

## JUMP FROM BED IN MORNING AND DRINK HOT WATER

Open sluices of system each morning and wash away the poisonous, stagnant matter, says authority

A glass of hot water with a teaspoonful of limestone phosphate in it, drank each morning before breakfast, keeps us looking and feeling fit.

Life is not merely to live, but to live well, cat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning uside linth. ferl thil in ways when they
 breath, acid stomach, can, instead feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous
stagnant matter. Everyone, whether ailing, sick or well, should, each mo slas of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and puri
ying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out ?! the sour Cermentations, gases, splend acidity and gives one While breakfast the en,joying phos phate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs. The millions of peope who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store, which will cost but little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

Eyestrain Will Affect the Mental and Physical Development of Your Child


Manay paranas, what ontiter:



 aseranatect by sutud and sthoe
$\qquad$
$\qquad$
$\qquad$ or eve toubue ana will zive

Drake \& Drake


Fat Cattio Slow to 10 Lower
Butcher Siock Sleady
HOGS SHOW A 5-1OC DECLINE

$$
1
$$

## 

| ed and blds and sales were largely |
| :--- |
| dime loweer than laat week. Be |
| beeves brought $\$ 9.30$ and the bulk |
| the fair to good catue sold at a sprea | generally stoady and the same wa

true as to stockers and feeders. Quotations on cattle: Prime beeves,
$\$ 9.20 @ 9.40:$ good to chote bevers,
$88.9009 .10 ;$ tair to gond
 8.35; good to choice cows, 57.25 . 98.00 .
falr to good cows, $\$ 6.25 \Theta 7.25 ;$ can-
ners and cutters, $84.0006 .00 ;$ veal
 $\$ 6.0008 .00 ;$ good to choice feeders,
$\$ 8.008 .60 ;$ good to chotce stockers,
$\$ 87508.25$ god

$\$ 7.50 a 8.00 ;$
\$6.50 7.50 ;
8.5 stock cow
$\$ 7.00918 .50$


AMNVERSARY CelebBation


 Communion at $10: 30 \mathrm{a}$ a. m. The
great theme of the sermon and of al the hymns, chants and prayers, wil
be, The Lord's Resurrection, hi
vict

$\qquad$
$\qquad$


REAL ESTATE EXCHANGE Belle, Mo.

ARICOCELE


The Imperial Orchestra


LEG SORES MIN ULCERS


KNOWLEDGE THAT PAYS
LINCOLN ACCIDEN
SURANCE COMPAN
hess and accident more pleasan
GUY LOCKWOOD
braska. All claims settled
aska. All claims settled

