

### Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.—Adv.

About the first thing the new cook expects the mistress to learn is to keep out of the culinary department during business hours.

### TENDER SKINNED BABIES

With Rashes and Irritations Find Comfort in Cuticura. Trial Free.

Baby's tender skin requires mild soothing properties such as are found in the Cuticura Soap and Ointment. Cuticura Soap is so sweet, pure and cleansing and Cuticura Ointment so soothing and healing, especially when baby's skin is irritated and rashy.

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

### Outwitting a Bore.

Like most celebrities, Lord Rosebery has had to suffer a good deal from the attentions of utter strangers. At one time he was often annoyed by an old lady who called upon him almost daily. Of course, his lordship always managed to avoid her when he was at home, but one day she happened to see him just as he was about to enter his carriage.

"My lord," she called out, "I must see you on a very important matter."

"Very well, madame," said Lord Rosebery, holding open the door of the carriage for her. "I beg of you to get in."

Delighted at the idea of driving with such a famous man, the old lady immediately jumped into the vehicle, but his lordship gently closed the door on her, ordered the coachman to take her where she wanted to go, and walked away.

### Gold Dust by Mail.

A Watertown (N. Y.) man has just received a bag of gold dust, mailed to him from Klondike in 1889, three tags with 20 addresses showing the lengths to which he had gone to prevent that filthy lucre's overtaking him. The flight of the average man from such a peril would make a glacier look like a Fokker aeroplane.

Farsighted is the man who doesn't allow success to throw him off his guard against a reverse of fortune.

### HANDY HUSBAND

Knew How to Get Part of the Breakfast.

"I know one dish I can prepare for breakfast as well as any cook on earth," said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night. "She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## PROSPERITY EVIDENT

CONDITIONS WERE NEVER BETTER IN NEBRASKA.

### COLLECTIONS BREAK RECORDS

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

Western Newspaper Union News Service. "Business conditions never were better than they are now, and farmers never had their spring work so far along as this year," declared Governor Morehead upon his return to Lincoln from a visit to Falls City and his farm properties near that city. The governor came back enthusiastic about the outlook for a great crop year and the general prosperity of all classes of people.

"I never saw things looking finer at this season in all the years I have lived in Nebraska," said Mr. Morehead. "It seemed as though everybody I met while driving through the country had a new automobile. Farmers are feeling good, not only because of the crop prospects, but because cattle are bringing the highest prices ever known. There is plenty of work on farms, and it is rather hard to get men. The same is true in the towns. Country roads are in splendid shape for travel.

"The truth is that Nebraska never was so prosperous as she is right now."

### Warrants Issued During March.

Following is a list of warrants issued from the State Auditor's office during the month of March, with the fund drawn on, the amount, and the number in each fund:

| Fund—                       | Amount          | No. of Warrants |
|-----------------------------|-----------------|-----------------|
| General                     | \$ 189,548.06   | 2,321           |
| University                  | 75,794.95       | 424             |
| University Cash Fund        | 40,422.79       | 375             |
| Morrill                     | 12,775.00       | 30              |
| U. S. Experiment Station    | 5,080.68        | 31              |
| State Library               | 651.97          | 29              |
| State Aid Bridge            | 678.03          | 6               |
| Smith-Lever                 | 3,735.15        | 41              |
| Fire Commission             | 801.29          | 18              |
| University Income           | 5,911.59        | 59              |
| Motor Vehicle Registration  | 1,876.69        | 13              |
| Institution Cash Fund       | 12,330.55       | 129             |
| Normal School               | 19,625.81       | 213             |
| Special University Building | 19,761.49       | 33              |
| Total                       | \$ 389,206.98   | 3,754           |
| Issued in February          | 741,981.51      | 4,912           |
| Issued in January           | 288,492.67      | 3,423           |
| Total for 3 months          | \$ 1,419,681.16 | 11,189          |

### Records Are Broken.

During the month of March, the force in the office of Secretary of State Pool was extremely busy, the records showing cash business transactions of a total of \$3,428.10 as compared with \$1,762.55 in 1914 and \$2,289.08 in 1915. This shows an increase in business for the month of March, 1916, over the same month in 1914 of \$1,665.50 and this larger volume of business was transacted at less expense than in the year 1914.

Among the receipts of the month were nine payments of annual fees under the loan shark law, amounting to \$50 each, or \$540 in total.

In the automobile department, which is maintained entirely by a 25 cent tax on each number issued, 9,150 automobile plates and 907 motorcycle plates were sent out during March. This makes a total number of automobile registrations up to March 31, 1916, of 64,140, while the motorcycle registrations reached 4,158 for the first three months of this year. During the entire year of 1915, this department issued 59,140 automobile licenses. This shows an increase of 5,000 licenses issued during the first three months of 1916 over the entire year of 1915. It is thought that the total automobile registrations for 1916 will not fall far below 80,000.

The monthly report of Warden Fenton of the state penitentiary says 215 convicts, of whom two are women, are out on parole, furlough or vacation. The board of control explains that the word "vacation" does not apply to convicts, that no prisoners at the penitentiary are allowed spring or summer vacations. The printed blank on which the warden made his report is a blank intended for use at fifteen different institutions, and the word "vacation" does not apply to convicts.

The sum of \$428 in cash has been turned into the state treasury by Attorney General Reed, as the proceeds of the escheated estate of Karl Mauch, who died at Omaha without heirs. An attempt was made to manufacture some fictitious heirs, but this was defeated in the probate court of Douglas county.

The German dramatic club of the state university, under Manager Amanda Heffner of that department, presented "Das Glueck im Winkel," at Dunbar Friday evening.

### Must Pay Taxes on Mortgage.

Taxation of a \$6,000 mortgage owned by the Nebraska Degree of Honor lodge, which was assessed in Sarpy county as an equity in the real estate which it covered, is upheld in an opinion affirming a decree of the district court in that county.

The Decree of Honor contended that it is a charitable organization and that its beneficiary funds are exempt from taxation. The court finds that a fraternal beneficiary society is not exempt from paying taxes upon the money which it lends for profit.

## NEBRASKA STATE NEWS

DATES FOR COMING EVENTS.

April 22—State Letter Carriers' Convention at Grand Island.  
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 2—Omaha Lincoln-Denver Good Roads association convention at Lincoln.  
May 16 to 18—State G. A. R. Encampment at Lexington.  
May 15-18—State Dental Society annual convention at Lincoln.  
May 17—Nebraska Bankers' convention, Group One, at Beatrice.  
May 21-25—State Association of Commercial Clubs' Convention at Omaha.  
June 5 and 6—Pageant of Lincoln, presenting "The Gate City."  
June 5-6—Spanish War Veterans' State Convention at North Platte.  
June 12 to 15—Trans-Mississippi Bankers' Ass'n 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 19-20-21—American Union of Swedish Singers, West Div., concerts and convention at Omaha.  
June 20 to 24—State Stockmen's convention at Alliance.  
June 21 to 23—Fraternal Order of Eagles, state meeting at Lincoln.

Gov. Dietz, Ak-Sar-Ben governor, who just returned to Omaha from a trip to New Orleans and Washington, said the commissioner of Indian affairs in Washington gave him permission to go through various Indian reservations this fall and select as many Indians as he wants for the historical celebration in connection with the Ak-Sar-Ben festival in Omaha next September and October.

That farmers are not worried much over the attempt of the packers to lower meat prices is shown by the large number of feeder cattle sent to the country from South Omaha last month. The feeder cattle output was much larger than during March last year. There were 43,863 head shipped to the country as compared with 41,520 for March, 1915.

Alnsworth is in the throes of an agitation concerning the question of changing time from mountain to central. Long Pine is the end of a division on the Northwestern road, and the company changes time there. Alnsworth is just ten miles west. Thus a part of the people of Brown county keeps one time and a part the other.

Over 600 farmers attended a meeting in Fremont in celebration of the opening of the new co-operative creamery. The farmers have placed milk on sale at 6 cents a quart and have reduced the price of cream and butter below the prevailing market price. The new creamery is pronounced a model of its kind.

With four dead from measles and another case of diphtheria and with seven children suffering from scarlet fever North Platte is facing a serious epidemic. Health authorities have no idea when schools will be re-opened or when the ban on children attending motion picture theaters will be lifted.

A new Catholic church is to be erected in Bridgeport at once. Catholic services have been held at regular intervals ever since the town was established but this is the first effort which has been made to erect a church building.

John Meints, 18, living near Pickrell, was killed when an automobile in which he was riding overturned. Four years ago his father was killed, presumably by robbers, near the O street viaduct at Lincoln.

Bonds in the amount of \$33,000 to construct a sewer in Falls City carried at the recent municipal election by a majority of 124, and bonds for extending the water system won by a majority of 204.

W. S. Delano at Ansley died as a result of injuries sustained in a runaway. He was driving from his farm near Ansley to Areadia when a cleavis pin became dislocated and the team bolted.

A new record for cattle receipts for the month of March has been established at the So. Omaha stock market. Receipts for the month just ended show 122,936 head of cattle were received. March, 1915, showed receipts of 102,687 head.

The destruction by fire of the old Hutt residence in Broken Bow removes an old landmark. The building was a two-story brick and was built when the railroad came through there by O. J. Coleman, one of the early bankers.

A large number of farmers met at York recently and organized an association known as the York County Agricultural society. The object of the organization is to establish a permanent fair for York county. Ground will be purchased and permanent buildings erected within the next year.

A hundred and fifty Fremont boys and girls have joined the new school gardening club. R. R. Partridge of the high school faculty has been chosen to take charge of the garden classes.

In a letter to the Farmers' association of Madison county, A. G. George, county agricultural agent, brings up the matter of treating oats for smut. "Last year," says the agent, "in 72 Madison county oat fields from all over the county, there was an average of 5 per cent smutted heads. If 1 per cent of smut decreased the yield one bushel per acre, as was the case in Gage county two years ago, the oat yield was decreased five bushels per acre in Madison county last year. The total oat acreage in Madison county last year was 59,000 acres which, if the yield had been increased five bushels per acre, would have been 299,000 bushels. This, valued at 25c per bushel, would have been \$103,250 saved on the oat crop alone." The county agricultural agent concludes by stating that oat smut will only be controlled by every farmer co-operating in this movement to prevent it on his own farm. Directions are enclosed with this circular letter to the farmers for the formal treatment.

For the first time in the history of Omaha, bank clearings aggregated more than one hundred million dollars for a single month with total clearings of \$111,298,714.28 for March. The previous high water mark was attained in October, 1915, when the total was \$98,352,313.50. For the first three months of the year, Omaha's clearings through its banks show an increase of \$67,223,149 or 27½ per cent. The total for January, February and March, 1916, was \$298,653,741 as against \$231,419,565 last year.

Gasoline now sells at 21 cents a gallon in Lincoln. One Lincoln automobile dealer has expressed the belief that the price will go up to 35 cents, when it will be forced down with a tumble by the auto dealers corporation which is being formed to demonstrate that it can be produced for less money than it is now sold for. He is hoping the forcing down will come quickly.

The new power lines which the International Railway, Light and Power company of Holdrege have been constructing out of Holdrege to the neighboring towns are now in operation and light and power is being furnished Wiscox. Other towns will be supplied as soon as the company receives more transformers from the factory.

In compliance with the proclamation of Governor Morehead that some day last week he observed by Nebraskans generally as "Nebraska Food Products Day," 400 members and attaches of the soldiers home at Grand Island partook of a dinner consisting of all Nebraska-made articles, excepting the sugar and coffee.

Many citizens of Beatrice are agitating the question of calling a special election to vote on the Sunday amusement proposition. The present law prohibits amusements such as band concerts and moving pictures. The promoters desire an amendment making it lawful to permit these amusements on Sundays.

Because the American Beet Sugar Co. is trying to reduce its acreage of 3,600 to 600 in Lincoln county, for shipment to Scottsbluff, the farmers of that county around Hershey and O'Fallons have organized a company for the purpose of inducing capital to build a factory there.

Mrs. Anna Wisner, wife of Henry Wisner, a foundryman, of Fremont was instantly killed when she threw herself in front of a string of box cars on the Burlington tracks at that place. She was dragged about fifty feet before the engineer could bring the train to a stop.

The Buffalo County Sunday School convention, which was to have been held at Ravenna on April 29 and 30, has been transferred to Gibbon. The change in place of meeting was made because of the prevalence of contagious disease in Ravenna at the present time.

While smoking a pipe in bed, Mrs. Abraham Spoon of Springfield, an invalid, set fire to the bed clothing and before help came she was so badly burned that she cannot recover. Her husband had left her but a few minutes, and when he returned the house was on fire.

Mrs. Emma Gueffroy of Beatrice received a message a few days ago stating that her son Adolph, a member of Company L, Twelfth cavalry, U. S. A., had been accidentally shot and killed by a comrade while on patrol duty on the Mexican border near Hatchita.

Residents of Endicot are making a supreme effort to secure a new St. Joseph & Grand Island depot in their town. The present structure is but seven and a half feet high, and the outside dimensions of the building are but ten feet by twenty-four feet.

Several men interested in the employment of a farm demonstrator for Wayne county have been securing signatures to a document guaranteeing support, and have met with gratifying results, very few turning down the proposition.

Petitions requesting the government to extend free hog cholera service to the farmers of the south half of Gage county have been placed in the banks at Wymore, Blue Springs, Barneston, Liberty, Lanham, Odell and Beatrice.

The north and south road between Kearney and Minden has been graded. The Lincoln highway between Kearney and Gibbon has been graded and preparations are being made for work on the Kearney to Pleasanton road, where \$10,000 is to be spent for repairs.

## INTERNATIONAL SUNDAY SCHOOL LESSON

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

### LESSON FOR APRIL 16

PETER AND CORNELIUS.

LESSON TEXT—Acts 10:1-23. HOLYDAY TEXT—There is no distinction between Jew and Greek; for the same Lord is Lord of all, and is rich unto all that call upon him.—Rom. 10:12.

Thus far Christianity had to do with Jews and Jewish proselytes only. Now its circle begins to widen so as to include the Gentiles. The central figure of this lesson, Cornelius, was a captain commanding one hundred men in the Roman army. The chasm between blacks and whites, which so widely exists in America, is nothing compared to that which divided the Jew and Gentile. We take the whole story of Cornelius in today's lesson and consider the Easter story next week.

I. A Prepared Convert (vs. 1-8). (1) His position. Caesarea was on the great sea and was the political capital of Judea. It was about seventy miles from Jerusalem and thirty from Joppa. Cornelius, who was captain of a band of men born in Italy, was a Roman citizen, and perhaps had been connected with the great Roman general Scipio. (2) His character. He was a man of promptness, appreciation and obedience, (v. 33). He was also a God-fearing man, whose piety included his whole household. He was a man of prayer and generosity (vs. 31, 32), for he gave "much alms" to both Jews and Gentiles. The result was that he was honored greatly by all, especially by the Jews. It does not seem that Cornelius was a proselyte to the Jewish faith (vs. 28-31), and he certainly was not as yet a saved man (11:13, 14). Cornelius was a man of a vision, not of dreams or of trances, for this vision came in the open daylight (v. 30), when an angel, looking like a man, appeared unto him. His fear was calmed and he was informed that his prayer, for he was a "seeker after God," had been heard. The "memorial" (v. 4) spoken of was that part of the meal offering which the priest burned upon the altar and which ascended unto the Lord as a sweet savor (See also Mal. 3:16). Cornelius is put to a strange test. He is to send for an unknown man to receive instruction. The angel was not to enlighten him, as it is man's province to witness for God. There is not a recorded Bible conversation without some human instrumentality. Cornelius, soldier that he was, at once obeyed instructions and sent out two devout retainers after Peter. Man alone could finish the work of the angels.

II. The Prepared Preacher (vs. 9-23). Tanning was considered an unclean occupation, but in Simon's house was the man God wanted to use on this occasion. No matter how poor a preacher, or unlikely the situation, if we obey God we can preach better than Gabriel. God laid, as it were, his right hand on Cornelius, and his left upon Peter, and drew them together. Again God uses a dream, linking the natural and the supernatural. A hungry man dreams of food, a very common occurrence, and God gave supernatural direction to a natural dream. God knows the right time to do the right thing. We do not need dreams for our guidance as we have a full and sufficient revelation in the Word for our guidance.

III. The Prepared Ones Meet (vs. 23-33). Cornelius had his whole household ready when Peter arrived (v. 24), perhaps more people than on the day of the first great Pentecost. He said, "We are all here present in the sight of God to hear all the things that have been commanded thee of the Lord." This is a great statement if we consider its full content. Peter refused to accept worship, that alone belongs to Christ (v. 25) and he explained how God had thrust him outside of the circle of Jewish believers. He then rehearsed what God had done and asserted that "He is no respecter of persons," and that in response to those in every nation who work righteousness God had sent forth Jesus for the salvation of men, (1) That men might have peace through him (v. 36); (2) That he might be Lord over all; (3) That he had been anointed with the Holy Spirit and power; (4) That he had been crucified (1 Pet. 1: 18, 19; 2:24); (5) That God had raised him from the dead; (6) That he is to be the judge, and (7) That because of what he had done—"through the name of Jesus"—all that believe shall have "remission of sins." (This is a good sermon outline.) Following this wonderful sermon, there occurred the Gentile Pentecost (vs. 44-46).

Practical. Cornelius had a lack, and he went to God to have it supplied (v. 4). Peter found his enlightenment in prayer. God revealed his regard for all mankind, and that Jesus Christ can and will save all who come to him by faith. At Caesarea the infant church discovered that its field is the world and that the Pentecostal program was for all mankind. This occasion taught Peter and the church that henceforth we are to regard all men as brothers and seek to win them for their Savior and ours.

## PROSPERITY IN WESTERN CANADA

900 Million Dollars in New Wealth Added in 1915.

Canada as a whole has enjoyed wonderful prosperity in 1916, from the products of the farm, the orchard and the centres of industry. No country wrote a brighter page of history in agricultural and industrial development during 1915 than Canada. Nearly a billion bushels of grain produced. Taxes in Western Canada average \$24 and will not exceed \$35 per quarter section, which includes all taxes. No taxes on improvements.

When Western Canada was faced with her enormous harvest last fall the military authorities decided that soldiers in Canada could give the Empire no better service for the time being than to assist in harvesting the crops. For that reason leave of absence was given to soldiers who wished to work in the harvest fields, and their labor was an important factor in harvesting the big crops successfully.

The necessity for increasing the agricultural production is commanding even more attention in 1916, and it is now announced that soldiers in Canada may obtain leave of absence from their military duties in the spring for a certain length of time to enable them to plant the seed for the crops in every Province of the Dominion.

The fact that the Government recognizes the seeding and harvesting of Canada's crops as being of the first importance is perhaps the best evidence that conscription or any increase of taxes which would reduce the agricultural activity of Canada will never be considered by the authorities.

Owing to the number who have enlisted for overseas service it has been found necessary to secure farm labor in the United States. It is hoped that fifty thousand can be secured.—Advertisement.

A woman always has to get some other woman to help her keep a secret.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

A successful fool doesn't realize that he is one.

## GIRL COULD NOT WORK

How She Was Relieved from Pain by Lydia E. Pinkham's Vegetable Compound.

Taunton, Mass.—"I had pains in both sides and when my periods came I had to stay at home from work and suffer a long time. One day a woman came to our house and asked my mother why I was suffering. Mother told her that I suffered every month and she said, 'Why don't you buy a bottle of Lydia E. Pinkham's Vegetable Compound?' My mother bought it and the next month I was so well that I worked all the month without staying at home a day. I am in good health now and have told lots of girls about it."—Miss CLARICE MORIN, 22 Russell Street, Taunton, Mass.

Thousands of girls suffer in silence every month rather than consult a physician. If girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion would take Lydia E. Pinkham's Vegetable Compound, a safe and pure remedy made from roots and herbs, much suffering might be avoided.

Write to Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential) for free advice which will prove helpful.



## How to get rid of eczema with Resinol

Resinol Ointment, with Resinol Soap, usually stops itching instantly. It quickly and easily heals distressing cases of eczema, rash or other tormenting skin or scalp eruption, and clears away pimples, redness, roughness and dandruff, even when other treatments have been useless.

Physicians have prescribed the Resinol treatment for over 26 years, for most forms of skin troubles, and for irritations, wounds, chafings, etc. Every druggist sells Resinol Ointment and Resinol Soap.