

URIC ACID IN MEAT CLOGS THE KIDNEY AFTER MARCH 4TH Take a glass of Salts if your Back hu-or Bladder bothers you-Drink more water.

> If you must have your meat every eat it, but flush your kidneys with a occasionally, says a noted authority tells us that meat forms uric acid with almost paralyzes the kidneys in their forts to expel it from the blood. The become sluggish and weaken, then suffer with a dull misery in the kidney region, sharp pains in the back or the become diviness your stamach headache, dizziness, your stomach et tongue is coated and when the weat is bad you have rheumatic twinges. rine gets cloudy, full of sediment, annels often get sore and irrit bliging you to seek relief two or 11

time during the night. To neutralize these irritating acid cleanse the kidneys and flush off body's urinous waste get four ounces sional Joint Committee on Interstate Jad Salts from any pharmacy he Commerce, which has been conducting take a tablespoonful in a glass the inquiry into government regulation water before breakfast for a few c and your kidneys will then act fine. 7 famous salts is made from the acid grapes and lemon juice, combined w lithia, and has been used for generati to flush and stimulate sluggish kidn-also to neutralize the acids in uri so it no longer irritates, thus end. adder weakness.

Ind Salts is inexpensive; cannot jure, and makes a delightful efferves lithia water drink.

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

M. C. Oldt 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

Declaration of

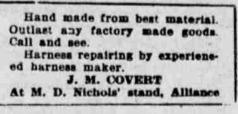
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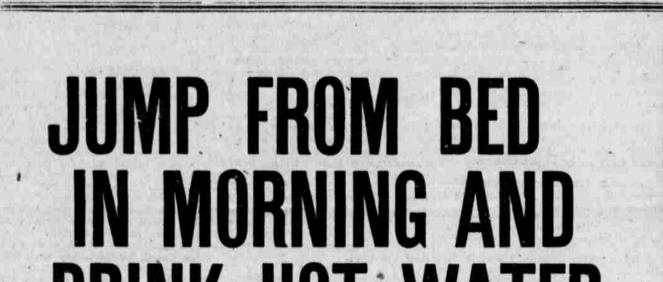
You must do so to have it to-morrow.







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though aimost every commercial or ganization 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 retall 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 railways, has indorsed 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 farreaching 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 acord as to the remedies that should be dopted. 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 ossible for the railroads to provide the extensions and improved facilities so adly needed, while at the same time rotecting fully the public interests

RINK 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 open-ing 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 poisenous 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 wonder-fully invigorating. It cleans out all the sour fermentations, gases, an the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phos-phate is quietly extracting a large volume of water from the blood and cotting words. 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 pro-nounced crank on the subject of internal sanitation.