

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, muddy 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.

INVITED TO ATTEND NAVY LEAGUE MEETING

A number of prominent Nebraskans, including J. R. Phelan former division superintendent for the Burlington here and owner of a ranch southeast of Alliance, have been specially invited to an important meeting of the Navy League in Washington. It is the annual gathering of patriotic Americans who favor a larger navy. The sessions will be held at the Hotel Willard, Tuesday,

January 16. ALFRED C. SMITH, president of the Nebraska section of the league, has designated the following members as delegates to the Washington meeting:

First Congressional district—H. D. Wilson, Nebraska City.
Second district—M. C. Peters, Omaha.
Third district—L. D. Richards, Fremont.
Fourth district—R. J. Kilpatrick,

Bentley.
Fifth district—Harold P. Sutton, McCook.
Sixth district—J. R. Phelan, Alliance.

AGED TAILOR ENDING LIFE BY HANGING

Joseph Havlik, 70 years of age and a prominent tailor of Crete, Nebraska, who had been spending the holidays with his wife and son on the

later's ranch northwest of Ellsworth, was found dead in the work shop on the place, where he had committed suicide by hanging. Despondency due to brooding over the absence of his wife, whose health has been improved by residence with her son in the sand hills for several years is the cause.

CONDUCTORS DON'T LIKE WHITE SYSTEM

Brotherhoods Not Asking For New Laws, But May Have Program Later—Are On Guard

No extensive list of new laws affecting railroad operation and management, so far as revealed, is being asked for this year by the "big four" brotherhoods, although it is understood that a legislative committee is on the ground in Lincoln to safeguard the orders against legislation that might be proposed.

In discussing this matter one railroad man is reported to have said that if the orders ask for anything it will be a law that will protect conductors against the White system of train auditing, which is regarded as exceedingly objectionable by the order men. This system, in use on the Burlington and other roads, uses train auditors who may get a train at any station on the line and demand immediately of the conductor in charge of the train his collections from passengers. The conductor gives up his cash fares, tickets and transportation slips, and the auditor then checks the train to see that the report of the conductor is correct and complete. Some conductors hold this is taking an unfair advantage of the conductor in that the demand is made perhaps before the conductor has had a chance or time to check his receipts, and that it places him publicly in a bad light with the patrons of the road.

Railway managers have maintained, however, that it is much fairer to ask a conductor to explain his report when the transactions are all fresh in his mind than to wait for discrepancy or ninety days and then call a conductor in to explain some discrepancy and office auditor has found after a conductor has forgotten all about transactions on the particular trip. Further it is pointed out that a state law cannot place auditing of interstate business.

It is further said that very little if any legislation will be sought by the railroads. What they most desire right now, with all their troubles on hand, is to be let alone. They are busy planning for an increase of transportation facilities to handle a rapidly growing traffic, a tonnage bulge that came so unexpectedly that it swamped them.

TEACHERS EXAMINATIONS
Regular state teachers' examinations to be held at the court house, January 19 and 20.—Opal Russell, County Superintendent.

GREAT MASS OF PROOF Reports of 40,000 Cases of Kidney Trouble, Some of Them Alliance Cases

Each of some 6,000 newspapers of the United States is publishing from week to week, names of people in its particular neighborhood, who have used and recommended Doan's Kidney Pills for kidney backache, weak kidneys, bladder troubles and urinary disorders. This mass of proof includes over 40,000 recommendations. Alliance is no exception. Here is one of the Alliance cases.

Mrs. H. C. Smith, Duncans addition, Alliance, says: "I suffered from kidney and bladder trouble for a long time. My back was weak and any effort such as lifting a pail of water, or even getting out of a chair, caused knife-like pains in my back. My kidneys acted too often, especially at night, and the secretions were unnatural. Doan's Kidney Pills, which I got at Brennan's Drug Store, have always relieved me finely. They are the medicine I would advise anyone having such trouble to use."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Smith had. Foster-McLburn Co., Props., Buffalo, N. Y. Adv.—Jan 4-11.

LLOYD PAID ALLIANCE SHORT VISIT

Lloyd Thomas, state representative from this district and business manager of the Herald, spent Saturday Sunday at home visiting with friends and attending to business matters. The legislature adjourned Thursday afternoon but Lloyd is a member of the Democratic committee on committees, which did not finish its business until Friday afternoon. He reports everything going satisfactorily so far and that he has been placed on two important committees which will give him plenty of work to do during the session, which convened and got down to work again on Tuesday afternoon. Mrs. Thomas accompanied him on his return.

HOW'S THIS?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Hall's Catarrh Cure has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Cure acts thru the Blood on the Mucous surfaces, expelling the Poison from the Blood and healing the diseased portions.

After you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh. Send for testimonials, free. F. J. Cheney & Co., Toledo, Ohio. Sold by all Druggists, 75c.

THREE BIG COMING EVENTS OF GREAT IMPORTANCE TO THE WEST

Wyoming Wool Grower's Assn., Thermopolis, Wyo., Janury 15-17, 1917
American National Live Stock Assn., Cheyenne, Wyo., January 18 20, 1917
National Western Stock Show, Denver, Colo., January 20-27, 1917

These gatherings attract men of affairs throughout the broad West. The three cities named offer much in the way of hospitality. The Burlington's new train service between Alliance and Wendover, trains 31 and 32,—and its through service routes in Wyoming and Colorado make it very easy to visit any or all of these attractive cities.

Stopover privileges at Thermopolis and Cheyenne enroute to Denver. Ask us about the reduced excursion rates, stopover privileges and train service to these conventions.



J. KRIDELBAUGH, Ticket Agent, Alliance, Neb.
L. W. WAKELEY, General Passenger Agent
1004 Farnam Street, Omaha, Nebraska

YOU WANT A GOOD POSITION AND YOU WANT IT SOON

By the Snell Individual Plan you can learn the particular things you need: Shorthand, Typewriting, Bookkeeping, Letter Writing, Advertising, at any time convenient to you.

You can advance just as rapidly as your time and ability will permit. You do not have to wait on others—as you do by the usual "class" method.

Snell Shorthand is for the live-, up-and-doing men and women who want to amount to something: who want to make every minute, every day count BIG. For the apt, studious individual who has no time to waste, no money to throw away. But send for full particulars about that \$100 position?

Civil Service School, Kittridge Building, Denver

PUGSLEY, SECRETARY OF ORGANIZED AGRICULTURE, WRITES OPEN LETTER TO PEOPLE OF BOX BUTTE COUNTY

To the people of Box Butte county: I have been asked to give some of the reasons why it should be of value to the citizens of Box Butte county to attend the week of organized Agriculture at Lincoln January 15 to 19 inclusive.

The most important benefit will be the knowledge gained from attending the programs and the profit which always comes from associations with kindred workers. Other things would result from a large delegation visiting Lincoln and among them might be mentioned the following:

1. What better advertising could be given Box Butte county than a train of men and women from the county attending the biggest week of Agricultural meetings held in any state in the Union.

2. All Box Butte County farmers are especially interested in horses. No better horse programs have ever been arranged than those on Mopday and Tuesday.

3. There is a growing interest in alfalfa, sweet clover and dry land farming. Some of the best people in the country have been secured to discuss these subjects on Tuesday and Wednesday.

4. Dairying is now important and will be more important as the years go by and the land becomes more valuable. Dairying is especially important to western Nebraska. Excellent dairy programs will come on Wednesday, Thursday and Friday.

5. The horticulturists are this year to give special attention to the potato crop. The best talent from within and without the state has been secured to discuss this subject on Thursday afternoon. Certainly every Box Butte county farmer is interested in potatoes.

6. Friday will be the big day especially for the western Nebraska farmer. It is Farm Loan Day. Herbert Quick, a man of international fame as a farmer and writer and member of the Federal Farm will be in Lincoln all day. He will hold a meeting at 10 a. m. and another at 2 p. m. to discuss the Farm Loan Law. Anyone interested in securing cheap money should not fail to hear his talk.

7. There will be special programs both morning and afternoon, and

sometimes evening, by the Home Economic Association, on Tuesday, Wednesday and Thursday. In addition there will be many other numbers on the other programs, especially those of the Horticultural society and the Florists society, which will be of special interest to women. The women should not think of staying at home. There is another reason they should come—they could look after their husbands.

8. The State Corn Show, Apple Show, and Boys and Girls Club exhibit will be in progress during the week at the city Auditorium. Admission to this is free.

9. Motion pictures of Nebraska Agriculture and Nebraska scenery will be given at the corn and the apple show and at other places during the week.

10. There are many other attractions too numerous to mention. Organized Agriculture is rapidly becoming the farmers' vacation week but it is a vacation that is so full of profit that one cannot afford to miss it.

The College of Agriculture and all Lincoln will give you a hearty welcome. If you run a special train as has been intimated you will have the distinction of being the first county in the state to do so. Let your county agent, F. M. Seidell, of Alliance know.

Yours truly,
C. W. Pugsley
Sec. Organized Agricultuer

Bad Habits

Those who breakfast at 8 o'clock or later, lunch at 12 and have dinner at 6 are almost certain to be troubled with indigestion. They do not allow time for one meal to digest before taking another. Not less than five hours should elapse between meals. If you are troubled with indigestion correct your habits and take Chamberlain's Tablets, and you may reasonably hope for a quick recovery. These tablets strengthen the stomach and enable it to perform its functions naturally. Obtainable everywhere.

Adv—Jan

Puncture Proof



WHY bow to Puncture and Blowout—the enemies that DESTROY the best ordinary pneumatic tires, wasting tire money in millions?

There is just ONE tire that SUCCESSFULLY resists puncture—

LEE Tires
PNEUMATIC NON-SKID PUNCTURE-PROOF

TWICE GUARANTEED:

Against Puncture of any kind, or Money Back.

For 5,000 Miles of service, under written Guarantee.

The GIANT of the Tire World

KEELER-COURSEY CO.

Exclusive Lee Tire Agents

A full line of auto repairs, accessories, gasoline and oils. Auto repairing and storage.

Phone 19.

Alliance, Nebraska

"Nervous exhaustion—blinding headache"



Striving to satisfy the demands of everyone is apt to affect the nerves, and continual standing may weaken the Heart.

Dr. Miles' Nervine is invaluable for Nervous troubles, and for the Heart

Dr. Miles' Heart Treatment is highly recommended.

LIVED IN MISERY.
"I suffered greatly from nervousness and headaches. The least excitement gave me dreadful pain. I began using Dr. Miles' Nervine and a few days later started to take Dr. Miles' Heart Treatment. I soon got so much better that I was encouraged and continued taking the two remedies until I was so well that work was no bother to me at all."
MRS. LOUIS ELG,
Idaho Falls, Idaho.

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