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Extra work I never shirk, in here I live to die

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AIDS TO GRACE AND BEAUTY

(By Priscilla Dean.)

WATCH YOUR STEP

How much attention do you pay to your feet?

Did you ever realize that the most important part of your costume is your feet? If you have a good looking pair of shoes on, your whole appearance is improved, even if your suit or hat may not be exactly up to the minute.

Don't wear small, tight fitting shoe that are too narrow or too short for you, just because they are stylish. If you do you will be sure to suffer for it by having corns and bunions, fallen arches and other foot troubles. A low flat heel or the kind that is worn on the oxfords, that are so fashionable today are the best kind, as it gives the foot a natural and easy position.

These tremendous high heels are the worst thing in the world for one's health, regardless of the attractive advertisements proclaiming their virtues.

Doctor's who claim to know, insist that high heels are the cause of more internal trouble, for women, than is realized. The unnatural position of the foot, throws the whole body out of proportion, with disastrous results.

Style in footwear is just as essential as style in selecting dresses and hats.

White shoes are for sport occasions, and light summer dresses. They are not to be worn with dark serge suits and dark dresses as you so often see them. In this respect the white shoe has been as much abused as the sweater, which is worn so much that one may even expect society to appear at the Grand Opera so adorned.

If you have weak ankles, don't wear low shoes or pumps. If you do, it simply means that your ankles will turn and you'll either be landing head first in front of a street car or doing a cart wheel down somebody's front steps. Weak ankles and low shoes are not on speaking terms with each other.

At the same time shoes, especially high dark ones were never meant to be the companion of a gingham or organdie dress. And do not wear rubber soled sneakers or campus shoes anywhere but at the beach or in the tennis court, unless you want them to "draw" your feet and make you generally unhappy.

For dressy shoes, patent leather is always ready to render first aid. It is the dressy leather that is meant for the ballroom and the formal evening affair, although of course suede and gunmetal are a good second.

Notice the professional dancers or persons who walk a great deal or have to be on their feet. These people will always choose the most comfortable footwear, and it will invariably have low heel and broad toe. Most of the successful dancers appear barefoot, which is pretty good proof that nature knew her business.

Above all, if you are heavy don't wear a heel two inches high. All the weight comes on the ball of your foot which is going to collapse under the strain and leave you with a chiroprast bill as long as your arm.

A good recipe for tired aching feet is to bathe them in baking soda and water or witch hazel and water. This will relieve any strain that your feet have been subjected to during the day.

SLEEP

Sleep sound and dreamless, is essential to beauty, for it is the silent worship wherein tired nerves and broken down tissues are restored and reinvigorated.

The amount of sleep required differs with the temperament of each individual.

From seven to eight hours per night has been decided upon as the requirement for the average adult, but for children and infants this is not enough; they should sleep almost from sun to seven the next morning.

To retire or rise at any stated time, merely to carry out a theory, is worse than foolish; and usually results in wakeful hours as wasted ones.

To awaken a child from natural sleep at a stated hour every morning is an almost criminal practice, as it invariably brings with it some measure of suffering. Nature knows best how much or how little sleep we require, and she will attend to that duty as well as to all others if we do not transgress the laws which she has laid down for us.

The bedroom should be the most congenial spot in the house. There should be absolutely nothing in its location or furnishing to jar upon the nerves.

The bed should be soft and spread with natural smoothness, the pillow low and the room well ventilated. See that no bright light is permitted to enter and, if desired a dark shade may be hung before the window.

Never allow flowers, sweetmeats or food to remain in the room over night, and all family pets as birds, dogs, and kittens, should be excluded.

A nap during the day is absolutely necessary for children and has been found the greatest possible value to adults.

Sleep smoothes the wrinkles from the brow and retints the cheeks with roses. It restores to each joint its pliant suppleness and rests, through total oblivion, the mental forces which have been overworked or worried.

To turn night into day is a grievous error and one that will be punished sooner or later.

In sleeping always lie straight in bed, as this position is most conducive to sleep.

Do not lie upon the back if there is any weakness of the stomach, as it is apt to produce unpleasant dreams, snoring and nightmare.

A low pillow should be used in preference to a high one, as the latter strains the ligaments of the back and produces round shoulders.

Accustom yourself to as little covering as possible. A good down cover is preferable to blankets, except in extremely cold weather.

Before retiring throw off all worries and cares of the day. Do not brood over squabbles in the office or unpleasant remarks passed from mouth to mouth. Forget it all and prepare for the greatest beauty provider that nature can give you.

A series of deep breathing exercises in front of an open window or any kind of exercise will keep the blood circulating in the proper manner.

Now for the exercises. In deep breathing exercises we should aim for the following results; to strengthen the extra muscles of breathing such as the arm and back. We should endeavor to preserve and increase the elasticity of the lungs to develop evenly, all their parts, to heighten permanently their capacity.

Priscilla Dean

"GRANDEST IN THE WORLD" HE SAYS

Des Moines Man Improved So Fast On Tanlac He Could Hardly Believe It.

"Tanlac, to my mind, is the grandest medicine in the world," declared Harry Baker, R. F. D. 3, Box 151, Des Moines, Iowa, machinist at the Union Shops.

"I have actually gained twenty pounds in weight since I started taking Tanlac and feel as well as I ever did in my life. For five years I suffered terribly from indigestion. I had very little appetite, and the little I did manage to eat always

hurt me. After every meal I would become badly nauseated and bloat up something awful with gas. I was subject to severe spells of headaches and often became so dizzy I could hardly stand up. My kidneys also worried me a great deal, and there was always such intense pain across the small of my back I could hardly do my work.

"When I began taking Tanlac I commenced improving so fast I

could hardly believe it. I kept on getting better until now I have a splendid appetite and can eat anything I want without having a sign of indigestion. My kidneys never bother me any more, the pains have entirely gone out of my back, and I can bend around and do my work as good as I ever could. I never have a headache or become dizzy, feel good all the time, and in fact, am a well man in every respect. I am glad of

the opportunity to tell others what Tanlac has done for me, as I hope it may be the means of helping someone else who may be suffering as I was."

Tanlac is sold in Alliance by F. E. Holsten, in Hemingford by Hemingford Merc. Co., in Hoffland by Mallory Grocery Co.

Girls wanted, Alliance Steam Laundry, 30c per hour. 80c

What Will You Do With YOUR BACK PAY



When Your Check Comes In?

Many Railroad Man will soon receive very substantial amounts of money as back pay from the Burlington. Have you considered the wisest thing to do with this money?

Perhaps you have long wanted something that you never before thought you could afford. Perhaps you have already permitted yourself the pleasure of selecting the desired article.

"What Will This Purchase Pay Me?"

Will your expenditure be an ASSET or a LIABILITY? Will it COST YOU MONEY or MAKE YOU MONEY? These are the questions you should ask yourself before letting your back pay go.

It is a very satisfying feeling to collect money that comes to you simply by possessing other money. That's the secret of present-day success.

Make Your Money Work For You

If you commence the habit of working your funds for your gain NOW, you need never worry about your old age when you can no longer work for yourself.

Start a good thing by bringing your Back Pay to us and placing it in a SAVINGS ACCOUNT. We will pay you 5% interest, and the principal is absolutely safe. Do yourself the justice to talk this thing over with our officers before you make a decision.

FIRST NATIONAL BANK

Alliance, Nebraska

Use Dependable Oils

Good Gasoline and Motor Oils Insure Smooth Operation of Your Machinery—Attention to these Matters will Mean Many Dollars to You in a year

Patrons find a wonderful difference in motor performance when they use selected gasoline and oils. In a multitude of ways machinery "works" better. It saves you time and annoyance as well as costly repair bills.

Dealers find it much easier to sell satisfactory goods. No kicking from customers and easy collections make selling a positive pleasure.

Mutual Oil Company

OF KANSAS CITY, MO.

The oil stations formerly conducted by Vaughn & Son in Alliance, Hemingford and Antioch have been taken over by the Mutual Oil Company of Kansas City, Mo. Our agent, Mr. D. McNitt, will have charge of the business in these towns for the time being.

The Same Phone No. 5

We will confine our efforts to a strictly wholesale business and want to interest new dealers in our proposition. We will handle the following products:

SAMPSON GASOLINE
TRACTOR OILS

RADIANT KEROSENE
STEAM CYLINDER OILS

Complete Line of Lubricating Oils and Greases of All Kinds

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