

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or curl your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you feel before you; blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Adv.

Belligerent.

"Hard to get along with, isn't he?" "Oh, yes. He is as quarrelsome as a pacifist."

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, nor the possibility of getting rid of them—unless you are willing to remove these homely spots. Simply get an ounce of ethine—double strength—from your druggist, and apply a little each night. In a month or two you should see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ethine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Retort Courteous.

"You are getting quite bald, sir," remarked the fresh barber.

"Yes," rejoined the victim in the chair, "but if my head ever gets as soft as yours I'll raise hair to sell."

BABY'S ITCHING SKIN

Quickly Soothed and Healed by Cuticura. Trial Free.

Bathe with hot water and Cuticura Soap. If there is any irritation anoint gently with Cuticura Ointment on end of finger. Refreshing slumber for restless, fretful babies usually follows the use of these super-creamy emollients. They are a boon to tired mothers.

Free sample each by mail with Book Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Explaining Himself.

"Don't you think that woman's skirt is—er—a trifle too high?"

"That depends on the point of view."

"Oh, the point of view is eminently satisfactory, so far as I am concerned. I was just speaking on general principles."—Exchange.

"CASCARETS" FOR SLUGGISH BOWELS

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens them out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

Longsighted.

"Has he a sense of fairness?" "Goodness, yes! He can tell them a block away."

I never knew a man who could chew tobacco gracefully.

ENERGY REQUIRED

SAYS HORSES AN EXTRAVAGANCE
ON THE AVERAGE

FARM

WINDMILLS ECONOMIC POWER

Items of General Interest Gathered
from Reliable Sources Around
the State House.

Western Newspaper Union News Service.

It takes 4,380 horsepower hours of work to market Nebraska's wheat crop, and 6,300,000 horsepower hours of work to market the state's corn crop. This interesting fact was reported by Prof. L. W. Chase, dean of the agricultural engineering department of the University of Nebraska, at a meeting in Omaha recently. According to the 1910 census, \$14,249,780 worth of implements and structures were owned by farmers in the commonwealth, he said. Windmills were characterized as the "most economical form of farm power," and horses as an "extravagance" on the average farm. Wide wagon tires and long hitches were recommended by the professor.

Every township in Phelps county was represented by two or more men at a "better roads" meeting in Holdrege recently. The meeting was called by the County Board of Supervisors, road overseers and township board members, composing the attendance. Ideas were exchanged and uniform methods of making and maintaining roads were adopted. Much enthusiasm was shown by those present, and it is expected that the county's highways will benefit in no small measure from the meeting.

This and other interesting facts were related by Prof. L. W. Chase, dean of the agricultural engineering department of the University of Nebraska, before the monthly meeting of the Omaha & Council Bluffs Implement and Vehicle club at Omaha.

According to the 1910 census, \$44,249,780 worth of implements and structures were owned by farmers in the commonwealth, he said. Windmills were characterized as the "most economical form of farm power," and horses as an "extravagance" on the average farm. Wide wagon tires and long hitches were recommended by the professor, who explained that a narrow tire acts on a road like a disc harrow, while a wide tire acts as a roller.

Heavy Auto License Business.

In the first two months this year Secretary of State Pool has issued in 3,000 as many automobile licenses as his office sent out in the entire year of 1915. The total for January and February is 56,241, as compared with something over 59,000 total for last year. The expense of the automobile registry department during February was \$1,472.

Notwithstanding that Nebraska requires all corporations doing business within her borders to pay for the privilege of existing as corporations, the records in the office of the secretary of state indicate that special tax has no deterrent effect. A comparison of the cash receipts from that source during the month of February for the past two years is as follows:

February, 1915 \$1,947.10

February, 1916 3,386.75

The total receipts of the office for February, 1915, were \$2,275.50, while in February, 1916, they increased to \$3,772.54.

Loan Shark Law Upheld.

The validity of the law enacted by the legislature of 1915 legalizing the business of so-called "loan sharks," is established in an opinion of the high bench in the test suit brought by Jules Althaus in Douglas county. The decision says that the provision permitting such dealers to charge a brokerage fee of 10 per cent and an examination fee of 50 cents, in addition to 10 per cent interest, is not "local nor special legislation" and that it does not deny the equal protection of the laws. It is further held that the provision empowering the secretary of state to reject applications for licenses under this law does not confer arbitrary power on that official. Under the terms of the "loan shark" law, dealers are required to take out annual licenses from the secretary of state's office.

Members of the volunteer fire department of Holdrege have decided to buy a motor truck for fire fighting purposes. The truck will carry 1,000 feet of water hose and a chemical engine. One-half the amount required to buy this is now in the company's treasury. The other half will either come from the city or will be raised by a series of entertainments.

There probably never has been a winter when wolves were noted in such great numbers in Cass county as has been the case this year. Farmers in driving along the road during the daytime will see as many as three or four wolves within a few miles distance. In the last thirty days about twenty wolves have been killed by the organized hunting parties and others have been killed at other times.

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Streeter Day will be one of the annual events in Aurora if the plans of the Aurora Commercial club are carried out. Plans are now being made by the Commercial club and city council for an annual celebration in honor of the man whose wealth went to the city in the establishment of the splendid Streeter park, which has just become the property of Aurora.

William W. Criderman, confessed

player of Mrs. Heelan and Mrs. Layport on the Heelan ranch, near Valentine, was found guilty by a jury in Valentine and the penalty fixed at death in the electric chair. Criderman, after killing the two women with a shotgun, set fire to the house in an effort to cover up the crime. He will be the first man to die in the chair in Nebraska.

A clean toothbrush league has been

organized by the boys of the Y. M. C. A. of Fremont. The purpose of the club is to urge the boys to form the habit of keeping their teeth clean.

The village of Merna has accepted

an offer of \$6,500 from Dr. J. G. Brewster for the establishment of a public library.

There are no strings of any

consequence attached to the offer.

At a meeting of the Beatrice Queen City Park association it was decided

not to drop out of the Nebraska Speed circuit, and it was voted to accept the dates of June 26, 27 and 28.

While out walking with Mayor

Shimpkins at Orleans, W. P. Pierce

president of the State bank of that

place, was killed instantly by a run-

away team. The horses dashed upon

them suddenly and Mr. Pierce failed

to get in the clear fast enough, and

was killed.

A petition signed by 125 Seward

people has been presented to the

council asking that the discontinu-

ance of Sunday movies be submitted

to a vote of the people at the April

election.

The state board of educational lands

and funds has approved the reappraisal

of state lands for leasing purposes

made by county boards in eleven counties.

The new appraisal will become effective July 1. It

covered 281,564 acres. For the work of

appraising the state paid county

boards, \$2,026. The appraisements ap-

proved by the state board show an

increase of \$268,976 in the valuation

of the land, which means an increase

of \$16,128 annually in rental which

the state will receive. The rental per

acre in Franklin county was increased

from 29 cents an acre to 76 cents,

and in Kearney county from 22 cents

to 57 cents. The other counties in

which appraisements were approved are Cheyenne, Deuel, Arthur, Dundy,

Grant, Hooker, Kimball, McPherson,

and Perkins.

The Nebraska state banking board

announces that hereafter an effort will

be made to investigate more thorough-

ly applications for state bank char-

ters in an effort to curb the "grow-

ing tendency to promote an excessive num-

ber of state banks."

The board announces that it will hereafter require

50 per cent of the stock of each pro-

posed state bank to be subscribed

among residents of the community

where the proposed institution is to

be located, and it will examine closely

the needs of the people of the com-

munity for a new bank.

The state board of educational lands

and funds has bought county high

school bonds as an investment for

school funds belonging to the state.

This is the first purchase by the

state of bonds of this kind. Hooker

county is a sparsely settled county in

the grazing region in the northwest-

ern part of Nebraska. It took ad-

vantage of a state law of 1913 and

voted \$8,000 for a county high school.

The entire county is taxed to pay the

cost of maintaining a county high

school. The bonds bear 5 per cent

interest.

Longsighted.

"Has he a sense of fairness?"

"Goodness, yes! He can tell them

a block away."

I never knew a man who could

chew tobacco gracefully.

NEBRASKA STATE NEWS

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop