

**THE "PRUDENT MAN" IS NEVER OUT OF A JOB AND WITHOUT MONEY IN THE BANK**



Regrets won't bring back the money you have extravagantly spent. One sure friend to the man in trouble is MONEY in the bank.

But the man who banks his money is the man who gains the confidence of his employer and holds his job. Money in the bank also means CREDIT and CONFIDENCE. No man can afford not to have the confidence of his fellow men.

Make OUR bank YOUR bank.

## First State Bank

ALLIANCE, NEBRASKA

ON TO CRAWFORD SECOND ANNUAL

## TRI-STATE FAIR AND RACE MEET

Thursday, Friday and Saturday

Sept. 9, 10 and 11, Crawford, Nebr.

CASH PREMIUMS AND PRIZES

Money talks at Fairs and Race Meets

Races First Day \$ 700.00  
Races Second Day 750.00  
Races Third Day 1,000.00

### PREMIUMS

On all classes of HORSES 250.00  
On all classes of CATTLE 200.00  
On all classes of HOGS 50.00  
On all classes of SHEEP 50.00  
On all classes of POULTRY 35.00  
On all classes of AGRICULTURE 150.00  
On all classes of FINE ARTS 50.00  
On all classes of CULINARY 50.00  
SPECIALS 750.00

\$4,035.00

3 BIG BRASS BANDS. MUSIC DAY AND NIGHT  
2 Balloon Ascensions Daily

## NEBRASKA STATE FAIR

SEPTEMBER LINCOLN 678,91011

DeLloyd Thompson | Barney Oldfield  
The TUMBLE BUG OF THE AIR | The SPEED DEMON

AUTOMOBILE RACES | HORSE RACES

FRIDAY AND SATURDAY SEPTEMBER 6, 7

SEPT. 10 & 11

FINISHED PRODUCTS IN HUMAN ANIMAL & VEGETABLE LIFE

## International Dry Farming Congress

Denver, October 4th to 7th

## International Soil Products Exposition

Denver, September 27th to October 9th

The City of Denver is in the center of a region whose acres are steadily increasing in value, due to the better knowledge of farming these lands. This Congress teaches that drouth can be conquered and crop yields increased in all regions of deficient or irregular rainfall and that these lands are becoming the permanent solution of the live stock and dairying business; the discussions will cover farm soils, tillage methods, crops and breeding, forestry, live stock and dairying, farm management, farm education and the farm home.

The Soil Products Exposition, lasting two weeks, will be the greatest exhibit of farm crops ever given in America.

Denver, with its summer attractions, and its nearness to attractive mountain resorts, Estes Park, Colorado Springs, Manitou and a hundred others, offers a delightful vacation tour, in connection with this Congress.

J. KRIDELBAUGH, Ticket Agent, Alliance, Neb.  
L. W. WAKELEY, General Passenger Agent,  
1004 Farnam Street, Omaha, Nebraska



## PROCEEDINGS OF THE COUNTY COMMISSIONERS

(Continued from last week)

190 Glim Elay Ass'n, labor 13.75  
191 City of Alliance, lights and cable 121.61  
192 Geo. D. Darling, mdse. 21.30  
194 Horace Bogue, mdse, pauper 22.50  
195 C. M. Cox, salary (April) 100.00  
196 J. W. Miller Ass'n, salary (April) 75.00  
197 J. W. Miller Ass'n, balliff 36.00  
198 F. E. Holsten, mdse. 7.00  
199 W. B. Young, carpenter, 23.00  
200 Alliance Creamery Co., coal (pauper) 7.00  
201 H. E. Fulk Ass'n, labor 8.00  
202 Charles Douglas Ass'n, labor 50.20  
203 Rowan & Wright, coal (pauper) 8.60  
204 A. S. Mote Ass'n, concrete work 6.50  
205 Claude Rice Ass'n, labor 11.55  
206 L. M. Kennedy Ass'n, labor 66.00  
207 C. D. Rice Ass'n, labor 14.20  
208 Nebr. Tel. Co., phones 24.80  
209 Hemingford Journal, printing 1.40  
210 John Garret, labor 6.75  
211 Joe L. Westover Ass'n, Ser. (crim. case) 100.00  
212 Claude D. Rice Ass'n, labor 14.85  
213 Fred Helling Ass'n, labor and exp., two mo. 195.17  
215 H. B. Oliver, board jury 3.25  
216 St. Bernard Hospital, care Mrs. O'Mara 30.00  
217 C. A. Burlwe, mdse. (pauper) 30.95  
218 Kate Buechsenstein, refund 10.95  
219 County Treasurer, insanity case 30.00  
220 County Treasurer, insanity case 30.00  
222 D. F. Zediker Ass'n, labor 2.25  
223 Klopp & Bartlett Co., supplies 6.27  
226 State Journal Co., supplies 9.75  
227 J. M. Wanek, com. ser. 7.20  
230 C. L. Hashman, com. ser. 5.00  
232 Geo. W. Duncan, com. ser. 8.00  
236 Bee Hive, mdse. 5.50  
237 Chas. Younkin Ass'n, labor 49.00  
238 C. A. Newberry, mdse. 57.25  
239 J. P. Jensen, refund (poll tax) 3.00  
240 W. D. Zediker, plumbing 1.69  
241 Wm. Iodence, prect. assess. 21.00  
242 W. A. Hood, prect. assess. 72.30  
243 T. D. Roberts, costs 3.45  
243 C. W. Jeffers, fees 2.10  
244 H. E. Fulk Ass'n, labor 1.25  
246 A. S. Mote Ass'n, gutter contract 56.00  
247 Klopp & Bartlett Co., supplies 28.00  
248 Barney Pitts, refund (3 years) 48.24  
250 Burkett, Wilson & Brown, legal ser. 156.60  
251 A. D. Rodgers, mdse, pauper 193.75  
252 County Treasurer, pauper 3.00  
253 Hammond & Stephens, supplies 33.40  
256 A. C. Reynolds, prect. assess. 81.00  
257 J. W. Miller Ass'n, salary (May) 22.50  
258 Lee Bayse, expense 26.64  
259 Remington Type Co., ribbons 7.00  
262 Alliance Printing Co., pts. 5.50  
264 Charles E. Slagle, coroner 25.00  
266 Klopp & Bartlett Co., supplies 7.57  
267 Geo. D. Darling, mdse. 13.90  
268 Geo. Severn, prect. assess. 45.00  
269 W. H. Ward, prect. assess 141.00  
270 Ed T. Heare, janitor 55.00  
271 Nebr. Tel. Co., phones 18.40  
272 E. L. Bishop, auto hire 2.50  
273 Rhein-Rousay Co., mdse. .90  
274 F. E. Holsten, mdse. .70  
275 P. H. Dillon, prect. assess. 114.60  
277 J. M. Wanek, com. service 23.20  
279 Geo. W. Duncan, com. ser. 28.00  
282 C. L. Hashman, auto hire 15.00  
283 C. L. Hashman, com. ser. 21.00  
284 C. A. Burlwe, mdse. (pauper) 5.50  
286 T. D. Roberts, costs 17.75  
286 Chas. Jeffers, fees 10.50  
287 W. B. Young, prect. assess 161.25  
288 R. V. Reddish, prect. assess 90.00  
296 John Dougherty, refund 26.26

## Woman Finally Recovers From Nervous Breakdown

Impoverished nerves destroy many people before their time. Often before a sufferer realizes what the trouble is, he is on the verge of a complete nervous breakdown. It is of the utmost importance to keep your nervous system in good condition, as the nerves are the source of all bodily power. Mrs. Rosa Bonner, 825 N. 18th St., Birmingham, Ala., says:

"I have been suffering with nervous prostration for nine or ten years. Have tried many of the best doctors in Birmingham, but they all failed to reach my case. I would feel as if I was smothering; finally I went into convulsions. My little girl saw

### Dr. Miles' Nervine

advertised in the papers and I at once began to take it. I continued to take it for some time and now I am well."

If you are troubled with loss of appetite, poor digestion, weakness, inability to sleep; if you are in a general run down condition and unable to bear your part of the daily grind of life, you need something to strengthen your nerves. You may not realize what is the matter with you, but that is no reason why you should delay treatment.

### Dr. Miles' Nervine

has proven its value in nervous disorders for thirty years, and merits a trial, no matter how many other remedies have failed to help you. Sold by all druggists. If first bottle fails to benefit your money is returned. MILES MEDICAL CO., Elkhart, Ind.

297 Paul Armstrong, refund 9.50  
300 Dave Kauffman, refund (Poll Tax) 3.00  
301 Howard Reddish, refund 3.96  
303 W. G. Zediker Ass'n, prect. assess. 84.00  
305 Simon Spry, refund 14.85  
314 John Jellinek, co. assess. 452.05  
315 Jim Eaton Ass'n, deputy sheriff 7.50  
316 Wm. Mannler Ass'n, dep. sheriff 7.50  
317 Walter Vogel Ass'n, dep. sheriff 7.50  
318 John Vogel Ass'n, dep. sheriff 7.50  
324 Klopp & Bartlett Co., supplies 73.80  
326 Eldon, Coker Ass'n, labor 5.10  
330 Geo. W. Duncan, com. ser. 36.00  
331 J. M. Wanek, com. ser. 38.40  
332 C. L. Hashman, com. ser. 34.00  
335 Alliance National Bank, walk contract 500.00  
336 C. W. Grassman, refund (poll tax) 3.00  
340 Klopp & Bartlett Co., supplies 70.50  
341 W. S. Parks Ass'n, hauling 24.00  
344 J. S. Corp, salary (June) 75.00  
345 Hammond Stephens Co., supplies 3.57  
346 F. J. Brennan, mdse. (Co. Farm) 12.65  
347 Alliance Groc. Co., mdse. .50  
350 Nebr. Tel. Co., phones 18.71  
352 Hemingford Dray Line, hauling 2.00  
354 Lowry & Henry, repairs (Co. Eng.) 13.55  
355 Barney Westmiller, refund (poll tax) 2.50  
356 Opal Russell Ass'n, salary and exp. (June) 98.21  
357 Opal Russell, salary and exp. (May) 98.36  
358 Opal Russell, exp. 71.35  
362 State Journal Co., mdse. 46.00  
363 Lee Bayse, salary (2nd quar.) 200.00  
364 W. D. Zediker Ass'n, plumbing 25.55  
365 Alliance Nat'l Bank, walk contract 500.00  
366 C. M. Cox, salary (May) 100.00  
367 C. M. Cox, salary (June) 100.00  
368 C. M. Cox, salary (July) 100.00  
369 St. Bernard Hospital, care Mrs. O'Mara 30.00  
371 I. L. Acheson, mdse. 2.25  
378 Alliance National Bank, expense (pauper) 20.90  
380 Geo. D. Darling, burial (pauper) 23.00  
383 Klopp & Bartlett Co., supplies 2.44  
384 Miller Bros., mdse. 30.10  
386 Geo. Snyder, Jr., prect. assessor 111.00  
389 Klopp & Bartlett Co., supplies 1.36  
390 Alliance School Dist., two manhole covers 4.00  
392 Lon Rice, labor 12.50  
393 F. N. Young Ass'n, labor 18.00  
394 Klopp & Bartlett Co., supplies 16.50  
395 Bernice Tillet, refund 11.10  
396 L. A. Berry, statistics 21.00  
396 A. Muirhead, statistics 4.75  
397 Hammond & Stephens Co., supplies 18.57  
400 Klopp & Bartlett Co., supplies 11.75  
401 Geo. W. Duncan, mdse. (pauper) 53.65  
402 Alliance Nat'l Bank, walk contract 353.88  
403 Richard Curtis Ass'n, labor 19.50  
405 M. F. Nolan, refund 36.25  
407 Banner Chemical Co., supplies 30.80  
410 Geo. W. Duncan, com. service 32.00  
411 Lee Bayse, insanity fee 3.00  
414 C. L. Hashman, com. service 9.00  
415 E. L. Bishop, auto hire 1.50  
417 Perkins Bros. Co., supplies 1.50  
418 Klopp & Bartlett Co., supplies 2.89  
419 Dick Curtis Ass'n, labor 10.00  
421 F. N. Young Ass'n, hauling 33.50  
424 Charles E. Slagle, coroner 10.00  
426 Horace Bogue, mdse. 1.00  
427 F. E. Holsten, mdse. .85  
430 Keeler-Coursey So., auto hire 2.00  
431 Nebr. School Supply, supplies 4.34  
433 J. S. Corp Ass'n, salary (July) 75.00  
434 Nebr. Tel. Co., phones 18.15  
435 Oscar O'Bannon, auto hire 2.50  
436 Hemingford Journal, printing 1.20  
437 Geo. D. Darling, mdse. 10.20  
438 Klopp & Bartlett Co., supplies 24.25  
439 State Journal Co., supplies 50.07  
442 Burroughs Add. Mach. Co. repairs 3.25  
445 S. R. Burkholder, care paupers 116.40  
446 C. A. Newberry, mdse. 176.65  
447 D. W. Griffith, dep. sheriff 7.50  
448 Frank Russell, dep. sheriff 7.50  
449 Dr. Curtis, dep. sheriff 7.50  
452 R. E. Knight, county surveyor 40.50  
453 Klopp & Bartlett Co., supplies 13.34  
455 Edna Martin, salary (7 months) 385.00  
456 County Treasurer, refunds 241.74  
457 Guy M. Martin, labor 4.05  
458 W. M. Welsh Mfg. Co., supplies 2.07  
459 Opal Russell, salary and exp. (2 mo.) 188.47  
460 Ira E. Tash, special com. 15.00  
461 E. M. Martin, expense 48.95  
462 Karl Farstrom, freight (advanced) .93  
464 J. C. Hawkins, auto hire 1.00  
465 A. M. Miller, rent (elections) 10.00  
466 M. S. Hargraves, expense 88.60  
467 Opal Russell, inst. fund. 87.32  
469 Geo. W. Duncan, com. service 16.00  
470 C. L. Hashman, com. service 17.00  
473 J. M. Wanek, com. service 34.40  
474 J. H. Vaughan & Son, coal (court house) 282.65  
477 C. M. Cox, expense (criminal) 50.18  
478 C. M. Cox, expense (criminal) 30.36  
479 C. M. Cox, expense (criminal) 5.62  
480 C. M. Cox, calling jury 25.00  
482 C. M. Cox, expense (insanity) 19.65  
483 C. M. Cox, expense (insan-

ity 15.20  
484 C. M. Cox, expense (criminal) 78.77  
485 Conley Miller, expense (criminal) 4.83  
486 The Famous, mdse. (pauper) 1.33  
487 County Treas. Sioux Co., supplies 3.50  
489 Ira Wright Ass'n, labor 16.50  
Whereupon the Board adjourned until tomorrow morning, August 13, 1915, at 9 o'clock.  
Alliance, Nebr., Aug. 13, 1915.  
Board of County Commissioners met pursuant to adjournment. Officers present: J. M. Wanek, chairman, C. L. Hashman, and Geo. W. Duncan.  
The following claims were examined and allowed and the Clerk ordered to draw warrants on the Road Fund for same:  
121 W. I. Lorange, hauling 8.00  
193 Geo. Simpson Ass'n, labor 36.80  
255 E. M. Nussbaum, labor 3.40  
276 L. D. Blair, labor 3.00  
278 J. M. Wanek, road service 11.20  
280 Geo. W. Duncan, road ser. 12.00  
281 C. L. Hashman, road ser. 14.00  
285 Guy Rust, labor 10.00  
289 Fred Johnson Ass'n, labor 3.00  
290 Fred Johnson Ass'n, labor 5.00  
291 H. E. Kilborn Ass'n, labor 5.00  
292 W. R. Wilson Ass'n, labor 15.00  
293 A. R. Miller Ass'n, labor 7.65  
294 Charles Douglas Ass'n, labor 18.00  
295 Glen Younkin Ass'n, labor 14.40  
298 John Riggelworth Ass'n, labor 6.75  
302 Fred Johnson Ass'n, labor 7.50  
304 H. E. Kilborn Ass'n, labor 7.50  
306 Claude Rice Ass'n, labor 39.50  
307 G. M. Martin Ass'n, labor 6.00  
308 Frank Vaughn, labor 24.00  
309 G. A. Underwood, labor 20.00  
310 J. A. Keegan, labor 62.50  
311 Charles Douglas Ass'n, labor 6.00  
312 E. M. Nussbaum, labor 42.30  
313 L. M. Kennedy, labor 32.10  
319 Glen Younkin Ass'n, labor 13.50  
320 A. R. Miller Ass'n, labor 22.05  
321 D. E. Watson, labor 13.50  
322 W. H. Kester, labor 15.75  
323 W. R. Kester, labor 18.00  
325 James E. Wilson, labor 3.00  
327 J. M. Wanek, road ser. 3.20  
328 Geo. W. Duncan, road ser. 12.00  
329 C. L. Hashman, road ser. 37.00  
333 E. M. Nussbaum Ass'n, labor 6.75  
334 Chas. Douglas Ass'n labor 21.60  
337 Claud Rice Ass'n, labor 4.50  
338 Fred Johnson Ass'n, labor 7.50  
343 Mike Tschacher, labor 2.00  
348 D. R. Lawrence Ass'n, labor 6.50  
349 R. L. Harris, labor 1.35  
351 C. T. Huss Ass'n, labor 9.00  
353 C. E. Carrell, labor 8.00  
359 J. W. Hashman, labor 6.00  
360 Chas. Douglas Ass'n labor 16.65  
361 C. D. Rice Ass'n, labor 15.60  
370 Barney Halbur, labor 17.50  
372 Guy Martin Ass'n, labor 22.30  
373 Chas. Wykoff Ass'n, labor 13.50  
374 Ed Young Ass'n, labor 18.90  
375 Fred Johnson Ass'n, labor 17.50  
376 Ed Young Ass'n, labor 8.25  
377 Geo. Metz Ass'n, labor 6.30  
379 L. M. Kennedy Ass'n, labor 25.50  
381 E. M. Nussbaum Ass'n, labor 31.25  
382 Glen Younkin Ass'n, labor 2.25  
385 A. R. Miller Ass'n, labor 4.50  
388 John Halbur, labor 18.00  
391 James Collins Ass'n, labor 9.00  
398 H. H. Pierce Ass'n, labor 58.00  
399 Fred Johnson Ass'n, labor 10.00  
404 P. J. Knapp, labor 27.00  
406 Fred Helling Ass'n, labor 5.10  
408 E. M. Nussbaum Ass'n, labor 18.00  
409 Steven Collins Ass'n, labor 9.00  
412 A. Miller Ass'n, labor 18.00  
413 C. L. Hashman, road ser. 31.00  
416 John Collins Ass'n, labor 5.00  
420 W. F. Patterson, labor 9.00  
422 George H. Simpson Ass'n, labor 13.36  
423 C. G. Eaton Ass'n, Co. Eng. 130.00  
425 Geo. W. Wiltsey Ass'n, labor 167.20  
428 Emil Rockey, labor 10.00  
432 Will Manion, labor 18.00  
440 L. H. Harris, labor 20.05  
441 R. L. Harris, labor 6.75  
443 Robt. Mundt, labor 13.50  
444 Wm. Mundt, labor 13.50  
450 Wm. Rust, Sr., labor 11.40  
451 John Morris, labor 24.00  
454 J. R. Lawrence, labor 7.25  
468 Norbert Frohnafel, labor 4.00  
471 C. L. Hashman, auto hire and road ser. 103.00  
472 J. M. Wanek, road ser. 8.00  
475 J. H. Vaughan & Son, coal 84.94  
476 Geo. W. Duncan, road ser. 20.00  
488 R. L. Harris, labor 2.30  
490 J. W. Bicknell, Co. grad-er 116.00  
Whereupon the Board adjourned until tomorrow morning, August 14, 1915, at 9 o'clock.  
Alliance, Nebr., Aug. 14, 1915.  
The Board of County Commissioners met pursuant to adjournment. Officers present: J. M. Wanek, chairman, C. L. Hashman and Geo. W. Duncan.  
The following claim was examined and allowed and the Clerk ordered to draw warrant on the Bridge Fund for same:  
463 T. J. Beal, bridge contract 195.30  
The following claims were examined and rejected:  
249 J. P. Barger, blasting 1.00  
263 Maggie Berry, board 70.85  
387 John Halbur (duplicate) 18.00  
The following official bond was examined and approved:  
Thomas L. Hopkins, road overseer, District No. 1.  
The semi-annual statement of E. M. Martin was examined and approved.  
The examination of the accounts of E. M. Martin, County Treasurer, by the State Examiner was examined and approved.  
On examination of the petition presented to the board signed by William Davidson and fort yothers, asking that an appropriation be made for an agricultural exhibit at the State Fair, it was ordered that an appropriation of One hundred and fifty dollars be made and E. T. Kibler appointed to have charge of same.  
Application was made by Charles J. Benjamin to purchase the Buffalo

## "TIZ" GLADDENS SORE, TIRED FEET

"TIZ" makes sore, burning, tired feet fairly dance with delight. Away go the aches and pains, the corns, callouses, blisters and bunions.



"TIZ" draws out the acids and poisons that puff your feet. No matter how hard you work, how long you dance, how far you walk, or how long your feet remain on your feet, "TIZ" brings restful foot comfort. "TIZ" is wonderful for tired, aching, swollen, smarting feet. Your feet just tingle for joy; shoes never hurt or seem tight.  
Get a 25 cent box of "TIZ" now from any druggist or department store. End foot torture forever—wear smaller shoes, keep your feet fresh, sweet and happy.

Pitt Engine belonging to Box Butte County and after due consideration by the board it was decided to sell same, as the engine mentioned was too small for the requirements of the county on road work, and a resolution was made as follows:

Whereas, Section 952 of the Revised Statutes of Nebraska for 1913, provides for the sale of County property, which reads in part as follows: "Provided, such county boards may, if they deem it for the best interests of the county, sell county property upon such terms of credit as shall be by resolution of such county boards be determined upon: Provided further, such deferred payments shall be for not more than two-thirds of the purchase price, the same to be secured by note or notes, and first mortgage upon the property to be sold, such deferred payments to draw not less than six per cent interest per annum from date until paid, the interest to be paid annually."

And Whereas, it is the desire of the Board of County Commissioners of Box Butte County, Nebraska, to sell one Buffalo Pitt Engine under terms as above provided, it is ordered that said engine be sold to Charles J. Benjamin for the sum of \$500.00, one-third or \$167.00 cash, one note of \$111.00 due October 1st, 1916, one note of \$111.00 due November 1st, 1915, and one note of \$111.00 due December 1st, 1915; that the above described note be secured by first mortgage on the engine above described and one Case separator, and be it further resolved by the Board of County Commissioners of Box Butte County, Nebraska, that J. M. Wanek be authorized to sign a bill of sale to the purchaser for same.

Whereupon the board adjourned until Wednesday, September 8th, 1915, at 9 o'clock A. M.  
M. S. HARGRAVES,  
County Clerk.

## Recommends Chamberlain's Colic, Cholera and Diarrhoea Remedy

"I never hesitate to recommend Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes Sol Williams, merchant, Jensen, Tenn. "I sell more of it than of any other preparation of like character. I have used it myself and found it gave me more relief than anything else I have ever tried for the same purpose." Obtainable everywhere.  
Adv—August

## A Good Household Salve

Ordinary ailments and injuries are not of themselves serious, but infection or low vitality may make them dangerous. Don't neglect a cut, sore, bruise or hurt because it's small. Blood Poison has resulted from a pin-prick or scratch. For all such ailments Bucklen's Arnica Salve is excellent. It protects and heals the hurt; is antiseptic, kills infection and prevents dangerous complications. Good for all Skin Blemishes, Pimples, Salt Rheum, Eczema. Get an original 2-ounce 25c box for your druggist.  
Adv—No 2

## SALTS IS FINE FOR KIDNEYS, QUIT MEAT

Flush the Kidneys at once when Back hurts or Bladder bothers—Meat forms uric acid.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headache, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so if no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.