

LEARN SHORTHAND BY MAIL THROUGH THE NEW, SWIFT, SURE SNEEL INDIVIDUAL INSTRUCTION METHOD

I'm going to tell you something. It's a bit of a secret. It's about shorthand instruction—the BIG DIFFERENCE IN IT!

You'll be glad I told you.

L-S-T-E-N! Don't let anybody teach you shorthand by the old-fashioned "class" method. It's the wrong way. It holds you back. Often, its prime object is to get more tuition.

Learn to be apt than the others, under the "class" plan, you have to wait on somebody else, you can't advance as rapidly as you could.

The Sneel plan is entirely different—send for full information?

CIVIL SERVICE SCHOOL, KITTREDGE BUILDING, DENVER

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best to enjoy an inside bath each morning flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are needed to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin clearer and clearer, you are told to scrub every morning upon arising, a piece of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, kidneys and bowels, thus cleansing and sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

ASSOCIATION TO PUBLISH AN EXCHANGE BULLETIN

The Box Butte Farmers' Association expects to publish another "Farmers' Exchange Bulletin" soon after the first of the year. It has been found that there is a demand for this service. It is stated that many times articles have been sent for when in reality just as good articles could be secured near home much more reasonably, if the facts were known.

The county agent last week was busy sending out circular letters to the people of the county, enclosing return envelope asking them to list farm commodities for sale, exchange, or wanted. The Farmers' Association plan to publish the bulletin during the winter months the same as last year. The office receives inquiries for alfalfa hay, alfalfa seed, millet seed, seed grains, seed corn, seed potatoes, from all over the county and country.

During this season much breeding stock is sold, purchased and exchanged. The use of more pure-bred live stock is desired by the association, and it is believed the bulletin will prove a good means of keeping the good ones in the county. It is planned to publish the first bulletin as soon as possible and those who wish to avail themselves of this chance should send their list to the county agent at the court house—telephone numbers 145 or 871.

SAGE AND SULPHUR DARKENS GRAY HAIR

It's Grandmother's Recipe to Restore Color, Gloss and Attractiveness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of various old ingredients, for about 50 cents.

Don't stay gray! Try it. You can possibly tell that your hair is darkened your evenly. You dampen a brush with it and draw it through your hair, taking one strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful hair restorative for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

FOR HOG CHOLERA CONTROL

County Agent Sends Letters to Owners of Infected Herds—Premises Should Be Clean

Hog cholera has already affected a number of herds in Box Butte county. As is well known it is dangerous to neglect to take care of cholera quickly, more than that, it is necessary to have a knowledge of the disease and something of how to prevent its spreading in order to be reasonably safe.

County Agent F. M. Seidell has sent out letters to those having cholera in their herds, believing that it was well to acquaint the owners with certain facts. The following is the text of the letter sent out, The Herald reproducing it for the benefit of Box Butte hog raisers:

It must be remembered that where hogs are treated with serum alone to prevent hog cholera as they have been in this county, that unless the hog had cholera at the time of treatment or else contracted the disease later and recovered, the immunity will last only about five weeks. Where the animal had cholera and recovered the immunity is permanent. Therefore, it is absolutely essential that the premises of those who had cholera present, be thoroughly cleaned as follows:

1. Remove all manure and mix thoroughly with quick lime, or burn.
2. Burn all litter, rubbish and old hog troughs.
3. After the premises are thoroughly cleaned spray walls, floors and other remaining surfaces, including hog troughs remaining, etc., with a disinfectant (1 part compound cresol solution to 30 parts water). Where hog houses are small, turn them over, so as to expose the interior to the sunlight. Clean premises, properly exposed to sunlight, will not retain infection long.
4. Wallow holes should be filled, drained or fenced off.
5. All runs under buildings should be cleaned and disinfected, then boarded up to keep the hogs out.
6. Destroy all hogs that do not fully recover. They may carry infection.

Does Sloan's Liniment Help Rheumatism?

Ask the man who uses it, he knows. "To think I suffered all these years when one 25-cent bottle of Sloan's Liniment cured me," writes one grateful user. If you have Rheumatism or suffer from Neuralgia, Backache, Soreness and Stiffness, don't put off getting a bottle of Sloan's. It will give you such welcome relief. It warms and soothes the sore, stiff painful places and you feel so much better. Buy it at any Drug Store, only 25 cents. Adv-1-

MEMBERS OF FAMILY FOUND DEAD IN BED

The dead bodies of Fred Thompson, his wife and their small child were found in bed in their home six miles south in Alliance, near Dalton in Cheyenne county, by a brother who stopped at the ranch.

The brother made no investigation but rushed to Sidney, eighteen miles distant, and reported his discovery to the county coroner. It was late in the afternoon when the coroner and the county attorney left for the scene of the tragedy and after night before they arrived at the Thompson home.

The tragedy is much of a mystery. It is believed either that the members of the family were asphyxiated from gas from a heating stove or that they froze to death. The latter theory is given little weight since the Thompsons were supposed to be in moderate circumstances. The night was cold and the house was in all probability tightly closed.

Fred Thompson had lived in the Dalton community for more than twenty years. He was about forty-five years old and was well and favorably known. He had several brothers in that community. He leaves a sister, Mrs. Belle Mulliner, who lives in Lincoln.

URIC ACID IN MEAT CLOGS THE KIDNEY

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

If you must have your meat every day, but flush your kidneys with occasionally, says a noted authority, 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. Urine gets cloudy, full of sediment, chills 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 out the body's urinous waste get four ounces of 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. 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 to neutralize the acids in urine so it no longer irritates, thus ending bladder weakness.

Salts is inexpensive; cannot be overdone, and makes a delightful effervescent water drink.

BOX BUTTE DAY AT POTATO SHOW

Local Growers Expected to Make Fine Exhibit at University Farm This Month

Already considerable interest is being shown in Box Butte county over the potato show to be held the week of Organized Agriculture, at the University Farm at Lincoln, beginning Monday, January 15. County Agent F. M. Seidell is busy formulating plans that, if they can be successfully carried out, will prove a great advertisement to Box Butte county, western Nebraska, and the Box Butte county potato.

Seidell to Talk

Thursday, January 18, is to be potato day. J. G. Millward, secretary of the Wisconsin Potato Growers' Association, will discuss the subject of "Organization and Its Importance to the Potato Growers." County Agent F. M. Seidell of Box Butte county will deliver an address on "The Importance of the Potato Industry in Nebraska." Others from this, the western, section of Nebraska will also appear on the program.

Of Great Benefit

An effort is being made to arrange for a Box Butte County Day, and if growers respond as they are expected to, it is believed this event can be made of great benefit, not only to the potato growers of Box Butte county, but to every resident and person interested in the growth and development of this county, the banner po-

Chronic Catarrh is Curable

Nothing is more distressing to the sufferer and his friends, Chronic Catarrh is systemic—that is, it is present throughout the body, though it may manifest itself in a local situation.

Only a constitutional treatment will overcome chronic catarrh. Local treatment sometimes helps the acute manifestations, but they cannot overcome the systemic disorder.

PERUNA Has Helped Thousands

It is a foe to catarrh. The voluntary testimony of thousands of sufferers that Peruna benefits in a number of ways: it cleanses the system, up the digestion, restores the strength, and helps the patient to a normal condition.

Peruna has special value in catarrh. It gives vitality to the system, restores tone to the membrane and rebuilds those tissues that form their functions. In many cases it benefits at once, and it rarely fails when treatment is continued properly.

The Peruna Medical Department will be glad to assist you to overcome this disease. The doctor's advice is free. Don't delay treatment.

THE PERUNA CO., Columbus, O.



tato county of all Nebraska.

About Details

The last issue of The Herald explained in detail the proper manner in which to go about getting ready for the exhibit to be sent to the show. County Agent Seidell is always ready to be of service to the growers and is anxious to assist all who desire to compete at the show. Fifty-three prizes are offered in the free-for-all state potato classes. If there are any who have misplaced their last issue of The Herald and desire another copy containing the article telling how to proceed to make up the exhibit, same may be had on request, or the county agent may be called up and he will explain fully.

Invites Local Farmers

C. W. Pugsley, director of the extension service, has written to L. J. Schill, president of the Box Butte Farmers' Association, in behalf of the committee in charge of Organized Agriculture extending to the members of the association and the people of Box Butte county in general, an invitation to attend the programs during the week of January 15 to 19, inclusive. Mr. Pugsley states that the committee will be

tion as Box Butte County Day. Following on the suggestion made by Mr. Pugsley, County Agent Seidell and the members and officials of the association are working to make Box Butte county day a shining success.

Special Features

Many special features have been arranged for the week. Monday, January 15, is to be "Hore Day," Tuesday, January 16, is to be known as "Alfalfa, Sweet Clover and Dry Farming Day." Wednesday, January 17, will be "Beef Cattle and Dairy Day." Thursday, January 18, is "Potato Day." Friday, January 19, will be "Farm Loan Day."

Quick to Talk

On Friday, Hon. Herbert Quick, a member of the Federal Farm Loan board, will deliver an address on the new loan law, and will also give instruction to those interested in organizing farm loan associations. There will be plenty of opportunity provided for the asking of questions.

Program for Women

There will be much of special interest to the women in the program.

Home Economics Program

These are to be held on Tuesday, Wednesday and Thursday, January 16, 17 and 18. Among the number of interested things on the program will be an address by Miss Florence War of the United States Department of Agriculture.



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AWFUL SUFFERING.

"I suffered untold agony with neuralgia. I thought I would go mad with pain. A friend of mine advised me to take Dr. Miles' Anti-Pain Pills. I did so and the pain stopped almost at once. Then I commenced using Dr. Miles' Nervine and before long I was so that I did not have these pains any more." E. J. WINTER, 561 E. Platte Ave., Colorado Springs, Colo.

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