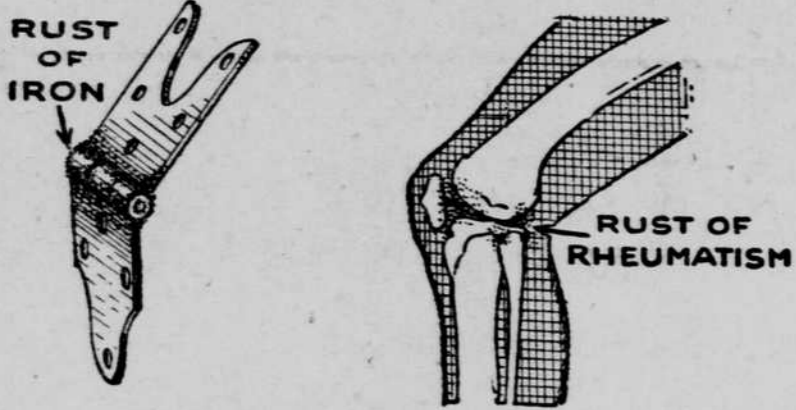


DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the body much like rust collects on the hinge as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of real hot water with a teaspoonful of Limestone phosphate in it. This will first neutralize and then wash out of the stom-

ach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to make any rheumatic or lumbago sufferer an enthusiast on the morning inside bath.

Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate, drunk before breakfast, is wonderfully invigorating; besides, it is an excellent health measure because it cleanses the alimentary organs of all the waste, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowness, nasty breath and stomach acidity.

NEBRASKA STATE NEWS

DATES FOR COMING EVENTS.

- April 6-7-8—Convention East Central Teachers' association at Fremont.
- April 3-6—State Bowling Tournament at Lincoln.
- April 3 to 8—Nebraska "Pure Food Week."
- April 28-29—State T. P. A. Convention at Alliance.
- April 18—Nebraska Primary Election Day.
- April 24-25—Savannah to Seattle Highway Convention at Omaha.
- May 16 to 18—State G. A. R. Encampment at Lexington.
- May 24-25—State Association of Commercial Clubs' Convention at Omaha.
- June 13 to 16—State P. E. O. Convention at Alliance.
- June 13-14-15—Great Western Handicap Tournament at Omaha.
- June 5-6—Spanish War Veterans' State Convention at North Platte.

Fremont horse buyers who have been acting for the European governments declare that notwithstanding the removal of thousands of horses from Nebraska for shipment to England and France, that there remains an apparently unlimited supply. The price is no bigger than it was a year ago. They declare that driving horses of the finest quality are practically valueless, having been crowded off the market by the automobile.

Improvements aggregating \$500,000 will be made in North Platte during the building season of 1916. The largest amount to be expended for any one improvement will be \$100,000 for street paving. Other improvements in the business section of the city will be a \$50,000 hotel, \$40,000 bank building, \$20,000 K. of C. club house, \$15,000 addition to the Elks' home, \$25,000 parochial school and a \$50,000 junior high school.

Material for the fourth unit of the hog division at the South Omaha stock yards is being assembled and the construction work will begin soon. It is expected the work on this section will be completed by September 1. The cost will be close to \$150,000. With the completion of this unit the yard company will be able to take care of hog receipts up to 500 cars a day.

A letter writing day was held at Alliance recently and as a result over 800 school children wrote letters to some relative or friend telling them of Box Butte county and Alliance. The Commercial club furnished a pamphlet to place in each letter and adults as well as the children took an active interest in this novel plan to tell strangers about the possibilities of western Nebraska.

The National Retail Credit Men's association meets in Omaha in August for its annual convention, holding three days. It will bring 300 to 400 members from all over the United States; S. F. Gillilan of Minneapolis is chairman of the board, and E. C. Howell of Denver, secretary.

The Magenan bridge, one of the oldest crossings on the Elkhorn river, has been reopened to traffic, having been closed a year following the floods of last spring. Washington and Dodge counties joined in the expense of erecting the structure which costs \$2,000.

Though scarlet fever has not been entirely eradicated in Omaha, it has been reduced to such an extent that reference is rarely made to the epidemic, which threatened to sweep the city two months ago. The health authorities have the situation under thorough control.

No less than \$20,000 will be the cost of producing the historical parade for Ak-Sar-Pen in Omaha this year, when, with fifty floats and twenty-five groups of soldiers, Indians, cowboys, trappers and scouts, the history of Nebraska for the last 200 years will be represented.

The people of Glenwood Park, Buffalo county, are making an effort to secure a depot and station agent. The population of the town is small, but it is surrounded by a thickly settled farming community. It is on the Union Pacific railroad.

Twenty-two blocks of the residence portion of Kearney, comprising one paving district, will be paved this spring. This makes approximately forty blocks of paving to be contracted for this spring.

Manager William (Ducky) Holmes of the Lincoln Western League club announces the purchase of Shortstop Stevenson from the St. Louis Americans. Stevenson was a member of the Rochester, N. Y., club of the International league in 1915.

Hastings democrats have united on a plan to secure the state party headquarters during the approaching campaign. The central location and unexcelled hotel and railroad facilities are among the advantages claimed for the city.

Alfred Fowler, son of Mr. and Mrs. W. H. Fowler, of Fremont, is a member of the winning Yale wrestling team that has won the intercollegiate honors this year. Fowler is a senior.

The First Methodist church of Fremont has received forty-eight new members, swelling the membership to 895. This is by far the highest point the membership has ever reached.

At a meeting of the Allen Commercial club a move was started to secure the Burlington Railroad company to put the electric lights and city water in the depot.

The state convention of Spanish War Veterans will be held at North Platte on June 5 and 6. Preparations are already being made to entertain several hundred delegates who are expected to attend.

Enlistment officers at Omaha have begun a vigorous campaign for army recruits to fill up the quota asked for by the government in increasing the army.

Roy Howell of Rock Valley, Iowa, has purchased the Creston Statesman of Ray Burch and has already taken possession of the plant.

THE EUROPEAN WAR A YEAR AGO THIS WEEK

March 27, 1915.
French captured summit of Hartmannswillerkopf.
Violent fighting in the Carpathians.
Austrians made gains in Bukovina.
U. S. battleship Alabama sent to Norfolk to keep Prinz Eitel Friedrich from leaving.
German aviators dropped bombs on Calais and Dunkirk.

March 28, 1915.
Russians broke into Hungary and attacked Lupkow and Uszok passes.
British liner Falaba sunk by German submarine; 110 lost.
British steamer Aguilas torpedoed by Germans; 26 lost.
Russians bombarded Bosphorus forts and allies shelled Dardanelles forts.
More air bombs dropped on Calais.

March 29, 1915.
French pressed Germans hard in Champagne.
Germans again shelled Reims.
Austrians made gains at several points.
Dutch steamer Amstel blown up by mine.
Attack on Bosphorus and Dardanelles continued.
German Baltic fleet out.

March 30, 1915.
Russians stormed mountain crests in Carpathians.
Austrians began big drive across Bukovina.
Turkish seaplane dropped bombs on British warship near Dardanelles.
Turkish government promised to protect Christians at Urumiah.

March 31, 1915.
Germans bombarded Liebau.
Russians fought way down slope of Carpathians into Hungary.
German army corps cut to pieces in North Poland.
British steamers Flaminian and Crown of Castile sunk by submarines.
German soldiers near Thourout, Belgium, killed by bombs from aeroplanes.
German airmen raided Ostrolenka, Russia.
King George gave up liquor in royal household.

April 1, 1915.
French occupied Fey-en-Haye.
Russians began lively offensive in Central Poland, but were repulsed by Austrians near Inowloz on the Pilica.
Germans checked Russians at Rawka river.
British took Aus, German West Africa.
British vessels and airmen shelled Zeebrugge and Hoboken.
German submarines sank a British and a French steamer; 30 lost.

April 2, 1915.
Heavy artillery fighting between the Meuse and Moselle.
Russians took offensive along entire front.
Moorish rebels occupied Fez and Mekines.
German submarines destroyed several vessels.
Allied aviators made numerous raids on Germans on west front.
American sanitary experts sailed to fight typhus in Serbia.

April 3, 1915.
New discoveries of petroleum have been made in Argentina.
In Sumatra the horn of the rhinoceros is esteemed as a cure for poison, and for that reason is made into drinking cups.
London's exports to the United States for November were more than \$14,574,000, as against less than \$12,000,000 for October.
Gold-mining companies in South Africa are experimenting with blasting by electricity with a view to minimizing the fine dust, which is regarded as the chief cause of miners' phthisis.
In Serbia every grown man can claim five acres of land from the government, which is exempt from all claims of debt.
A Philadelphia surgeon is combating diseases peculiar to certain races by transfusing to patients blood from members of other races that seem immune to the maladies.
A miner lowered into a subterranean cavern opened by a miner's blast at Volcano, Nev., some time ago, was unable to discover the ends of the fissure. Stones dropped through the opening could be heard bounding from wall to wall, but there was no sound indicating that they reached the bottom. Sparking stalactites on the sides of the caverns were revealed by lights lowered through the opening.
The Mississippi river carries more than 1,000,000 tons of material to the Gulf of Mexico every day.

For Oiling Shafts.
There is danger in the oiling of shafts. Even though the machinery is stopped, someone is likely to start it before the worker is through with his task. This element of danger is removed through the invention of an oiler, which may be used while the worker stands on the floor, thus obviating the necessity of going among running belts, pulleys and shafts, possibly on a rickety ladder.

Broken Bow's new ten thousand dollar public library is finished. It is a beautiful structure and stands upon one of the choicest sites in the city.
Business men in Aurora are urging that improved methods of sanitation be put in practice to ensure purity of milk supply.

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CASTORIA

For Infants and Children.

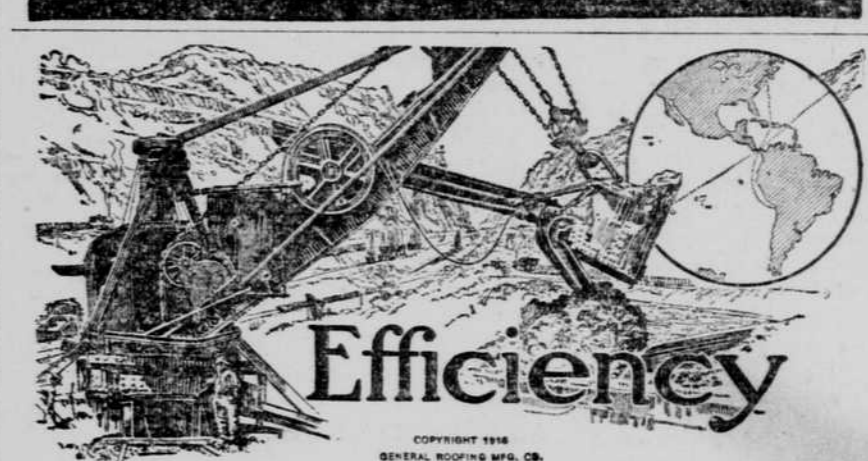
Mothers Know That Genuine Castoria Always Bears the Signature of

J. C. F. Fletcher

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the effectiveness of the U. S. Navy without adding a ship to it. It took over 8,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama.

Efficiency insures against lost motion—it produces the utmost service out of equipment and yields the finest product, at the least cost.

Certain-teed Roofing

is an efficiency product

Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and far ahead of the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the pick of the market.

Expert chemists at each mill are employed to select and blend the asphalts, and every roll of CERTAIN-TEED is made under their watchful care.

CERTAIN-TEED resists the drying-out process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalts, prepared under the formula of the General's board of expert chemists. It is then coated with a blend of harder asphalts, which keeps the inner saturation soft. This makes a roofing more pliable, and more impervious to the elements than the harder, drier kind.

CERTAIN-TEED is made in rolls; also in slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest sky-scraper to the smallest residence or out-building.

CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to ply (1, 2 or 3). Experience proves that it lasts longer.

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We are wholesale distributors of Certain-teed Products. Dealers should write us for prices and information.

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LADIES: Get a complete set of the famous *Oncida Community Par Plate Silverware* free by saving the trade mark signature of Paul F. Skinner on each package of

SKINNER'S MACARONI PRODUCTS

Nine kinds of Skinner's products—delicious, healthful food that takes the place of high priced meat dishes. Can be cooked 58 different ways. Drop us a postal today asking for full information and a beautiful 36-page recipe book free.

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Get a Car Free and quality to make \$3000 to \$5000 a year and up in the Automobile Business. A Postal brings full details of this great Free Auto Offer. Write quick—before your territory is taken. Address me like this—J. H. Bush, President.

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North Clark Street and Chicago Avenue, Chicago, Ill.

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EUROPEAN PLAN
Rooms from \$1.00 up single, 75 cents up double.
CAFE PRICES REASONABLE

Good Serum Will Save Your Hogs **Cholera** From

Use U. S. Gov. Licensed Serum. Phone, wire, write or call on **OMAHA SERUM COMPANY**, 2648 & O Sts., S. Omaha, Neb., Phone South 2868.

W. N. U., OMAHA, NEB. 13-1915.

COLT DISTEMPER

You can prevent this loathsome disease from running through your stable and cure all the colts suffering with it when you begin the treatment. No matter how young, **SPORN'S** is safe to use on any colt. It is wonderful how it prevents all distemper, no matter how colts or horses at any age are "exposed." All good druggists and turf goods houses and manufacturers sell **SPORN'S** at 50 cents and \$1 a bottle; \$5 and \$10 a dozen. **SPORN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.**

"If" and "but" are among the little things that count.

Unkind.
"Does your wife wear spats?"
"Wear 'em? She starts 'em."

PROVEN SWAMP-ROOT AIDS WEAK KIDNEYS

The symptoms of kidney and bladder troubles are often very distressing and leave the system in a run-down condition. The kidneys seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles.

Dr. Kilmer's Swamp-Root, which soon heals and strengthens the kidneys is a splendid kidney, liver and bladder remedy, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who use it.

A trial will convince anyone who may be in need of it. Better get a bottle from your nearest drug store, and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

It takes some men a lifetime to discover how unimportant they are.

HOW WONDERFULLY RESINOL SOOTHES ITCHING SKINS!

If you have eczema, ringworm or other itching, burning, sleep-destroying skin-eruption, try Resinol Ointment and Resinol Soap and see how quickly the itching stops and the trouble disappears. Resinol Ointment is also an excellent household remedy for dandruff, sores, burns, wounds, chafings and for a score of other uses where a soothing, healing application is needed.

Resinol contains nothing of a harsh or injurious nature and can be used freely even on the most irritated surface. Every druggist sells Resinol Ointment and Resinol Soap.—Adv.

To Build Up After Grippe, Colds Bad Blood

Take a blood cleanser and alternative that starts the liver and stomach into vigorous action, called Dr. Pierce's Golden Medical Discovery because of one of its principal ingredients—the Golden Seal plant. It assists the body to manufacture rich red blood which feeds the heart—nerves—brain and organs of the body. The organs work smoothly like machinery running in oil. You feel clean, strong and strenuous. Buy "Medical Discovery" today and in a few days you will know that the bad blood is passing out, and new, rich, pure blood is filling your veins and arteries.

FARMERS ATTENTION!

Insure your crops and farm property against **HAIL, FIRE, LIGHTNING, TORNADO** and **WIND-STORMS** in the Old and Tried **UNION FIRE INSURANCE COMPANY** of Lincoln.

Our new rates and plan of payment will make it worth your while to see our local representative first. **28,000** satisfied Nebraska farmers testify to our honorable dealings of more than a quarter century. Send for booklet containing a list of 2,000 individual losses paid in the year 1915.

AGENTS WANTED IN OPEN TERRITORY

BACKACHE, LUMBAGO

Uric acid causes backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and completely eradicate this uric acid from the system. "Anuric" is 37 times more potent than lithia, and consequently you need no longer fear muscular or articular rheumatism or gout, or many other diseases which are dependent on uric acid within the body.

If you feel that tired, worn-out feeling, backache, neuralgia, or if your sleep is disturbed by too frequent urination, go to your best drug store and ask for Doctor Pierce's Anuric Tablets, full treatment 50c, or send 10 cents for a trial package of "Anuric" Tablets to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y.

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