

Makes Healthy Bowels

THIS simple rule of health is daily called attention to by every doctor in the land, whose first question to the patient almost invariably is, "Are your bowels regular?" Yet there's not one person in fifty who takes proper care of the bowels. And the result of this foolish neglect is nine-tenths of all ill-health.

If today you are unable to free your body of waste matter at the usual time, or if the act causes straining, pains and discomfort, don't let that condition occur again tomorrow. Unless your bowels can carry away the waste materials left after food is digested, decay sets in, the poisons of which, taken up by the blood, increase the risk of Typhoid Fever, Appendicitis, and many other serious diseases.

In treating constipation, there is a *right way* and a *wrong way*. The *wrong way* is to take harsh purgatives which even though they do clear the bowels, cause griping and nausea, injure the delicate tissues, and so disturb the normal functions as to cause the return of constipation. The *right way* is to help Nature to produce natural movement, without pain or discomfort, by using

Rexall Orderlies

More Than One Hundred Million Were Sold Last Year

This enormous quantity was used with good results by busy men who suffered from constipation, due to lack of exercise, or indigestion caused by overwork—by children whose parents realize the harmful effect of common purgatives—by old people whose systems cannot stand anything harsh—by women during pregnancy, and after childbirth, when any medicine with a violent action would be particularly dangerous. Many of these people are your neighbors and friends. Ask anyone who has ever used them—they'll tell you Rexall Orderlies satisfied and helped them.

—a gentle laxative in the form of a chocolate-tasting tablet. One of these tablets eaten just before going to bed will help to restore your bowels to normal activity at a time when, your body being at rest, the medicine can do its best work. As a result of taking that tablet (or say two, if your case is obstinate), your bowels will move easily and naturally in the morning. The use of Rexall Orderlies for a few days afterward will restore normal regularity. Even chronic constipation is benefited by them, and it is not necessary to continue the treatment for a long time, because, instead of driving Nature, they simply help her to help herself.

Sold only at the more than 7,000 Rexall Stores and in this town only by us. In vest pocket tin boxes, 10c, 25c, 50c

This Is Our Guarantee— You Risk No Money

If Rexall Orderlies do not make your bowels act right, tell us so and we'll give back your money without asking a single question. There is no red tape to this guarantee. It means just what it says. You sign nothing. We won't hesitate, or ask you any questions. Your word is enough. If Rexall Orderlies do not do all you expect them to—*if you don't feel better after using them and find that they are the pleasantest-acting and best laxative you have ever used, we want you to tell us and get your money back.*

F. G. Fricke & Co.

Rexall Means KING OF ALL — Ours is The Rexall Store in this town.

passed up until the great crying need of the matter had caused the board to take the step to try and place the matter where there could be some action taken. On the question of manual training and domestic science being installed in the schools, Mr. Westcott pointed out the fact of the different towns of the state that had installed these in their schools and produced figures showing that all of the towns of the size of Plattsmouth and larger had these in the schools for years, and a great number of the smaller cities had them and were every day adding to the efficiency of their school system, while this city had been compelled to stand still and deny the children the advantages they should have under a modern school system. He also had a list of the different towns of the state showing the bonded indebtedness, and by comparison of these figures Plattsmouth makes a fine showing, as most of the towns of the same class are much heavier bonded. At the time the committee of the club had visited the schools it was when there were fewer pupils present than at any hour of the day and the fear of scarlet fever and diphtheria had kept quite a large number from their places, and this feature had not allowed them to observe the true condition of things at the school buildings. At some recitation periods it was necessary for two and three children to sit in a single seat and try and study their lesson, and it was to overcome these conditions that the board of education had made their recommendation to submit the question to the people themselves, and it was up to every person in the city to express their wish in the matter. The address of Mr. Westcott was very clear and gave much food for thought in the facts and figures he quoted in support of his argument.

William Baird, superintendent of the Burlington shops, expressed himself as being personally in favor of the bonds, as he desired every child in the city to enjoy the fullest opportunity to acquire a good education and would vote for the bonds, but hardly thought they would carry, and for this reason he signed the report of the committee in regard to the matter. He also stated he did not believe manual training could aid the boys, although he was strongly in favor of domestic science.

After several more remarks on the subject of the school bonds, on the motion of Mayor John P. Sattler, the report of the committee was placed on file and the club refused to make any recommendation on the subject of the bonds, but will leave it to the individuals in the city to think over and act as they think best.

The club also took up the matter of electing a secretary, as President Richey stated to the club that the proposition of securing a paid secretary had not proven successful. Mr. Westcott stated that Mr. J. P. Falter would take the office free of salary if the club would agree to pay a stenographer the sum of \$25 per month to assist in the work of caring for the correspondence of the office. The stenographer would require the sum of \$35 a month, but \$10 of this Mr. Falter agreed to pay himself. The nomination was received with much enthusiasm, but Mr. Falter stated he had no desire for the office if anyone else would take it, as it involved a great deal of work and time, but he would do this for the best interests of the city, if no one else would take up the task. The election of Mr. Falter was unanimous, and the sum asked for was allowed.

President Richey also announced the appointment of the board of directors of the club for the ensuing year as follows: William Baird, G. E. Dovey, E. H. Westcott, C. C. Parmele, R. F. Patterson, Philip Thierolf, J. P. Falter, J. M. Roberts, H. A. Schneider and T. H. Pollock.

There was considerable other business transacted by the club before adjournment and it was quite late when the members wended their way homeward, tired out with the long-winded meeting, but all filled with a sense that they had received facts on a question that they all had long neglected—that of the public

which was carried by a large majority.

A. L. Tidd, who was one of the committee to look over the situation in the schools made a few remarks in support of the report, stating that the committee had looked over the High school and Central buildings and found the congested condition in the Central building due to the moving of several of the grades from the Columbian building to that school. In the High school, he stated, there were twenty more now than when he had taught there and there was ample seating room in the assembly room to accommodate all who desired to attend the school. He said a number of the recitation rooms were small, but thought that the removing of a number of partitions would overcome this. The condition of the floor in the Central building was very poor and rotten in some places and also the drinking fountains and cups were not in the most sanitary condition.

Superintendent Brooks was asked by Mr. Richey to express his views on the matter of the condition of the school, and replied by stating that the committee had been mistaken as to the grades moved from the Columbian school, as the seventh had been the only one taken to the Central building and that this was made necessary by the installing of the departmental work in the seventh and eighth grades, and to erect an addition to the Columbian school to move them back there would prove unsatisfactory, as it would mean the changing of the whole plan of the work of the school, as well as the shifting of the pupils. The conditions as to ventilation and the drinking fountains were about as the committee found, although the school board and the teachers had done as well as they could under the circumstances.

J. M. Roberts, who is one of the members of the school board, arose and stated that he desired to make his position clear on the subject, as when the question of submitting the matter to the voters had come up the board was in favor of the proposition, with one exception, and he was that one, and he was always willing to let the public know where he stood

and stated that in years past the school board had temporized with building, but when a building was put up he thought it should be one for \$50,000, or better, but at this time he did not favor the bonds.

Judge A. J. Beeson said he had not given much thought to the matter, but thought as to the condition at the schools, that the committee had probably looked the matter over and ought to know. As far as the bonds were concerned, he was willing personally to vote for them to aid the betterment of the schools.

Charles C. Parmele, president of the Bank of Cass County, and one of the largest taxpayers in the city, stated that he had not been very familiar with the question, but from observation of other towns in the state, it was quite evident that Plattsmouth was away behind the times, and he was willing, as far as he was concerned, to pay whatever amount of taxes was necessary to secure good and modern schools. He spoke strongly in favor of domestic science and manual training in the schools as being helpful to the young people in the making of their future.

In reply to a number of inquiries, Professor Brooks gave a brief outline of what the two matters of manual training and domestic science involved and how they were taught, but owing to the length of time was compelled to make it very brief and could not touch on many interesting phases of the work.

Secretary E. H. Westcott, who is also one of the members of the board of education, was called upon to express his views on the matter and gave a very clear and concise statement of the attitude taken by the board of education in regard to the bond question. He stated the members had the best of feeling among themselves, although they might at time disagree as to matters of policy, and that after much discussion they had agreed to submit the matter of the bonds to the voters in order that they might understand clearly the position of the citizens and their desires. For years the agitation and need for improvement of the schools had been going on and each year it had been

to be operated upon.

From Saturday's Daily.

This morning Lloyd Stull of Omaha, who has been visiting at the home of Mrs. O. P. Monroe for some time, was taken to Omaha, where he will undergo an operation for appendicitis. His parents and Mrs. Monroe accompanied him to Omaha to be present when the operation was performed.

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JOE HALMES PLEASED WITH TEXAS LAND

And Writes to That Effect, and Claims He Is Right Where He Wants to Be, and Has Bought More Land.

Several months ago Joseph Halmes departed from this county for Texas, where he had secured some farming land and decided to make his home in that state, near Florella, where his land was located, and that he has been well pleased with his new home in the following letter received by W. E. Rosenerans from him a few days ago. Mr. Rosenerans has been interested in the Texas land for a number of years and the expressions of the pleasure of Mr. Halmes over his purchase is very pleasing to him:

Florella, Tex., March 3, 1914.

W. E. Rosenerans:

Well, old sport, how are you making it up there in those blizzards. I tell you, Rosy, none of that kind of weather for me any more. Say, Rosy, I wish you could see Billy Schutz's house, it is a crackerjack, and wait 'til I get mine done. I have had from fifteen to twenty-two Mexicans working for me since I came down here. I suppose you know I bought three more pieces of land since I came down here and have had 160 acres already cleared. How is that for going right after it? Have got a good chance to sell my Edna land at quite a good profit and I think I will and invest the whole smear down here. Rosy, watch this land go to \$100 per acre; she will do it; can't help it. Well, I am pretty tired tonight, worked like a horse all day, but feel like a fighting cock. Don't know if you can read this or not, but if you can't go down to "Doodles" and get a John Gurd and then it will all come straight. Say, Rosy, I am sending you a piece of poetry that a new-comer down here got up, and I wish you would hand it to the Journal, so those old pickers up there that I know can see what we think of Sunny Texas. When you see Weherbein give him my regards, and Donald, too. Well, Rosy, I never felt better or more contented in all my life, so you may know I like it down here. Hoping to hear from you soon,

Joe Halmes.

Come, Oh Come, to Texas.

Come away. Come away from the North-land,

All fettered with ice and snow,

Where the Ice King now is reigning

And the blizzards wildly blow.

Come away from the far New England shore,

With its blinding snow and steel,

Where "snow-bound" people suffer long

In their lonely home retreat.

Oh, come away from the Rocky mountain chain,

From the friends you here will meet.

From the friends you here will meet,

Or the oranges so sweet,

But better than the spring-time flower

They're so charming to behold.

Will make you dream of Paradise,

With its apple trees in gold,

Sweetest bloom,

Where the orange trees with flow.

Where wild flowers bloom forever,

Blow,

Where the soft Gulf breezes land

West Come to the glorious South-

With December as fair as May.

Come to the Land of Sun-

The Dakotas so far but near to Texas land.

And when you come to Texas land,

Though forgetting all the rest,

Remember good Brooks county,

For 'tis far and away the best.

Beautiful Shetland Ponies

for sale at all times, for the next 100 years, unless I die in the meantime. I have now an extra fine stallion, the best in the state, for sale. Well broke for both harness and saddle.

Wm. Gilmour,
Plattsmouth, Neb.
R. F. D. No. 1.

Best results are secured by advertising in the Journal.

Take One Pain Pill, then Take It Easy.

Dr. Miles' Anti-Pain Pills

will help you, as they have helped others.

Good for all kinds of pain. Used to relieve Neuralgia, Headache, Nervousness, Rheumatism, Sciatica, Kidney Pains, Lumbago, Locomotor Ataxia, Backache, Stomachache, Car sickness, Irritability and for pain in any part of the body.

"I have used Dr. Miles' Anti-Pain Pills when troubled with headache, and find that one pill infallibly effects relief in a very short time. I am considerably affected with neuralgia in the head at times, and find the Anti-Pain Pills of much benefit. The Dr. Miles' Remedies are beyond comparison and I recommend them to all my friends."

GEORGE COLGATE,
219 Oakland St., San Antonio, Tex.

At all druggists. 25 doses 25c.

MILES MEDICAL CO., Elkhart, Ind.

COMMERCIAL CLUB ENJOYS LONG SESSION

Large Attendance and the School Bond Question the Principal Theme Discussed.

From Friday's Daily.

The question of the needs of the city schools, their crowded condition and the voting of the bonds for the new school building were the chief subjects to occupy the attention of the Commercial club last evening at their meeting, and the matter was thoroughly threshed over by the different members of the club. The matter was brought on by the submitting of a report from a committee of the club that had visited the schools a few days ago to look over the situation, as they reported that they did not think the bonds would carry and that they thought a few changes and repairs at the different buildings might make the situation much better. They favored the building at the Columbian school of two additional rooms to relieve the congestion at the Central building, the placing of additional rolling partitions in the High school assembly room to make additional class room, as well as the remodeling of a number of the recitation rooms in order to care for the students.

After the reading of the report of the committee, the president of the club, Mr. Richey, asked to hear from some of the other members of the club present as to their opinion on the matter, but J. M. Roberts moved that the report be adopted, and ten votes were cast for it, while the rest of the members apparently desired to hear further of the matter before they expressed their views. In view of the extremely light vote cast in favor of the committee report the motion was introduced to reconsider the vote,