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CIVIL SERVICE SCHOOL, Kittredge Building, Denver

# DRINK HOT WATER BEFORE BREAKFAST EVERY MORNING

Hopes every man and woman here will adopt this splendid health habit.

Says a glass of hot water with a teaspoonful of limestone phosphate in it washes poisons from system, and makes one feel clean, sweet and fresh.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days head-achy, dull and unstrung; some days really incapacitated by illness.

If we all would practice the drinking of phosphated hot water before breakfast, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddied complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons in the bowels which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, sick headaches, rheumatism, lumbago, nervous days and sleepless nights have become real cranks about the morning-inside bath. A quarter pound of limestone phosphate will not cost much at the drug store, but is sufficient to demonstrate to anyone its cleansing sweetening and freshening effect upon the system.

## SOME WORK OF INTEREST

Work of County Agent Seidell, with Box Butte Farmers Association, Progressing Favorably

F. M. Seidell, county agricultural agent, has issued the following interesting statement of his work during the month of July:

The work of the county agent this month has been of a very general nature. Work was along the main projects that the association are conducting.

**Farm Management**  
Record taking on 63 farms finished last month. Seventy-five farm operators now keeping complete accounts of farm business. About 150 potato growers keeping cost accounts. Labor incomes have been figured on 1915 records. Four farms on which complete cost accounts and labor records are being kept.

County Agent presented a paper on "Farm Management" at the Interstate conference of County Agents from Nebraska, Kansas and Missouri, at St. Joseph, July 6. Anyone desiring can see copy of paper at county agent's office.

**Boys' and Girls' Club Work**  
Seventy boys and girls in club work. Pig, Potato, Sewing, Cooking, Poultry, and Garden Club work carried on. County Agent organized in June three local boys' and girls' clubs and appointed local leaders. One club meets in Alliance, one six miles north, and one in Hemingford. Several potato club and pig club members visited this month. Club meetings held. County Agent attended one meeting and checked over record books of members.

**Potato Demonstrations**  
Potato demonstrations are being conducted on the farms of Browne Griffith, George Carrell, L. J. Schill, John L. Wiltsey, Peter Jensen, Cal Hashman, F. A. Trabert, John Jellinek, and A. S. Eneyart. The results of these demonstrations will be made public at digging time. Several hundred acres of potatoes were planted with treated and selected seed this year.

**Oat Smut**  
Demonstrations of treated and untreated oats to control smut are being conducted on the farms of A. H.

Bacon, Luke Phillips, L. S. Wright, M. C. Beaumont, L. F. Leavitt, Harry Pierce, and Browne Griffith. Threshing results will be secured at these farms unless affected too much by dry weather to thresh. One does not have to go far this year to find treated fields. The following were the observations of the county agent last week in most places in company with the operators:

- L. M. Beal, treated field, 1 per cent smut.
- J. Aitz, treated field, 5 percent smut. Note: J. Aitz's untreated field in 1915 showed 33 per cent smut, same seed.
- F. Soldier, 75 acres treated, trace smut (1915 U. T. 6.5 per cent).
- T. H. Barnes, treated field, trace smut.
- Phillip Knapp, treated field trace smut (1915 U. T. 37 per cent).
- E. Panwitz, untreated field, 8.4 per cent smut.
- F. Kaufford, treated field, no smut.
- J. Sars, untreated field, 21 per cent smut.
- C. Calmer, untreated field, 3 per cent smut.

**Agricultural Excursion and Harvest Picnic**  
The agricultural excursion and harvest picnic was well attended. Eleven farms were visited on the excursion. Professors Hoop, Gaddis, and Sjogren were present. Picnic attendance 300. See Omaha Journal-Stockman and Alliance Herald for complete write-up. Commercial Club, Farmers' Club and Farmers' Union co-operated in making excursion and picnic a success.

**Market News Service**  
Articles explaining the Market News Service on potatoes have been written and petitions handed to all organizations petitioning for this service in Northwestern Nebraska from the office of the Association. It is the policy of the Association from now on to take no active part in the marketing of products but to lend assistance to all existing business and organizations organized for this purpose. The office of the Association should be used as a clearing house for all agricultural information. At this office, daily reports are received from the U. S. Department of Markets giving price and movement of potatoes in all parts of the United States. Grain and livestock market reports received daily. A Farmers' Exchange List is kept in the office which should be used by all. Bulletins and information on "How to Use Farm Credit," "Federal Farm Loan Act," "Co-operative Purchasing and Marketing," "Farm Management," "Crops and Livestock," may all be secured at the office of the Association. The best library of books pertaining to rural life, farm and household problems, is to be found in this office. It is the policy to co-operate with all organizations for the betterment of general agricultural and economic conditions.

There are many important everyday happenings in county agent work which are not tabulated. Some tabulations for July follow:

Farms visited by agent	45
Agricult. calls on agent at office	39
Telephone calls at office	12
Personal letters written	75
Circular letters issued	388
Demonstrations visited	29
Indoor meetings addressed	3
Attendance	61
Field meetings	11
Agricultural tour	1
Attendance	300
U. S. Bulletins distributed	29
Press articles written	4
Farm laborers placed	1
Extension specialists in county	7
Days in office	5 1/2
Days in field	17
Miles by auto	742
Miles by rail	1025

**Cure for Cholera Morbus**  
"When our little boy, now seven years old, was a baby he was cured of cholera morbus by Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes Mrs. Sidney Simmons, Fair Haven, N. Y. "Since then other members of my family have used this valuable medicine for colic and bowel troubles with good satisfaction and I gladly endorse it as a remedy of exceptional merit." Obtainable everywhere.  
Adv—aug

### SAND HILL ITEMS

A small cyclone visited the AI ranch of Leo Carnine last Friday night. It took the roof off his bunk house and left it in a nearby field. No other serious damage was done in that vicinity.

Mr. and Mrs. Glenn Gentle, Mr. and Mrs. Leo Carnine, Miss Emma Gentle, Mrs. Crawford, Miss Marian Crawford and John Powers and family attended the Sells-Floto circus in Alliance last Saturday. They not only had a joyous time while there but also a joy ride home as the autos all refused to do their duty.

Mrs. H. A. Turman and children, Harry Fetters, Ben Hutchison, Frank Boone and Johnnie Burke also attended the circus.

Mrs. Bonus Lightner spent Tuesday with Mrs. L. D. Carnine.

August 8 the C. C. Club met at the home of Mrs. Glenn Gentle for the purpose of surprising her on her thirty-second birthday. The club gave her a beautiful cut glass bowl which was presented by Mrs. Andrew Stoner. At a very late hour light refreshments were served and the guests departed for their respective homes. All join in wishing Mrs. Gentle many happy returns of the day.

Miss Mary Powers is spending the week at home.

Miss Best of Brush, Colo., is the guest of Mrs. Glenn Gentle this week. Several entertainments have been planned in her honor.

Mrs. Martin Anderson is spending the week with her parents, Mr. and Mrs. Fred Woods.

Dellight Ufford was operated on for appendicitis at the hospital last Thursday morning.

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