

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-stick, 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 absorbed into 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 real 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 days 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.

The true secret of feminine beauty is to be born pretty.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

The age of reason depends altogether on the man; some men never attain it.

Throw Off Colds and Prevent Grip. When you feel a cold coming on, take LAXATIVE BILGEO'S CHERRY. It removes colds, coughs and grip. Only one. BILGEO'S QUININE. W. J. BROWN'S signature on box top.

Up His Sleeve.

Patience—Looks as if he had some thing "up his sleeve," doesn't he?
Patrice—He has. It's a wrist watch.

Not Gray Hairs but Tired Eyes make us look older than we are. Keep your eyes young and you will look young. After the Movie Murine Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago, Sends Eye Book on request.

Hercules and the Countryman. A countryman was driving his cart along a road filled with ruts when one of the wheels stuck in the mud and the horses were unable to draw the cart out of it. The countryman at once began to call upon Hercules to help him out of his difficulty.

"Put your shoulder to the wheel," said Hercules. "Whip up your horses and help them, for that is the only way to obtain the aid that you want."

They are helped who help themselves.—From the Fables of Aesop, the Slave.

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapepsin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, get this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eruptions of undigested food. Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

Its Kind.

"Is your husband's desire to be an aviator a trial to you?"
"Oh, it is a sour affliction!"

Economies of the Rich.

Knicker—Gasoline is going up.
Bocker—Maybe we can run the car on champagne and drink oil.

NEBRASKA STATE NEWS

August Heldt, chief agriculturist of the Scottsbluff Sugar company, declared while in Lincoln rounding up German-Russian families to work in the beet fields the coming spring, that nearly one hundred families, representing 600 or 700 people, will be employed, the greatest exodus of the kind in the history of Lincoln. He asserted that during the year 1915 more raw product was used by the Scottsbluff Sugar company than any other factory in the United States.

James P. English, district judge, former county attorney and practicing attorney in Omaha for more than thirty-five years and well known over the state, died at his home in Omaha. It was the trial and conviction of Arthur Hauser, murderer of W. H. Smith, which cost the life of Judge English, in the opinion of physicians and friends.

A second quarantine for small pox has been placed recently on the Soldiers' home at Grand Island by City Physician Phelan. The first quarantine was released after the outbreak had been kept down to the one victim. The number of victims cannot be ascertained at this time but is believed to be limited.

William West, a farmer residing in the southwestern part of Furnas county, unearthed an Indian grave on his farm recently and in it found the petrified bones of an Indian. The skull shows a deep concussion. There was nothing metallic found, but there were numerous flint arrowheads and stone battle axes.

While operating a gas engine at Allen, Dave W. Johnson got his right arm caught in the ragged edge of a belt twisting him around the flywheel and whirling him around until his weight stopped a six horsepower engine. His right hand was broken and his hips, back and ankles were badly bruised.

The saloon question will come to a vote in North Platte at the city election, Thursday, April 6. A petition bearing 79 names has been filed with the city clerk asking that the license question be put to a vote. This number of signers is more than enough to force the issue into the city ballot.

Eighty-five new members were added to the enrollment at the Y. M. C. A. at Fremont, as a result of a four days' campaign conducted by the membership committee. This brings the total membership to 719 and the committee hopes to increase the total to 750.

The girls of a club just being organized in the Tecumseh High school entertained their mothers to a banquet recently, 100 being in attendance. The organization of the club is for the improvement of social conditions with the students. A club has also been organized by the boys.

The Madison county seat removal election will be held March 25, according to a decision of the county commissioners. Madison offered no protest to the election, having failed in six weeks' time allotted to shake the Norfolk petition.

A farmers' union, consisting of seventy members has been organized at Holdrege. The union will either buy or build an elevator in the city, and will confine its operations to the buying of grain and selling coal.

The permanent organization of the Farmers' union co-operative grain elevator at Glenville has been effected. The company has a paid up capital of \$5,000 and is organized under the Nebraska co-operative law.

Officers of Company G, Nebraska National Guard of Hastings, have launched a campaign of preparedness. It is hoped by those connected with the movement to fill the company to its full quota.

The safe in the postoffice at Dodge was blown by robbers and loot to the amount of \$600 cash and stamps was obtained. Mall sacks were rifled, but nothing of value was taken from them.

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

Omaha bank clearing for the week ending February 13th made a gain of over \$9,000,000 over the total clearings for the corresponding week in 1915.

Columbus won the state volley ball 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.

With \$40,000 actually subscribed, a new \$100,000 building for the University of Omaha is an assured proposition. Ground will be broken by June and the building will be ready for use next September according to plans of the board of trustees.

As the result of experimenting with a dynamite fulminating cap, Frank Schave, aged 22, of Grand Island, employed by the Kohler hotel as a fireman, is minus an eye and one finger.

Henry Allen, the founder of the village of Allen, and who gave his land for the site of the town, died a few days ago. He was one of the oldest settlers of Dixon county.

Ralph R. Clayton, a schoolboy of Homer, has established a wireless station at his father's place and can pick up wireless messages from Arlington Station, Va.

New Styles in Tailored Suits



One-piece gowns, developed in accordance with the new silhouette decreed by fashion, are quaintly charming, with trim waists, fitted bodies and spreading lines below the waist. It is somewhat difficult to reconcile the modern two-piece tailored suit with this revival of styles which antedated it by many years. It takes clever adaptation, even of the light-weight fabrics for spring, to accomplish tailored suits that do not lose character by conforming to the lines now in vogue.

In the suit shown above, the tailor has met his problems successfully. It is made of gaberdine with a plain full skirt that flares in the approved manner. In the short coat a belt is set in that confines it to the waist at the sides and back and supports a pleatum that ripples about the bottom in defiance of the severity which has been required of tailormades heretofore. But the coat presents a very trim and finished appearance at the front.

where the waist line is unbroken. The sleeves are notably original in cut and are finished with flaring, turned-back cuffs neatly bound with a narrow braid. The same finish outlines the collar that is cut to roll about the neck and is high in the back. There are wide revers and the coat fastens to one side with three buttons that extend from the waist line downward. They are joined to three buttons, set opposite to them on the panel, by narrow braid. Smaller buttons are set on the sleeves and they are further decorated with braid.

Some of the new suits are finished with smart rows of stitching. Novelty buttons and pockets come in for considerable attention, and short caps have the prestige of the favor of Paris to give them assurance. There is variety in everything but outline. Even in this regard the tailormade suit will be allowed a certain degree of indifference to the mode and need not attempt the great amplitude that marks other gowns.

Popular Styles in Utility Blouses



Among the great diversity of styles in new utility blouses offered for spring, those that are meeting with best success are of good materials, well made and rather plain. As in the new lingerie, much reserve as to decoration is noticeable in them, and much attention to good workmanship. This speaks an advance in popular taste which is making itself felt in other directions as well. Even in inexpensive fabrics manufacturers say that consumers demand neat effects, woven-in figures instead of printed ones, and are appreciative of good management of color.

The two blouses shown here are typical examples of moderately priced styles designed for general wear. The blouse at the left is made of fine cotton voile and depends for decoration on plaitings of the voile and hemstitching. It fastens with small pearl buttons and exceptionally well-made buttonholes.

This model is cut with a shallow yoke at the back which extends over the shoulders to the front. The body of the blouse is joined to the yoke with pipings of the voile, and the sleeves, collar and cuffs are set in in the same way. Hemstitching is introduced in the hemming of the knife plaiting, which edges the collar and cuffs, in the hem of the collar and in the front of the blouse. The collar is very wide and supported by wires at the back and neck. It is made close fitting and wrinkles about the neck. The sleeves are long and at the waist line an elastic band is inserted in a half-inch hem. The blouse at the right is of white voile banded with a light color. Blue, tan, rose, and lavender are liked, and maize finds occasional admirers for these bandings. In the blouse pic-

tured here the banding is in a fairly strong shade of blue and is hemstitched to the edge of the collar and pockets and let into the cuffs in the same way.

Hemstitching is featured in this model. All the seams are hemstitched and the collar is set on with it. The back is cut to extend over the shoulders to form the short yoke at the front. A group of fine tucks extends from the neck to the waist line at the back and from the yoke to the line of the bust on each side of the front.

A very simple pattern of dots and scrolls, in blue floss, outlines the pockets and appears on the collar, and a bit of openwork is inserted at the bottom of each pocket.

These blouses are among those which may be bought readymade at prices ranging from two and a half to five dollars. They are machine made but tasteful and practical.

Julia Bottomley

Homemade Spool Holder.

A simple yet handy article to hold the spool when crocheting or sewing may be made from a hairpin. Take a common hairpin and bend the two ends in towards each other. Insert the ends of the pin in the ends of a spool. Slips the head of the pin over a button on your blouse. The spool will turn as the thread is used. There is no tangling of thread or slipping of the spool to the floor.

Russian Coats.

Russian evening coats of rich brocade, with immense borders of fur, are delightful and picturesque garments.

The United States department of agriculture has just published a thirty-eight-page soil survey of Nemaha county, based on the work of the department and the Nebraska soil survey. The county is a heavy corn producer, one acre of corn being grown for every acre of all other crops combined. The report contains an analysis of the various soils encountered in the county. Forty-two per cent of the area of the county is made up of Carrington silt loam, which is considered a good agricultural soil. A fourth of the county is made up of Marshall silt loam, which is said to be the best soil for grain farming. A part of the county is mapped as Knox silt loam. This is almost entirely devoid of organic matter and is sticky. Near Peru and Browning a number of orchards are supported in this soil and grapes do very well on the upper slopes. The remainder of the county was found to consist of alluvial terrace soils of good quality.

County Superintendent A. T. Holtzen, Editor Mitchell of Deshler, editor of the Deshler Rustler, and Paul Gracie are touring Thayer county, advertising the county fair, which will be held this fall at Deshler. This will be the third annual county fair, and motion pictures will be taken by Professor Condra and his assistants.

The total sugar beet acreage constructed for 1916 in the North Platte district is fully 3,000 acres. This is an increase of 1,200 acres over 1915. The territory in which this acreage is located is between North Platte and Sutherland. Very few if any contracts have been made from North Platte east to the county line.

The Rev. P. M. Sisson, pastor of the First Methodist church of Fremont, received 272 new members into his church and baptized 131 at a Sunday morning service recently. This was a record day, both for Fremont and for Dr. Sisson's ministry, extending over a period of forty-two years.

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.

New national guard companies are likely to be installed at Aurora, Schuyler and David City. All of these places formerly had companies, but gave them up two or three years ago. They are anxious now to get the good out of military training and to demonstrate their interest in national defense.

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.

Albert Gerber of Duncan was killed by an explosion of a stick of dynamite held in his hand while breaking up ice at the Platte river bridge one mile south of Duncan. Mr. Gerber had lighted the fuse to the dynamite, but it was short and went off in his hand.

Twelve spans of the automobile bridge across the Platte river at Louisville were torn up by ice floods and the railroad bridge was slightly damaged.

A petition signed by one hundred Beatrice voters has been filed with the city clerk asking the city commissioners to submit the question of licensing saloons to a vote of the people at the city election in April.

Citizens of Sheridan county are making an effort to establish a farm demonstrator in the county. Meetings have been held at Hay Springs, Rushville and Gordon in support of the proposition.

A call has been issued for a special school election on March 14, at Oakland, to vote bonds for \$48,000 to build a new high school building, replacing the one destroyed by fire on December 29.

Three hundred quarts of grape juice was used to quench the thirst of Nebraska lawmakers when they gathered at the annual banquet of the Nebraska Legislative league in Lincoln just recently.

At Brownville about fifty-eight acres of strawberries were raised this season. No other place in the state has as many acres in strawberries as this town in Richardson county.

That a Phelps county fair will be held in Holdrege next autumn was definitely decided by the board of directors of the Phelps County Fair association.

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 Geneva. They also plan on spending \$50,000 on the electric lighting plant at Scottsbluff.

A \$65,000 addition is being planned by the holding company of the Clarke hotel at Hastings. It is expected it have the rooms completed in time for the state democratic convention July 25.

A ferry boat that had been frozen in the Missouri river at Plattsmouth all winter, was carried away when the ice broke up last week. No trace of it has been found.

W. A. Rourke, owner of the Omaha Western League baseball club has made arrangements for the team to train at Beatrice for three weeks starting March 20.

Aurora will soon have a wireless telegraph station as a jewelry store at that place is planning to install one in order to obtain correct time from Washington.

Your First Thought

Should be of Your Health WHY NOT?

It is a priceless possession and deserves utmost care. One of the greatest drawbacks to health is a weak stomach, but this can soon be corrected by careful diet and aid of

HOSTETTER'S Stomach Bitters

It is a reliable first aid

He Was Right.

A man rushed to the entrance of a lunatic asylum in the middle of the night and yelled to the keeper to let him in.

"Let me in!" he cried. "I have suddenly gone insane."

The keeper woke up, thrust his head out of a first-story window and belittled down in a rage:

"What? Come here at this time of night? Man, you must be crazy!"

CLEANSE THE PORES

Of Your Skin and Make It Fresh and Clear by Using Cuticura. Trial Free.

When suffering from pimples, blackheads, redness or roughness, smear the skin with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. These super-creamy emollients do much for the skin because they prevent pore clogging.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

If a woman is homely she tries to persuade herself that she has a classic face.

A heedless woman is fortunate in being able to talk without putting herself to the trouble of thinking.

A Miss is better than a mile. No man would care to kiss a mile.

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 500 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., 285 Grandville Rd., Grand Rapids, Mich.

ADVO JELL THE JELL THAT WHIPS

The most fashionable and popular Table Dessert. Makes your table complete.

Beautiful Decorative Recipes—Delicious, Appetizing, Nourishing and Healthy.

Nothing so delightful for the table or sick room. Seven flavors and colors. At your grocers, or by mail, at \$1.20 the dozen.

McCord-Brady Co. OMAHA

PATENTS Watson E. Coleman, Patent Lawyer, Washington, D.C.

ALFALFA corn, fruit, livestock, pay best in the wonderful Grand Valley. No tomatoes, no foods. E. F. Kiefer, Grand Junction, Colorado.

"IT" CHICK REMEDY prevents White Diarrhea in Baby Chickens. No sick chicks. Sample 10c. Circular, Ben Cox, Box 5, Missouri, Mont.

Nebraska Directory

THE PAXTON HOTEL Omaha, Nebraska EUROPEAN PLAN Rooms from \$1.00 up single, 75 cents up double. CAFE PRICES REASONABLE