

HAVE ROSY CHEEKS AND FEEL FRESH AS A DAISY—TRY THIS!

Says glass of hot water with phosphate before breakfast washes out poisons.

To see the tinge of healthy bloom in your face, to see your skin get clearer and clearer, to wake up without a headache, backache, coated tongue or a nasty breath, in fact to feel your best, day in and day out, just try inside-bathing every morning for one week.

Before breakfast each day, drink a glass of real hot water with a teaspoonful of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phosphate will cost very little at your druggist or general store, but is sufficient to demonstrate that just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the blood and internal organs.

There are times when a woman imagines that she suffers in silence.

Important to Mothers Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. H. J. Fletcher.

Children Cry for Fletcher's Castoria

Seaweed is made into a composition to take the place of bone for handles of cutlery.

GAS, DYSPEPSIA AND INDIGESTION

"Pape's Diapepsin" settles sour, gassy stomachs in five minutes—Time it!

You don't want a slow remedy when your stomach is bad—or an uncertain one—or a harmful one—your stomach is too valuable; you mustn't injure it.

Pape's Diapepsin is noted for its speed in giving relief; its harmlessness; its certain unfailing action in regulating sick, sour, gassy stomachs.

Keep this perfect stomach doctor in your home—keep it handy—get a large fifty-cent case from any dealer and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach all such distress vanishes.

The orange tree is the only one which bears fruit and blossoms at the same time.

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

A method by which all liquors can be solidified into tablet form has been invented by a French chemist.

NAMES ASSISTANTS

LIST OF SUPERINTENDENTS FOR STATE FAIR.

LEGISLATIVE LEAGUE BANQUET

Items of General Interest Gathered from Reliable Sources Around the State House.

Western Newspaper Union News Service. Secretary Mellor of the state board of agriculture has announced the following list of superintendents for all departments of the 1916 state fair: Amphitheatre—J. E. Reynolds, Indianapolis. Auditorium—C. G. Crews, Culbertson, Idaho. Bands—W. W. Cole, Naligh. Boys' Encampment—Charles Strader, Lincoln. Camping Ground—V. Arnold, Verdon. Coliseum—Z. T. Letwisch, St. Paul. Concessions—Hiram Meyers, Lincoln. Feed and Forage—J. H. Harms, Upland. Fish Exhibit—W. J. O'Brien, Greta. Gates—E. R. Purcell, Broken Bow. General—William Foster, Lincoln.



F. C. CROCKER of Filley, prominent stockman and farmer, and president of the State Swine Breeders' association.

Guards—Adjutant General P. L. Hall, Lincoln. Newspapers—Peter Youngers, Geneva. Sanitation—H. Taylor, Waterloo. Tickets—Joseph Roberts, Fremont. Transportation—W. B. Schermernhor, Lincoln. Class A—Horses, L. W. Leonard, Pawnee City. Class B—Cattle, G. E. Hall, Waterloo. Class C—Swine, O. G. Smith, Kearney. Class D—Sheep, W. C. Caley, Creighton. Class E—Poultry, A. H. Smith, Lincoln. Class F—Agricultural products, T. B. Keeble, Minden; assistant, John Haskil, Abie. Class G—Dairy, W. C. Andreas, Beatrice. Class H—Domestic products, Mrs. E. E. Brown, Central City. Class I—Bees and honey, William James, Dorchester. Class J—Textiles, Mrs. J. P. Masterman, Lincoln. Class K—Fine arts, Mrs. Mae Morley, Lincoln. Class L—Educational, Lulu Wolford, Pawnee City. Class M—Machinery grounds, W. B. Banning, Union. Class N—Machinery hall, Jacob Sias, Chasco. Class O—Better babies, Mrs. C. L. LeMay, Osceola. Class P—Speed, H. V. Riessen, Beatrice; assistant, James Lamb, Nelson.

Rural High Schools Multiplying.

State Superintendent Thomas is exhibiting considerable pride in the progress made by rural schools during the past year. In this time 191 new high schools have been established in the country for the exclusive benefit of rural pupils. Twenty-one are schools, nine of which are operating high schools exclusively. Six are county high schools. There are still eighty-four uncompleted consolidations. These will be ready to begin operations next year. The new schools place within the reach of 10,000 rural school children at least ten grades. There have been 160 new rural school buildings built. Forty-three towns and cities have built new high school buildings at a cost ranging from \$15,000 to \$60,000.

Capt. H. E. Yates, formerly commandant of cadets at the university of Nebraska, now stationed at Plattsburg barracks, N. Y., with the Thirtieth infantry regiment of the United States, has been appointed as one of ten American military attaches and observers assigned to posts in different European countries during the great war. He will sail on February 22, to join the American legation at Bucharest, the capital of Rumania, on two years detail.

The Legislative League

Governor Morehead will occupy the toastmaster's chair at the banquet of the Nebraska Legislative league on the evening of February 25, according to announcement made by Henry C. Richmond of Omaha, secretary of the league, Friday morning. Mr. Richmond called upon the governor at his office and obtained his consent to officiate at the head of the speakers' table. The banquet will take place at the Lindell hotel, starting about 6 o'clock. Among those who are expected to talk are John M. Thurston of Omaha, R. B. Windham of Plattsburgh, T. J. Majors of Peru, W. J. Taylor of Merna, John Mattes of Nebraska City and W. R. Patrick of Bellevue. Secretary Richmond hopes also to secure Marsh Elder, the famous populist speaker of the house in the 1881 session, for a toast.

University of Nebraska students through Chancellor Avery have accepted an invitation from the board of publicity to visit Omaha in May for an inspection of the various industries of the metropolis.

Farmers and business men of Sidney are contemplating the construction of a \$50,000 elevator and flouring mill.

Seward has appropriated the sum of \$100 for a public playgrounds, the grounds to be under the supervision of the Y. M. C. A.

Five hundred persons took part in a wolf hunt in the vicinity of Daykin one day recently and six wolves and many hundreds of rabbits were killed. Rushville, Hay Springs and Gordon have virtually entered into an agreement whereby a farm demonstrator will be secured for Sheridan county.

The Burlington road has indicated that it will give Tecumseh a new station this year to take the place of the old frame building it is now using. After running seven blocks to catch a train at David City, Lincoln L. Lott of Rising City fell dead in the depot immediately upon purchasing a ticket to his home.

The plans and specifications for the steel bridge to be built across the Niobrara river at the Parshall crossing, just south of Butte, are ready for bids.

O. M. Edwards of Fairbury has filed for the office of sheriff on the democratic ticket. This makes nine candidates, three democrats and six republicans.

Earl Caddock, the Anita, Ia., grappler, and Cal Wood, the Stanton heavyweight, have been matched for a bout at Hooper, March 7, before the Hooper Athletic club.

William J. and C. W. Bryan are among democratic leaders who have engaged suites at the Clarke hotel at Hastings for use during the democratic state convention there next July.

A cash box containing \$104 in various school funds was robbed by unknown parties at the Norfolk high school just recently, according to announcement made by the authorities.

The fifteen hundred dollar tabernacle erected for the recent revival in Fremont, has been taken over by the Commercial club directors, and will be used as an auditorium for all public meetings.

The Nebraska Gas and Electric company was given a twenty-five year franchise by an ordinance passed by the Blue Springs city council recently. The present franchise expires the latter part of this year.

Office days for Madison County Farm Demonstrator, A. G. George, have been established at Norfolk, Tilden and Madison; where farmers may receive any information or advice they desire.

Federal Judges Martin J. Wade, T. C. Munger and W. I. Smith, sitting as a chancery court in Omaha, granted the Rock Island railroad a temporary injunction restraining the state railway commission from enforcing the 2-cent-a-mile law, thereby giving the road power to raise its intrastate passenger fare to 3 cents a mile.

A total of 2,858 cars of live stock, the second largest number in the history of the South Omaha yards for a single week, were received last week. The record for a single week was made last month, ending January 22, when a total of 2,988 cars were marketed. Cattle receipts for the week were 29,912 head; hogs, 196,445; sheep, 48,724.

Drainage District No. 1 in Richardson county, will soon advertise for \$20,000 worth of excavating to enlarge a ditch near the mouth of the Nemaha river on the Rulo bottom. Some of the land owners on the bottom had brought suit to compel the drainage board to build a levee that was part of the original plan, but had been changed by the board. The court held that the board had a right to make the change and dismissed the suit of the land owners.

The stockholders of the Blue Springs Farmers' Elevator company, who received a dividend of 100 per cent on their stock at their recent annual meeting, are receiving a second dividend of the same amount, making a total of \$50 distributed to each of the eighty-four stockholders since January 1.

Fifty members of the state association of commercial clubs held an enthusiastic convention in Hastings last week. The association went on record as favoring the drafting of a bill for a state highway commission and one for a state publicity fund. Water power development, Missouri river navigation and the drainage undertaking at Holdrege were also given endorsements by the organization. The association will hold their next meeting in Omaha May 24 and 25.

"Jack" Boom, famous trapper and hunter, organized a successful wolf hunt in Center precinct, Cass county, which covered twenty-four sections and in which 400 men participated. The hunters were successful, killing eight out of twelve wolves seen.

Charley Peters used the scissors hold and won in straight falls at Papillion from Fred Schmarder, a heavyweight wrestler, who hails from Louisville. The first fall took seven minutes and the second fall four minutes.

A checking up of the recent revival effort in Fremont shows that a total of 1,115 persons were converted and that a total of \$1,906 was paid Revivalist Rayburn for his work.

The elevators and mill of Holdrege are now 195 cars short of their needs. One elevator has been obliged to stop buying grain several times recently. Since the first of the year there have been fifty-five cars of grain shipped from Holdrege. This is about one-third of the amount that would have been shipped had cars been plentiful.

NEBRASKA STATE NEWS

Citizens of Waco recently celebrated the opening of their new electric light plant.

The Frank Tooley farm, located near Central City, was sold recently for a consideration of \$175 per acre.

The Hastings city council is advertising for bids to be opened March 13th for ten and a half miles of street paving.

A big wolf hunt was held near West Point last week. The ground covered by the hunters was approximately thirty sections. A number of wolves were dislodged and two were shot.

M. E. Crosser, who succeeded F. M. Hunter as superintendent of the Norfolk schools several years ago, has notified the Board of Education that he will not be an applicant for re-election.

Twenty-eight head of horses were shipped in a special palace stock car by express from Bristow to Boston, Mass., recently. This is the first car of horses to be shipped from that territory by express.

The three municipal wells at Falls City were found to be contaminated with surface drainage and decayed vegetable matter, through tests made by the state bacteriological bureau. Probably new wells will be sunk.

A two-section state aid bridge will be constructed across the Platte river at Sutherland early this spring. The cost will be \$20,448. Each section will be 250 feet long. There will be a 1,100-foot fall between the two sections.

A gravel pit which will no doubt prove of great value to the North-western railroad, has been discovered at Bristow. This gravel pit is nearly 100 rods long and 40 rods wide with an average depth of gravel of about thirty feet.

E. S. Davis, for several years postmaster at North Platte, has been succeeded by P. H. McEvoy, administrative appointee. McEvoy's appointment was confirmed by the senate December 17, but his commission has just arrived.

A contract for plans and specifications for the new hotel to be built at a cost of \$200,000 in Fremont has been let. Work of preparing the site for the structure has been started. The building will be either four or five stories in height.

Eugene T. Westervelt, editor of the Scott's Bluff Republican, has announced that he will be a candidate for one of the delegates from the Sixth district to the republican national convention at Chicago. His petition will be filed shortly.

Approximately six hundred dollars will be required for the corn and poultry raising contests to be conducted this summer and to stage the shows to be held next December in Beatrice by the Gage County Crop Improvement society.

Petitions are being circulated at Wynore asking the board of education to call a special election for the purpose of issuing \$45,000 bonds, \$40,000 to be used in the construction of a new school building and the balance to repair the old building.

What was probably the top price for unimproved farm land in Nebraska was paid when Jacob Purbaugh bought 100 acres near Havelock of R. E. Moore of Lincoln. The price paid was \$250 per acre and was a part of an unbroken tract of 1,920 acres.

The operation of the Scottsbluff factory for the year just closed made necessary the handling of more than 10,000 carloads of freight, which is a large factor in making the city of Scottsbluff second to Omaha and Lincoln only in point of freight earnings.

The first racing meet of the New Nebraska Midway racing circuit will be held at the Douglas county fair grounds at Benson, June 8, 9 and 10. Meets will be held at Nebraska City June 13, 14 and 15; Auburn June 20, 21 and 22; Aurora June 27, 28 and 29; and Kearney July 3, 4 and 5.

About one hundred and fifty business men of Columbus attended a banquet recently given by the Y. M. C. A. in celebration of the payment of the last of the building debt and of the deficits that have been accumulating for the past several years. The occasion was the ninth anniversary of the first subscription made for the building of the Y. M. C. A. in Columbus.

Sarpy county wolf hunters, numbering about 100, killed one wolf in their chase a few days ago. The hunters said they saw fifteen big wolves, but the line was stretched out so thin that the animals slipped through and escaped.

Contract has been let for the state aid bridge at Schuyler, between Colfax and Butler counties to the Elkhart Construction Co. of Elkhart, Ind., its bid being \$51,500 for four 175-foot steel spans to be attached to the present six spans.

Fire of an unknown origin destroyed three store buildings at Odell the other day, entailing a loss of about \$14,000.

The crop census of the North Platte Nebraska-Wyoming irrigation project recently completed by the United States reclamation service shows that during the past year 68,130 acres were cropped and a total value of \$1,263,616, or an average of \$18.55 per acre was realized. The most valuable crop was sugar beets, returns showing \$537,641, from 7,372 acres, or \$63.30 per acre.

AILING WOMEN NEED THIS FAMOUS DOCTOR'S PRESCRIPTION

Thousands of women who are now blessed with robust health cannot understand why thousands of other women continue to worry and suffer from ailments peculiar to women when they can obtain for a trifling sum Dr. Pierce's Favorite Prescription which will surely and quickly banish all pain, distress and misery and restore the womanly functions to health.

This prescription of Dr. Pierce's is extracted from roots and herbs in a temperance remedy.

To get rid of irregularities, or catarrhal condition, to avoid pain at certain times, to overcome irritability and weakness, waste no time, but get Dr. Pierce's Favorite Prescription in liquid or tablet form this very day.

Exchanging Views. First boy—My paw says he's sick over paying his income tax. Second boy (proudly)—Well, he ought to be like my paw. He says he doesn't have to pay any.—Judge.

RECIPE FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair, and remove dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not run off.—Adv.

Long in Secret Service. William J. Flynn, chief of the federal secret service, the man responsible for unearthing the alleged foreign spy system, is a native of New York, and, save for six months, has been in the government service since 1897. During 1910-1911 he reorganized the New York detective bureau and then returned to government service. He began life as a plumber, but cherished a desire to be a detective. Soon after being appointed to the secret service he became a division chief and was assigned to the Pittsburgh division. He was transferred to New York in 1900 and later was assigned to the task of safeguarding the Russian and Japanese peace commissioners at Portsmouth.

Perfectly Apparent. "He boasts that he is a self-made man." "He shouldn't. It's unnecessary. Anybody can see that he's not the work of an expert."

Its Mission. "I have bought a new sleepy-hollow chair for the parlor." "Pop, is that for he carpet's nap?"

You may do things as well as others—if you try.

Treading on other people's toes will never get you very far.

Perhaps a man can write a sensible love letter, but he never does.

"ANURIC!" NEWEST IN CHEMISTRY

This is a recent discovery of Doctor Pierce, head of the Invalids' Hotel, Buffalo, N. Y. Experiments for several years proved that there is no other eliminator of uric acid comparable. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, "Anuric" acts quickly. In rheumatism of the joints, in gravel and gout, invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Send Dr. Pierce 10c for large trial package. Full treatment 50c. All druggists.

WOMAN'S WORK IN THE WORLD

Activities of the "Weaker Sex" Prominent Along Practically All Lines of Endeavor.

More women are employed in the manufacture of clothing than any other industry in Pennsylvania. The Duchess of Norfolk has a collection of parasols of all countries, said to be worth \$2,500. Two thousand women will serve as judges and clerks of election in Chicago this year, for which they will receive \$7 per day.

Thousands of women have been thrown out of work in Massachusetts since the operation of the minimum wage law went into effect. The first savings bank was instituted by a woman, Priscilla Wakelield, who inaugurated a bank scheme for the encouragement of thrift among children of Tottenham toward the end of the eighteenth century.

A remarkable translation of Nicholas Statham's "Abridgement of Law," an old English book, which has baffled translators for years, has just been completed by Mrs. Margaret C. Klingensmith, a member of the Pennsylvania bar. It took Mrs. Klingensmith fifteen years to complete the translation, which will be published in the near future.

Had the Evidence. In attempting to carve a fowl one day an American settler found considerable difficulty in separating its joints, and exclaimed against the man who had sold him an old hen for a young chicken. "My dear," said the enraged man's wife, "don't talk so much about the aged and respectable Mr. B.; he sowed the first patch of corn that was planted in our town." "I know that," said the husband, "and I believe this hen scratched it up."



In Building A Highway

you would build for efficient service now and for generations to come.

The "Road to Wellville" is built that way. And the password to that road is "right living," in which food and drink play such a big part.

More and more people are waking up to the need of banishing from the dietary heavy, indigestible foods, and food deficient in the vitalizing mineral salts. Food scientists now hold that the lack of these elements is one of the chief causes of a long list of ills, including anemia, constipation, nervous prostration, kidney trouble, and so on.

Long ago a food—now famous—was devised to make up for this lack, and it does it admirably.

That food is

Grape-Nuts

Made of whole wheat and barley, it contains all the nutrition of the grain, including those vital elements—phosphate of potash, etc.—which are indispensable for perfect balance of body, brain and nerves, and for warding off disease.

This food comes ready to eat, is economical, and delicious. Digests quickly—generally in about one hour—and is full of health-making goodness.

A ration of Grape-Nuts along with other food has started thousands on the "Road to Wellville."

"There's a Reason"