



OBSERVE FEB. 3 AS "THRIFT DAY"

Unique Day Set Apart and Observed General Over County for Thrift Consideration

The spirit of the season through which we have just passed has been largely that of spending money with a liberal and perhaps a reckless hand.

Importance from an economic standpoint, is by no means limited to the financial welfare of the individual.

It is for these reasons that the foremost educators of the country are so insistent in their recommendation that thrift be included in the school curriculum.

Many people think of thrift as limited to saving. It is true that thrift does include saving money.

It is now recognized that the practice of thrift in large measure presents the only logical solution of the various financial problems with which we are, each of us, confronted.

Take, for instance, the high cost of living. On every side we hear this question discussed because it is a matter of vital concern to practically every individual in the country.

In reviewing the present situation surely it cannot reasonably be expected that prices will be materially lessened as long as the European countries by reason of internal affairs are forced to make such tremendous demands upon American markets.

It is not obvious, therefore, that the satisfactory solution of this problem must ensue as the result of carefully-planned action on the part of every individual.

Here it must be also clearly understood that thrift as applied to spending does not mean depriving oneself or one's family of those things which they are entitled to enjoy and expect.

The housewife who aims to keep her table expenses within a certain limit is enabled to practice thrift through the study of how and what to buy.

which are far more nutritious than the expensive ones, and just as tasty.

These are just a few examples which indicate the many ways in which thrift can be exercised by just a little thought and attention directed to the spending of money.

Efficiency is the demand of the age. We must recognize standards which are set. Thrift is top-notch efficiency.

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.

After you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health.

F. J. Cheney & Co., Toledo, Ohio.

REIVAL OF OLD GREENBACKS A new issue of the one and two dollar greenbacks of civil war days, discontinued more than thirty years ago, will be put into circulation probably about February 1, displacing similar United States notes of larger

denominations to provide relief from the unprecedented demand for small paper currency.

The demand for paper currency of the smaller denominations," said the department's announcement, "all ways has been regarded by the treasury as an index to business conditions.

THOSE SUDDEN TWINGES Bring Suffering to Many an Alliance Reader

Pain is nature's signal of distress. A warning not to be ignored. Those sharp twinges in the back—those sudden, stab-like pains when stooping.

To remove kidney pains, you must assist the kidneys. Use a tested and proven kidney remedy.

None more highly endorsed than Doan's Kidney Pills. Endorsed abroad—endorsed at home.

Mrs. J. M. Line, 314 Missouri ave., Alliance, says: "We have used Doan's Kidney Pills in the family for sometime and think they are just fine.

Price 50c, at all dealers.

that 10,000 cars, in addition to the number that will be furnished in the usual course of business, could be used in this state during the next month.

NEBRASKA ON LIST OF WANTED STATES

Farmers' Political Movement to Be Organized in This State Is the Announcement

The announcement is made from the national headquarters of the newest political movement among the farmers that Nebraska is on the list of states to be organized during the next year.

The movement began in North Dakota, where the farmers were pinched by the monopolistic grain elevator systems aided by the railroads.

So instant and complete was the victory in North Dakota that it has been decided to nationalize the movement.

A standardized program has been prepared for all states, and A. C. Townley, the president, states it in these words: "They call the strict state supervision of marketing conditions and public ownership of important industries which relate to the marketing of the farmer's products, such as grain elevators, by which it is proposed to establish a fair system of grades and marketing, houses, packing houses, cold storage plants and flour mills."

"Ultimately," said President Townley, "we shall have federal ownership of grain elevators and other important and necessary adjuncts to marketing, which are now

controlled by monopoly, to the great injury of every citizen of the United States, consumers of farm products as well as farmers."

In Minnesota the league has made these demands of the legislature:

A law making the principal of the state school fund available for loans to farmers.

A law making improvements on farm property exempt from taxation.

A law giving farmers absolute control of the marketing of grain.

State hail insurance.

Look Out for Farmers This is what the league intends to accomplish where the program is possible:

Build state terminal elevators for handling grain on Lake Superior and at tidewater, presumably in New York city or Brooklyn.

Build stock yards, packing houses and cold storage plants, all to be owned and operated by the state for the benefit of the farmer and stock raiser.

Enact state insurance against damage from the elements—hail insurance, blight insurance, black rust insurance.

Bring about the exemption of farm improvements from taxation.

Create a system of state inspection of dockage and grading of grain.

Establish credit banks operated at cost.

The new movement started when the North Dakota legislature ignored a referendum direction to appropriate money for an elevator on Lake Superior to which growers might ship direct and avoid the extortionate toll of the middleman.

Townley, the leader, is less than forty years old. He was once a school teacher and then a farmer. He organized an automobile squad that went out and told the farmers how "the interests" had caused the legislature to repudiate the direction of the people.

Mr. Business Man, on your next trip take along some artistically printed business cards. The expense is light and they are business getters. The Herald's job printing department will turn them out promptly. Phone 346 and we will call.

The Telephone Smile or the Telephone Scowl. Did you ever say, after completing a telephone conversation, 'I'll bet that man is a regular grouch.' or, 'I'll never buy another thing at that store.' Why did you make such a remark? It was probably because the party on the other end of the telephone wire failed to use telephone courtesy. Here is the proper way to begin and end a telephone conversation: The telephone bell rings, and the person answering says: 'Morton & Company, Mr. Baker speaking.' The person calling then says: 'This is Mr. Wood of Curtis & Company.' Mr. Baker replies: 'Good morning, Mr. Wood,' and the conversation has started without a series of unnecessary questions. The business is transacted. Mr. Wood says, 'Good-bye, Mr. Baker,' and he receives the reply, 'Good-bye, Mr. Wood,' and the conversation ends without the feeling that one or the other has been cut off abruptly. You do not scowl at a friend you meet on the street; you smile. Why have a scowl in your voice when you talk over the telephone? NEBRASKA TELEPHONE COMPANY

STILL A CAR SHORTAGE Question Raised: "Are Railroads Discriminating Against Nebraska?" To Investigate The car shortage in Nebraska has been just as bad in the past six weeks as it has been during any period since the beginning of the famine, says a writer in the State Journal. During the past two weeks it has been aggravated considerably by a shortage of stock cars, added to the unhealed shortage of grain cars. The American railway association reports how that during the month of December the car shortage of cars in the United States decreased nearly one-half. The question naturally has been raised: "Are the railroads discriminating against Nebraska?" Thorne A. Brown, secretary of the Nebraska railway commission, wired the interstate commerce commission requesting an investigation of the possibility that this state is getting the worst of a generally bad situation. His telegram to the interstate commission follows: "According to press reports the American railway association states net shortage of cars decreased from 107,000 on December 1 to 59,700 on December 31, and that cars are now being moved from congested sections to relieve shortage in other sections. "Shortage in Nebraska fully as acute as two months ago with no indication of relief. "If A. R. A. statement is correct Nebraska is being discriminated against. "Please investigate." Before sending this request for an investigation Mr. Browne, at the instance of the railway commission, investigated the situation in this state. He took the matter up with railway superintendents of transportation and was informed that there was no change whatever in the situation. The conclusion necessarily followed that Nebraska has not been reached in the car shortage relief that is said by the reports to obtain generally. The state commission would like to know why. One railroad traffic man is quoted saying when informed of the request of the railway commission for an investigation that he was convinced

Hot Water Each Morning Puts Roses in Your Cheeks. To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poison. Just as coal, when it burns, leaves behind a certain amount of combustible 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 intended 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 get clearer and clearer, you are told to drink every morning upon arising, a glass 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, liver, kidneys and bowels, thus cleansing, 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.