

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.

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.

If you are in a hurry avoid the train of thought.

Some men value outward show more than inward worth.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

Frank A. Vanderlip, president of the National City bank in New York city, is a machinist by trade.

All He Wanted and More. "Did you ever have all yer wanted of anything?"

"Yes; two things—advice and water."

Important to Mothers Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the signature of J.C. Watson.

To Be Expected. "Here is a story about a man who bought a manufactured 'old master' under the impression it was a genuine Van Dyke."

Positive Proof. Mrs. Neverholme—Isn't Mrs. Squillbob a careless, shiftless housekeeper? Mrs. Onedgo—I should say so.

Couldn't Evade "Special." A Lancashire man who has a hen roost near the railway was complaining to a friend about having some of the birds killed by passing trains.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans. Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

Out of the State. A disheveled citizen rushed into a police station and shouted for vengeance.

The automobile that hit me five minutes ago was No. 41144," he spluttered.

"I can prove that he was exceeding the speed limit, and I want—I want—"

"Warrant nothing! What good would a warrant do me at the rate he was going? I want extradition papers."

Their Place. "It's a wonder they don't take horses on Arctic expeditions."

Even if you have a galvanized roof on your house it is a good idea to have it covered with insurance.

BACKACHE AND KIDNEYS

Dear Mr. Editor:

For the benefit of others, I gladly give this statement regarding the merits of "Anuric." Am nearly 76 years of age. I suffered from backache, weak back, rheumatism, and could not control the excretion of the kidneys.

NOTE:—A new remedy, called "Anuric," has been discovered by Dr. Pierce. It cures backache, headache and the darting pains and aches of rheumatism, kidney and bladder troubles.

before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexions, 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 phosphated 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 cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

Nelle Prosequit. Rastus had caught Sambo red handed. "Ah'm gwine hab yo' arrested foh stealin' mah chickens, yo' Sambo Washin'ton—dat's jess what ah'm gwine to do," said Rastus.

DON'T LOSE HOPE IN KIDNEY TROUBLE

I was troubled with what the doctor said was Kidney and Bladder trouble and after trying several doctors, gave up all hopes of ever being well again, until a friend of mine told me about Dr. Kilmer's Swamp-Root.

MRS. MARTILE VANDERBECK, 409 Johnson St., Moberly, Mo. Personally appeared before me this 4th day of February, 1914, Mrs. Martile Vanderbeck, who subscribed the above statement and made oath that the same is true in substance and in fact.

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder.

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IN THE SPRING

Now is the time to bring to your aid Dr. Pierce's Golden Medical Discovery (in tablet or liquid form). This wonderful remedy helps to restore stomach to its natural health and strength and to secure proper flow of the digestive juices, a good appetite and full digestion of the food you eat.

Dr. Pierce's Golden Medical Discovery is absolutely free from alcohol and injurious drugs. Its ingredients printed on wrapper. You can be certain it is a true blood-maker, tissue-builder, and a restorative nerve tonic and that it will produce no evil after-effect.

The KITCHEN CABINET

Life and success mean not submission to, but mastery of environment. —Abdon.

Wise men ne'er sit still and bewail their loss, but cheerily seek how to redress their harms. —Shakespeare.

MORE ABOUT FIRELESS COOKER.

For long, slow cooking the cooker is unsurpassed. Meats that are tough and need long cooking will be tender and delicious cooked the fireless way.

For steaming puddings and brown bread, the cooking of rice, oatmeal and other cereals, for baking fruit cakes which are often so hard to bake in the oven, the cooker is an ideal saver of fuel and time.

The country housewife, as well as the city one, may prepare her Sunday dinner, go to church and enjoy the sermon and a chat with her friends without hurrying home to cook dinner.

The flavors of meats, fish or fowl cannot be surpassed in comparison with other ways of cooking, for by the slow process flavors are developed and brought out, the juices and natural flavors preserved.

Chicken a la Fireless.—Prepare the chicken as for frying, brown it in a little butter until all sides are evenly browned, in the dish in which it is to be cooked.

Every man is ready to give in a long catalogue of those virtues he expects to find in the person of a friend, but very few of us are careful to cultivate them in ourselves.—Budget.

SOME GOOD DRIED FRUITS.

When meeting an empty fruit closet remember the delicious dishes to be prepared from the dried fruits always at our command.

The wholesome cheese is a food in itself and when combined with vegetables makes a well-balanced dish.

Cheese Sauce.—Add a tablespoonful of butter to two of flour and cook until smooth, then add a cupful of milk, a dash of red pepper, a half teaspoonful of salt and a cupful of dry grated cheese.

Cheese With Rice.—Take a cupful of cooked rice, add a half teaspoonful of salt, and a cupful and a third of grated cheese, a half cupful of hot milk, then add four egg yolks beaten thick and fold in the stiffly-beaten whites.

Apricot Marmalade.—Wash five pounds of dried apricots. Cook slowly in water to cover until the stones may be easily removed after they have been soaked over night.

Acts as a Shield. "I don't like to have my husband prop up a newspaper at the breakfast table. Do you?"

He—She married a fool with barrels of money.

Combination Spoiled. He—She married a fool with barrels of money.

He—Then why isn't she happy?

He—Marriage brought him to his senses.—Boston Evening Transcript.

If your plans go wrong, As they sometimes will, And the way seems long As you climb the hill; Remember my friend, 'Tis a part you play: You find in the end A brighter day. (It's life).

IRONING MADE EASY.

The majority of women who do their own laundry work if asked which they prefer to do will choose the washing, for there is more variety in movement and they do not get so tired as they do standing for hours, usually on a hard, unelastic floor.

Today the woman who is her own laundress eliminates all the work that is possible, wearing crepe underwear and dresses, thus cutting down the ironing.

A high spot to sit on while ironing is a great strength saver, the feet may rest on a chair round and the small pieces, napkins, handkerchiefs and towels and pillow cases, ironed quite as well as when standing.

An electric mangle is a wonderful aid in the household that has much laundry, for all the flat pieces can be quickly ironed and much better than by hand work.

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His Unlucky Days. Seated in a row on the porch of an old-country inn, with their chairs tipped back, some old cronies were going on about unlucky days. After all had given what they considered their unlucky days, a quiet old chap at one end spoke up:

FRECKLES

Now Is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles, as the prescription given—double strength—is guaranteed to remove these homely spots.

The Remedy. "Would you like some tonic on your hair?" asked the barber.

Doubtful Optimist. "Are you an optimist?" "Yes, I think the world is getting better every day, although I must admit it looks like an exceedingly painful convalescence."

Finem Respice. Swiggs—Poor old Jagsby is no more. Briggs—Died from drink, I suppose? Swiggs—Yes; spirited away, as it were.

FOR ITCHING SCALP

When the scalp is itching because of dandruff and eczema a shampoo with Cuticura Soap and hot water will be found thoroughly cleansing and soothing, especially if shampoo is preceded by a gentle application of Cuticura Ointment to the scalp skin.

The Divvy. "How did Kid Jabbe make out in his bout with Battling McPug?" "Oh, the Kid got the gate and McPug got the gate receipts."

ALLEN'S FOOT-EASE FOR THE TROOPS. Many war zone hospitals have ordered Allen's Foot-Ease, the antiseptic powder, for use among the troops.

Once in a great while a man is driven to drink, but as a rule they trot right up to it of their own accord.

Honesty is the best introduction.

Children like the appetizing odor—the rich brown color—the fresh, crisp deliciousness—the genuine graham flavor—the satisfying taste of Iten's Graham Biscuit.

Just get a trial package from your grocer today

Wanted 50,000 Farm Hands

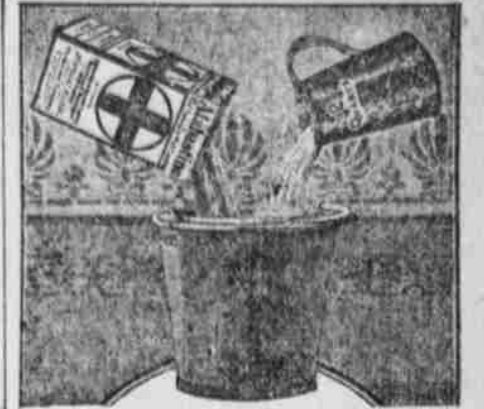
of experience at once on the farms of Western Canada

To replace the young farmers who have enlisted for the war. Good wages and full season's work assured.

There is no danger or possibility of Con- scription in Canada.

References required from all applicants. For special railway rates and other information apply to W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr.

Authorized Canadian Government Agent



A five-pound package of Alabastine, the beautiful wall tint, is mixed with two quarts of cold water, stir for about one minute, and Alabastine is ready to apply.

And when you consider that you obtain the most beautiful, mellow, nature colors, viz., soft buffs, delicate greens, and exquisite blues, of any shade you wish by combining shades of Alabastine, then you'll know why Alabastine is one of the most popular wall decorations with millions of Painters and Householders, Decorators and Womenfolk, who take a pride in their homes the wide world over.

Write for Free Book "The Mystery of the Lost Woman" and Free Color Scheme Cards Special Stencil Offer

Stencils are for border designs. In the regular way they would cost you from 50c to \$1.00 each. Our free book tells you how you can get stencils for your rooms practically free of charge.

The Alabastine Co. 381 Grandville Rd. Grand Rapids, Mich.

The only Tool Needed to Apply

Nebraska Directory FREE—NEW PRICE LIST OF MONUMENTS

Revolution in Monument Business SEND FOR IT TODAY TO Frank Svoboda, 1215-31 & 13th St., Omaha

W. N. U., OMAHA, NO. 14-1916.

Most Unkind. "Miss Sereleaf says she is going to marry one man in a thousand."

Naturally. "He's a very polished gentleman."

Where Ignorance is Bliss. "Is there anything Payne doesn't know?"

"If there is, he doesn't know it."

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