



DRINK MORE WATER IF KIDNEYS BOTHER

Eat less meat and take Salts for Backache or Bladder trouble—Neutralizes acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad. Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness. Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

PERCY AND HIS PA

Asked Percy Pest of his poor tired Pa, "What kind of a law is a mother-in-law? What kind of a door is a commode? And how many pins in a pinafore? What kind of a mat is a diplomat? What kind of a bat is an aerobat? And what can you buy with an innocent? "What kind of a can is an African? How many spans can a Spaniard span? What kind of geese are Portugese? And who is the king of verdigrease? About how much does Norway weigh? Are fishpoles made by Poles? And say, Do Ingloos lose when Kopjes cop? And how do you spin a mountain top?" "What kind of a tear is a volunteer? What kind of an ear is a pioneer? What kind of a log is a catalogue? What kind of a gog is a synagogue? What kind of a cane is a hurricane? Could a fellow die from a counterpane? Are there any sails in a partnership? What kind of a nip does the catnip nip?" "What kind of ticks are polities? Can you make a fiddle of fiddlesticks? Is a golling tee like Tennessee? Do piffors grow on a whiffle-tree? Did the sea gull see what the sawfish saw? What kind of a pa is a paw-paw, pa? And why is the red-head's red head red? But Percy's pa had died stone dead! —Mal Rose, Oskaloosa, Iowa.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is catarrh. Catarrh being greatly influenced by constitutional conditions require constitutional treatment. Hall's Catarrh Medicine is taken internally and acts thru the Blood on the Mucous Surfaces of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of Hall's Catarrh Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, 75c.

LET CONTRACT FOR COURT HOUSE

Fremont.—The contract for building the new Dodge county court house was let to the firm of Olson & Johnson Co., of Missoula, Mont., by the Board of Supervisors. The contract price is \$119,675. The firm of Blum Reardon Co., of Kansas City was given the contract for heating and plumbing. The Wright Construction company of Fremont secured the contract for the electrical wiring and fixtures, bidding \$4,300. The total cost of the building will be \$141,825.

Typewriter ribbons of all kinds—The Herald carries the largest stock in Alliance at all times. Phone 340

DATES OF COMING EVENTS

- Feb. 7-8-9—Nebraska Retail Lumber Dealers' Association Convention at Omaha.
Feb. 8-9—State Association of Cleaners and Dyers Convention at Omaha.
Feb. 15—State Volleyball Contest at York.
Feb. 20-21—Nebraska Clothiers Association Meeting at Omaha.
Feb. 21—Annual Meeting of State Opticians at Omaha.
Feb. 22-23—Nebraska Jewelers' association Meeting at Omaha.
Feb. 26 to March 3—Omaha Automobile Show.
March 5 to 10—First Annual Auto Show at Lincoln.
March 6 to 10—Mid-West Cement Show and Convention at Omaha.
March 12-17—Annual Merchants' Market Week at Omaha.
March 18—District Meeting of Odd Fellows at North Platte.

HEARD IN ALLIANCE

How Bad Backs Have Been Made Strong—Kidney Pills Corrected. All over Alliance you hear it. Doan's Kidney Pills are keeping up the good work. Alliance people are telling about it—telling of bad backs made sound again. You can believe the testimony of your own townpeople. They tell it for the benefit of you who are suffering. If your back aches, if you feel lame, sore and miserable, if the kidneys act too frequently, or passages are painful, scanty and off color, use Doan's Kidney Pills, the remedy that has helped so many of your friends and neighbors. Follow this Alliance citizen's advice and give Doan's a chance to do the same for you. Henry Merk, 501 Yellowstone St., Alliance, says: "I haven't needed to use Doan's Kidney Pills for a long time because I have none of the kidney trouble of which they rid me several years ago. They completely relieved backache and other ailments and I am glad to give them my endorsement." Price 50c. at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Merk had. Foster-Milburn Co., Props., Buffalo, N. Y.

SELL FARM TO BUILD HOSPITAL

Omaha.—The sale of the Douglas county poor farm, to be replaced by a county hospital, is advocated by the district judges of Douglas county. Inadequacy of the present buildings to handle 360 inmates is given as the reason for the proposed change. 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 340 and we will call.

FOUR CALVES IN YEAR

Ong.—A cow belonging to J. S. NORRGEN, near here, gave birth to twins a year ago, and to twins again on January 22, making her the mother of four heifer calves within one year.

OPEN NOSTRILS! END A COLD OR CATARRH

How To Get Relief When Head and Nose are Stuffed Up. Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or 'headache'; no struggling for breath at night. Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

FARMERS GIVE TO BELGIAN FUND

Bladen.—Members of the Farmers' Co-operative Grain and Supply company of this place, voted \$500 out of the accumulated surplus to the Belgian children's relief fund.

OPPOSES RAIL BOARD CONTROL

Hastings.—By a two-to-one majority the Nebraska League of Municipalities in state convention here endorsed the proposed Dayton City manager plan bill pending before the legislature, but recommended that the matter of adoption be left to each municipality. The proposed control of public and private municipal utilities by the state railway commission was almost unanimously opposed in a vote taken on the convention floor. Fremont was chosen as the next meeting place.

THE ALLIANCE HERALD IS \$1.50 PER YEAR

The Alliance Herald is \$1.50 per year. Issued 52 times. Runs from 12 to 24 pages per issue. Subscribers now.

CHILDREN OF STATE EARN HUGE SUM

Over \$13,500 Realized as Result of Home School Garden Clubs Conducted Past Year

Some 2,222 Nebraska boys and girls took part in home-school garden clubs conducted by the agricultural extension service of the university of Nebraska in co-operation with the United States Department of Agriculture, with schools, and with the children's own parents. This work was carried on in twenty-five towns in 1916, and resulted in 1,252 back yards and 345 vacant lots in the state being turned into garden spots. 170 persons acted as local leaders, and 9,371 children and adults received instruction in gardening and canning as a result of the 387 demonstrations held. Also 150 garden club picnics were held, the total attendance being 5,212.

Of the 2,222 children who started the work, 1,405, or 63, per cent, had determination enough to complete the job, even to the last detail of submitting a written report and a financial report showing profit or loss for the year. The total receipts from the kiddies' gardens in 24 towns was \$11,745.40, in addition to \$1,781.13 worth of canned products, making a total income of \$13,526.53.

A profit of almost \$500 an acre, or \$1.13 per 100 square feet, was the average profit made by children whose financial statement showed balances on the right side of the ledger.

Most of the towns in which garden club work was carried on offered school credit, and as a result 1,005 boys and girls received recognition in the school room for their work. The workers in charge of the project try to interest both teachers and parents in the work, and much of the work is done in the home.

Plans are being made to co-operate with additional towns desiring to take up the work this year.

Old papers for sale at the Herald office. Papers are done up in bundles at five and ten cents a bundle.

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

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 day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh. Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject.

Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.

HAVE YOU SOMETHING TO SELL?

Whatever you have to sell, whether it is old furniture, replaced by new; a horse or a harness, or anything to sell, call the Herald by telephone—340—describe it truthfully and we will prepare the ad and run it. The cost will be five cents a line per insertion. Someone is looking for just the article you have to sell—why not sell it through the easiest way? Use Herald Classified Ads—It Pays.

Calling cards for the ladies are printed promptly and neatly at the Herald office. The prices are reasonable. Phone 340 for samples and prices, or call at the office.

NATIONAL SWINE SHOW COMES BACK TO OMAHA

Omaha.—So well pleased with the National Swine Show, held in Omaha last fall, the Board of Directors unanimously selected Omaha for the 1917 show. This action means the event will likely be made a permanent show for Omaha, Nebraska and Iowa.

Many cities were after the show, among them Kansas City, St. Louis, Peoria, and Mississippi river cities. But, when the advantage of Omaha, Nebraska and Iowa were considered the decision was immediate.

President McFadden of Chicago said: "The exhibitors decided they wanted the show in Omaha, and there was nothing left for us to do except to say Omaha. Your Nebraska and Iowa farmers gave us great support and made the show successful beyond our fondest expectations. Why shouldn't we come back? Well we did."

Severe Cold Quickly Cured

"On December first I had a very severe cold or attack of the grip as it may be, and was nearly down sick in bed," writes O. J. Metcalf, Weatherby, Mo. "I bought two bottles of Chamberlain's Cough Remedy and it was only a few days until I was completely restored to health. I firmly

believe that Chamberlain's Cough Remedy is one of the very best medicines and will know what to do when I have another cold." Obtainable everywhere.

COMMUNITY BUILDING AT YORK

York.—The York County Agricultural society has selected one-half block of ground where a community building will be erected to cost \$5,000. This building will be large enough to house all the agricultural products, as well as the domestic articles of all kinds. The building will be planned for the purpose of holding conventions and other suitable meetings throughout the year when the fair is not being held.

EXERCISE BREEDING BIRD

Exercise breeding animals is especially important at this time of year inasmuch as they are not likely to move about enough, says the animal husbandry department of the college of agriculture.

An excellent method of providing exercise is to place feed at some distance from the shelter. Sows, cows and mares will be kept in good condition by this means, will experience less trouble at birth, and will produce stronger offspring.

Office supplies at The Herald of Ice. Phone 340.

YOU NEVER SAW A MEXICAN WITH A BALD HEAD

We have learned their wonderful and carefully guarded secrets of price less value, and have embodied them in our

Pence's Original "Mexican Herb Hair Tonic" Stops Falling Hair

This tonic is positively guaranteed to cure dandruff, relieve eczema, sores and itching scalp and stops falling hair, thereby safeguarding against baldness.

Money back if not as represented. Just try it. As an introductory offer, send us this ad which is worth 40c and 60c in two-cent stamps and we will send you prepaid a full-sized \$1.00 bottle of this guaranteed preparation.

The Irwin Industries 323 Trust Bldg. El Paso, Texas

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 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 purifying 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.