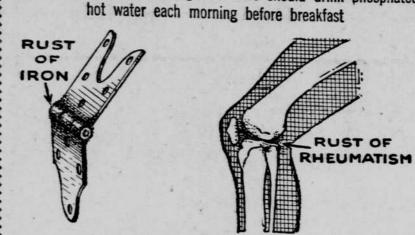
************************ DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



behind a certain amount of incombus- vious day's accumulation of toxins and tible material in the form of ashes, so poisons; thus, cleansing, sweetening, the food and drink taken day after day and freshening the entire alimentary leaves in the alimentary canal a cer- canal, each morning, before putting tain amount of indigestible material, more food into the stomach. which if not completely eliminated A quarter pound of limestone phoseach day, becomes food for the mil- phate costs very little at the drug lions of bacteria which infest the bow- store but is sufficient to make any els. From this mass of left-over waste rheumatic or lumbago sufferer an enmaterial, toxins and ptomaine-like poi- thusiast on the morning inside bath. sons, called uric acid, is formed and Millions of people keep their joints then sucked into the blood where it free from these rheumatic acids by as shown shove

- 1

lumbago, rheumatism or sore, stiff, health measure because it cleanses the aching joints should begin drinking alimentary organs of all the waste, to magic relief from pain, but to pre- one look and feel clean, sweet and vent more uric acid forming in the fresh all day. system. Before eating breakfast each Those who try this for one week morning, drink a glass of real hot may find themselves free from sick water with a teaspoonful of limestone headaches, constipation, bilious atphosphate in it. This will first neu- tacks, sallowness, nasty breath and tralize and then wash out of the stom- stomach acidity.

Just as coal, when it burns, leaves | ach, liver, kidneys and bowels the pre-

continues to circulate, collecting grain practicing this daily internal sanitaby grain in the joints of the body tion. A glass of hot water with a teamuch like rust collects on the hinge spoonful of limestone phosphate, drank before breakfast, is wonderfully invig-Men and women who suffer from orating; besides, it is an excellent phosphated hot water, not as a means gases and sour fermentations, making



COLT DISTEMPER

You can prevent this loathsome disease from running You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young. SPOHN'S is safe to use on any colt. It is wonderful how it prevents all distempers, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell SPOHN'S at 50 cents and \$1 a bottle; \$5 and \$10 a dozen. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

"If" and "but" are among the little things that count.

PROVEN SWAMP-ROOT AIDS WEAK KIDNEYS MOTHER!

The symptoms of kidney and bladder troubles are often very distressing and leave the system in a run-down condition. The kidneys seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles.

Dr. Kilmer's Swamp-Root which soon heals and strengthens the kidneys is a splendid kidney, liver and bladder remedy, and, being an herbal compound, has a genby those who use it.

A trial will convince anyone who may sour. be in need of it. Better get a bottle fro your nearest drug store, and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper .- Adv.

It takes some men a lifetime to discover how unimportant they are.

HOW WONDERFULLY RESINOL SOOTHES ITCHING SKINS!

If you have eczema, ringworm or other itching, burning, sleep-destroying skin-eruption, try Resinol Ointment and Resinol Soap and see how quickly the itching stops and the trouble disappears. Resinol Ointment is also an excellent household remedy for dandruff, sores, burns, wounds, chafings and for a score oi other uses where a soothing, healing application is necded. Resinol contains nothing of a harsh

or injurious nature and can be used freely even on the most irritated surface. Every druggist sells Resinoi Ointment and Resinol Soap.-Adv.

All pctatoes have eyes, and some have specs.

To Build Up After Grippe, Colds

that starts the liver and stomach into this uric acid from the system. "Anvigorous action, called Dr. Pierce's uric" is 37 times more potent than Golden Medical Discovery because of lithia, and consequently you need no one of its principal ingredients—the longer fear muscular or articular rheu-Golden Seal plant. It assists the body to manufacture rich red blood which acid within the body. feeds the heart-nerves-brain and organs of the body. The organs work smoothly like machinery running in sleep is disturbed by too frequent urioil. You feel clean, strong and strennation, go to your best drug store and uous. Buy "Medical Discovery" to ask for Doctor Pierce's Anuric Tabday and in a few days you will know lets, full treatment 50c, or send 10 that the bad blood is passing out, and cents for a trial package of "Anuric" new, rich, pure blood is filling your Tablets to Dr. Pierce, Invalids' Hotel,

Unkind. "Does your wife wear spats?" "Wear 'em? She starts 'em."

cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not tle healing effect on the kidneys, which is take the time from play to empty their almost immediately noticed in most cases bowels, which become clogged up with waste, liver gets sluggish; stomach

> Look at the tongue, mother! If coated, or your child is listless, cross, feveriah, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is ofttimes all that is necessary. It should be the first treatment given in any sickness.

> Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

> Habit is a cable. We weave a thread of it every day, and at last we cannot break it.-Horace Mann.

Throw Off Colds and Prevent Grip.
"Then you feel a cold coming on, take LAXA
TIVE BROMO QUININE. It removes cause of
Colds and Grip. Only One "BROMO QUININE"

5. W. GROVE'S signature on box. 25c.

There's nothing like an obstacle for

getting in a man's way. BACKACHE, LUMBAGO

Uric acid causes backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica. It was Dr. Pierce who discovered a new agent, called "Anuric," which will Take a blood cleanser and alterative throw out and completely eradicate matism or gout, or many other diseases which are dependent on uric

If you feel that tired, worn-out feeling, backache, neuralgia, or if your | the city.

FARMERS ATTENTI

Insure your crops and farm property against HAIL FIRE, LIGHTNING, TORNADO and WIND-STORMS in the Old and Tried UNION FIRE IN-SURANCE COMPANY of Lincoln.

Our new rates and plan of payment will make it worth your while to see our local representative first. pected to attend. 28,000 satisfied Nebraska farmers testify to our honorable dealings of more than a quarter century. Send for booklet containing a list of 2,000 individual army. losses paid in the year 1915

AGENTS WANTED IN OPEN TERRITORY

NEBRASKA

DATES FOR COMING EVENTS.

April 6-7-8-Convention East Central Teachers' association at Fremont. April 3-6-State Bowling Tournament at Lincoln

April 3 to 8-Nebraska "Pure Food Week. April 28-29-State T. P. A. Convention at Alliance.

April 18-Nebraska Primary Election Day April 24-25-Savannah to Seattle High-

way Convention at Omaha May 16 to 18-State G. A. R. Encampment at Lexington. May 24-25-State Association of Com-

mercial Clubs' Convention at Omaha. June 13 to 16-State P. E. O. Convention at Alliance.

June 13-14-15-Great Western Handicap Tournament at Omaha. June 5-6-Spanish War Veterans State Convention at North Platte.

Fremont horse buyers who have been acting for the European governments declare that notwithstanding the removal of thousands of horses brick had been specified. Contracts from Nebraska for shipment to England and France, that there remains an apparently unlimited supply. The price is no bigger than it was a year ago. They declare that driving horses cattle were sold to one of the packof the finest quality are practically valueless, having been crowded off from John Rhudy of Pilger. The catthe market by the automobile.

Improvements aggregating \$500,000 will be made in North Platte during of the special election, at which time the building season of 1916. The largest amount to be expended for any an opportunity to decide, via the balone improvement will be \$100,000 for lot, if they prefer to retain the presstreet paving. Other improvements in ent form of city government or to acthe business section of the city will cept the commissioner form. be a \$50,000 hotel, \$40,000 bank building, \$20,000 K. of C. club house, \$15, are expected to attend the annual 000 addition to the Elks' home, \$25,000 convention of the East Central Neparochial school and a \$50,000 junior braska Teachers' association at Frehigh school.

Material for the fourth unit of the hog division at the South Omaha strong program. stock yards is being assembled and the construction work will begin soon. It is expected the work on this sec- before a meeting of one hundred busition will be completed by September ness men of the city that twenty-nine 1. The cost will be close to \$150,000. state conventions were scheduled for With the completion of this unit the Hastings this summer. yard company will be able to take care of hog receipts up to 500 cars a

A letter writing day was held at Althe milk of 1,500 cows to insure the liance recently and as a result over success of a condensery soon to be es-800 school children wrote letters to tablished at Hastings. some relative or friend telling them of Box Butte county and Alliance. tracting for its season's crop of raw The Commercial club furnished a material. An acreage of 150 of tomapamphlet to place in each letter and adults as well as the children took an Last year's crop proved profitable to active interest in this novel plan to growers. tell strangers about the possibilities of western Nebraska.

The National Retail Credit Men's association meets in Omaha in August for its annual convention, holding three days. It will bring 300 to 400 members from all over the United States; S. F. Gilfillan of Minneapolis is chairman of the board, and E. C. Howell of Denver, secretary.

The Magenau bridge, one of the oldest crossings on the Elkhorn river, has been reopened to traffic, the floods of last spring. Washington and Dodge counties joined in the expense of erecting the structure which costs \$3,000.

Though scarlet fever has not been entirely eradicated in Omaha, it has been reduced to such an extent that reference is rarely made to the epi demic, which threatened to sweep the city two months ago. The health authorities have the situation under thorough control.

No less than \$20,000 will be the cost of producing the historical parade for use of the members. Ak-Sar-Ben in Omaha this year, when, with fifty floats and twenty-five groups of soldiers, Indians, cowboys, trappers and scouts, the history of Nebraska corporated with a capital stock of for the last 300 years will be repre- \$20,000. sented.

The people of Glenwood Park, Buffalo county, are making an effort to much hay, corn in cribs and farm imsecure a depot and station agent. The plements. One farmer lost a valuable population of the town is small, but it is surrounded by a thickly settled farming community. It is on the

Union Pacific railroad. Twenty-two blocks of the residence portion of Kearney, comprising one and 29. paving district, will be paved this spring. This makes approximately

ed for this spring. Manager William (Ducky) Holmes Stevenson from the St. Louis Ameri-

tional league in 1915. Hastings democrats have united on quarters during the approaching campaign. The central location and un-

Alfred Fowler, son of Mr. and Mrs. W. H. Fowler, of Fremont, is a member of the winning Yale wrestling team that has won the intercollegiate honors this year. Fowler is a senior. The First Methodist church of Fre-

mont has received forty-eight new 895. This is by far the highest point the membership has ever reached.

At a meeting of the Allen Commercial club a move was started to seter in the depot.

The state convention of Spanish War Veterans will be held at North ing down the old building to make Platte on June 5 and 6. Preparations are already being made to entertain several hundred delegates who are ex- contract by June 1 for the new struc-

Enlistment officers at Omaha have begun a vigorous campaign for army recruits to fill up the quota asked for by the government in increasing the

Roy Howell of Rock Valley, Iowa, has purchased the Creston Statesman of Ray Burch and has already taken

The Hotel McCabe, recently completed and furnished at a cost of \$55, 000 at North Platte, is now open to the public. The hostelry has fifty guest rooms, twenty-eight of which are equipped with bath. It has every modern convenience and is considered the best hotel in any town of North Platte's population throughout

An extensive program has been

mapped out for the twenty-third an-

nual meeting of the southeastern Ne-

braska education association, which

will be held in Lincoln March 29, 30

and 31. The convention is expected

to bring between seven and eight hun-

dred teachers and superintendents to

A new clock has been donated by

the parishoners of the Sts. Peter and

Paul church at Falls City. The clock

has three dials five feet in diameter

placed on the south, west and north

sides of the church tower and can be

seen from most any place in the city.

Because the bidder was unable to

guarantee the material, the Hastings

city council surrendered a certified

check for \$25,000 to a St. Joseph firm,

which was declared the low bidder

on eight paving districts for which

Sixteen steers, one carload, sold for

tle sold for \$9.25 per hundredweight.

the citizens of Kearney will be given

April 25 has been set as the date

Fully five hundred school teachers

mont. April 6, 7 and 8 Arrangements

are being made for an exceedingly

President J. N. Clark of the Has-

Through the Commercial club an ef-

fort is on to secure contracts with far-

mers in Adams county for furnishing

The Kearney Canning factory is con-

toes and 600 of sweet corn is wanted.

In the district debate on the sub-

ject of preparedness between Mason

and Ansley high schools the judges

rendered a unanimous decision for

the affirmative, upheld by Ansley. The

All six members of the Nebraska

delegation in the lower house of con-

gress voted in committee of the whole

against Representative Kahn's amend-

ment to increase the regular army to

The Fremont Farmers' Union Co-

operative creamery, erected during the

past winter, is now in operation. The

creamery has a membership of farm-

The town of Seward has a Y. M. C.

A, with its own building and it claims

to be the smallest town in the coun-

try with a paid Y. M. C. A. secretary.

A year ago the "Y" membership was

A new Elks hall is soon to be con-

structed by the Grand Island lodge.

The building will cost \$40,000 and

will be completely equipped for the

Articles of incorporation of the

Beatrice country club have been filed

with the county clerk. The club is in-

ers from all parts of the state.

debate was held at Ansley.

220,000.

tings Chamber of Commerce declared

were awarded to another firm.

It rings the Angelus three times daily

and strikes the hours.

Lincoln for the three days' session.

French captured summit of Hartmannsweilerkopf.

Austrians made gains in Buko

U. S. battleship Alabama sent to Norfolk to keep Prinz Eitel Friedrich from leaving.

German aviators dropped bombs on Calais and Dunkirk.

British steamer Aguila torpedoed y Germans; 26 lost.

Russians bombarded Bosporus forts and allies shelled Dardanelles forts.

Calais.

March 29, 1915.

a gross price of \$2,405 at the South Champagne. Omaha market a few days ago. The Germans again shelled Reims. ers for beef. The shipment came

Dutch steamer Amstel blown up

elles continued. German Baltic fleet out.

Austrians began big drive across

Germans bombarded Libau.

f Carpathians into Hungary. German army corps cut to pieces n North Poland

German soldiers near Thourout, Belgium, killed by bombs from aero-

German airmen raided Ostrolen-

ka, Russia. King George gave up liquor in

roval household.

French occupied Fey-en Haye. Russians began lively offensive n Central Poland, but wer repulsed by Austrians near Inowlodz

on the Pilica. Germans checked Russians at

British took Aus, German West

Zeebrugge and Hoboken. German submarines sank a British and a French steamer; 30 lost.

April 2, 1915. he Meuse and Moselle. Russians took offensive along en

Mekines. German submarines destroyed

A prairie fire which swept a large territory in Lincoln county destroyed

herd of hogs. Plans are being made at Alliance for entertaining the several hundred delegates expected to attend the Nebraska T. P. A. convention April 28

Ravenna is being organized as a city of the second class. A mayor forty blocks of paving to be contract- and four councilmen will be elected in

Bessie Peck, the 8-year-old daughter | States for November were more than of the Lincoln Western League club of Mr. and Mrs. F. E. Peck, residing announces the purchase of Shortstop near Amherst, is dead as the result of burns received when, with other chilcans. Stevenson was a member of the dren, she was playing about a bonfire Rochester, N. Y., club of the Interna- which had been built to destroy rubbish.

A shorthorn cattle sale held in a plan to secure the state party head. Humboldt recently by Rueben and J. | phthisis. L. Harshbarger, consisting of eleven bulls and twenty-nine cows, averaged excelled hotel and railroad facilities \$211 per head for the bulls and \$180 are among the advantages claimed for for the cows. The bull, Collynie Goods sold for \$500.

Columbus is in the throes of a rejuvenation of its band. It is anticipated that forty or more will be on hand-for the summer season of concerts. A saxaphone quartet and a drum major are features.

A movement is on foot in Omaha. members, swelling the membership to backed by the Commercial club and other civic organizations, for the establishment of a new Union depot in the metropolis.

A good roads meeting is to be held cure the Burlington Railroad company at Tecumseh April 7. At that time to put the electric lights and city wa- prizes will be awarded for the best roads maintained during the year. Work has started at Alliance tear-

> room for the new federal building and the government expects to let the Broken Bow's new ten thousand dollar public library is finished. It

> is a beautiful structure and stands upon one of the choicest sites in the Business men in Aurora are urging that improved methods of sanitation be put in practice to ensure purity of

THE EUROPEAN WAR A YEAR AGO THIS WEEK

March 27, 1915.

Violent fighting in the Carpa

March 28, 1915.

Russians broke into Hungary and attacked Lupkow and Uszok passes. British liner Falaba sunk by Gernan submarine: 110 lost.

More air bombs dropped on

French pressed Germans hard in

Austrians made gains at several

Attack on Bosporus and Darda

March 30, 1915. Russians stormed mountain rests in Carpathians.

Turkish seaplane dropped bombs on British warship near Darda-

Turkish government promised to protect Christians at Urumiah.

March 31, 1915.

Russians fought way down slope

British steamers Flaminian and Crown of Castile sunk by subma-

planes.

April 1, 1915.

iawka river.

British vessels and airmen shelled

Heavy artillery fighting between

tire front. Moorish rebels occupied Fez and

everal vessels. Allied aviators made numerous raids on Germans on west front. American sanitary experts sailed to fight typhus in Serbia.

INTERESTING BITS

New discoveries of petroleum have

been made in Argentina. In Sumatra the horn of the rhinoc eros is esteemed as a cure for poison, and for that reason is made into drinking cups.

London's exports to the United

\$14,574,000, as against less than \$12,-000,000 for October. Gold-mining companies in South Africa are experimenting with blasting by electricity with a view to mini-

mizing the fine dust, which is regarded as the chief cause of miners' In Serbia every grown man can claim five acres of land from the government, which is exempt from all

chaims of debt. A Philadelphia surgeon is combating diseases peculiar to certain races by transfusing to patients blood from members of other races that seem immune to the maladies.

A miner lowered into a subterranean cavern opened by a miner's blast at Volcano, Nev., some time ago, was unable to discover the ends of the fissure. Stones dropped through the opening could be heard bounding from wall to wall, but there was no sound indicating that they reached the bottom. Sparkling stalactites on the sides of the cavera were revealed by lights lowered through the opening.

The Mississippi river carries more than 1,000,000 tons of material to the Gulf of Mexico every day.

For Oiling Shaftings. There is danger in the oiling of

shaftings. Even though the machinery is stopped, someone is likely to start it before the worker is through with his task. This element of danger is removed through the invention of an oiler, which may be used while the worker stands on the floor, thus obviating the necessity of going among running belts, pulleys and shafts, possibly on a rickety ladder.



Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the effectiveness of the U. S. Navy without adding a ship to it. It took over 8,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama. Efficiency insures against lost motion—it produces the ut-

most service out of equipment and yields the finest product, at

Certain-teed Roofing

is an efficiency product Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and far ahead of the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the pick of the market.

Expert chemists at each mill are employed to select and blend the asphalts, and every roll of CERTAIN-TEED is made under their watchful care.

CERTAIN-TEED resists the drying-out process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalts, prepared under the formula of the General's board of expert chemists. It is then coated with a blend of harder asphalts, which keeps the inner saturation soft. This makes a roofing more pliable, and more impervious to the elements than

the harder, drier kind.

CERTAIN-TEED is made in rolls; also in slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest sky-scraper to the smallest

residence or out-building. CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to ply (1, 2 or 3). Experience proves that it lasts longer.



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Nine kinds of Skinner's products—delicious, healthful food that takes the place of high priced meat dishes—can be cooked 58 different ways. Drop us a postal today asking for full information and a beautiful 36-page recipe book free. SKINNER MANUFACTURING COMPANY The Largest Macaroni Factory in America.

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