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TRAVELING LIBRARY ON HOME
ECONOMICS AND AGRICULTURE

These Books Loaned to Box Butte Farmers Club for Period of Six Months by Nebraska Public Library Commission. Free to All.

- A recent addition to the county agent's office in Alliance is a traveling library on Agriculture and Home Economics.
- These books will remain in the possession of the Farmers' Association for a period of six months and are furnished by the Nebraska Public Library Commission. They are books of which all have been recommended most highly by the head of the different departments. These books will be let out free for a period of two weeks, after which a renewal for an additional two weeks is possible. A fine of one cent per day for each book kept over time is charged so the books will not be kept too long at one place.
- Those who cannot call personally for the books should write and the books will be forwarded at no expense to the borrowers.
- Following are the books that may be borrowed:
- "Agricultural Books
 - "Plant Breeding," Baily.
 - "Principles of Rural Economics," Carver.
 - "Productive Vegetable Gardening," Corbett.
 - "Swine in America," Coburn.
 - "Agricultural Engineering," Davidson.
 - "Dairy Cattle," Eckles.
 - "Farm Buildings," Breeders' Gazette.
 - "Judging Livestock," Gay.
 - "Manual of Weeds," Georgia.
 - "Constructive Rural Sociology," Gillette.
 - "Feeds and Feeding," Henry.
 - "Cereals in America," Hunt.
 - "Soils," Lyon.
 - "Corn Crops," Montgomery.
 - "Injurious Insects," O'Kane.
 - "Forage Plants," Piper.
 - "Co-operation in Agriculture," Powell.
 - "Productive Orcharding," Sears.
 - "Farm Manures," Thorne.
 - "Modern Methods of Testing Milk," Van Slyke.
 - "Types and Market-Classes of Live Stock," Vaughan.
 - "Farm Management," Warren.
 - "Alfalfa Farming," Wing.
 - "Home Economic Books
 - "Successful Homes," Coleman.
 - "Nutrition and Diet," Conley.
 - "Shelter and Clothing," Kinne.
 - "Personal Hygiene," LeBosquet.
 - "Home Economics," Parloa.
 - "Better Babies," Richardson.
 - "Lessons in Cooking," Robinson.
 - "How to Take Care of the Baby," Tweddell.

Musical Column
 Edited by Ralph R. Uniacke,
 Violinist with the Alliance
 School of Music.

Last week we found that from corner to corner of the universe exists the vibrant ether, filling the universe to the brim, for there is no such thing as emptiness; and this ether is the medium of all the great physical forces of which we have knowledge. All the tangible substances known as matter are composed of the ether under varying conditions of vibration—from the elements called light, heat, electricity, to the lowest jelly-like form of vegetation and animal life; and from these to man's own body.

Now let us turn to man himself. Frank Channing Haddock says: "Human life is grounded in physiology. Physiology is the basement of psychology—that is, material facts that we know underlie mental facts that are manifested." Our logical sequence is that the brain of man is fundamentally composed of the ether. The physical life of man is controlled by the brain, for our lives are run primarily by our five senses, and it is within the brain that the five senses dwell. For example—sight is but the sensation or vibration of light sent along the optic nerves to the optic brain cells and there the agitation of the brain cells are interpreted by the mind and the self becomes conscious of seeing a definite object. The same holds good with sound in which the self perceives the sound of a bell or whistle; and likewise the rest of our senses are lodged in the brain and awakened by sensation or vibration sent along their respective nerve lines and interpreted by the mind as specific entities—etheric vibrations producing light cross the path of etheric formed optic nerves and cause vibrations to be sent to the brain, composed of the ether, and there the real self of man is made conscious of sound. Or etheric vibrations producing sound cross the path of etheric auditory nerves and cause vibrations to be sent to the etheric brain, and the self of man is made conscious of sound. With the old Hebrew Prophet we may say, "Truly, we are wonderfully and fearfully made." How close to the Universe are we? May we not say "We are the Universe?" Yes, we may say this for as Haddock says, "Every physiological movement induces etheric vibrations within the body and beyond. Every emotion, every intellectual, vibrates the ether of which the brain and nervous system are composed, and more or less beyond the body." And this is not all for let us consider what is called personal atmosphere. The vibrations flowing from a person under certain conditions of body, mind, will, reason, emotion, and the moral consciousness produce this personal atmosphere, which, when it comes into contact with other personalities and harmonizes, produces a degree of magnetism. Thus we may confidently say that we are and are of the universe, for the universe is the ether and there is no thing that is not a manifestation of the vibrant ether. What God is I dare not say—but we must believe that He is intelligence and self-conscious, and if He be the ether should we not be satisfied, for we say that God is Spirit, and who has seen Spirit?

But what has all this to do with music, someone may object. Everything. In the ether is life, and what was the cause of the different manifestations of life. The ether in motion, for vibration is motion. Here, now, is what I consider the primary principle of music—"motion." Music without motion would be but one tone struck and not again during that piece; for if the same tone were to be struck two or more times, then there would be a forward movement, though only a monotone. Music is a forward movement from tone to tone, whether to the same tone or to different tones. And thus music derives its primary principle from all life, namely, motion. But wait a moment—what is this motion? Hazard, indefinite and erratic? No, not in music. It is ordered, systematized into what is called Rhythm. And rhythm is the most instinctive element that we possess in regard to the re-

currence of things. And now someone might ask, "How does rhythm stand in relation to life?" Well, can it be supposed that life is made up of indefinite, chaotic vibrations of the ether? I do not believe so, for it would seem that the chaotic vibrations were the conditions of the ether long before the Spirit of God moved and He said: "Let us create a world," and caused the ether to vibrate purposefully, definitely, and rhythmically according to His will, and thus creating life. Consider the rhythmic return of the seasons; the rhythmic changes of the moon; the rhythmic ebb and flow of the sea, and countless other things. No, the primary principle of music—rhythm—derives its source from all life; and this principle we shall take up more specifically in regard to music next week.

I hope no one reading this article will lay it aside without reading it once more, for the birth of music came gradually out of the darkness of human intelligence. If I have made this article interesting and can make the succeeding articles equally as interesting I shall be satisfied.

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctor prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred dollars reward is offered for any case that Hall's Catarrh Cure fails to cure. Send for circulars and testimonials. F. J. CHENEY & CO., Toledo, Ohio.

Sold by Druggists, 75c.
 Hall's Family Pills for constipation.
 Adv—May

Why You Sneeze
 There is more than one cause for sneezing, and persons may differ in their susceptibility to them," says a specialist in diseases of the nose and throat.

"A bright light will cause some persons to sneeze, the pollen of certain plants will affect others, and most people are likely to sneeze in the presence of dust. Such sneezing is due to superficial irritation.

"The sneeze caused by the effect of cold is different. It is an attempt of nature to cure you. She makes you sneeze for the same reason that she makes you shiver—to generate heat for warming the blood and preventing you from taking more cold—to help to relieve the cold you have.

"The sneezing from cold is not an act of the nose alone, this being merely the part of the body where it explodes. It is an act of the entire body, during which every muscle gives a ump. The body is affected by a spasmodic effort to warm the entire system and throw off cold."

A Symbol of Health
 The Pythagoreans of Ancient Greece ate simple food, practiced temperance and purity. As a badge they used the five pointed star which they regarded as a symbol of health. A red five pointed star appears on each package of Chamberlain's Tablets, and still fulfills its ancient mission as a symbol of health. If you are troubled with indigestion, biliousness or constipation, get a package of these tablets from your druggist. You will be surprised at the quick relief which they afford. Obtainable everywhere.
 Adv—May

VEGETABLE COOKERY
 Vegetables are wholesome and should be served more liberally than they are on most tables. More vegetables and fruit, and less meat, is a healthy way of planning meals. Here are some very tasty vegetable recipes:

Turnips au Gratin
 Pare and dice a good-sized turnip. Cook until tender in boiling salted water and drain. To one pint of the cooked turnips, allow one cup cream sauce. Mix well together, adding one teaspoon each of minced onion and chopped parsley. Season with salt and pepper. Turn into a

buttered baking dish, cover with one cup fine bread crumbs, dot with bits of butter and bake in a hot oven until the crumbs are browned.

Creamy Mashed Turnips
 Pare and wash one good-sized turnip. Cut in slices and cook in boiling salted water until tender. Drain and add one large hot boiled potato, one tablespoon each of butter and cream, and salt and pepper to taste. Mash fine and heap in a hot dish. Serve at once.

Turnip Nut Loaf
 To one cup of cooked mashed turnips, add one-third cup chopped walnuts, one and a quarter cups fine bread crumbs, two well-beaten eggs, the juice of a large onion, one tablespoon each of butter, chopped celery, chopped green pepper or parsley, half level teaspoon salt and dash of pepper. Mix well, form into a loaf and bake in a well-buttered pan in a hot oven half an hour. Serve hot with tomato sauce.

Baked Vegetables
 To one cup each of coked diced potatoes and coked diced carrots, add half cup coked sliced onions. Rub one tablespoon flour smooth with one tablespoon butter. Add half cup milk and cook until thick and smooth. Then add the vegetables, salt and pepper to season, and mix well. Turn into a buttered baking dish, sprinkle with half cup fine bread crumbs, and dot with bits of butter. Bake in a hot oven until the crumbs are browned.

Skinner's Macaroni Products, made in Nebraska. Ask your grocer.—Adv

Dangers of Draft
 Drafts feel best when we are hot and perspiring, just when they are most dangerous and the result is Neuralgia, Stiff Neck, Sore Muscles, or sometimes an attack of Rheumatism. In such cases apply Sloan's Liniment. It stimulates circulation to the sore and painful part. The blood flows freely and in a short time the stiffness and pain leaves. Those suffering from Neuralgia or Neuralgic Headache will find one or two applications of Sloan's Liniment will give grateful relief. The agonizing pain gives way to a tingling sensation of comfort and warmth and quiet rest and sleep is possible. Good for Neuritis, too. Price 25c, at your druggist.
 Adv—1

If you want to build a home see J. C. McCorkle and get the money.

WHAT 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 can't filter or strain only part of the waste and poisons from the blood. You get sick. Nearly all rheumatism, sciatica, liver trouble, nervous depression, dizziness, sleeplessness, and migraines come from sluggish kidneys.

When you feel a dull ache in the back or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended with 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 normally. This famous salt is made from a 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 it no longer irritates, thus ending bladder difficulties.

It is inexpensive and can be taken in a delicious iced 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.

ENJOYED CONVENTION

Hastings Delegates to T. P. A. Convention Give Good Report to the Folks at Home

The Hastings delegation to the T. P. A. convention enjoyed their visit, according to the Hastings Daily Tribune of May 4, which printed the following article:

The delegation from Post G, of Hastings, returned Sunday from the state convention of the Travelers'

Protective Association of America, held at Alliance, Nebr., April 28 and 29.

Banquets, dancing, auto rides to the Pine Ridge agency and other places of interest, lobster suppers, and picture shows, were part of the entertainment provided for the visitors.

Friday evening about 6 o'clock a band of cowboys and rough riders undertook to shoot up the town, just as a reminder of old times. The whole bunch were quickly rounded up and fined to the limit by the Alliance authorities.

One of the noticeable features of the convention was the hearty and material co-operation that existed between the Alliance Commercial Club, business men and Post M of T. P. A. Every store and show window was decorated with the T. P. A. colors and banners. And for two hours Friday afternoon, during the memorial services, every business house in town was closed.

In the convention there was a marked enthusiasm. Much good was accomplished for the association and a substantial growth reported from every post in the state.

Grand Island was chosen as the convention city for the next year. Rev. A. A. Brooks of Hastings was unanimously endorsed for re-election to the office of national chaplain. W. C. Alexander of Hastings was elected delegate, with C. E. Bell as alternate, to the national convention, which will be held at Lafayette, Ind., in June.

Avoid Spring Colds
 Sudden changes, high winds, shifting seasons cause colds and grippe, and these spring colds are annoying and dangerous and are likely to turn into a chronic summer cough. In such cases take a treatment of Dr. King's New Discovery, a pleasant Laxative Tar Syrup. It soothes the cough, checks the cold and helps break up an attack of grippe. It's already prepared, no mixing or fussing. Just ask your druggist for a bottle of Dr. King's New Discovery. Tested and tried for over 40 years.
 Adv—3

Louie Griffin has accepted a position as salesman for the Armour packing company. He will have territory comprising northwestern Nebraska and will make Alliance his headquarters. He took up the duties of this position the first of this week.

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, eat 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 inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty 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 morning, before breakfast, drink a glass 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 purifying 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 all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate 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 people 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.