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LUMBER BUILDING MATERIAL
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Driving the brain starts the pain

Over-work, worry and the constant strain of a business life are often a cause of much trouble.

Dr. Miles' Nervine is highly recommended for all Nervous disorders. It is particularly invaluable to business women. Regulate your bowels by using

DR. MILES' LIVER PILLS

IF FIRST BOTTLE, OR BOX, FAILS TO BENEFIT YOU, YOUR MONEY WILL BE REFUNDED.



NERVOUS ATTACKS.
"I suffered with nervous attacks and headaches. Then my liver got out of order and it seemed as though my whole system was upset. I commenced using Dr. Miles' Nervine and also took Dr. Miles' Liver Pills and now I feel perfectly well in every way. My bowels also are in good shape now."
MRS. AUGUSTA KEISER,
1149 Portland Ave.,
Rochester, N. Y.

GET A \$100 POSITION

Yes, you can qualify for a \$100 Government Position or Commercial position. The Snell Quick Training Course costs more, but you'll be glad to pay it when you know the tremendous advantages it has for YOU.

Good \$100 positions are plentiful. More so than you ever dreamed. But not the people to fill them. So all you have to do is to equip yourself. The job's always waiting. A "Certified" Snell Stenographer is rarely out of employment. Sit right down now, this minute, and write for full particulars. Not a day is to be lost. You can learn at home or in person, day or night. Maybe your future depends upon your letter!

CIVIL SERVICE SCHOOL, KITTREDGE BUILDING, DENVER

The solution — an extension telephone

All those steps saved for a few cents a day.



RESIDENCE EXTENSION TELEPHONE RATES

With extra bell, 75 cents a month.

Without a bell, 50 cents a month.



PLAN TO RESUME RAILWAY INQUIRY AFTER MARCH 4TH

Postponement Forced by Press of Congressional Business.

COUNTRY DEMANDS ACTION

Shippers, Investors and Representatives of All Branches of Business Demand Unification of System of Railway Regulation—Roads Ask Fewer Masters.

Washington, Dec. 1.—The Congressional Joint Committee on Interstate Commerce, which has been conducting the inquiry into government regulation and control of transportation, last week decided to suspend its hearings on the subject and adjourned, subject to the call of the chairman, because of the pressure of other work before Congress. According to the resolution creating the committee, it is required to submit a report by January 8th next. It is understood that before that time the committee will ask for an extension of time and that the hearings will be resumed at a later date, when some of those who already have appeared before the committee will be questioned further and a great many others will be heard. It is probable, however, that the hearings will not be resumed until after adjournment of Congress on March 4th. In addition to regular routine business the commerce committees of the two houses are charged with the important duty of preparing and presenting the legislation asked for by President Wilson to make impossible a railroad strike without previous investigation. This will leave little or no time for the consideration of the general questions of railway regulation.

Country Wants Something Done.

Members of Congress and others who are interested in the inquiry undertaken by the Newlands Committee insist that there is no intention of abandoning it.

It seems doubtful, indeed, if the country would permit the matter to be dropped if there were evidence of a desire on the part of Congress to do so. The nation-wide evidences of interest evoked by the initiation of the Newlands inquiry show that the people of the country—shippers, consumers and investors, as well as railway men themselves—are alive to the fact that the railway situation is highly unsatisfactory and that steps must be taken without unnecessary delay to make it possible for the railroads to meet the growing needs of the nation.

From reports received here it seems as though almost every commercial organization and business interest in the country were engaged in studying the railroad question. The Chamber of Commerce of the United States has been conducting an elaborate inquiry into various phases of the subject for many months past. Many local and state commercial bodies in every part of the country have committees engaged in study of the problem and have indicated a desire to come here and present their views. National organizations of manufacturers, lumbermen, coal operators, wholesale and retail dealers, have expressed through resolutions their desire for the unification of the system of railway regulation. The National Industrial Traffic League, speaking from the viewpoint of shippers using the railroads, has endorsed exclusive federal regulation providing it is accomplished in such a way as to give full protection and prompt adjustment in matters relating to transportation within the states.

Many Interests Studying Problem.

All these organizations represent primarily the shippers of the country, but they are not the only ones who are taking a hand in the discussion. The investors of the nation, through their own associations and through committees representing the savings banks and other financial organizations, are preparing to show the necessity of improving railroad credit and protecting the rights of those whose money is invested in railway securities. Finally the railroads themselves, being vitally concerned in the improvement of existing conditions, are planning to submit their views through their executives, operating officials and traffic experts and to assert their willingness to accept far-reaching federal regulation along lines that will enable them to attract capital and to provide the facilities needed for the prompt and efficient handling of the country's transportation business.

Main Trouble is Too Many Masters.

Not all of these interests are in accord as to the remedies that should be adopted. There seems to be a general agreement, however, that many of the difficulties which confront the railroads and which make it impossible for them to meet the requirements of the nation's commerce promptly and satisfactorily arise from the haphazard and often conflicting measures of regulation that have been adopted from time to time by the federal government and the forty-eight states and that what is needed is a well-ordered, systematic scheme of federal regulation that shall cover the whole country and make it possible for the railroads to provide the extensions and improved facilities so badly needed, while at the same time protecting fully the public interests.

URIC ACID IN MEAT CLOGS THE KIDNEYS

Take a glass of Salts if your Back hurts or Bladder bothers you—Drink more water.

If you must have your meat every day, eat it, but flush your kidneys with water occasionally, says a noted authority. It tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then suffer with a dull misery in the kidney region, sharp pains in the back or headache, dizziness, your stomach and tongue is coated and when the weather is bad you have rheumatic twinges. Your urine gets cloudy, full of sediment, channels often get sore and irritating, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy. Take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. The famous salts is made from the acid grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot be over-dosed, and makes a delightful effervescent-lithia-water drink.

Capt. S. P. Tuttle left Saturday afternoon for Lincoln where he is spending the holidays with children and other relatives.

M. C. Old of Hemingford was an Alliance visitor Friday. He is now living in southern Dawes county but expects to move into Box Butte county in the spring.

Miss Della Holsten arrived home Friday morning to spend the holidays with home folks. She is attending school at Brownell Hall in Omaha.

Clean cotton rags wanted at The Herald office. We pay three cents per pound. Woolen rags not wanted.

The Careful man makes his Declaration of Independence when he

opens a Bank account

Bank your money to-day. You must do so to have it to-morrow.

BANK WITH US

The First State Bank

HARNESS

Hand made from best material. Outlast any factory made goods. Call and see.

Harness repairing by experienced harness maker.

J. M. COVERT

At M. D. Nichols' stand, Alliance

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 puri-

fying 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.