection, is as follows: "The purpose of this act is to prescribe the liability of employers, to establish an elective schedule of compensation for injuries received by employees in the course of their employment, to modify common law and statutory defenses and remedies in such cases, to regulate the procedure for determining such liability and to provide the methods for paying compensation thereunder. When employer and employe elect to embrace its provision this act applies to every employer employing five or more persons, including the state and its governmental agencies, except employers of household servants, farm laborers and railroad companies, subject to congressional regulation."

Strict Campaign of Sanitation.

Fees of the pure food commission during the month of March amounted to \$4,943. Inspections made numbered 1,634. Of this number, 419 were grocery and general merchandise stores, 189 were hotels and cafes, and 170 were meat markets and slaughter-houses. In the process 216 sanitary orders were written and only seven-teen complaints were filed. Commissioner Harman has announced that particular attention would be given during the coming warm months to the enforcement of the sanitary food law. This means that the campaign against dirt in food, keeping food in unsanitary places and other violations of the statutes will be looked into closely.

More Land for Rifle Range.

Instead of buying only 500 acres for the national guard rifle range at Ashland, Adjutant General Hall now plans to purchase about 900 acres in that vicinity, which will increase the outlay from \$15,000 to \$25,000. He has put the proposition up to the war department, and a letter received in reply gives tentative approval to the plan. An army engineer will be sent to Nebraska to look over the land and report on it. The war department will furnish the money to buy the rifle range, and it may be used not only for target practice by the national guard of Nebraska, but also for regular army troops stationed at Omaha. The government already has one rifle range at Plattsmouth.

Hog Mortality Great Last Year.

The rather startling statistics compiled by the department of agriculture showing the ravages of hog cholera during the past year cannot be explained by the hog serum department of the state farm. It is admitted that the figures are undoubtedly accurate, but it is not explained why the disease should be so much worse one year than another. The figures embodied in the crop report published by the weather bureau show that 65 per 1,000 more swine died from the effects of cholera in the year ending April 1, 1914, than in the preceding year, and that 111 per 1,000 more than the ten-year average.

A number of students at the state university have organized a commercial club, which will play the same part to the university students as the city commercial club plays to the city, according to plans. It will boost all movements which will advertise the university and squelch those which are injurious. Prominent visitors will be entertained by the club, and prominent business men will also be secured to give addresses on current problems for the club members. The club is open to all "patriotic" university men.

Will Be Short Dry Spell.

Second-class cities and villages of the state where a wet policy is to be continued during the coming year will have to stand a four days' drought at the outset of next month. For the attorney general in interpreting the law, following an anxious inquiry from Alliance, found that the municipal year ends May 5, and the license year in such communities ends May 1. Hence the old board's license expires April 30 at 8 p. m. and the new board will have no power to open a saloon until May 5 at 7 a. m.

County Agricultural Courses.

One of the latest attempts of the Nebraska Agricultural College Extension Service to bring the college home to the people of the state is the county agricultural short course. One of the first of these courses has just been completed at Aurora at which sixty-five boys and thirty girls were enrolled, representing thirty-six rural districts. Similar county agricultural courses for the boys and girls of the state may be had by making application through the county superintendent and guaranteeing the expenses.

TORTURING TWINGES

Much so-called rheumatism is caused by weakened kidneys. When the kidneys fail to clear the blood of uric acid, the acid forms into crystals like bits of broken glass in the muscles, joints and on the nerve casings. Torturing pains dart through the affected part whenever it is moved. By caring the kidneys, Doan's Kidney Pills have eased thousands of rheumatic cases, lumbago, sciatica, gravel, neuralgia and urinary disorders.

AN INDIANA CASE

M. C. Walker, 923 Grand Ave., Connersville, Ind., says: "For ten years I had muscular rheumatism. I was laid up in bed and couldn't move a limb. Plasters and hot applications failed. The first box of Doan's Kidney Pills helped me and two more boxes permanently cured me."



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