

**BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT**

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if you head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels, and cleanse, green and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.

**OFFICIALS HAVE NO STOCK IN POTASH**

Pool and Shumway Issue Signed Statement Denying Allegation of the Alliance Times

Charles W. Pool, secretary of state, and G. L. Shumway, state land commissioner, have issued a signed statement refuting a statement in a recent issue of the Alliance Times that they were stockholders in The Nebraska Pipe Line and Refining Company, a company organized by W. S. Ridgell and others which has mineral leases on state lands.

The statement issued and signed by the two officials reads as follows: Noting the statement in The Alliance Times that we were stockholders in The Nebraska Pipe Line and Refining Company, please permit us to state: That we are not now, never have been, and never expect to be inter-

ested in the fortunes of said company or any other company producing potash from lands belonging to the State of Nebraska. The proprietaries forbid it.

We will insist, however, that Mr. Ridgell's company, or any other mineral lessee of state lands, shall proceed with all possible haste to the production of potash. Our country needs the product for munitions and the royalty is needed to help educate the kiddies of Nebraska.

Further, we will endeavor to prevent the control of this field by Guggenheim, Krause, Ridgell or anyone else.

CHARLES W. POOL, Secretary of State. G. L. SHUMWAY, State Land Commissioner.

**Are You Looking Old?**

Old age comes quick enough without inviting it. Some look old at forty. That is because they neglect the liver and bowels. Keep your bowels regular and your liver healthy and you will not only feel younger but look younger. When troubled with constipation or biliousness take Chamberlain's Tablets. They are intended especially for these ailments and are excellent. Easy to take and most agreeable in effect. Obtainable everywhere.—Adv-sep

**HOME GUARDS ARE DRILLING REGULARLY**

Good Attendance at Armory Tuesday and Friday Evenings of Each Week—New Flag for Co.

The Box Butte Home Guards are now drilling regularly, meetings being held on Tuesday and Friday evening of each week at the armory building, in the rear of the city hall. The membership now totals about 125 men. Captain Strong and his officers are kept busy drilling the rookies.

The company now has a large flag, donated by The Alliance Herald to them last week. Color Sergeant Tash will now have his duty to perform in caring for the colors.

**RECORD OF THE PAST**

No Stronger Evidence Can Be Had in Alliance

Look well to their record. What they have done many times in years gone by is the best guarantee of future results. Anyone with a bad back; any reader suffering from urinary troubles, from kidney ills, should find comforting words in the following statement.

Mrs. Celia Weaver, 122 Yellowstone Ave., Alliance, Says: "I was troubled by kidney complaint for some time and learning of Doan's Kidney Pills, I began taking them, procuring them at Holsten's Drug Store. I can say in all earnestness

that they can't be excelled for curing backache and kidney ailments. It took Doan's only a short time to rid me of severe pains in the small of my back and after that I could stoop and straighten without suffering."

The above statement was given July 20, 1916, and on June 7, 1916 Mrs. Weaver said: "I seldom have need of Doan's Kidney Pills now, as I am never troubled the way I was before using them. I take a few now and then, however, and they always drive off any threatened return symptoms and keep me in good health."

Price 60c at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Weaver had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. Adv—Sep

**HELP WANTED TO SAVE SUGAR CROP**

Scottsbluff, Gering and Mitchell Commercial Clubs Ask for Help to Save Nebraska Sugar Crop

There are more than one thousand three hundred farmers growing beets in the North Platte Valley this year. Many of them need teamsters and other labor, and quite a number need extra teams to harvest and deliver four hundred and fifty thousand tons of beets. They are offering exceptionally high wages.

The harvest will begin October 1st and continue daily until November 15th or later. Any men who desire to obtain work either with or without teams, should write or telephone at once to one of the following public organizations:

- The Scottsbluff Commercial Club, Scottsbluff, Nebraska.
- The Gering Community Club, Gering, Nebraska.
- The Mitchell Community Club, Mitchell, Nebraska.

42-21-8634

**Clear Your Skin in Spring**

Spring house cleaning means cleaning inside and outside. Dull pimply skin is an aftermath of winter inactivity. Flush your intestines with a mild laxative and clean out the accumulated wastes, easy to take, they do not gripe. Dr. King's New Life Pills will clear your complexion and brighten your eye. Try Dr. King's New Life Pills tonight and throw off the sluggish winter shell. At druggists, 25c. Adv—2

**TWO PUTTIES MAKE A PAIR**

Sergeant Jack Hawes, of the Box Butte Home Guards, is in a serious fix, according to his friends. Jack had just received a fine pair of leather putties, with the H-B brand on them, to go with the balance of his uniform. Webster defines a "puttie" as a "kind of gaiter, wrapped around the leg, used by sol-

diers, walkers and others." Well, the kidlets, found the Sergeant's putties and had just lots of fun with them. When they got tired playing with them they left them lying on private Baker's Ford running board. Private Baker didn't notice them there and made a trip down the street. When he got back one puttie was gone. The problem now is—shall the Sergeant wear one puttie and wrap the other leg with binding twine or will the person who found the puttie return it so that he can blossom forth in correct style?

**How to Give Good Advice**

The best way to give good advice is to set a good example. When others see how quickly you get over you cold by taking Chamberlain's Cough Remedy they are likely to follow your example. This remedy has been in use for many years and enjoys an excellent reputation. Obtainable everywhere.—Adv-sep

**Ideals in Statuary.**

One scarcely realizes until he comes into personal contact with South American institutions and people the difference of traditional ideals with which North and South America were founded. While through our parks and commons in New England we find statues of the early pilgrim father with a staff in his hand and the Bible under his arm, here in these republics we find in the parks the mailed warrior with lance and sword, the emblem of the Spanish adventurer who first came to drive out the Indian from his possessions, to loot his gold and to place upon the country and its inheritance the stamp of his ruthless ambitions.—Christian Herald.

**Constipation the Father of Many Ills**

Of the numerous ills that affect humanity a large share start with constipation. Keep your bowels regular and they may be avoided. When a laxative is needed take Chamberlain's Tablets. They not only move the bowels but improve the appetite and strengthen the digestion. Obtainable everywhere.—Adv-sep

**Tearful Statesmen.**

There was a time when English statesmen, wept upon small provocation. Pepys makes frequent reference to this weakness, while the story of the long parliament as written by DeWes gives the impression that the legislators of that day were singular prone to tears. They wept on the slightest provocation, and sometimes their excessive grief was so noisy the proceedings had to be stayed until the achrymose lawmakers could compose themselves.

"Papa, what is the difference between a sanitarium and an asylum?" "About \$100 a week."—New York Times.

**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 \_\_\_\_\_

**BOX BUTTE LANDS**  
**City Property Ranches**

We have a large and well-established list of farming lands, stock ranches and city property which we are pleased to show to persons interested. You are invited to call at our office.

**Burns Real Estate Exchange**  
207 Box Butte Avenue. Phone 133. Alliance, Nebraska

International Typographical Union No. 755  
**UNION LABEL**

The UNION LABEL on printed matter ALWAYS means the BEST, in both the front office and the workshop—the composing room. There are two printing offices in Alliance entitled to the use of the UNION LABEL:

**THE ALLIANCE HERALD**  
**THE ALLIANCE SEMI-WEEKLY TIMES**

UNION MEN and LABORING MEN of all trades, if your tradesman solicits your business with printed matter ask him to get the UNION LABEL on his advertising.

**Demand the UNION LABEL on Your Printing**

**Tagg Bros. & Moorhead**  
**U. S. Yards--Omaha**  
"The Great Live Stock Market of the West"

It Takes EXPERIENCE and ABILITY to get the BEST RESULTS

**This Firm has Both**

—Personnel—

- A. W. Tagg, Cattle Salesman
- Coley Wilkerson, Sheep Salesman
- Bert Anderson, Hog Salesman
- Ellis Wright, Feeder Buyer
- H. W. Johnson, Cashier
- W. B. Tagg, Manager

The best indication of what a Firm can or will do is what they have done. We point with pride to our past record of high sales. Ask your neighbor or banker about us.

Our weekly "Market Comments" is free—write for it.