

**DRINK HOT WATER  
BEFORE BREAKFAST**

Says you really feel clean, sweet and fresh inside, and are seldom ill.

If you are accustomed to wake up with a coated tongue, foul breath or a dull, dizzy headache; or, if your meals sour and turn into gas and acids, you have a real surprise awaiting you.

To-morrow morning, immediately upon arising, drink a glass of hot water with a teaspoonful of limestone phosphate in it. This is intended to first neutralize and then wash out of your stomach, liver, kidneys and thirty feet of intestines all the indigestible waste, poisons, sour bile and toxins, thus cleansing, sweetening and purifying the entire alimentary canal.

Those subject to sick headaches, backache, bilious attacks, constipation or any form of stomach trouble, are urged to get a quarter pound of limestone phosphate from the drug store and begin enjoying this morning inside-bath. It is said that men and women who try this become enthusiastic and keep it up daily. It is a splendid health measure for it is more important to keep clean and pure on the inside than on the outside, because the skin pores do not absorb impurities into the blood, causing disease, while the bowel pores do.

The principle of bathing inside is not new, as millions of people practice it. Just as hot water and soap cleanse, purify and freshen the skin, so hot water and a teaspoonful of limestone phosphate act on the stomach, liver, kidneys and bowels. Limestone phosphate is an inexpensive white powder and almost tasteless.

Mr. and Mrs. Wm. Ostberg, Jr., returned Monday noon to Alliance, after a short honeymoon trip east. Mrs. Ostberg was Miss Dorothy Smith until the wedding a few days ago. They will make their home at Hoffman where Mr. Ostberg holds a responsible position with the Potash Products Co.

**Bad Cough? Feverish? Grippy?**

You need Dr. King's New Discovery to stop that cold, the soothing balsam ingredients heal the irritated membranes, soothe the sore throat, the antiseptic qualities kill the germ and your cold is quickly relieved. Dr. King's New Discovery has for 48 years been the standard remedy for coughs and colds in thousands of homes. Get a bottle today and have it handy in your medicine chest for coughs, colds, croup, grippe and all bronchial affections. At your druggist, 50c. Adv-2

(Continued from page 1)

- 121 Leslie Adair Hall—Western Hotel, Alliance, Neb.
- 122 William Charles Herman—317 1/2 Box Butte Ave., Alliance, Neb.
- 123 Fred Homan—128 Niobrara Ave., Alliance, Neb.
- 124 Albert Vernon Hunt—515 Laramie Ave., Alliance, Neb.
- 125 Albert Hare—132 Cheyenne Ave., Alliance, Neb.
- 126 Cyril Havlik—308 Box Butte Ave., Alliance, Neb.
- 127 Ellis Hooper—General Delivery, Alliance, Neb.
- 128 George Arthur Harry—Box Butte Room, House, Alliance, Neb.
- 129 William Franklin Head—Western Hotel, Alliance, Neb.
- 130 Martin Harvey—307 1/2 Box Butte Ave., Alliance, Neb.
- 131 Leon C. Ives—315 E. Fourth St., Alliance, Neb.
- 132 Gillo Iviaro—Gen. del., Alliance, Neb.
- 133 Hugo Christian Johnson—Alliance, Neb.
- 134 Lester Johnson—222 Buffalo, Rawlins, Wyo.
- 135 Samuel Lee Johnson—211 E. Fourth St., Alliance, Neb.
- 136 Thomas A. Jewell—407 Yellowstone Ave., Alliance, Neb.
- 137 Lloyd Edmund Johnson—615 Laramie Ave., Alliance, Neb.
- 138 H. L. Johnson—211 E. Fourth St., Alliance, Neb.
- 139 Herming Maurits Johnson—210 Missouri Ave., Alliance, Neb.
- 140 Percy James Jaqua—604 Sweetwater Ave., Alliance, Neb.
- 141 Arnold Jacobson—623 Mississippi Ave., Alliance, Neb.
- 142 Moritz Robert Kittelmann—East Third St., Alliance, Neb.
- 143 Albert Kibler—Alliance, Neb.
- 144 Frederick Arthur King—Drake Hotel, Alliance, Neb.
- 145 John Henry Kane—415 Laramie Ave., Alliance, Neb.
- 146 Charles George Keogh—523 Laramie Ave., Alliance, Neb.
- 147 Adrian James Keane—511 Laramie Ave., Alliance, Neb.
- 148 Stanley Klebek—524 Armor, Chicago, Ill.
- 149 Joe Kelly—123 Niobrara Ave., Alliance, Neb.
- 150 Panadoes William Kotscher—224 E. Second St., Alliance, Neb.
- 151 George Keiser—412 Mississippi Ave., Alliance, Neb.
- 152 Tom Karros—Alliance, Neb.
- 153 Alex Koff—E. First St., Alliance, Neb.
- 154 Fred Krebs—Alliance, Neb.
- 155 Howard Grant Keenen—Alliance, Neb.
- 156 John Martin King—216 Box Butte Ave., Alliance, Neb.
- 157 James E. Keenan—112 Toluca Ave., Alliance, Neb.
- 158 Olof David Kuhn—210 E. Third St., Alliance, Neb.
- 159 Walter James Kaupp—202 Box Butte Ave., Alliance, Neb.
- 160 Paul Glen Lundin—221 1/2 Box Butte Ave., Alliance, Neb.
- 161 Louis Lahoda—307 Mississippi Ave., Alliance, Neb.
- 162 Wilburn Burnett Luck—407 Laramie Ave., Alliance, Neb.
- 163 Edward Paul Lewis—224 E. Second St., Alliance, Neb.
- 164 William Hugh LaMon—412 1/2 Niobrara Ave., Alliance, Neb.
- 165 Frank Lyman Lewis—Western Hotel, Alliance, Neb.
- 166 Theodore Liaromatis—224 E. Second St., Alliance, Neb.
- 167 Joe Lando—Alliance, Neb.
- 168 Walter Wesley Low—522 E. Sixth St., Alliance, Neb.
- 169 Forest Addison Lape—615 Box Butte Ave., Alliance, Neb.
- 170 Jose Mendosa—Alliance, Neb.
- 171 Clarence Chester Mulneaux—Alliance, Neb.
- 172 Luis Medina—Alliance, Neb.
- 173 Peter Marise—Alliance, Neb.
- 174 Wigand Maunier—City Hall, Alliance, Neb.
- 175 Jesus Morales—Alliance, Neb.
- 176 Peter L. Manewal—111 Box Butte Ave., Alliance, Neb.
- 177 James George Makris—South Alliance, Neb.
- 178 Guy Earl Morrison—318 Sweetwater Ave., Alliance, Neb.
- 179 Ray Ellsworth Munger—222 Yellowstone Ave., Alliance, Neb.
- 180 Lyle Morse—322 1/2 Box Butte Ave., Alliance, Neb.
- 181 Warren Orville Marcy—314 Sweetwater Ave., Alliance, Neb.
- 182 George J. Moscrip—504 Missouri Ave., Alliance, Neb.
- 183 Jack Vere Mahoney—Alliance, Neb.
- 184 Lloyd Lewellyn Meyers—First and Box Butte, Alliance, Neb.
- 185 Charles Earnest Martin—111 Laramie Ave., Alliance, Neb.
- 186 Herbert Edward Milam—415 Laramie Ave., Alliance, Neb.
- 187 Frank Roland Mackey—611 Box Butte Ave., Alliance, Neb.
- 188 Max Moscrip—504 Missouri Ave., Alliance, Neb.
- 189 Howard L. Meeker—607 Box Butte Ave., Alliance, Neb.
- 190 Robert William Murphy—210 East Second St., Alliance, Neb.
- 191 Carl Moscrip—504 Missouri Ave., Alliance, Neb.
- 192 William Wick Makris—South Alliance, Neb.
- 193 Ronald Moore—130 Yellowstone Ave., Alliance, Neb.
- 194 Sylester Mack—Kansas City, Mo.
- 195 Allen Clark McInnes—306 E. Third St., Alliance, Neb.
- 196 Ernest Dewitt McCarty—603 Box Butte Ave., Alliance, Neb.
- 197 Roy A. McCluskey—Alliance, Neb.

# Public Warning!

Is hereby given to all Herald Readers

## That We Don't Want Your Business

so long as you are **Perfectly Satisfied** with the firm you have been patronizing. However, should you get the feeling that a change might be a help you will find us delighted to serve you.

We have never been able to Qualify as Angels and don't claim perfection, yet that is our goal. If you know how we can reach and hold it, come in and tell us. We mean it.

# Byers Bros. & Co.

## Stock Yards, Omaha

### For Good Results

Consign Your Live Stock to

# Cox-Jones-Van Alstine Company

South Omaha, Nebraska

A firm who handle a large percent of Sandhills shipments and are personally interested in the Sandhill country, now operating a large ranch north of Lakeside, Nebraska.

Through years of experience in handling range cattle, more especially those shipped from the Sandhills, they are in a position to get the high dollar, and fully understand how to get them over the scales properly filled. Successful handling has attracted the attention of the Western cattlemen, and today Cox-Jones-VanAlstine Company rank among the best commission firms at the South Omaha yards.

In addition to being a live commission firm, they handle stock cattle in large numbers, and by doing business with this firm you not only get full market value for your shipments but are given an opportunity to get your stock cattle at reasonable prices.

Do business with a firm who are in a position to give **BEST RESULTS**. Correspondence solicited.

- 198 Sam Johnson Nesland—B. B. Rooming House, Alliance, Neb.
- 199 Paul Adam Noecker—Wynot, Neb.
- 200 Paul John Norton—218 Box Butte Ave., Alliance, Neb.
- 201 Roy Chris Nelson—South Alliance, Neb.
- 202 Barney Napier—624 Mississippi Ave., Alliance, Neb.
- 203 Frank Ellsworth O'Banion—604 Niobrara Ave., Alliance, Neb.
- 204 George Ernest Ormsby—523 Box Butte Ave., Alliance, Neb.
- 205 Ralph Samuel Ogden—Alliance, Neb.
- 206 Johnie Payne—Tallulah, La.
- 207 Phillip Pfenning—503 Missouri Ave., Alliance, Neb.
- 208 Leslie Lafayette Poole—Alliance, Neb.
- 209 Leslie Perry—324 Missouri Ave., Alliance, Neb.
- 210 Gaylord H. Pry—Alliance, Neb.
- 211 Heinrich Pauley—515 Sweetwater Ave., Alliance, Neb.
- 212 Seth Gilbert Peebles—Alliance, Neb.
- 213 Charlie A. Powell—603 Missouri Ave., Alliance, Neb.
- 214 Montague H. Pendleton—417 Laramie Ave., Alliance, Neb.
- 215 Chas. E. Person—215 Yellowstone Ave., Alliance, Neb.
- 216 George Herbert Parsons—506 Box Butte Ave., Alliance, Neb.
- 217 Irwin Fred Poffenberger—Alliance, Neb.
- 218 Archie Thornton Phillips—Alliance, Neb.
- 219 Oscar H. Person—406 Box Butte Ave., Alliance, Neb.
- 220 Samuel Myron Pryor—607 Box Butte Ave., Alliance, Neb.
- 221 Arthur Rice—212 E. First St., Alliance, Neb.
- 222 Frank Ryan—Alliance, Neb.
- 223 James Elmer Rundle—210 E. Third St., Alliance, Neb.
- 224 Charles William Rathburn—221 E. Third St., Alliance, Neb.
- 225 Clarence Henry Reed—Western Hotel, Alliance, Neb.
- 226 Peter Rau—104 Missouri Ave., Alliance, Neb.
- 227 William Kenneth Robertson—201 1/2 Box Butte, Alliance, Neb.
- 228 Dan Wright Ray—319 Niobrara Ave., Alliance, Neb.
- 229 Lawrence Edmond Richardson—Neb. Rooming House, Alliance, Neb.
- 230 John Claire Rosso—619 Missouri Ave., Alliance, Neb.
- 231 Burton Seth Rowlands—415 Niobrara Ave., Alliance, Neb.
- 232 William Benjamin Russell—520 Sweetwater, Alliance, Neb.
- 233 William Henry Robinson—904 Box Butte Ave., Alliance, Neb.
- 234 Clifford Thomas Roberts—208 E. First St., Alliance, Neb.
- 235 Joseph Samuel Robbins—615 Box Butte Ave., Alliance, Neb.
- 236 Lloyd Alex Smith—132 Missouri Ave., Alliance, Neb.
- 237 George Sinner—Sweetwater Ave., Alliance, Neb.
- 238 William A. Slaughter—South Alliance, Neb.
- 239 Charles Francis Schafer—314 Box Butte Ave., Alliance, Neb.
- 240 Guy Emerson Speaker—111 Lexington Ave., Warren, Pa.
- 241 Frank M. Schmidt—Ottosen, Iowa.
- 242 John Edward Sullivan—Neb. House, Alliance, Neb.
- 243 Clarence G. Schafer—114 E. Third St., Alliance, Neb.
- 244 Thomas Beveridge Snedden—Alliance, Neb.
- 245 George C. Stoll—Drake Hotel, Alliance, Neb.
- 246 Noah Walter Steinman—418 Sweetwater Ave., Alliance, Neb.
- 247 Lewis Arthur Smith—Willow Springs, Mo.
- 248 William M. Schoemann—204 Missouri Ave., Alliance, Neb.
- 249 Arthur Stafford—114 1/2 E. Fourth St., Alliance, Neb.
- 250 Henry C. Stemberg—418 Sweetwater Ave., Alliance, Neb.
- 251 Jessie Summers—128 Yellowstone Ave., Alliance, Neb.
- 252 Harry Harrison Safford—South Alliance, Neb.
- 253 Frank Orlando Seeger—Niobrara Ave., Alliance, Neb.
- 254 Charley L. Suddith—Gen. del., Alliance, Neb.
- 255 George Henry Shaffner—107 Yellowstone Ave., Alliance, Neb.
- 256 Henry John Shimek—Mariland, Neb.
- 257 Yonezou Sato—South Alliance, Neb.
- 258 James Henry Tally—Alliance, Neb.
- 259 Chester Marcellous Thompson—Barry House, Alliance, Neb.
- 260 Marvin Tilber—Fry, Wyo.
- 261 Francis Marion Tanner—Alliance, Neb.
- 262 Ray Alton Tompkins—Alliance, Neb.
- 263 William Sigle Tadlock—115 Box Butte Ave., Alliance, Neb.
- 264 John Warwick True—414 1/2 Box Butte Ave., Alliance, Neb.
- 265 LeRoy Liberty Taylor—1303 L St., Lincoln, Neb.
- 266 Tom Thompson—Box 1286, Alliance, Neb.
- 267 Lloyd Thomas—101 Box Butte Ave., Alliance, Neb.
- 268 Benjamin Franklin Vanderlas—306 Third St., Alliance, Neb.
- 269 Sanders Alfred VanLandingham—603 Box Butte, Alliance, Neb.
- 270 Lawrence Walter Vaneman—Midway, Alliance, Neb.
- 271 Fred John Vogel—305 E. Third St., Alliance, Neb.
- 272 Roy Clay Willis—505 Missouri Ave., Alliance, Neb.
- 273 Alex Worster—128 Missouri Ave., Alliance, Neb.
- 274 George Wesley Watson—212 E. Fifth St., Alliance, Neb.
- 275 Charles Albert Whaley—314 Missouri Ave., Alliance, Neb.
- 276 Thomas B. Wells—303 Sweetwater Ave., Alliance, Neb.
- 277 Walter Walker—129 Box Butte Ave., Alliance, Neb.

**John McCoy, M. D.**  
Offices and Hospital  
Seddish Block Telephone 81  
On account of my absence from the city my office will be closed until August first.



### "Central" Appreciates Your Kindness

There are three operators concerned in every telephone call—you, the party you are talking to and "central."

All three parties must cooperate if the best service is to be had.

The telephone operators are human, just as you are.

Being human, they appreciate kindness and courtesy, but resent unkindness and discourtesy just as any of us do.

Kindness begets kindness, courtesy creates courtesy and patience encourages patience.

If you wish to get the best out of your telephone, make it a point to be kind and courteous to the operators.

