

A RIGID Adherence TO SIMPLE HEALTH RULES is really necessary in order to promote and maintain health

The digestion must be kept normal, the liver active and the bowels regular

When Help is Needed—TRY HOSTETTER'S Stomach Bitters

Poisoned by Thousands

(By L. H. SMITH, M. D.)

The victims of auto-intoxication are many thousands every day. By reason of the toxins, or poisons, bred in the intestines, these poisonous bacteria are sent all thru the blood channels and the victim feels tired, sleepy and headachy, or the brain doesn't work as usual.

Equally important is it to cleanse kidneys and bladder, and drinking plentifully of pure water will cleanse them to a certain extent.

many times more potent than lithia, dissolving uric acid as water does sugar.

Dr. Weir Mitchell once said: "What we call diseases are only symptoms of conditions. Allow the man's vitality to be reduced to a certain point, and he is ripe for any of these weaknesses, or certain conditions which we call disease."

Through failure of kidneys to act, through congestion, inflammation, any person's condition is ripe for disease to fasten its hold upon the system.



For PINK EYE

Distemper, Catarrhal Fever, and All Nose and Throat Diseases

Cures the sick and acts as a preventative for others. Liquid given on the tongue is safe for brood mares and all others.

European soldiers carry small flasks of oxygen to revive gas-stricken comrades.

You can cure that cold in a day. Take—



The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects.

TYPHOID

is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination.

Like A Boy at 50 Bubbling Over With Vitality—Taking Iron Did It

Doctor says Nuxated Iron is greatest of all strength builders—Often increases the strength and endurance of delicate, nervous folks 200 per cent. in two weeks time.

NEW YORK, N. Y.—Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was notwithstanding his age.

day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form.

NOTE.—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere.

FOOD PRICES DROP

NECESSITIES OF LIFE SLIGHTLY CHEAPER.

WAITING ON LABOR UNIONS

Gives Labor Unions Time to Draft Substitute for Compulsory Arbitration—Nebraskans for Cadets.

Western Newspaper Union News Service. Lincoln, Neb.—The high cost of living has received a slight jolt in the last ten days: by a fall in cost of some of the necessities of life. Flour has dropped 20 cents a sack; sugar 25 cents, and country and creamery butter 3 cents a pound.

Nebraska Boys for Cadets.

Washington.—Two appointments of Nebraska young men to West Point military academy were made by Representative Reavis, together with the appointment of two alternates.

A cut of \$1,120 recommended for improvements at the Indian school was made by the Indian committee today in its work on the Indian appropriation bill.

WAITS ON LABOR LEADERS

President Will Give Them Time to Draft a Substitute for Compulsory Arbitration

Washington.—Congressional action on President Wilson's railway legislation program probably will await the result of efforts of labor leaders to draft a substitute for all forms of compulsory arbitration, a plan for dealing with strikes, actual and threatened, which will be agreeable to all concerned.

Will Feed Both Nations

London.—An Amsterdam dispatch to the Times says that the Berlin Vossische Zeitung announces that an agreement has been reached between Holland and Germany regarding the exportation of foodstuffs identical to that between Holland and England.

is a Social Necessity

Berlin.—The German government has issued a statement in explanation and justification of the transfer of Belgian laborers to Germany.

Protest Against Deportation.

Washington.—The American government's formal protest to Germany against the deportation of Belgians for forced labor as a violation of the principles of humanity has been made public by the state department.

Two Factions at Work.

London.—Events emphasize the fact that David Lloyd George, the new premier, has split the liberal party into two factions. The new cabinet will command more support from the conservatives in parliament than from the liberals.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.) (Copyright, 1916, Western Newspaper Union.)

LESSON FOR DECEMBER 17

THE HOLY CITY.

LESSON TEXT—Rev. 21:1-7, 22-27. GOLDEN TEXT—Behold, the tabernacle of God is with men, and he shall dwell with them, and they shall be his people.—Rev. 21:3.

As we approach the end of the year, our minds turn from the imperial city, where last we have any authentic record of Paul, to the eternal city in which he has so long resided. In lesson ten we studied Jesus Christ in his resurrection glory, the source of all power, King of Kings and Lord of Lords for the redemption of the human race.

1. The New Heaven and the New Earth (vv. 1-7). John in vision saw the consummation of the work of Christianity, the visible answer to the prayer which Jesus Christ taught his disciples to pray, "thy kingdom come, thy will be done on earth as in heaven."

Important to Mothers EXAMINE carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Watson. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

11. The Coming Light and Glory (vv. 22-27). The intervening verses are a wonderful description of the foundation walls and gates of the city. There will be no temple in that city for it will not be needed.

Summary. What are the lessons for our day from this vision of the new heaven and the new earth? First: That the golden age of the Bible has not yet taken place.

God desires that all men everywhere should repent, and is not willing that any should perish. When the final assize shall have passed, no one will say that God did not give him a chance nor seek to inspire him to a place of eternal joy at his right hand.

Invitation. "And the Spirit and the bride say come, let him that heareth say come, and let him that is athirst come, and whosoever will let him take of the water of life freely."

K C BAKING POWDER

Passed by the Board of Censors

- 1st—The manufacturer with the rigid tests of the laboratory and factory. 2nd—The wholesale grocer with his high standing and desire to handle only reliable goods. 3rd—The retail grocer who desires to handle only those brands he knows will please his customers. 4th—The food officials with their rigid laws for the purity and wholesomeness of food products. 5th—And most important, you, the housewife with your desire for purity, efficiency and perfect satisfaction.

ASK YOUR GROCER — HE SELLS IT

25 Ounces for 25¢ (More than a pound and a half for a quarter)

A floor 14 feet square might be covered with a single ounce of goldleaf.

Anuric cures Backache, Lumbago, Rheumatism. Send 10c. Dr. V. M. Pierce, Buffalo, N. Y., for large trial package.—Adv.

Stop watches which register fiftieths and hundredths of a second have been perfected for accurate timing.

Important to Mothers EXAMINE carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Watson. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

The Chinese have taken quickly to the electric toasters sent from this country.

Ask for and Get SKINNER'S THE HIGHEST QUALITY MACARONI 36 Page Recipe Book Free SKINNER MFG. CO. OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA.

PATENTS Watson E. Coleman, D. G. Advice and books free. Rates reasonable. Highest references. Best service.

Nebraska Directory

RUPTURE CURED in a few days without pain or a surgical operation. No pay until cured. Write Dr. W. H. A. 206 1/2 Ave. 101st, Omaha, Neb.

DEFIANCE STARCH is constantly growing in favor because it does not stick to the iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1/2 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska



THE KING COLE CO. OMAHA FISH, OYSTERS, EGGS, FRESH MEATS WHOLESALE ONLY Send Christmas orders early to insure receiving supply when needed. SHIP your poultry to us. We pay Cash for live poultry. COOK BOOK FREE! Mention this paper.

WANTED 1,000 CARLOADS SCRAP IRON Also Scrap Rubber, Metals, Etc. Write for prices Nebraska Iron & Metal Co. OMAHA, NEBRASKA



PARKER'S HAIR BALM A toilet preparation of merit. It is the most perfect hair dressing. For Restoring Color and Beauty to Gray or Faded Hair. Also, and for itching scalp.

WINCHESTER



"LEADER" AND "REPEATER" SHOT SHELLS

For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND

Canadian Farmers Profit From Wheat



The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near \$2 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops.

