

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 poisonous toxins before it is absorbed into the blood. 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.

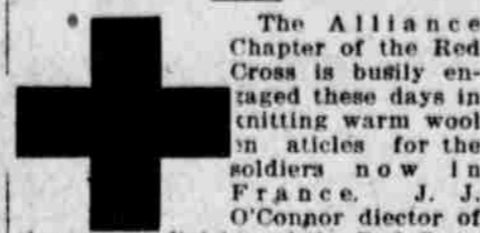
Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate hot water drinking and are assured of very 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 cleanse, purify and freshen 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 try this for a week and notice results.

RED CROSS MAKES APPEAL FOR AID

Emergency in France—Local Chapter Busy Knitting Warm Woolen Articles—Help Needed



The Alliance Chapter of the Red Cross is busily engaged these days in knitting warm woolen articles for the soldiers now in France. J. J. O'Connor director of the central division of the Red Cross with headquarters at Chicago, in a letter to the Herald received this week asks this paper to give additional prominence to the emergency that has arisen in which the welfare of our soldiers in France is at stake.

A call for help has come from the battle front in France on behalf of American soldiers, the soldiers of their Allies, and of the destitute civilians of devastated Belgium and Northern France. Six million warm knitted woolen articles are needed to help them get through the winter. The appeal has come to the American Red Cross at Washington, and it specifies 1,500,000 each of sweaters, mufflers, wristlets and socks.

The call is official. Major Grayson M. P. Murphy of General Pershing's staff, the Red Cross Commissioner for Europe, who knows better perhaps than any other man just how badly these things are needed, has cabled for them. Here is part of his message:

"Last winter broke the record for cold and misery among the people here. We inexpressibly dread the coming winter finding us without supplies to meet the situation. We urge you, on behalf of our soldiers and those of our Allies, who will suffer in their frozen trenches, and also thousands of French and Belgian refugees, to begin shipping at once 1,500,000 each of the warm, knitted, woolen articles named. They must come before cold weather."

The entire people of this land are called upon to render this service to the men in khaki, and those struggling with them. The hearts of the people will be in the task because their own are among those who need the service. Every county, every village, every voting precinct, is sending of its best to fight for the country, and the woman who knits one of these garments feels, with every stitch, that it may be her own son, her own brother, or one of her dearest friends, who may be kept more comfortable by her work.

From Director John J. O'Connor of the Central Division of the Red Cross, with headquarters at Chicago, the call went forth to 1,081 chapters in the Central States, urging the members to answer the call. The chapters called on the Red Cross Supply Service for yarn, knitting needles, and full instructions for the knitting. In the meantime, knitting committees were formed in the chapters, and volunteers called for.

The Supply Service was forced to ask some chapters to buy their yarn and needles from whatever source they could most quickly get them. The Supply Service had on hand enough goods to fill such an unprecedented demand on such short notice. Washington could not even supply as rapidly as they were needed, the printed instructions for the knitting, and the newspapers were called on to print the directions so that every knitter might have a copy.

But the work must be hurried. "They must come before cold weather," cabled Major Murphy. That means that the entire 6,000,000 articles must be completed in the shortest possible time, and sent to France. The chapters were urged to use every possible minute, and to call on every woman and girl who can knit, whether or not she is a Red Cross member, and ask her to help in the work.

We in America, who as yet can scarcely realize that our country is at war, have no conception of the terrible need of the millions of people in France and Belgium whose lands are overrun by the Germans. Utterly penniless, with no possessions save the ragged clothes on their backs, they suffered incredibly by tens of thousands last winter. Now they face another winter, weakened by the trials they have already undergone, and it is "up to the Red Cross" to keep them from dying of cold. They are enduring what military experts have pointed out Americans will be called on to endure if the Germans ever beat the Allied armies and invade and attack America on her own shores.

This call for knitted articles is but one phase of the work if relief which the American Red Cross must carry on. Washington has repeatedly warned the chapters that the knitting must not be permitted to stop or delay the making of surgical supplies—wound dressings, splints, bandages, operating garments and the thousands of other things which surgeons and nurses must have when they wait on the wounded. These must be kept flowing in a never-ending stream, increasing in volume as our own men near the front. The knitting is merely an "extra rush order" in addition to everything else the Red Cross has undertaken to do.

The American soldiers are furnished with uniforms and overcoats and shoes and everything that the army regulations call for. The knitted articles are for their extra comfort—and in the case of the refugee civilians are absolute necessities.

Every reader of this article is urged to get a supply of yarn and needles, and knit—o have some one else knit—as many of these articles as possible and as quickly as possible. The knitted goods should be sent by the knitters of the Central Division to the nearest Red Cross chapter, which will send them with all speed to the Red Cross Supply Service, Wakarusa and McLaughlin Warehouse, 225 East Illinois street, Chicago. In case the knitter cannot get in touch with a Red Cross chapter, she may send the goods direct to the war-

house.

Here are the official directions for knitting the sweater, mufflers, socks and wristlets—and remember, Major Murphy says "they must come before cold weather."

Equipment
Knitting machines may be used if the quality of their work is up to standard.

Yarn may be either gray or khaki. The Red Cross Supply Service will carry the gray oxford mixture, 4-ply 10's construction.

Knitting needles, as prescribed, will be of three kinds: No. 1 135-1000 inches in diameter; No. 2 175-1000 inches and No. 3, 260-1000 inches.

Yarn and needles can be had thru Red Cross chapters.

General Directions
Do not cast on stitches too tightly. Knit evenly and firmly, and avoid holes.

Join by splicing, or by leaving 2 or 3 inches at each end of the yarn to be carefully darned in.

Carefully avoid all knots, ridges or lumps, especially in socks, as they may blister the feet.

Sleeveless Sweater
3 hanks of yarn (three fourths pound); 1 pair Red Cross needles, No. 3.

Cast on 80 stitches. Knit 2, purl 2 stitches for 4 inches. Knit plain until sweater measures 25 inches. Knit 28 stitches, bind off 24 stitches for neck, loose. Knit 28 stitches. Knit 5 ridges on each shoulder, cast on 24 stitches. Knit plain for 21 inches. Purl 2, knit 2 stitches for 4 inches. Sew up sides, leaving 9 inches for armholes. 2 rows single crochet around neck and 1 row single crochet around the armholes.

Wristlets No. 1
½ hank of yarn (¼ lb.); 1 pair Red Cross needles, No. 2.

Cast on 48 stitches, knit 2 and purl 2 for 12 inches, and sew up, leaving 2 inches open space for thumb 2 inches from the edge.

Wristlets No. 2
(Made in One Piece)
½ hank of yarn (¼ lb.); 4 Red Cross needles, No. 1.

Cast on 52 stitches on 3 needles: 16-16-20. Knit 2, purl 2 for 8 inches. To make opening for thumb, knit 2, purl 2 to end of 3d needle, turn; knit and purl back to 1st needle, always slipping first stitch; turn. Continue knitting back and forth for 2 inches. From this point continue as at first for 4 inches for the hand. Bind off loosely and buttonhole thumb opening.

Muffler
2½ hanks of yarn (¾ lb.); 1 pair Red Cross needles, No. 3.

Cast on 50 stitches or 11 inches. Plain knitting for 68 inches.

Medium Sized Man's Sock
4 Red Cross needles, No. 1; ¼ lb. (2 hanks) of yarn.

Set up 60 stitches, 20 on each of three needles. Knit 2 plain and 2 purl for 35 rows (4½ inches). 36th row knit 4 plain stitches, knit 2 together; repeat this until the round is completed. There are now 50 stitches on the needles. Knit 50 rows plain until leg measures 11 inches. (6½ inches of plain knitting.) Take half the number of stitches (25) on first needle for the heel (leaving 12 and 13 stitches on the second and third needles for the instep), add on the 25 stitches knit 1 row, purl 1 row alternately for 26 times (or 3 inches), always slipping the first stitch. Begin to turn heel on the wrong side, slip 1, purl 13, purl 2 together, purl 1.

Turn work over, slip 1, knit 4, slip 1, knit 1, and pass it over slipped stitch, knit 1. Turn, slip 1, purl 5, purl 2 together, purl 1. Turn, slip 1, knit 6, slip 1, knit 1, and pass it over slipped stitch, knit 1. Continue working toward the sides of the heel in this manner, leaving 1 more row between decreases on every row until all the stitches are worked in. There should then be 15 stitches on the needle. Pick up 13 stitches on a side of heel; now knit the 25 stitches on 2d and 3d needle on to one needle, which becomes your 2d needle; with your 3d needle pick up the 13 stitches on other side of heel, and knit 7 stitches off your 1st needle so that you will now have 21 stitches on the 1st needle, 25 stitches on the 2d needle, and 20 stitches on 3d needle. 1st needle (a) knit to within 3 stitches of end, knit 2 together, knit 1. 2d needle (b) knit plain. 3d needle (c) knit 1, slip 1, knit 1, pass slipped stitch over, knit plain to end of needle. Knit around plain (d).

Repeat a, b, c and d until you have 13 stitches on 1st needle—25 stitches on 2d, 12 stitches on 3d. Knit plain for 4½ inches. 1st needle (e) knit 19 stitches—knit together, knit 1. 2d needle (f) knit 1, slip 1, pass slipped stitch over, knit 19 stitches. Knit 2 together, knit 1. 3d needle (g) knit 1, slip 1, knit 1, pass slipped stitch over, knit 9 stitches, knit 2 rows plain (h).

Repeat e, f, g and h 5 times, then narrow every other row until you have 5 stitches on your first needle, 9 stitches on your second needle and 4 stitches on your 3d needle. Knit the 5 stitches on your first needle on to your 3d. Your work is now on 2 needles opposite each other. Break off yarn leaving 12-inch end. Thread into worsted needle and proceed to weave the front and back together as follows:

Pass worsted needle through 1st stitch of front knitting needle as if knitting and slip stitch off—pass through 2d stitch as if purling—leave stitch on, pull thread through 1st stitch of back needle as if purling, slip stitch off, pull thread through 2d stitch of back needle as if knitting—leave stitch on. Repeat from until all the stitches are on the needle.

Sock when finished should measure:
Foot, from tip of heel to tip of toe 11 inches.
Leg, from tip of heel to tip of leg, 14 inches.

ST. MATTHEW'S CHURCH
Wm. Carson Shaw, Dean
8 a. m. Holy Communion
11 a. m. Morning prayer.
7:30 p. m. Evening prayer.

WRIGLEYS



S. O. S.
Send Over Some
WRIGLEYS

Keep your soldier or sailor boy supplied. Give him the lasting refreshment, the protection against thirst, the help to appetite and digestion afforded by Wrigley's.

It's an outstanding feature of the war— "All the British Army is chewing it."

AFTER EVERY MEAL



The Flavor Lasts

Order Your Winter's COAL Supply NOW!

It is the wise thing to do—
You'll say so this winter, too.

If we could make plain to you the situation, we know that you would put in your winter's coal supply now. We are not trying to scare you, but we are trying to tell you. The car shortage exists. It may look to you like everything is moving, but you'll appreciate what we tell you when winter comes and it may be next to impossible to get coal.

We've got coal to sell you today. We've got coal today to put into your bin. We can't promise more. It's good coal and it's a fair price. We urge you to get busy—think—act. It will prove to your advantage.

Dierks Lumber & Coal Co.

F. W. HARGARTEN, Mgr. PHONE 22 111 Laramie Ave.

200 HOMESTEADS

Frannie Division—Shoshone Reclamation Project

Big Horn Basin, Wyoming

Early in September these Government irrigated farms near the new town of Deaver will be open for homesteading. Don't miss this extraordinary opportunity to get a high class, big value farm, on a sixteen-payments-in-twenty-years-plan.

NO INTEREST—NO PROFIT

Farms nearby in the Powell division of this Project settled in 1908, have been sold for \$75 to \$200 per acre and Deaver farms promise a more rapid rise.

Ask me for free folder and map and let me give you all details—how to go—what to do—the exact date—and water charge. Be ready to go on short notice if you would secure one of these rich farms. S. H. HOWARD, Immigration Agent C. B. & Q. R. R. 1004 Farnam Street, Omaha, Nebraska.



Hotel Castle 300 ROOMS New Absolutely Fireproof



We want the Western Business. Best Place in Omaha for
Stockmen to Stop. Ask Your Commission Men

FRED A. CASTLE, Prop.

ATTENTION, STOCKMEN

HAY AND WINTER RANGE ARE WANTED

Inquiries are coming to The Herald office in large numbers for winter range and hay. The districts in the west and southwest which have suffered this year from drought have thousands of head of cattle which must be taken care of. Stockmen having either hay or winter range for sale will find a steady market if they will write The Alliance Herald on the coupon below:

Date _____ 191__

Stock Department,
Alliance Herald,
Alliance, Nebraska.

I have for sale the following at prices quoted:

_____ tons of hay. Price \$ _____ per ton.

_____ acres of winter range to care for _____ head. Price \$ _____

Name _____

Address _____