

**"That miserable pain— don't you want relief?"**



Close attention to work is the cause of much Pain and many Headaches. Obtain relief by taking one or two

**DR. MILES' ANTI-PAIN PILLS**

Then tone up the Nervous System by using **Dr. Miles' Restorative Nervine**

**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. WINTNER,**  
551 E. Platte Ave.,  
Colorado Springs, Colo.

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

**BIG MOVEMENT OF CATTLE FOR NEBRASKA**

4,600 Stock Cars Sent to Texas to Take Care of the Spring Movement of Cattle

Within a very short time now carload after carload of cattle will be arriving from Texas for the Western Nebraska cattle ranges. The Santa Fe reports one of the biggest movements of cattle from the south to the ranges of the north in prospect that has been for several seasons. Railroad reports made to stock markets in this territory show that within a week four thousand stock cars were ordered to the Texas range country to move stock to the north. The movement has already started. One hundred cars were loaded at Amarillo Texas on a Saturday. These cattle were being moved to the western Kansas ranges. Shipments for north and western Nebraska are starting.

A number of years ago nearly all the cattle for northwest ranges came through Lincoln. Many of them came via the Santa Fe to Concordia, Kan., and from there over the Burlington to Lincoln and then northwest to Alliance and other points. With the Burlington's construction of new lines in the west and the purchase of the Colorado & Southern, which reaches the Texas range country, cattle now move via Denver, Cheyenne and north, or via Denver, Brush, Sidney, Alliance and north, depending on the destination.

A few cattle are moved through Lincoln every year on the Rock Island for ranges in northern Nebraska and eastern South Dakota, and a few are handled on Union Pacific lines, but the Burlington seems to have the big drag.

**FIFTEEN HUNDRED ACRES OF BEANS**

It is learned from a reliable authority that over 1,500 acres of land in and around the immediate vicinity of Scottsbluff have been contracted for by a Michigan firm for the sole purpose of raising beans. These beans are not for consumption, but are for seed purposes only, and it is understood that the contracting firm will furnish all seeds, seed and pay the growers five cents per pound for the product at the time of threshing. The contractors will also assist the growers in the eradication of bean plants other than the variety he has selected to raise, this meaning the color, be that white, yellow or red, as the beans are all of the common wax variety and are said to grow very prolifically in this soil. After threshing or hulling, as probably would be the more accurate word, the grower is allowed the shells or husks, which with the vines are considered excellent feed for sheep and for fattening qualities are equal if not better than best pulp.

For several seasons past this firm has been contracting for large acreages for seed purposes only in Colorado, where the bean growers have made the crop a large success, both as to quality and quantity and have reaped material advantage financially. It is estimated that the crop will run on an average from 25 to 30 bushels to the acre in this section, as 40 bushels to the acre are being successfully raised in Colorado in almost the same soil. The beans run 60 pounds to the bushel, which, at the lowest average rate would mean \$75 an acre at the contract price and with little or none of the care and labor demanded by other crops on which the returns are not so large. The beans are planted in drills with the ordinary corn planter or lister, and require little cultivation as they are ready growers and keep down weeds and other foreign growth in the fields after once securing a start. Many of those who have contracted for beans are also raising beets, but as the two crops do not conflict and as the beans practically take care of themselves after planting, a grower has time to handle his beet and other crops without serious interference. Interest in it is said is steadily increasing in the growth of this crop and it is expected that larger and larger areas will be planted in the future.

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**MRS. HOFFLAND TO MOVE TO ANTIOCH**

Will Hold public Sale at Place Mile from Town of Hoffland on Monday, April 30, 1917

Mrs. Bertha E. Hoffland, one of the genuine pioneers of western Nebraska, has sold her ranch in Sheridan county, consisting of nine quarters, to the Potash Products Co., and is building a residence at Antioch where she will live this summer. As a result of the selling of the ranch she is advertising a public sale to be held at the ranch, a mile north of Hoffland and twelve miles east of Alliance on Monday, April 30.

The present town of Hoffland which was named after this family, stands on land originally owned by the Hofflands. The Potash Products Co., owns an alkali lake three miles from Hoffland and desired to own the land between the lake and the plant so that there could be no question as to the company's right to operate a pipeline from the lake to the plant over this land. The result was the company purchased the nine quarters owned by Mrs. Hoffland as well as other lands.

Mrs. Hoffland is planning on going to Washington next fall, but will spend the summer at Antioch. She is one of the very early settlers of Box Butte county and lived in this county before there was even a hamlet known as Alliance.

A large crowd is expected to attend the Hoffland sale on April 30. The selling will start immediately after the free lunch at noon. Col. H. P. Coursey will cry the sale and F. W. Harris of the Alliance National Bank will clerk it.

**THE GUM-CHEWING HABIT**

"Does It Hurt Me to Chew Gum?" Answer to Interesting Question Made by E. F. Bowers, M. D.

Gum chewing is practiced so generally in this country, enjoyed by most people and condemned by some, that the following scientific answer to the question, "Does it hurt me to chew gum?" which is republished here by courtesy of Every Week magazine, will without doubt interest many readers of The Herald.

It has been the cheerful custom of doctors generally to "knock" gum. They have told us that unless a person could eat and chew gum at the same time he could not influence the digestion of starches, the only foods the digestion of which can be assisted by increasing the flow of saliva.

Also that as no starch digestion went forward in the stomach, it was useless to chew gum after meals; that if it was chewed after meals it would, by stimulating a more liberal flow of saliva (which is mildly alkaline in reaction), interfere with the digestion of meat and other proteid foods in the acid medium of the stomach. Also that it conducted to nervousness, wore the teeth out, toughened and wrinkled those muscles of the face which are required to work overtime in masticating.

All of which was very interesting—but what are the facts?

Little or no starch is converted by the saliva and changed during the process of mastication. Further, it is proved that starches digest best when the menstrum in which they are immersed—in this case saliva and the stomach juices—is only slightly acid. From five to twenty-five per cent of the starch eaten is digested in the stomach, and starch digestion progresses until the free muriatic (or hydrochloric) acid of the stomach reaches a proportion of one part to 500 of starch. Starch digestion then automatically stops; to be resumed when the stomach acid has been again neutralized; after which the small intestine finishes the job. Therefore gum chewing helps digestion, especially when there is a tendency toward acid dyspepsia.

Also we now know that gum allays gloom and helps overcome nervousness. This was first demonstrated during the Balkan War. Men who returned from America to fight in that war brought with them the American habit of gum chewing, and found it so comforting and edge re-

moving that all demanded gum. Since that war it has been issued as a regular ration in many European armies.

Another of its advantages to soldiers was that, by provoking a free flow of saliva, it kept the throat moist in the absence of water. Athletes, long-distance runners, ball players, auto racers, and others whose labors are exhausting and nerve racking, now chew chicle for the same purpose.

Gum has also been recommended for lessening the bad effects produced by the concussion of big guns. Because of this the Germans, English and other navies always keep a stock of it on hand.

And so far as its wearing out the teeth and the face, toothbrushes, wash rags, gossiping and laughing also wear these out. In fact, they will wear out anyhow, given time enough.

Gum chewing, by keeping the mouth and tongue clean, also helps preserve the teeth. Many physicians are adopting the practice of giving their little patients with typhoid, scarlet fever, measles, diphtheria and other conditions in which the mouth secretions are more or less vitiated, a fresh piece of chewing gum after each feeding, to help, by mechanical action, and by thoroughly stimulating the flow of saliva, to freshen up the mucous membranes, this, of course, is in addition to a scrupulous toilet of the mouth.

Chewing gum frequently relieves children, and even adults, of ear sickness. It keeps the mind busy and dilutes the acid secretions of the stomach with a free flow of alkaline saliva. It is of course not so effective as milk of magnesia or atropin; but it helps materially.

We admit that chicle may have aesthetic disadvantages. There are far more inspiring spectacles than the sight of a careful of assorted Americans all busily working their jaws. Most of the things that have been said against gum chewing in public are justified; but in the seclusion of your own home, a stick of gum after each meal won't hurt you a bit.

**GLASS OF SALTS IF YOUR KIDNEYS HURT**

Get less meat if you feel Backsachy or have Bladder trouble—Salts fine for Kidneys.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a table-spoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.

**NEBRASKA PATENTS**

Official list of letters patent of invention issued from the United States Patent Office at Washington, D. C., to citizens of Nebraska, for the week ending April 14, 1917, as reported through the office of Sturges & Sturges, registered patent attorneys, suite 330 Bee Bldg., Omaha, Nebr.:

Lewis Alverson, Omaha—standard fence stay anchor and lightning rod.  
Adolphus A. Dorsey, Newport—dividing board for mowing machines.  
Stephen A. Huntley, Omaha—recoil pad for firearms.  
Homer Martin, Lincoln—guide file.  
Zern Neilson, Omaha—steering device for automobiles.  
David Platner, Lincoln—bob-sled runner.  
Charles W. Sears, Omaha—rotary internal-combustion engine.  
Albert R. Winslow, Kearney—coin-controlled apparatus for inflating tires.

**SAGE TEA DARKENS HAIR TO ANY SHADE**

Don't stay Gray! Here's an Old-time Recipe that Anybody can Apply.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a 50 cent bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy.

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

**IN EARLY DAYS OF NEBR.**

(Continued from page 3 this section) men at the wagon grew impatient. Mr. Harvey climbed up on the wag-

on to reconnoiter. Something was stirring in the marshes! Something was approaching, but no shots were being fired! What had become of the outpost?

Mr. Harvey was about to send a shot into the rushes "to start something" when a man emerged and behind him a horseman! The signals were friendly, and into the camp came five men from Captain Mix's company: "Little Buckshot," a corporal, a surgeon and two privates, who had been detailed by a military expedition farther west to hunt elk.

There is an island in the Loup river just above Comstock. At the upper end of this island was where this little affair took place.

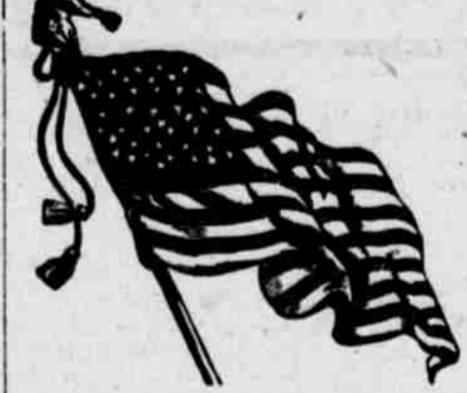
**TO SELL 200 HEAD OF BREEDING COWS**

Owing to a change of plans, F. Rogers & Son, are advertising 200 head of cows to be sold at public auction at the stock yards at Antioch, Wednesday, May 2. About 50 of the 200 head from this herd of breeding cows have calves by side, the balance due to calve this spring. They run about twenty percent white faces, balance reds. The sale starts at one o'clock sharp.

Col. H. P. Coursey will cry the sale and C. H. Brittan of the First State Bank of Alliance will clerk the sale. Elsewhere in this issue of the Herald appears a display advertisement for this selling. If you are in need of any of this stuff, you should be on the job at Antioch on May 2.

**HERE'S TO OLD GLORY, GOD BLESS HER!**

If anyone attempts to haul down the American flag, shoot him on the spot—John A. Dix.



**WESTERN NEBRASKA LIVE STOCK NEED IMMEDIATE ATTENTION**

(Continued from page 1 this section) sections, care should be taken to prevent widespread outbreaks by sanitary methods of vaccination.

Stockmen are urged not to market their stock in an unfinished, immature condition, unless it is to prevent entire loss because of extreme inability to get feed. This practice has caused a recent break in the price of young cattle at the different stock markets. These facts and figures are submitted for the consideration of the loyal live stock men of Western Nebraska.

**Spring Colds Are the Worst**

They lead to catarrh and pneumonia. They weaken the entire system and leave it unable to resist the sudden changes. They interfere with your digestion and lessen your activity. Neglected they soon become that dread disease known as systemic catarrh. Don't neglect them. It's costly as well as dangerous.

**PERUNA Will Safeguard You**

Have a box of Peruna Tablets with you for the sudden cold or exposure. Tonic your system up with a regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once. Give Nature the help she needs to throw off the catarrhal inflammation, and again become well.

Peruna has been helping people for 44 years. Thousands of homes rely on it for coughs, cold and indigestion. It's a good tonic for the weak, as well.

The Peruna Company, Columbus, Ohio

**Stock Cattle For Sale Spring Delivery**

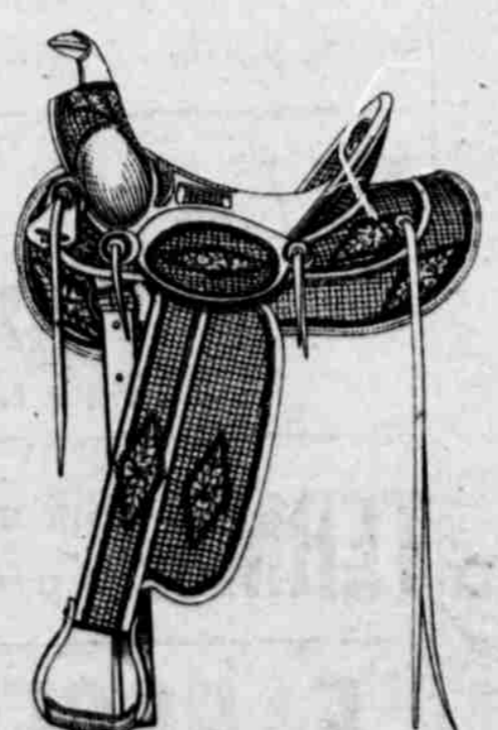
We will have a large number of White Face yearlings, two and three year old steers for Sale. May first delivery, shipped on any road freight paid to destination. These cattle are good color and strong ages.

We have on our ranch 12 miles north of Lakeside, Nebraska, 800 two-year-old steers of same quality as the ones we will have for sale for Spring delivery. These steers are on full feed of hay and can be seen at any time and are also FOR SALE.

Anyone interested in purchasing stock cattle please correspond with

**Cox-Jones-Van Alstine Co. SOUTH OMAHA, NEBRASKA**

**H. B. Brand Saddlery, Horse Blankets, Lap Robes, Whips, Etc. Harpham and Fremont Saddles are handled by the following dealers:**



WE MAKE THE BEST LINE OF HARNESS STOCK SADDLES AND HORSE COLLARS ON THE MARKET. THEY ARE HANDLED BY SOME OF THE BEST RETAIL DEALERS IN NEBRASKA, KANSAS, COLORADO, WYOMING, MONTANA AND SOUTH DAKOTA.

**HARPHAM BROS. CO., Lincoln, Nebraska**

- Ainsworth, E. C. Ballard.
- Alliance, Rhein-Rousey Co.
- Anslemo, W. W. Bass & Co.
- Ansley, Comstock & Mills.
- Ashby, J. Halloran Lbr. Co.
- Bayard, Henderson & Franklin.
- Belmont, Reisdorfer Bros.
- Berwyn, G. C. Stanton.
- Bridgeport, H. C. Burke.
- Broadwater, J. R. Minshall.
- Broken Bow, H. H. Squires.
- Chadron, W. S. Gillam.
- Chappell, Chappell Lbr. & Hdw. Co.
- Cody, Stotts & Jarchow.
- Crawford, Crawford Hdw. Co.
- Crookston, Holmes Hdw. Co.
- Dalton, P. M. Cramer.
- Dix, Phil Nelson.
- Gordon, Jos. Kocer & Co.
- Harrison, Z. B. Johnson.
- Hay Springs, Parsons Hdw. Co.
- Hazard, C. W. Trumble.
- Hemingford, C. A. Shindler.
- Hyannis, F. M. Spalding Lbr. Co.
- Johnstown, E. E. Waggener.
- Kimball, Gus Linn.
- Lakeside, Crowther-Reed Co.

- Lewellen, Rohlfing & Berquist.
- Lisaco, Lisaco Merc. Co.
- Litchfield, H. L. Nelson.
- Lodgepole, E. Fenske.
- Long Pine, M. J. Potter.
- Melebia, Dutton & Sons.
- Merna, A. J. Read.
- Merriman, Lesert Hdw. Co.
- Minatare, C. E. Clough.
- Mitchell, Riley & Tyler.
- Morrill, Logan & Catchpole.
- Mullen, J. L. Roseberry.
- North Platte, A. F. Fink.
- Northport, Jesse Edson.
- Ogallala, C. E. Bass & Co.
- Oshkosh, Quelle Bros.
- Potter, C. W. Johnson.
- Rushville, Coffey & Wasmund.
- Rushville, S. S. Connell.
- Scottsbluff, R. D. Owens.
- Sidney, Mrs. C. D. Essig.
- Sidney, Thos. Olson.
- Sutherland, E. C. Brown.
- Valentine, T. L. Evans.
- Whitman, S. G. Wright.
- Whitney, Whitney Supply Co.
- Wood Lake, Wood Lake Lbr. Co.