# Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's before putting more food into the stombest is to enjoy an inside bath each ach.

morning to flush from the system the previous day's waste, sour fermenta- liver spots, pimples or pallid complextions and poisonous toxins before it is ions, also those who wake up with a absorbed into the blood. Just as coal, coated tongue, bad taste, nasty breath. when it burns, leaves behind a certain others who are bothered with headamount of incombustible material in the form of ashes, so the food and constipation should begin this phosdrink taken each day leave in the ali- phated hot water drinking and are asmentary organs a certain amount of sured of very pronounced results in indigestible material, which if not one or two weeks. eliminated, form toxins and polsons which are then sucked into the blood through the very ducts which are in- store but is sufficient to demonstrate sustain the body.

If you want to see the glow of on the outside, so hot water and limehealthy bloom in your cheeks, to see stone phosphate act on the inside oryour skin get clearer and clearer, you gans. We must always consider that are told to drink every morning upon internal sanitation is vastly more imarising, a glass of hot water with a portant than outside cleanliness, beteaspoonful of limestone phosphate cause the skin pores do not absorb in it, which is a harmless means of impurities into the blood, while the washing the waste material and toxins from the stomach, liver, kidneys and

#### Then Billie Will Have Birthday.

George Washington is a very real Evansville. When auntie was tucking relative? him into bed the night before Wash ington's birthday, she said:

"Tomorrow's Washington's birthday. Billie." Out of the goodness of his heart

Billie murmured sleepily: "And what is I to give him for a

anapolis News.

# FRECKLES

Girls and women with sallow skins, aches, bilious spells, acid stomach or

A quarter pound of limestone phosphate costs very little at the drug tended to suck in only nourishment to that just as soap and hot water cleanses, purifies and freshens the skin

bowel pores do.

Women who desire to enhance the bowels, thus cleansing, sweetening and beauty of their complexion should just purifying the entire alimentary tract, try this for a week and notice results.

### Important Personage.

Tom-Why were you so extremely personage to little Billie Gumberts of police to that old man? Is he a rich Jack-Sh-h-h! That is my prospec-

tive father-in-law.

# TAKE SALTS TO FLUSH **KIDNEYS IF BACK HURTS**

birthday present, Autie Grace?"-Indi- Says Too Much Meat Forms Uric Acid Which Clogs the Kidneys and Irritates the Bladder.



# 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 Com-

mercial Clubs' Convention at Omabe. June 13 to 16-State P. E. O. Convention at Alliance.

June 13-14-15 Great Western Handicap Tournament at Oniaha.

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, \$10,000 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 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.



(By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago.) Copyright, 1916, Western Newspaper Union.

**LESSON FOR APRIL 2** 

## CONVERSION OF PAUL.

LESSON TEXT-Acts 9:1, 31 (See also (o) 1-11, 17; 1 Tim. 1:12, 17). GOLDEN TEXT-Faithful is the saying

and worthy of all acceptation, that Christ Jesus came into the world to save sinners: of whom I am chief.-I Tim. filed with the secretary of state for the nomination for various federal and 1:15 R. V. state offices, to be voted on at the

No other man, save our Lord, has made such an impress upon history as the "Jew of Tarsus." Read carefully and repeatedly Acts, chapters 9:22, 23 and 26.

1. Saul the Man. (1) Physically. We know but little of Saul (see Ramsey, Conybeare and others), but we know from his labors that he was a man of tremendous vitality. Distant Damascus knew of his work (v. 13) and he himself testifies as to his activities (22:3-26:11), (2) Religiously he belonged to the strictest of the strict, the Pharisees (26:5-9-11). His anger at Jesus and the disciples was a consuming passion; literally, he "breathed threatening and slaughter" (v. 1). In all his violence he was conscientious, but yet he was awfully and terribiy wrong, and what is more, his actions were not alone against the disciples

but against Jesus (v. 5). (3) Politically Saul was perfectly legal in keeping the law and in his executions in the name of the law. Doubtless a member of the Sanhedrim (26:10), his hatred knew no pity; it included all who believed in Jesus. (4) Mentally this man transcends all who have ever followed Jesus. A man of intense convictions, a slave to a misdirected conscience, a titan of gigantic force and power once in the right channel,

II. Saul Saved. (1) This man was first humbled (v. 4). God put forth his hand to save the elect at Damascus, though he let Saul go a long way in his mad career. When he did act, it was "suddenly" and by means of the glory of Christ's resurrection (v. 7, I. Cor. 15:8). Though it was 'about noon." yet this glory outshone the brightness of the Syrian sun (ch. 26:13). Many who speak bold blasphemous words would also be cast down did they but really see his glory. (2) Saul is not left thus stricken, but it is called from above (v. 5). The question of Jesus (v. 4) was a most startling one and that, with the answer to his honest inquiry, convicted him of what must have been a lurking suspicion in his mind, viz.: that he

bluff was wrong and Jesus was truly the Messiah. III. Saul Sent. The first evidence

'of the change wrought in Saul wow: (1) Obedience (v. 8). His companions



The following unsolicited letter has been received from Mr. J. F. Ward of Donalda, Alberta. It is a plain statement of conditions as Mr. Ward has found them:

"It is with pleas-A Settler's ure I drop a line to Plain Letter. you. We had a

good year. Off of 65 acres, oats and wheat, I got over 2,500 bushels of wheat and oats. Oats went here from 50 to 100 bushels per acre, and wheat from 25 to 52 per acre. Just see me being here one year and have over 700 bushels of wheat. It is now over \$1.00 per bushel. Oats is 42 cents, and going up. You told me the truth, and I want the people of Toledo to know it. Hogs are 8% cents; cattle are high. Canada is good enough for me. I have 5 good horses. I sold 2 good colts, 2 cows and 18 head of hogs and killed 2. I have 6 hogs left. I got 400 bushels of potatoes off an acre and a good garden last summer, fine celery and good onions. One neighbor had over 1,200 bushels of wheat, and sold over \$700 of hogs and 2,000 bushels of oats. This is a great country. If you should tell the people of Toledo of this it would get some of them thinking. The

Dem.: James Pearson, Moorefield; Ed-gar Howard, Columbus; William B. Ban-ning, Union. Rep.: H. P. Shumway, Wakefield; Walter Klechel, Johnson; Theodore E. Nordgren, Phillips. Peoples Independent: James Pearson, Moorefield; W. B. Sanning, Union. soil is a rich black loam, and a pleasure to work it.

"We have a good farm. We have a flowing well with soft water. It is the best water in the country. Some people think they got to go to war Secretary of State Dem.: Charles W. Pool, Hyannis, Rep.: Addison Walt, Lincoln: W. B. Smith, Clay Center; Wilber S. Walte, Loup City: Claude P. Hensel, Lincoln. Prog.: Will S. Jay, Lincoln; Wilber S. Walte, Loup City. Peoples Independent: Charles W. Pool, Hyannis. when they come out here. They need not be afraid of war. There is no war tax on land; only school tax, \$12.00 on 160 acres, and road tax of two days with your team. I tell you the truth, there is no land in or around Toledo as good as our land here in Alberta. If anybody wants to write us, give them our address.

"We have had nice weather. We State Treasurer Dem.: Harry Adams, Chadron: George E. Hall, Franklin, Rep.: W. H. Rey-nolds, Chadron: Franklin C. Hamer, Omaha, Prog.: William C. Crooks, Lin-coln: George E. Hall, Franklin, Peoples Independent: George E. Hall, Franklin; Harry Adams, Chadron. have had it quite cold for one week, but no rain and sleet, and the sun shines nearly every day, and it is hot in the sun. Coal is \$2.25 per ton. The people are very nice and good here. State Superintendent of Public Instruction We are well enjoying the West. Dem.: John A. Woodard, Seward, W. H. Clemmons, Fremont. Rep.: A. O. Thomas, Kearney. Prog.: A. O. Thomas, Kearney. Pcoples Independent; William H. Clemmons, Fremont. Pro.: W. Eugene Knox, University Place. The horses and cows are feeding on the prairies all the winter. We just have two horses in the stable to go to town with. Yours truly, (Sgd.) J. F. Attorney General Dem.: Willis E. Reed, Madison. Rep.: Robert W. Devoe, Lincoln: H. Halder-son, Newman Grove: C. P. Anderbery, Minden. Prog.: Harvey E. Morrow, Oma-ha. Peoples independent: Willis E. Reed, WARD, Donalda, Alberta, Feb. 9, 1916." Statement of Steve Wisconsin, but Schweitzberger moved with my parents when a boy to Stephen Co., Commissioner Public Lands and Buildings Iowa." I was there farming for 50 Dem.: A. J. Sliger, Hastings: G. L. Shumway, Scottsbluff; Henry Obermann, Snyder; E. B. Zimmerman, Lincoln, Rep.: C. L. Rein, Lincoln; H. L. Cook, Lincoln, Peoples independent, A. J. Sliger, Hastings; G. L. Shumway, Scotts-bluff. years. I sold my land there for over \$200 an acre. I moved to Saskatche wan, and located near Briercrest in er, Hastings, T. Rallway Commissioners bem.: Andrew Clute, Hastings; Victor Wilson, Stromsburg; Edward Sugh-te, Bartley; W. S. Ridgell, Alliance; Bartley; W. S. Ridgell, Alliance; W. Ralston, Omaha. Rep.; C. A. Grove; Henry T. the spring of 1912. I bought a half section of land. I have good neighbors. I feel quite at home here the same as in Iowa. We have perfect safety and no trouble in living up to the laws in force. My taxes are about \$65 a year on the half section for ev-

RED CLOUD, NEBRASKA, CHIEF

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of freeing ashamed of your freekles, as the prescription othine-double strength-is susranteed to remove these homely spots Simply get an ounce of ethine-double strength-from your druggist, and apply a little of it night and morning and you hould soon see that even the worst freekles have begun to disappear, while the lighter that more than one ounce is needed to comp pletely clear the skin and gain a beautifui clear complexion. Be sure to nak for the double strength

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

#### Their Place.

"It's a wonder they don't take horses on Arctic explorations." "What a foolish idea!" "Not at all. It's the ideal place for old shates."

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 Cart Flitchers. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

**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."

People who are always looking for trouble are never satisfied when they find ft.

homes in Hawaii.

region, get about four ounces of Jad having been closed a year following Salts from any good drug store here take a tablespoonful in a glass of and bodge counties joined in the exwater before breakfast for a few dayt pense of erecting the structure and your kidneys will then act fine This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate

them to normal activity. It also neuno longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive: makes a delightful effervescent lithiawater drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble .- Adv.

### Its Sort.

"That woman's tongue goes as fast as an express train." "And it's always on the rail."

There isn't much self-love in the Over 90,000 Japanese make their make-up of the man who loves the enemy as himself.



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 Agen

the floods of last spring. Washington which costs \$3,000.

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 epi demic, which threatened to sweep tralizes the acids in the urine so it 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 Ben 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 300 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 cam paign. 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.

heard but did not understand. There is no contradiction (v. 7, Acts 22:9), as this is the translation used elsewhere. Saul is given three days for meditation (v. 9), and he made good use of the time. (2) Praying (v. 11). The result was (3) a vision (v. 12) (not only one, as there are others recorded), which resulted in changed individuals and nations. But his vision was (4) a thorough commission (v. (a) to the Romans-"kings," 15). (b) Greeks-"Gentiles," and (c) Jews

-"children of Israel." Along with his vision and commission there was given enabling power, the enduement of the Spirit. The agent God chose for the bestowing was Ananias, not an official, merely "a certain disciple." The gift of the Spirit for power and service is not necessarily by the "laying on of hands." It came to Mr. Moody as he walked the streets of New York without earthly companions. But the other conditions were fulfilled, a repentant, prayerful man and a ready and obedient servant who, though filled with fear and protest (v. 13, 14) yet takes God at his word and goes at once to his task. As we read verses 17 and 18 we discover that this special filling of the Spirit was very evidently given to Saul before he received Christian baptismread the order of events carefully. IV. Saul Serving (1) At Damascus Saul is given refreshment (he always lays emphasis upon the body) and straightway began to testify to the amazement of the people. From Gal. 1:15, 17 it is plain that he did not

remain all of the time in the city, nor did he at once return to his friends in Jerusalem. This period is similar to the "hidden years at Nazareth" which our Lord spent ere he began his ministry.

It was a time of rest, reflection, analysis, meditation and formulation of his "gospel" (Rom. 3:19-28).

(2) At Jerusalem. His testimony was distasteful at Damascus (v. 23-25) and so he sought Jerusalem, only there also to find distrust and rejection.

Then Barnabas did a great work for the Kingdom by showing his brotherly fellowship and trast and becoming sponsor for him to the early church.

It was not long ere he had to flee Jerusalem and finally return to his childhood home, Tarsus (v. 31).

Saul the Pharisee becomes a preacher of the Cross, the Master Empire-Builder.

timony.

Let this lesson be a trumpet call to the unconverted in your class and school. The same Jesus is calling today for other lives of service and tes-

Foue, Eartley; W. S. Ridgell, Alliance; R. W. Ralston, Omaha, Rep.: C. A. Randall, Newman Grove; Henry T. Clarke, Lincoln; Walter Johnson, North Loup; Thomas Long, Hubbard, Prog.: T. J. Cummings, Crab Orchard, Peoples independent: Victor E. Wilson, Stroms-burg; W. S. Ridgell, Alliance, Soc.: Victor E. Wilson, Stromsburg, Decent Crate University Regent State University

FOR NOMINATION.

Items of General Interest Gathered

from Reliable Sources Around

the State House.

Western Newspaper Union News Service.

For President

Dem : Woodrow Wilson, Robert G. Ross, Rep.: Henry Ford, Henry D. Estabrook, Albert B. Commins, Robert G. Ross, Pro.: Eugene N. Fors, Ira Landeth

Vice President Dem : John H. Morehead, Thomas R. Marshall, Kep : Elmer J. Burkett, Wil-lam Grant Webster, Pro.: Robert H. Patton, Clarence True Wilson.

Governor

Governor Dem.: Charles W. Bryan, Lincoln, W. F. Stoecker, Omaha; Keith Neville, North Flatte, Rep.: William Madgett, Hastings; Walter A. George, Omaha; Stanuel Iby McKelvie, Lincoln, Abraham L. Sutton, Omaha; Charence J. Miles, Hastings, Prog.: James F. Hanson, Fremont, Feo-ples Independent, Charles W. Bryan, Lincoln, Keith Neville, North Flatte, Soc.: B. Z. Millikan, Fairbury, Pro.; J. D. Graves, Feru.

Lieutenant Governor

Secretary of State

Auditor of Public Accounts

Dem.: William H. Smith, Seward. Rep.: W. L. Minor, Morrill; George W. Marsh, University Place. Prog.: R. M. Gillan, Auburn. Peoples independent: William H. Smith, Seward. Pro: John E. Rob-erts, Waterbury.

Attorney General

Madison.

primaries April 18:

J. D. Graves, Peru.

Following is a list of the names

Regent State University Dem.: P. L. Hail, Lincoln; H. D. Lan-dis, Seward. Rep.: Harvey L. Sams, Scottsbluff; George N. Seymour, Elgin; Samuel C. Rassett, Gibbon; Edmund G. McGilton, Omaha; Thomas M. Hewitt, Lexington, Prog.: Philip I. Hall, Lin-coln, Peoples independent; P. L. Hall, Lincoln; H. D. Landis, Seward, Soc.: Henry J. Aberly, Omaha, Pro: L. C. Gil-hert, Grand Island; Annette Nesbitt, Lin-coln.

#### Protest on Attorney General.

Attorney General Willis Reed's name will not be placed on the republican primary ballot by Secretary of State Pool, unless he is forced by a writ of mandamus to do so. Mr. Pool made this announcement, after a protest signed by Chairman J. C. Mc-Nish, of the republican state committee, had been filed against allowing Reed's name to go upon the ticket.

The protest was delivered to the secretary of state by R. W. DeVoe of Lincoln, himself a republican candidate for attorney general, and J. Reid Green, of this city, a candidate for delegate to the republican national convention.

Reasons assigned by Chairman Mc-Nish against the placing of the attorney general's name on the republican ticket were that the democratic and republican parties are in no way affiliated, and that Reed has made a statement under oath that he affiliates with the democratic party, which disqualifies him from becoming a republican candidate also.

A convict cannot be required to leave Lancaster county and go to another county to testify as a witness, according to Warden Fenton and the attorney general's department. Ernest Dullingham of Cheyenne county, serving time for stealing a horse, was directed by the district court to Cheyenne county to appear there to testify in a suit of the state against a man accused of horse stealing. Sheriff J. W. McDaniel came to Lincoln to convey the convict to Cheyenne county. The prisoner refused to go and said he would not testify.

# Fees from Food Commission.

Food Commissioner C. E. Harman cleared up some of his financial accounts with the state by paying \$14.-722 to the clerk of the supreme court. as oil inspection fees collected during February under the court's order of January 20, and \$515 to the state treasurer as the proceeds of cold storage and commission merchants' licenses issued in February. Mr. Harman is still retaining his fees for food and drug inspections and using them in payment of operating expenses of his department

erything. I have had splendid crops Wheat in 1915 yielded me over 50 bushels to the acre. That is more than I have ever had in Iowa, and yet the land there costs four times as much as it does here. The man who comes here now and buys land at \$50 an acre or less Pgets a bargain. - (Sgd.) S. Schweitzberger, February 9th, 1916." Advertisement.

Unfortunate. Howell-He's an unlucky fellow. Powell-Yes, he is always Johnny on the wrong spot.



And Falling Hair Use Cuticura Scap and Ointment. Trial Free.

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.

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

The woman who is homely enough to stop a clock is never a success when it comes to stopping a street car.

# AN APPRECIATIVE LETTER.

Mr. M. A. Page, Osceola, Wis., under date of Feb. 16, 1916, writes: Some years ago I was troubled with my kidneys and was advised to try

Dodd's Kidney Pills. It is now three years since I finished taking these Pills and I have had no trouble with my kidneys since. was pretty bad for ten or twelve years prior to taking your



say that I have been in good health since and able to do considerable work at the advanced age of seventytwo. I am glad you induced me to continue their use at the time, as I am cured.

Dodd's Kidney Pills, 500 per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box .- Adv.

Naturally. "He's a very polished gentleman." "That's why he shines in society."-Boston Evening Transcript.

treatment, and will

