

Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink hot water each morning before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddied complexion, we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are as necessary to the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous aches and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

Lots of Fun.

"Society in Plunkville is so hollow." "Still, a lot of folks seem to enjoy themselves rattling around."

BILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver—delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Don't get too self-important; the world will go on just the same after you get out.

Throw Off Colds and Prevent Grip. When you feel a cold coming on, take LAXA-TIVE BROMO CURE. It removes colds, coughs and grip. Only One "BROMO QUININE" is W. G. JOY'S Signature on box.

The Seventh Age of Man. "He is a very old man, isn't he?" "Well, he is in his second dance hood."

MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys if Bladder Bothers You—Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will 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 the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

Not Very Strong. Gerald—I wouldn't harm a fly. Geraldine—You couldn't if it were an able-bodied fly.

NEBRASKA STATE NEWS

The new Masonic temple at Anselmo was dedicated recently. The building is 30 by 80 feet, full two stories and built of steel and stone. The hall proper is 28 by 50 feet, the balance of the room being arranged into reception, preparation, cloak and dining rooms. The hall is elegantly furnished with furniture adapted to the needs of the order, the floor is covered with a fine Axminster carpet and the inverted system of electric lighting is used. It stands on one of the business corners in town and cost about \$10,000.

A gavel, made from wood of the original staircase in the "Washington Inn," the last house built by George Washington, in December, 1798, and an exact replica of the "Washington Gavel," which was prepared for and used by George Washington in laying the cornerstone of the United States capitol, September 18, 1793, has been presented to Mrs. F. R. Straight, regent of the Omaha chapter of the D. A. R., by Miss Jessie Hutchison, member of Constitution chapter of the D. A. R. in Washington, D. C.

All monthly hog records were shattered at the South Omaha stock yards last month when a total of more than 402,500 head were received, which is more head of hogs than was ever received in any other one month in the history of the yards. The previous record was made in January, 1916, when 396,092 head were marketed. During the first two months of the present year nearly 750,000 hogs have been received and marketed.

Concord has come to the conclusion to put in a municipal light plant rather than connect with the proposed transmission line from Laurel. Dixon is also thinking some of putting in its own plant rather than get the juice from Laurel. Both of these places last fall at special elections voted in favor of the power from Laurel, but there seems to be a hitch in the plans somewhere.

As an explanation of what the car shortage really means to a railroad, the Union Pacific has given out figures describing its situation. This railroad has about 42,000 freight cars, of which about 19,000 are at present tied up by other lines. These other lines are paying 45 cents per diem charges on the cars, which is a good deal cheaper than buying new cars for themselves.

Cream at country stations throughout Nebraska is now selling at 23 cents a pound, a bigger price than has ever been asked, it is said. No butter except what is being made day by day, is said to be procurable now since European countries, before the embargo, bought almost all the cold storage butter that was in stock in the United States.

The organization of the Sheridan County Farmers' association was completed when A. E. Anderson of the State Agricultural college met the directors appointed from Hay Springs, Gordon and Rushville, at Rushville. A constitution and by-laws were adopted. The prospects of Sheridan county obtaining a demonstrator is practically assured.

Motorcycle militia is the latest wrinkle in the national guard, and Omaha has the first organization of that kind west of New York, so far as is known. A detachment of twenty-two members has been recruited from the ranks of company C, Fourth Infantry, Nebraska national guard, by Captain Irvin V. Todd.

West Point High school debating team defeated the Newman Grove team at the West Point last week. The teams represented the North Central district and the debate was the first of the series. The subject was "Preparedness."

Lincoln will no longer be on the Orpheum circuit. The Orpheum is to be converted into a moving picture house. It has been found that Lincoln does not support Orpheum attractions enough to make them pay.

Fire of an unknown origin totally destroyed the Baer & Dvorak Clothing store at Wahoo. Goods not destroyed by the blaze were ruined by water. The loss is estimated at \$4,000.

Bloomfield has just completed and ceremoniously dedicated a commodious town hall. The building cost \$10,000 and is admirably adapted to the public purpose to which it will be devoted.

Manager Howe of the Armour Packing Co. of South Omaha announces a raise of 7 per cent in the salaries of all packing employees. This means an increase of from \$400,000 to \$500,000 a year in salaries, affecting some 67,000 people, it is said.

Columbus won the state volleyball championship by defeating Fremont in the final round of the tournament at Columbus in three straight games. Omaha, Fremont, Norfolk, Grand Island, York and Hastings associations were represented.

It is reported that Wilkinson & Vandee of Denver, who have bought the Cross & Roberts' electric light company at Scottsbluff and will build an interurban line between that city and Gering. They also plan on spending \$50,000 on the electric lighting plant at Scottsbluff.

About one hundred Russian families of Hastings have received contracts for employment in the sugar beet fields during the forthcoming season. They will leave the city about the middle of April and will be employed in the vicinity of Scottsbluff.

Complete plans for the Clarke hotel annex, adopted by the Citizens' Hotel company at Hastings, calls for a six-story addition, costing \$60,000. Promoters say excavation will start within two weeks. The plans include a top floor banquet hall with a 300 guest capacity.

Citizens of the village of Nausa are agitating the question of a new system of electrolfiers to light and adorn the town.

The town of Ainsworth is considering the proposition of installing a sewer system.

The cattle receipts for the month just closed broke all previous February records at the South Omaha market by a large margin. The receipts for the month were approximately 111,200 head, which is about 40,000 head more than were received in February, one year ago. The highest price ever paid for yearling Mexican wethers at the South Omaha market, \$9.85 per 100 pounds, was paid for a carload sent in by F. R. Bellamy of Morrill, Neb. It is 10 cents above the previous record.

In a decision handed down at Falls City by Judge J. B. Raper of the district court the ruling was made that drainage district No. 1 must place more secure and lasting foundations under Richardson county bridges, the superstructure of which the court found to be insufficient, but hereafter all the responsibility for the upkeep of the bridges will be on the county. The decision is important in that it has a bearing on the bridge work over every drainage and irrigation ditch in the state.

The city council of Fremont at its regular monthly meeting granted the request of the Commercial club to allow the tabernacle building to remain standing this summer for use as an auditorium. President Wolz of the Commercial club told the council he had several conventions and meetings in view to be held in the building. He proposes to arrange for a Stecher wrestling match.

Fire destroyed the old electric light plant belonging to the Nebraska Electric Light Co., and the Neilson Lumber yards at Blair. The loss sustained by the lumber company was \$25,000. The value of the Nebraska electric plant was placed at \$17,000 when the company tried to sell it to the city before the construction of the municipal plant. The city's plant cost \$35,000.

After more than a year's trial with all kinds of autos the jitney business at Hastings ended when fares on the twenty passenger machine were raised to 10 cents. The high price of gasoline and a division of the business with numerous livery car owners is held responsible.

The Intermountain Railway, Light and Power company, which is building power lines out of Holdrege to Funk, Wilcox and Hildreth, expects to have the lines completed soon. Had it not been for the difficulty of securing material from eastern factories, the lines would have been completed by this time.

The 1-year-old daughter of Mr. and Mrs. Wetzel Cooper of Scotia was instantly killed while her parents were watching the blasting of ice at the Union Pacific bridge there. A large piece of ice was thrown high in the air by an explosion and fell onto the child, crushing her skull.

Harmony hall, the Scoville poultry house and the Hood barn were burned at St. Paul, with a loss of perhaps \$10,000. The heaviest loser was the Scoville poultry house, where a large stock of stock food, incubators and many chickens went up in the flames.

The infant mortality rate in Greater Omaha fell from eighty-three to fifty-seven per 1,000 births, for the first two months of 1916, as compared with the same period of 1915, according to the report of City Dairy Inspector C. F. Bossie.

Presbyterians of St. Edward recently celebrated the dedication of their new \$15,000 church building. The new edifice represents the second finest Presbyterian building in the state in a community of under 1,000 population.

Another paving petition has been filed with the Beatrice city commissioners, the petitioners asking for the creation of a new district comprising fifty-seven blocks. This is the largest district ever asked for in the city.

Mrs. Martha Zweibel Hedberg, wife of A. C. Hedberg, editor of the Valley Advocate, died at her home in Valley after a short illness. Mrs. Hedberg was an ardent social worker and greatly beloved in the community.

Postmaster A. E. Mann of Laurel, sent in his resignation as postmaster at that place and the resignation has been accepted at Washington. Arrangements are being made to hold another primary election.

Fourteen steers topped the South Omaha markets last Saturday with \$8.20. They were part of a bunch of stock brought in by David Boldt of Carroll, Ia. He sold five cows at \$6.75, averaging 1,081 pounds.

Intersection paving bonds recently disposed of by the Hastings city administration at an advantageous interest rate were registered last week by Mayor William Madgett.

The Methodist and Congregational churches of Crete have united in a three weeks' series of evangelistic meetings. These week-day meetings are being conducted by Crete pastors, and much good is expected to be derived from the campaign.

Twenty-eight farm mortgages totaling \$98,520 were filed at Hastings in February as compared with releases aggregating \$20,050. Thirty-seven city property mortgages filed total \$69,923 while thirty-two filings aggregate \$30,326.

Fifty-four pupils of the Holdrege schools have enrolled for the school garden work for the coming summer. The schools are also operating a poultry and egg contest. Twenty-four pens of chickens have been entered in the egg contest, which began February 1.

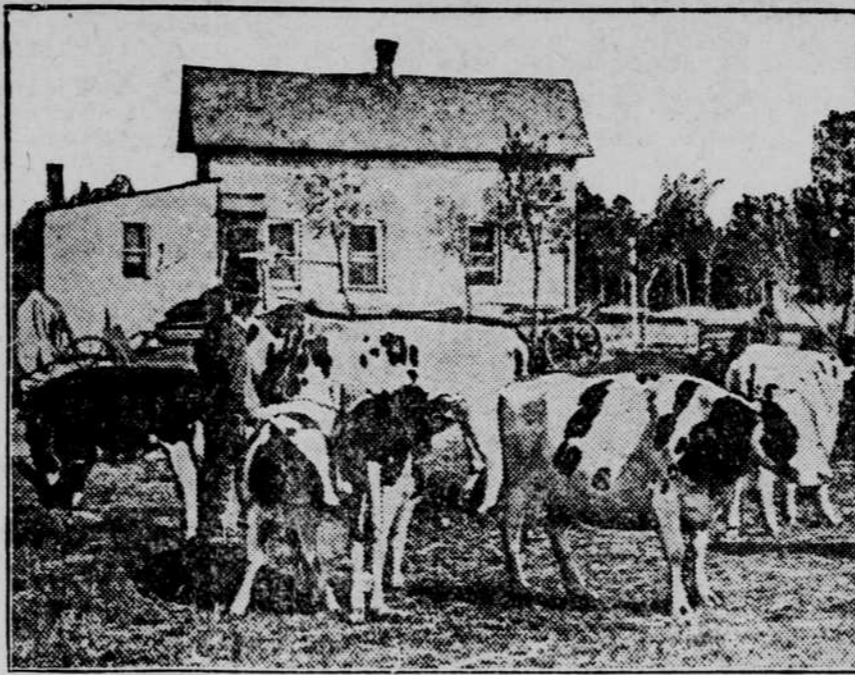
Kearney is to have a new bridge crossing the tailrace, the canal outlet west of the city. The private corporation which is responsible for the upkeep of the bridge has announced that it will erect a modern steel structure there to replace the old one.

Senator Hitchcock recommended the appointment of Benjamin Brewster of Chadron as postmaster of that place. Mr. Brewster is editor of the democratic paper there.

Twenty young men of Leigh have banded together for the purpose of forming a band and as soon as they can secure a leader they will commence rehearsals.

Ross L. Hammond, editor of the Fremont Tribune, will not enter the race for the United States senate, according to a statement given out by himself.

TUBERCULIN TEST OF CATTLE IN FAVOR



A Fine, Healthy Herd of Dairy Cows.

C. P. Norgard, commissioner of agriculture of Wisconsin, speaking before the Guernsey Breeders' association of Waukesha county, at Waukesha, set forth a new plan whereby the tuberculin test of cattle will not only be of greater value as an aid to science, but will be of increased commercial value and at the same time a greater protection to breeder, seller and buyer.

Under the plan proposed by Commissioner Norgard tuberculin-tested cattle will not only be given a rating above those not tested, but this rating will be interstate and will be maintained and backed by veterinary departments of all states. The plan already has been indorsed by a number of states.

A campaign of education will be conducted in furtherance of the plan, and co-operating with the Wisconsin department of agriculture in this will be the College of Agriculture of University of Wisconsin, the United States department of agriculture, and the Wisconsin Live Stock Breeders' association and all county breeders' organizations of Wisconsin.

Under the new order of things the herds coming under the test and found free from tuberculosis will be certified as "Class A" herds, and will be so listed in all states. Therefore, it will be an inducement for the breeder to voluntarily acquire this certification as soon as possible.

In setting forth his plan, Commissioner Norgard said:

"In an effort to simplify the interstate inspection of cattle and to encourage the use of the tuberculin test, the Wisconsin department of agriculture is hereby submitting a plan whereby it may be possible to make shipments from herds which are



Able to Conform to Test.

deemed free from tuberculosis, so far as can be judged by use of the tuberculin test and the physical examination of such cattle, and where there have been no diseased animals found upon two successive examinations.

"The reason for the establishment of such classification is this. The prospective buyer is learning to look for herds which are annually tuberculin tested. He realizes that whether the cattle which he bought will be permanently free from tuberculosis or not will depend largely upon the condition regarding tuberculosis of the herd in which the animal has been prior to the time of purchase. The history of the herd plays a large factor in determining the future welfare of an animal, and the time is not far distant when the purebred breeder will refuse to buy from a herd which cannot show a clean record regarding tuberculosis as shown by the tuberculin test.

"Another reason for the new plan is the encouragement by reason of establishing a list of those owners having tuberculosis-free herds, designating them as 'Class A.' The owner who has thus far tested his cattle has encountered many disagreeable circumstances, one of which is the fact that a number of people who never have tested or believed in the tuberculin test would point with scorn to the man who was testing and designate him as a man who had tuberculosis in his herd, when the only assurance that the neighbor had that his herd was not afflicted was the fact that he had not tried to ascertain whether there was any disease there or not.

"The special necessity and desirability of taking this step lies in the

Draft in Plowing. It takes 55 per cent of the total draft in plowing to cut the furrow slice, 12 per cent to turn the furrow of the sole and the landside. A good point for farmers to remember is that a dull share point increases the draft by one-third.

Root Crops for Cows. Mangol wurzels, stock beets and turnips are excellent root crops for succulent feed in winter, if you have not enough cows to make a silo pay.

Sheep Kill the Weeds. Many farmers do not start a flock of sheep because they will not stand for the expense of fencing; but fencing is not expensive, and sheep will soon pay back the cost and a profit. The improvement of the pasture alone will justify the fencing outlay.

Duck Breeding. Ducks can be profitably bred for four years. Geese can be bred for many years—for a period that seems incredible.

control of tuberculosis in animals sold and shipped into other states. Very stringent requirements have been placed upon the testing of cattle for tuberculosis that are to be shipped into other states. In order to maintain trade with these states, the breeders and live stock sanitary board must bring their cattle up to the standard required by these tests. The present requirements in most states are that tuberculin tests should be made within 30 days from date of shipment. It is easily seen that such a test upon cattle whose previous history regarding tuberculosis is not known, and such a test made by strangers and possibly in strange quarters, will not reveal the conditions of the animals regarding tuberculosis.

"It is also easy to see that cattle that have been tested for a number of years without showing tuberculosis are much safer animals to buy than those selected by the process of the test mentioned above.

"Correspondence and conferences with state veterinarians of other states have assured us that they are willing to co-operate in a plan whereby herds tested annually are listed in a class known as 'Clean Herds' or 'Class A.' It will be readily seen that herds, whether they be purebred or grades, will be more desirable to present within and without the state than those who have not been tested and are not eligible to this class. The consequence will be that the market and the prices for cattle in 'Class A' will be better than for all other animals. Consequently, it will be readily seen that there will be a desire on the part of the farmers and breeders to have their cattle tested and in condition for entrance into this class.

"The incentive for testing and cleaning up herds in the state will therefore come from the breeders, farmers and breeder associations rather than from any pressure without.

"We have decided to take definite steps and vigorous action in this matter and have worked out a plan which I wish to present today. According to this plan, we propose to establish a list of herds that are free from tuberculosis, so far as careful tuberculin tests made by inspectors of the live stock and sanitary board of the department of agriculture can show them.

"The following are the details of this plan so far as they have been definitely worked out:

"First—Herds admitted to the test for entrance to the list of certified herds, or 'Class A,' must first have passed at least two satisfactory tests.

"When an owner decides to have his herd tested for entrance to the certified list, he must first make application to the state veterinarian of the department of agriculture. A veterinarian will then be sent as soon as one is available to make the necessary tests, and if no re-actors are found on that test, or any previous test, the herd may then be admitted to the list.

"The expense of making the test will be borne by the owner, and will be sufficient in amount to cover the salary and expenses of the employees for the time devoted to the work.

"Second—The owner must agree not to introduce any animals into his herd except from a 'Class A' herd, unless animals so added to the herd are tuberculin tested on entrance to the herd and retested again within three months. The owner must also agree to submit his herd to be tested annually by an employee of the live stock sanitary board.

"All encouragement possible will be given to the breeders and owners to have their herds tested locally so that they may make sure that their herds are in condition to be admitted into the certified class.

"Third—The Wisconsin Live Stock Breeders' association has entered heartily into the project and is making it a part of its work the coming year to induce farmers, breeders and breeders' associations to test their herds in order to rid them of tubercular animals under direction of the live stock sanitary board, to prepare them for the state test for admittance into the certified list of clean herds or 'Class A.'

"Negotiations are now under way and in some instances have been concluded with a number of states for the acceptance of shipments from such herds to any state in the Union, on a certificate based upon the yearly test of such herds, such certificate to be issued from the state veterinary division."

THE EUROPEAN WAR A YEAR AGO THIS WEEK

March 7, 1915. Germans started another drive in region of Pillica river.

Austrians retreated in Bukovina. British drove Turks back from Persian gulf, both sides losing heavily.

Venezelos, premier of Greece, resigned.

March 8, 1915. Russians silenced two German siege batteries at Ossowitz.

Austrians gained ground in the Carpathians and Galicia.

Allied fleet forced way further up Dardanelles, silencing more forts.

Russians destroyed Turk ports on Black sea.

British collier Bengrove sunk in Bristol channel.

Five convicted of passport frauds in U. S.

March 9, 1915. Campaign in Alsace hampered by floods.

Germans raised siege of Ossowitz and retreated in North Poland.

German submarines sank three British merchantmen; many lives lost.

British seaplanes dropped bombs on Ostend.

British government authorized to take over engineering trade of country to increase output of munitions.

March 10, 1915. Germans attempted to break through Russian line in North Poland.

Eichorn's army, re-creating from the Niemen, harried by Russian cavalry.

Austrians had successes in Western Galicia.

British cruiser Ariel rammed and sank German submarine U-12.

German cruiser Prince Eitel Friedrich reached Newport News with crews of vessels it had sunk, including that of American ship W. P. Frye.

British collier Beethoven sunk.

More Dardanelles forts reduced.

Ghounaris formed new Greek ministry.

Germany called landsturm classes 1869-73 to the colors.

March 11, 1915. British captured Neuve Chapelle after three days of severe fighting.

Bombardment and mine sweeping in Dardanelles continued.

Panic in Constantinople, many foreigners fleeing.

Million men battling in North Poland on 80-mile front.

March 12, 1915. British gained near Armentieres, occupied Epinette and advanced toward La Bassee.

Russians captured Lupkow and Smolnik and surrounding heights in Carpathians.

Dardanus batteries on Dardanelles silenced.

British auxiliary cruiser Bayano sunk off the coast of Scotland; 200 lost.

German airmen bombarded Ossowitz.

Bulgaria moved heavy artillery to Greek frontier.

Germans fined inhabitants of Lille \$100,000.

March 13, 1915. Further gains made by British in Neuve Chapelle region.

Russians checked German offensive against Przasnysz.

Austrians repulsed Russians near Ciana.

Turks were driven back in Armenia and Northwestern Persia.

Submarine destroyed Swedish steamer Hanna.

Remarkable Echo.

Among the most noted echoes is that heard from the suspension bridge across the Menai strait. The sound of a blow from a hammer on one of the main piers of the structure is returned in succession from each of the crossbeams that support the roadway and from the opposite pier at the distance of 576 feet, in addition to which the sound is many times repeated between the water and the roadway at the rate of 28 times in five seconds.

Hardly Worth Considering.

"Would your wife vote for you as a candidate for office?" "I don't think there's any use of my bothering my head about that," replied Mr. Meekton. "I don't believe Henrietta would let me run in the first place."—Washington Star.

Wh-r-r-r.

Mr. Buzzer—"Are you fond of apples, Mr. Wrigg?" Mr. Wrigg—"Am I? Well, I should say so. Why, I'm so fond of 'em that I named my youngest daughter 'Corra.'"

Responsive.

"I verily believe that inanimate things sometimes enter into the spirit of a festive occasion." "I know it. Last night, when I was going to a blowout my automobile chimed in with a couple of its own."—Louisville Courier-Journal.

Ostrich Has Many Years of Value.

An ostrich often lives to be more than seventy years old and yields marketable feathers from the time it is six months old until it is more than fifty.

FREE Color Plans for Your Spring Decorating

Madam—
The Alabastine staff of interior decorators is at your disposal—to assist you with your spring decorating.

These experts offer you dependable free advice on how to treat your walls so that they will harmonize with and set off to advantage your floor covering, furniture, draperies, curtains and wearing apparel.

They also want to tell you about the handsome decorative wall and ceiling border effects that can be obtained by the use of stencils—the very latest wrinkle in wall decoration.

Stencils ordinarily cost from 50 cents to \$3.00 each; but if you will write for the free "Alabastine Packet," containing hand colored proofs of 12 of the very latest stencil effects, we will tell you how you can have your choice of these and 100 others at practically no expense. Write today for this absolutely free decorating service.

Alabastine in 5 lb. packages, in dry powder form, ready to mix in cold water, is sold by paint, hardware, drug and general stores everywhere.

Alabastine Co.
385 Grandville Rd. Grand Rapids, Mich.

Proud and Unprepared.

Priscilla asked Aiden why he didn't speak for himself. "I am too proud to talk," he explained.

SUFFERED FOR FOUR YEARS.

Mr. J. M. Sinclair of Olivehill, Tenn., writes: "I strained my back, which weakened my kidneys and caused an awful bad backache and inflammation of the bladder. Later I became so much worse that I consulted a doctor, who said that I had Diabetes and that my heart was affected. I suffered for four years and was in a nervous state and very much depressed. The doctor's medicine didn't help me, so I decided to try Dodds Kidney Pills, and I cannot say enough to express my relief and thankfulness, as they cured me. Diamond Dinner Pills cured me of Constipation."

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodds Dyspepsia Tablets for Indigestion have been proved, 50c. per box.—Adv.