

Never say "Aspirin" without saying "Bayer." WARNING! Unless you see name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 21 years and proved safe by milions for $\begin{array}{lll}\text { Colds } & \text { Headache } & \text { Rheumatism } \\ \text { Toothache } & \text { Neuralgia } & \text { Neuritis }\end{array}$ Earache Lumbago Pain, Pain Accept only "Bayer" package which contains proper directions.


What Kind of a Day
Do You Wish Yourself?
Suppose you could make a wish at the
breacfast table and finaly have the wiah come true. Would you aay, "I want this to bo a good day
anting tor this day to drag alongr? If ou keep on wishing your cays with the food you eat, fandly the wish is liluely to come
true. Grape-Nuta halpo your wiah for a good day.


There is a charm of favor and crispones In Cripe- Nuts shat is the the theatfast tuhle-

And Grape-Nuts, with cream or milk (freesh
 elements which Nature requires - building strength without any "heaviness.

Grape-Nuts is the perfected goodness of -ready to eat from the package. A Grape-Nuts
"There's a Reason"
Sold by all grocers






Aches, pains, nervousness; diffi-
culty in urinating, often mean culty in urinating, often mean
serious disorders. The world's
standard remedy for kidney, liver, standard remedy for kidney, liver,
bladder and uric acid troubles-

## COLDMEDAL CADLEMOL


$\qquad$

month, Julls Petersen, hardware deal.
er of Blair, is closing out his business,
Oit
Other frims are sald to be planning
similar action.
The city of Alma has bought a 100
horsepower engine and generator to
be added to the present equipment.
Republican CIty and Naponee will run
Republlcan City and Naponee will run
transmission lines here.
John M. Materen state superintend-
ent, in a bullettn issued, suggests that


|  | recently received his uppointment. <br> Several farmers living in the vicinity |
| :---: | :---: |
| The Lincoln Telegraph and Tele- |  |
| company expects to move in | of Shelton report the loss of horses |
| new $\$ 100,000$ building erected | from the corn stalk dis |
| raska city in the next few | Horth, who has been feeding corn fod- |
| e Central Nebraska Poultry |  |
|  | e ho |
| ,k, December 12 to 16 | The c1 |
| The newly elected Red Cross nurse | Loup City, was entered by burglars |
|  | about 150 sults taken. The loss |
| county visititig all the schools and |  |
| ccing the | r |
|  |  |
| ernor at the democratic primaries. Governor McKelvie's special board | of sixteen he turned finto a field of |
|  | L. M, Muck, a blind man, College |
|  |  |
| nistrative code law, resumed its | field agent for the relief of the blind. |
| the senate chamber after a week's | His salary will be $\$ 100$ a month and |
| rest, Chairma | mining their con- |
| th |  |
| decined to speeifif |  |
| state its nature. | intell |
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| Zanuary and will carry with them the |  |
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| the Sidney cham |  |
| 3 | a live wire, by agreelng to pay him |
| Jannary, 1023. <br> The Nebraskn Rhodes scholarshlp |  |
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| arge M. Spurlock of York, and a | st indilyidual |
| were 17 applicants, By the | Jersey cattle at the national darry |
| ock will | sh |
| ford university, Eng |  |
| 1922, and will recelve |  |
| ars. He |  |
| spuriock was born at Plat | - |
| 15. 1900, and |  |
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When a Federal Bureau reminds you that children should not drink coffee or tea-why not think of your own health?

The Federal Bureau of Education includes achool children, the warning that children should
not drink coffoe or tea

The reason is well known. Coffoe and tee contaln drugs which stimulato and often overThe harm is by no means confined to chil,
If health is valuable to childhood, it is valuuntil bodies grow up, is it worth taking a chance
with health when bodies have grow odies have grown up? You can have that delicious and satisfying
cereal beverage, Postum, with any meal, and be safe-you, and the children, too. There's charn
without harm in Postum.
2-5 =


The road to health is a good road for anybody to follow

