Glass of Water Before You Eat Any Breakfast

Wash poison from system each morning and feel fresh as a daisy.

Every day you clean the house you live in to get rid of the dust and dirt which collected through the previous day. Your body, the house your soul lives in, also becomes filled up each twenty-four hours with all manner of filth and poison. If only every man and woman could realize the wonders of drinking phosphated hot water, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

Everyone, whether sick or well, should drink each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.—Advertisement.

Washing Won't Rid Head Of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

Do this tonight, and by morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.—Advertisement.

TOO WEAK TO FIGHT

The "Come-back" man was really never down-and-out. His weakened condition, because of over-work, lack of exercise, improper eating and living demands stimulation to satisfy the cry for a health-giving appetite and the refreshing sleep essential to strength. GOLD MEDAL Haarlem Oil Capsules, the National Remedy of Holland, will do the work. They are wonderful! Three of these capsules each day will put a man on his feet before he knows it; whether his trouble comes from uric acid poisoning, the kidneys, gravel or stone in the bladder, stomach derangement or other ailments that befall the over-zealous American. Don't wait until you are entirely down-and-out, but take them today. Your druggist will gladly refund your money if they do not help you. 25c., 50c. and $1.00 per box. Accept no substitutes. Look for the name GOLD MEDAL on every box. They are the pure, original, imported Haarlem Oil Capsules.—Advertisement.

TODAY'S BEAUTY TALK

You can make a delightful shampoo with very little effort and for a very trifling cost if you get from your druggist a package of canthrox and dissolve a teaspoonful in a cup of hot water. Your shampoo is now ready. Just pour a little at a time on the scalp and rub briskly. This creates an abundance of thick, white lather that thoroughly dissolves and removes all dandruff, excess oil and dirt. After rinsing, the hair dries quickly, with a fluffiness that makes it seem heavier than it is, and takes on a rich luster and a softness that make arranging it a pleasure.—Advertisement.

To Make Skin Clear

Don't worry about skin troubles. You can have a clear, clean complexion by using a little zemo, obtained at any drug store for 25c, or extra large bottle at $1.00.

Zemo easily removes all traces of pimples, black heads, eczema, and ringworm and makes the skin clear and healthy. Zemo is neither watery, sticky or greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable.

Zemo, Cleveland.

Yale Locks and Hardware

James Morton & Son Co.
"The Hardware People"
1511-13 Dodge Street.

NUXATED IRON

$100.00 FORFEIT

increases strength of delicate, nervous run-down people 50 per cent in ten days in many instances. $100 forfeit if it fails as per full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it. Sherman & McConnell Drug Stores always carry it in stock.

BRIEF CITY NEWS

"Townsend's for Sporting Goods."

Lighting Fixtures—Burgess-Granden.

Have Root Print It—Now Beacon Press.

Dr. Stokes removed to 474 Brand. The.

Investment, income $60 per mo; price $3,500. Ask Dumont, Keeline Bldg., for particulars.

"Today's Movie Program" classified section today. It appears in The Bee EXCLUSIVELY. Find out what the various moving picture theaters offer.

John Bell Bound Over—John Bell, arrested for snatching a purse containing $17, the property of Harry Johnson, was bound over to the district court with bonds fixed at $1,000.

Hall and Owens Fined—Charles Hall of Kansas City and William Owens, 2009 Chicago street, arrested for the theft of a suitcase from the Paxton hotel, were fined $50 and costs in police court.

Faker is Jailed—F. H. Mullen, charged with fraudulently obtaining aid through secret fraternity badges and receipts, was sentenced to sixty days in the county jail. R. V. Cole was the complaining witness.

Clerk Cops Receipts—Sam E. Smith, merchant at 2213 Meredith avenue, reports to the police that Tuesday afternoon his clerk locked up the establishment and disappeared with the day's receipts, amounting to $15.

Held Until After Inquest—Charles Farmer, colored, arrested on suspicion of having fatally stabbed S. F. Victor, laundryman in an altercation over a bill, will not be arraigned on the charge until after the coroner's inquest which will be held this afternoon at 2 o'clock.

Railroad to Enlarge Yards—The Missouri Pacific has purchased two more lots from the Storz Brewing company, north of Grace street, for the purpose of enlarging its north yards. The additional lots will make room for seven more tracks, which will enlarge the car capacity by 300.

Weather in January—Temperatures for the month of January averaged 3.2 degrees below the normal. The total snowfall for the month was 10.2 inches which makes an excess over the normal precipitation of 1.55 inches. The sky was clear on ten days, cloudy twelve days and partly cloudy nine days.

Want Neal Baker — Cornelius A. Baker, better known as Neal Baker, is being sought by the Omaha police, who have received word from Elba, Neb., that his brother, Frank Avery Baker, has been stricken with paralysis and will be taken to St. Francis hospital at Grand Island. Cornelius Baker is believed to live somewhere on West Cuming street.

Commercial Club Committees for Year Announced

The standing committees of the Commercial club for the current year as announced Tuesday following their approval by the executive committee are as follows:

BANKING AND FINANCIAL AFFAIRS
Thomas H. Fry, chairman.

W. R. Adair	W. A. C. Johnson
W. T. Auld	C. J. Lyon
Fred R. Baker	John L. McCague
Frank Boyd	O. H. Menold
D. H. Christie	C. S. Montgomery
F. W. Clarke	R. C. Peters
J. F. Coad	A. L. Reed
J. J. Fitzgerald	E. V. Svoboda
W. A. Fraser	C. O. Talmage
John C. French	C. T. Kountze
F. T. Hamilton	W. E. Rhoades
Ward Hildreth	A. L. Schantz

FINANCE.
Casper E. Yost, chairman.

Randall K. Brown	John L. McCague
Thomas A. Fry	J. A. Sunderland

GOOD ROADS.
Clarke G. Powell, chairman.
J. E. George, vice chairman.

G. H. Brewer	Louis Keller
W. B. Cheek	Guy Liggett
H. M. Christie	John Lionberger
A. J. Cooley	T. J. O'Brien
H. S. Daniel	Edson Rich
P. H. Dearmont	Henry G. Pike
Arthur English	S. A. Searle
C. L. Gould	Willis Todd
B. W. Jewell	J. D. Weaver
George W. Johnson	F. A. Wells
Arthur Keeline	

GRAIN INTERESTS.
N. B. Updike, chairman.

C. L. Babcock	A. D. Marriott
J. T. Buchanan	J. J. Mellick
J. A. Cavers	Barton Millard
J. H. Conrad	F. W. Thomas
C. C. Crowell, jr.	E. S. Westbrook
C. J. Lane	J. H. Wright

HOUSE.
J. F. Prentiss, chairman.
Ray C. Wagner, vice chairman.

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Dr. W. J. Bradbury	C. C. Sadler
F. A. Cressey	J. V. Starrett
E. W. Dooley	H. S. Tyler
C. B. Erb	J. T. Wachob
John M. Gilchrist	

MANUFACTURERS.
F. S. Knapp, chairman.
R. W. Besley, vice chairman.

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J. L. Baker	E. A. Higgins
W. L. Burgess	F. S. Knapp
G. W. Clabaugh	W. J. Monaghan
W. H. Clarke	F. K. Vierling

PUBLIC AND MILITARY AFFAIRS.
H. H. Baldrige, chairman.
W. D. McHugh, vice chairman.

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W. F. Baxter	L. M. Lord
Norris Brown	John I. McCague
John C. Cowin	Fred Metz
James C. Dahlman	J. H. Millard
J. H. Dumont	A. L. Mohler
F. L. Haller	A. H. Murdock
Frank Hamilton	Victor Rosewater
George L. Hammer	G. W. Wattles
George H. Harries	John R. Webster
G. M. Hitchcock	John T. Yates
G. W. Holdrege	

RETAIL TRADE.
L. C. Nash, chairman.

Charles Beaton	Joseph Hayden
O. E. Berg	P. B. Myers
A. T. Benson	W. P. Negle
Charles E. Black	Robert Rosenswelg
George Brandeis	W. W. Fisher
D. S. Clark	E. O. Furen
J. J. Cameron	Vincent Vacek
T. L. Combs	Edward E. Wise
Charles R. Courtney	George Wilson
Albert Edholm	

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J. S. White, vice chairman.

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H. M. Christie	Watson Townsend
J. W. Gamble	R. W. Perkins
W. L. Holzman	E. T. Swobe
Frank J. Hughes	Victor White
E. J. McVann	A. S. Williams
J. W. Metcalfe	

WATER POWER DEVELOPMENT.
Charles R. Sherman, chairman.

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N. P. Fell	Joseph Polcar
Charles Harding	Roy N. Towl
H. A. Jacobberger	Harry Ryan
C. G. McDonald	W. H. Thomas
Charles W. Martin	W. R. Watson

Now Feels Entirely Well.

Those who have headache, rheumatism, stiff and swollen joints or any other symptoms of kidney trouble will be interested in a statement from A. H. Francis, Zenith, Kan., who writes: "I had a severe pain in my back and could hardly move. I tried several remedies with no results. I took about two-thirds of a 50c box of Foley's Kidney Pills and now feel entirely well." Middle-aged and older men and women whose kidneys are weakened find these safe pills give relief from sleep-disturbing bladder ailments. Sold everywhere.—Advertisement.

Woodin Elected President.

NEW YORK, Feb. 2.—William H. Woodin of this city, a director and assistant to the president of the American Car and Foundry company since 1902, was elected president of that company today by the Board of Directors, to succeed Frederick P. Eaton, who died last week.

SON KILLS FATHER WHO BEATS MOTHER

Eddie Soudonka, Eighteen-Year-Old Cripple Shoots Parent in South Side Home.

END OF SERIES OF CRUELTIES

Coming to the aid of his mother, who had been the object of a brutal attack on the part of his drunken father, Eddie Soudonka, 18-year-old cripple, son of Mr. and Mrs. Frank Soudonka, 4123 South Fortieth street, shot and killed his father at their home at 8:10 o'clock Tuesday evening.

The murder was the culmination of an assault on all members of the family by the father, who returned home shortly after 7 o'clock after a day of dissipation. The crippled boy, according to the story told at the house was the first object of ridicule and was ordered from the home.

Later, another son, Joe, 20 years of age, delivery boy at the grocery store of Fred Hansen, Thirteenth and Vinton streets, who had just arrived home from work and was preparing to eat supper, was ordered from the table. Here the mother interfered and the assault began.

Youth Runs for Weapon.

As the father raised a tin bucket with which he was beating his wife in the face for another of many blows, Eddie, to whom the situation had become intolerable, rushed into the bedroom and securing a 32-caliber revolver fired two shots in quick succession at his father. One took effect just above the heart and the other entered the left arm. The parent died almost instantly.

The family consisted of six persons, the third son being 14 years of age, a delivery boy for a West L street grocery store. At the time of the shooting he was attracted to his home from a nearby skating pond by the passing of the ambulance. A daughter, Elizabeth, 14 years of age, graduated only last week from the Lowell school, entering high school for the first time Monday morning.

Eddie, the crippled boy, sustained his life injury in a fall down an elevator shaft at the Cudahy Packing plant a little over a year ago. At the time he was working in the tin shop. Two suits against the packing company brought by the father, are still pending in supreme court, one for $10,000 and another for $2,417. No decision has as yet been made in either.

Two years ago the little family, through the faithfulness of the two brothers, Eddie and Joe, were able to erect a new home in which they now live. All but $400 has been paid on this house. The father was 53 years of age. They have lived the greater part of their lives in Omaha, the boys being well known for their trustworthiness.

Bed clothing soaked with blood from the mother's wounds and a lot of tinware, bent to unrecognizable shapes, which the father used in beating his wife, were brought to the police station as evidence. The boys were given a bed and made comfortable in the upstairs of the police station. Mrs. Soudonka is 43 years of age.

It is said that the dead man for many years had been irresponsible and had not contributed to his family's support. Deputy Coroner Larkin took charge of his body.

Builders' Exchange Members at Banquet

One hundred and fifty men and women, members of the Omaha Builders' exchange, and their wives, attended the annual banquet of that organization Tuesday night at the Commercial club rooms.

A big stage had been constructed at one end of the dining room, where the speakers, the musicians and the actors of the funny sketches and skits operated.

Charles E. Black was the toastmaster. Richard L. Metcalfe gave a discussion of the Mexican situation, predicting that Mexico will soon quiet down and will be a great field of opportunity for Americans with little capital, but large character and integrity.

John Latenser, jr., spoke on the architect and the contractor. He declared the architect and the contractor bound together for a lifetime and gave a general talk along the line of co-operation of the two crafts.

Robert Vierling, the 5-year-old son of Frank Vierling, was all ragged up for a Charlie Chaplin, and made one of the big hits of the evening. Musical selections, interpretative dancing and funny sketches formed the rest of the program.

COLD WEATHER DOES NOT CUT DOWN LIVE STOCK RUN

Contrary to expectations, the cold weather is not cutting down the shipments of live stock from the feed lots and yards out in the state. The Northwestern brought in 166 cars of hogs and cattle for the South Omaha market.

It is asserted that out in the state where farmers and feeders put the cattle into the lots early, they have taken on flesh more rapidly than in former years and that now they are in prime condition.

For Piles

A Free Trial of Pyramid Pile Treatment Will Be Just Like Meeting a Good Old Friend.

The Glad Hand To Pile Sufferers

Have you tried Pyramid? If not, why don't you? The trial is free—just mail coupon below—and the results may amaze you. Others are praising Pyramid Pile Treatment as their deliverer—why not you? Mail coupon now or get a 50c box from any druggist anywhere. Take no substitute.

FREE SAMPLE COUPON
PYRAMID DRUG COMPANY
556 Pyramid Bldg., Marshall, Mich.
Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper.
Name.....
Street.....
City..... State.....

Solomon Stages a Real Comeabck on Skates for His Sons

E. G. Solomon candidate for county treasurer, and now chief deputy in the treasurer's office, was an expert skater more than a quarter of a century ago. Although in the last twenty-six years he had not been on the ice, he many times told his three sons what a crack fancy skater their "dad" used to be.

"Why," he would say, "down where such and such a building is now there used to be a pond and I used to write my name on the ice and do all kinds of tricks and outskate them all."

Then the present skating fad came along and the boys decided it would be a good time to call the "old man's bluff."

"Just come over here to Turner park and show us those skating tricks and see if you can beat us," they said.

Though fearing that the jig was up, Mr. Solomon finally consented to let the boys provide him with a pair of skates and proceeded to Turner park pond. He will never tell anyone how much he dreaded the ordeal.

Mr. Solomon fastened on his skates and got onto his feet. He started to stroke.

Then the boys laughed loudly.

They were tickled to death with the fancy capers which their father cut. For it was all true. He was an expert skater in his youth, and it all came back to him when he got onto the ice once more. He beat the boys just as he had said he would.

JAP TRIES AMERICAN CON GAME ON MEX; GETS FINED

M. Omaka, a Jap, was fined $50 and costs in police court for swindling S. Martinez, a Mexican, out of the latter's savings. Omaka, it was asserted, received money from Martinez in promise of employment at Sioux City. Martinez went to Sioux City, found he had been trimmed and, returning to Omaha, brought Omaka to the station, after running across him on the street.

SWEDISH TENOR OF CHICAGO ARRIVES FOR HIS CONCERT

Joel Mossberg of Chicago, Swedish tenor, is at the Rome hotel. He will sing this evening at the Swedish auditorium in connection with local Swedish singing societies.

Averill Harriman to Pay Omaha Visit

William Averill Harriman of the Union Pacific board of directors is enroute to Omaha from New York in the private car, Arden. He is expected to reach here Friday morning. It is not known whether he will make an extended visit or go west.

FIELD ENGINEER TAKES DAY OFF TO TAKE A BRIDE

James Miller, field engineer in the public improvements department, asked the boss for a day off when he reported for work this morning. He confided his thoughts to I. W. Zimman and Edward Riesbol, fellow workmen, who accompanied him to the court house, where he took out a marriage license, giving the name of Bettie Strawm as the young woman whom he expected to make his wife this evening.

His friends aver the affair was a leap-year proposal, but as to that Mr. Miller will not commit himself.

The bride has been a stenographer in an Omaha office for some time.

Ouch! Lumbago! Rub Pains From Sore, Lame Back

Rub Backache away with small trial bottle of old "St. Jacob's Oil."

Back hurt you? Can't straighten up without feeling sudden pains, sharp aches and twinges? Now listen! That's lumbago, sciatica or maybe from a strain, and you'll get relief the moment you rub your back with soothing, penetrating "St. Jacobs Oil." Nothing else takes out soreness, lameness and stiffness so quickly. You simply rub it on your back and out comes the pain. It is harmless and doesn't burn the skin.

Limber up! Don't suffer! Get a small trial bottle of old, honest "St. Jacobs Oil" from any drug store, and after using it just once, you'll forget that you ever had backache, lumbago or sciatica, because your back will never hurt or cause any more misery. It never disappoints and has been recommended for 60 years.—Advertisement.

What is a farmer's wife?

Is she a drudge? Does each day bring her nothing but grinding, humdrum toil—each night nothing but numb exhaustion? It used to be so.

That's why thousands of women who loved the thought of farm life have shrunk from its realities.

But to-day they're helping farm housewives to make work easier, home cheerier, and a woman's life on the farm really worth living.

Read, for instance, how Iowa is Reaching Her Women,

in this week's issue of

The COUNTRY GENTLEMAN

The Country Gentleman is published for the whole farm family. Many of its pages are devoted every week to giving pleasure and practical help to the woman, the mother, the housewife. This week it contains:

Diana of the Moorland
By LOUIS TRACY, Author of "Wings of the Morning."
—the first part of a wholesome romance that every woman will dote on.

Six Rooms and a Bath
—a bungalow plan that gives much comfort and convenience for little money.

A Start With Turkeys
—showing that they aren't so hard to raise after all—if you know how.

Pansies in Winter
—one of several articles about every woman's friend—her flower patch.

Beans Once a Week
—how to serve them ten delicious ways—the week's page of recipes.

Going to School at Home
—an inspiring kindergarten talk, the first of a series for farm mothers who want to teach their own children.

The Winter Social
—getting the men interested—one of the regular pages about Good Times on the Farm.

Money in Their Pockets
—about a club sale of plants that netted a neat sum.

And all these *in addition* to the usual articles and departments devoted to the farmer and *his* work, such as:

The Idaho Idea in Potatoes
—making the big potatoes sell the little ones.

Lime for Legumes
—when, where and how to use it.

A Venture in Cold Storage
—how it was done and what it accomplished, in terms of apples.

And the regular pages:
—National Farm Progress, Power on the Farm, The Business of Dairying, Live Items About Livestock, Good Methods in the Field, Farmers of Tomorrow, The Market Garden, Commercial Fruit Growing, The Poultry Calendar, etc.

out to-day

5¢ from any news dealer or boy agent