# 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

The Surprise.

"The trouble with scientific management, as the employers understand it," said Samuel Gompers at a labor banquet in New York, "is that it's all to the employer's advantage and all to the disadvantage of the employee.

"The employee is like the lady whose husband said:

"'Learn to cook, darling, and I'll give you a surprise.' "She took a six-month cooking

course and then brought home her diploma proudly. She could now cook like an angel.

"'Bring on my surprise,' she said. "This is it,' said her husband. smiling, and he rang for the cook and discharged her then and there."

The Quinine That Does Not Affect The Head Because of its tonic and laxative effect. Laxative Bromo Quinine can be taken by anyone without causing nerrousness or ringing in the head. There is only one "Bromo Quinine." B. W. GROVE'S signature is on each box. Sec.

The women of Capri have acted as porters for ages, while many of the men sell coral specimens.

A magazine has been patented for carrying an extra load of tobacco along the stem of a pipe.

# Poisoned by Thousands

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

of the toxins, or poisons bred in the sugar. intestines, these poisonous bacteria are Dr. Weir Mitchell once said: "What ter all day and procure a supply of Dr. ease." Pierce's Pleasant Pellets, made of May-

kidneys and bladder, and drinking plen- few years for kidney, bladder, uric acid tifully of pure water will cleanse them troubles, rheumatism, gout, and such to a certain extent. Then obtain at the ailments as follow, and so many cases drug store a little Anuric. This is to both acute and stubborn have yielded be had in 50-cent packages. Anuric to this wonderful remedy that I do not should be taken before meals. It is hesitate to recommend it.—Adv.

The victims of auto-intoxication are many times more potent than lithia, many thousand every day. By reason dissolving uric acid as water does

sent all thru the blood channels and the we call diseases are only symptoms of victim feels tired, sleepy and headachy, conditions. Allow the man's vitality to or the brain doesn't work as usual. The be reduced to a certain point, and he is best treatment for this is to drink hot ripe for any of these weaknesses, or water before breakfast—plenty of wa- certain conditions which we call dis-

Through failure of kidneys to act, apple, leaves of aloes, etc., with no through congestion, inflammation, any calomel, entirely vegetable, which can person's condition is ripe for disease calomel, entirely vegetable, which can person's condition is ripe for disease be obtained at drug stores for 25 cents. to fasten its hold upon the system.

Equally important is it to cleanse Anuric has been tested for the past



Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle, \$5 a dozen. Sold by all druggists, and turf goods houses, or sent, express paid, by the manufacturers. Booklet, "Distemper, Cause and Cure," free.

SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

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

You can cure that cold in a day. Take-CASCARA QUININE

TYPHOID than S mail pox. Army experience has demonstrated the already missessions of the alleady misse

Of Course Not. "This health expert says bad cooking causes more divorces than any-

thing else." "Oh, you can't believe all the experts say. Now, I have it on good authority that cabarets cause more divorces than anything else, yet hardly anybody goes to a cabaret to eat."

## TORTURING SKIN TROUBLES

That Itch, Burn and Disfigure Healed by Cuticura. Trial Free.

Bathe with plenty of Cuticura Soan and hot water to cleanse and purify. Dry lightly and apply Cuticura Ointment to soothe and heal. This stops itching instantly, clears away pimples, removes dandruff and scalp irritations, and heals red, rough, sore hands.

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

Noah Webster was seventy years old before he completed his first diction-

There are 2,390,000 blind persons in

# 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.

man came to me who was nearly half test your strength again and see for a century old and asked me to give yourself how much you have gained. I him a preliminary examination for have seen dozens of nervous run-down life insurance. I was astonished to people who were ailing all the while, find him with the blood pressure of a double their strength and endurance boy of 20 and as full of vigor, vim and and entirely get rid of all symptoms of vitality as a young man; in fact a dyspepsia, liver and other troubles in young man he really was notwithstand- from ten to fourteen days' time simply ing his age. The secret he said was by taking iron in the proper form. And taking iron-nuvated iron had filled this after they had in some cases been him with renewed life. At 30 he was doctoring for months without obtaining in bad health; at 46 careworn and any benefit. But don't take the old nearly all in. Now at 50 a miracle of forms of reduced iron, iron acetate or vitality and his face beaming with the tincture of iron simply to save a few buoyancy of youth. As I have said a cents. You must take iron in a form hundred times over, iron is the great- that can be easily absorbed and asest of all strength builders. If people similated like nuxated iron if you want would only throw away patent medi- it to do you any good, otherwise it may take simple nuxated iron, Isam con- athlete or prize-fighter has won the day vinced that the lives of thousands of simply because he knew the secret of persons might be saved, who now die great strength and endurance and filled every year from pneumonia, grippe, his blood with iron before he went inconsumption, kidney, liver and heart to the affray, while many another has trouble, etc. The real and true cause gone down to inglorious defeat simply which started their diseases was noth- for lack of iron.-E. Sauer, M. D. ing more nor less than a weakened

NEW YORK, N. Y .- Not long ago a | day after meals for two weeks. Then cines and nauseous concoctions and prove worse than useless. Many an

which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test:

See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per life they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed by most druggists. If your druggists or general store is we'hout a supply, ask them to

NECESSITIES OF LIFE SLIGHTLY CHEAPER.

WAITING ON LABOR UNIONS

Gives Labor Unions Time to Draft Substitute for Compulsory Arbitration-Nebraskans

for Cadets.

Western Newspaper Un on News Service. Lincoln, Neb .- The high cost of living has received a slight jolt in the ast ten day: by a fall in cost of some of the necessitics of life. Flour has fropped 20 cents a sack; sugar 25 tents, and country and creamery buter 3 cents a pound. Thtse compariions are taken from the books of a Lincoln grocer. Many consumers are ising hominy and rice as substitutes 'or potatoes. Cereal foods have become popular as substitutes for beans ind potatoes. The little white navy bean still retails at the rate of 15 ents a pound. A year ago they could be bought at the rate of six pounds or 25 cents.

Retailers think that the price of poatoes, sugar, flour, butter and eggs tre due for a further drop in a short ime. Country butter is now coming n in larger quantities from the farms. There is practically no change yet in he cost of fresh eggs. Commission nen are still asking \$12 a case.

Nebraska Boys for Cadets.

Washington.-Two appointments of Nebraska young men to West Point military academy were made by Repesentative Reavis, together with the appointment of two alternates. Dallas D. Swan of Tecumseh was named as one principal and Harold F. Holtz, of Lincoln, as his alternate, also Arthur Finley Fuller of Pawnee City as prinsipal and G. H. Kier, Lincoln as first ilternate. Entrance examinations are to be held next March. The cadets will enter the academy in June.

A cut of \$1,120 recommended for improvements at the Indian school was nade by the Indian committee today n its work on the Indian appropriation bill. The appropriation approved was for \$81,200.

WAITS ON LABOR LEADERS

President Will Give Them Time to Draft a Substitute for Com-

pulsory Arbitration Washington. - Congressional action on President Wilson's raffway legisation program probably will await the result of efforts of labor leaders to draft a substitute for all forms of compulsory arbitration, a plan for lealing with strikes, actual and threatsned, which will be agreeable to all concerned. The determination of the president to undertake making impo sible such a situation as he faced last September in the railroad dispute aroused all branches of labor to the greatest activity. The unofficial altlance between the American federation of labor and the four railway protherhoods arranged for the purpose, among other things, of opposing 'dangerous legislation," is bearing its first fruit in conference between representatives of both organizations for the purpose of drafting a plan that will shelve all compulsory arbitration

Will Feed Both Nations

London. - An Amsterdam dispatch to the Times says that the Berlin Vossiche Zeitung announces that an agreement has been reached between Holland and Germany regarding the exportation o. foodstuffs identical to that between Holland and England. The correspondent says that it is really, if not technically an agreement between Germany and England whereby both may obtain food from Holland. The Times correspondent interprets this as meaning that Dutch ships carrying food to England will not be molested by German submaines or seized by destroyers.

Is a Social Necessity

Berlin. - The German government has issued a statement in explanation and justification of the transfer of Belgian laborers to Germany. It says the measure is by no means a hardship for the laborers, but is a social necessity.

Protest Against Deportation. Washington-The American govern-

ment'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. It was in the form of a note, cabled to Charge Grew at Berlin with instructions that he seek an interview with the German chancellor and read it to aim, and was given out by the department with the terse comment: "The interview has taken place."

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. The liberal conference pledged itself to support the new government, but the old party leaders will occupy in the house of commons a place of friendly opposition and criticism. Nearly all the antagonism the new administration is meeting comes from members of the liberal party.

# INTERNATIONAL ESSON

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LESSON FOR DECEMBER 17

THE HOLY CITY.

LESSON TEXT-Rev. 21:1-7, 22-27. GOLDEN TEXT-Behold, the taber-nacle 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. In Lesson 11 we studied the glorified Christ who is actually working through his churches as the representatives of his kingdom upon earth. The succeeding chapters describe in symbols and pictures the discipline and training of God's people during the long generations that followed. In the lesson for today, we have a vision of the final triumph of Christianity when it shall have accomplished its work of redemption in this world.

I. The New Heaven and the New Earth (vy. 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." Heaven, as well as earth, has been invaded and polluted by sin, but both alike are to be made new. (I Peter 3:10, 11, 13). The true Jerusalem, of which Solomon's was but a type, is of heavenly and divine origin. It comes down out of heaven from God. We know nothing of the inhabitants of the universe of which we are a part, but here we have some scriptural indication of that place where God's children are to be with him eternally. The kingdom of God is among you, but it is eventually to be with God and Jesus in a peculiar and beautiful way. John's announcement came from out of heaven and out of the throne. (1) It was a tabernacle of God with men; rather he shall tabernacle with men. He is to pitch his tent among us (John 1:14 R. V. marg.) It is to be done eventually and permanently. This dwelling of God among us lies at the foundation of the blessedness and glories which are to follow. (2) They shall be his people. Israel had been his people; all nations are to be his people in the fullest sense. (6) God himself shall be with them, not only personally. (4) He shall be their God, acknowledged in all his infinite claims, and he to them all that God is of love, power, wisdom, holiness and glory. (5) He shall wipe away every tear from their eyes. There will not be a single grief or heartache, unsatisfied longing or tear, for God shall wipe them away, and they will stay wiped away. (6) Death shall be no more. Of all the enemies, death is the last one which shall be taken from the earth. It is sweet to know that this last enemy is to be conquered. (7) There shall be no mourning, crying or pain any more. Every sorrow, agony, remorse, gloom, disappointment gone forever; death, tears, mourning all

great and glorious promise. (See I Cor. 15). II. 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. Instead of the temple which stands for the temple of earth there is to be the presence of God, himself, but the lamb is also in the midst of it. Nothing can more forcefully impress upon us the deity and preeminence of Jesus Christ, the atoning lamb, slain before the foundation of the world. This city is to be a city of light and glory. It will not be an illumination by gas nor electricity, for

passed away. It is hard for us to com-

prehend the majesty and sweep of this

the glory of the Lord shall lighten it. 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. There are better times to come than anything the world has yet seen. Second: We have here the positive assurance of the success of our leader and the victory of Christianity in its conflict with evil. Third: The golden ideal of heaven is the means by which we can test our daily lives and the whole course of our conduct. The question we should constantly ask is, "Are we going to this heavenly ideal?" Fourth: The gates of that city are open; an angel is at each gate, and shall keep out all evil. 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.

Again there is to be federation of the forces of good. Today we too often find Christian people divided. 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."

# KC 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

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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.—

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is constantly growing in favor because is Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 os. package 10c. 1/2 more starch for same mosey. DEFIANCE STARCH CO., Omaha, Nebraska



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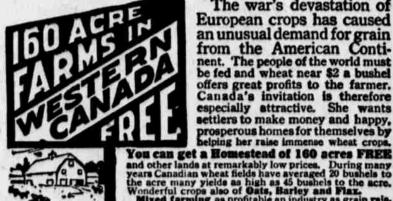


W. N. U., LINCOLN, NO. 51--1916.



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BE SURE TO ASK FOR THE W BRAND



from the American Conti-nent. 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 belping her raise immense wheat crops. You can get a Homestead of 160 acres FREE You can get a Homestead of 160 acres FREE and other lands at remarkably low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley and Flax.

Mixed farming as profitable an industry as grain raising. The excellent grasses full of nutrition are the only food required for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent.

Military service is not compulsory in Canada, but there is an extra demand for farm labor to replace the many young men who have volunteered for the war. The Government is urging farmers to put extra acreage into grain. Write for literature and particulars as to reduced railway rates to Bupt of Immigration, Ottawa, Canada, or

The war's devastation of

W. V. BENNETT Room 4, Bee Bidg., Omeha. Neb

