Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermenfa-rions and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible ma-terial in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not climinated, form toxins and poisons which are then sucked into the blood through the very ducts which are in-tended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your checks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and howels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach

Men and women with sallow skins liver spots, pimples or pallid com-plexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stom ach or constipation should begin thi phosphated hot water drinking and are assured of very pronounced re-sults in one or two weeks. A quarter pound of limestone phos-

A quarter pound of imessione phosphate costs very little at the drug store, but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that itemal capitation is variety more that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do .- Advertisement.



enjoy myself again since Resinol Soap cleared my skin

When my complexion was red, rough and pimply, I was so ashamed that I never had any fun. I imagined that people avoided me-perhaps they did! But the regular use of Resinol Soapwith a little Resinol Ointment just at first—has given me back my clear, healthy skin. I wish you'd try it!



Resinel Seep and Resinel Ointment are sold by all drug-gists. For samples of each, free, write to Dept. 9-N, Res-inol, Baltimore, Md.

THAT JAR OF MUSTEROLE ON THE BATH-ROOM SHELF

Has Relieved Pain for Every One in the Family

When little Susie had the croup; when Johnny got his feet wet and caught cold; when father sprained his knee; when granny's rheumatism bothered her-That jar of Musterole was right there

I nat jar of aussterole was right there to give relief and comfort.

Musterole is a clean, white ointment, made with oil of mustard. It will not blister like a mustard plaster.

Quick relief for sore throat, bronchitis, tonsilitis, stiff neck, asthma, neuralgia, headache connection plauticy theuma. tonsilitis, stiff neck, astima, neuragia, headache, congestion, pleurisy, rheuma-tism, lumbago, pains and aches of the back or joints, sprains, sore muscles bruises, chilblains, froated feet, colds or the chest (it often prevents pneumonia Try Musterole for croupy children.



TODAY'S AID TO BEAUTY

An especially fine shampoo for this weather, one that dissolves and en-tirely removes all dandruff, excess oil and dirt, can easily be made at tri-fling expense by simply dissolving a teaspoonful of canthrox in a cup of hot water. Pour slowly on scalp and massage briskly. This creates a soothing, cooling lather. Rinsing leaves the scalp spotlessly clean, soft and pliant, while the hair takes on the glossy richness of natural color, also fluffiness which makes it seem mucl heavier than it is. After a canthrox shampoo arranging the hair is a pleasure.—Advertisement.



ASTHMA SUFFERER

Write today, I will tell you, free of charge a simple home treatment for authors which cured me after physicians and chang of climate failed. I am so grateful for my present good health, after years of suffer-ing, that I want everyone to know of this wonderful treatment. Mrs. Nellie Evans, E-5, Des Meines, Iowa.

OMAHA SUPPORTS ITS INSTITUTIONS

Calls for Those Deserving of Public Help.

WISE MAN CHEERFUL GIVER

By A. R. GROH.

Is it not a splendid sight, fellow citizens, to see the people of Omaha giving so liberally of their abundance at the call of worthy objects?

The Young Woman's Chrsitian as sociation is raising \$20,000, the House of Hope \$50,000, the Boy Scouts, \$15,-000. Soon Brownell Hall will ask for \$250,000, and there are other campaigns coming.

What does Mr. Omaha do-and Mrs. Omaha, too-when the canvassers call with subscription blanks? Do they assume a sour, tight-waddish expression? Do they complain about hard times and slow collections and hard times and slow collections and the many demands for their money? They do not. They generally as-sume a smiling and cheerful and glad expression. They say, "Why, yes, sure, I'd be glad to help. It's a good cause." And they open their check books, take their pens fin hand, write certain figures and sign their names. No surgical operation is required to separate them from their cash for a good cause. good cause.

From an Eye Witness.

This is not merely a fanciful pic-ture. I have it directly from those

who are doing the collecting.

"There's Mr. Blank," said one, "I went in and asked him for \$25. He insisted on giving me \$40."

Sometimes people who haven't been called upon "get nervous" and call up the money-raising headquarters to find out why they have been slighted.

Giving to worthy objects is an on-Giving to worthy objects is an opportunity, not merely a duty. It pays the biggest dividends, dividends in satisfaction, in pride, in that comfort-able feeling of being a power toward good in the community

good in the community.

He who gives to a worthy object makes the only investment in the world that cannot be lost. Said the old philosopher:

"What I kept, I lost;
What I spent, I had;
What I gave, I have."

Store Up for the Future.

Think that over. What a man keeps he may lose in a bad investment. What he spends he no longer has. But what he gives he always has in the satisfaction of having added to the world's store of good and happiness. Moth and rust cannot corrupt that; nor can thieves break through and steal it.

"He that soweth sparingly shall; reap also sparingly; and liveran also sparingly and liverance and liv

"He that soweth sparingly shall reap also sparingly; and he soweth bountifully shall rea; bountifully," said Paul And he he had dispersed abroad, he hath given to the poor; his righteousness remainent forever."

The literature of the world is fall.

given to the poor; his righteousness remaineth forever."

The literature of the world is full of proverbs and maxims, showing that the man who gives liberally is always the wise man. He gains not only the approval of himself, and his fellowmen, but he actually gains in material wealth while the seithsh and miserly reap only contempt.

It is also a "good sight for sore eyes" to see the hundreds of busy men and women in Omaha who are giving their valuable time to raising money for these worthy objects. They are busy people and are neglecting their own businesses for the sake of working in charity and philanthropy, getting nothing in return except the consciousness of good deeds done. Which, after all, is the best kind of pay.

Several Paintings And Bronzes from Exhibit May Stay

Several more purchases of paintings and bronzes now being shown at the Fontenelle by the Fine Arts society will probably be made before the exhibit closes Tuesday evening. A Dougherty painting and a Frieseke "On the River" are being considered by an Omaha art lover and the Gutzon Borglum seated figure of Lincoln, admired by all who havel seen it, will see have emain in Omaha. The eventual control of the cont perhaps remain in Omaha. The pros-pective purchasers will make their de-cisions known today. C. N. Dietz hought two Solon Borgium bronzes

Miss Gertrude Young gave a studio lalk at 3:30 o'clock today. Hundreds thronged the art gallery

Man Who Steals a Clock Has Pocket Full of Hard Cash

Joe Uhl, alias John Metra, or St. Joseph, maneuvered about the Burgess-Nash store for more than an hour Saturday in an attempt to get with some merchandise. He Joe Uhl, alias John Meirs, of St hour Saturday in an attempt to get away with some merchandise. He was under the watchful eye of Special Officer Tagal, however, and when he stuck an alarm clock under his coat Officer Tagal snared him. When scarched at headquarters he had \$200 on his person, Judge Foster fined him \$25 and costs.

Wyoming Division of the

Union Pacific Reorganized President Calvin of the Union Pacific is back from a western trip that had to do with the reorganization of the official and working force of the Wyoming division of the railroad sysem. He is not commenting on what was done or what is to happen in the

It is reported that, the Wyoming division having been reorganized, at-tention will next be turned to the Nebraska and Kansas divisions of the road. What changes, if any, will be made on these divisions is not an-

nounced.

On the Wyoming division Bell of the Ogden Railway Terminals company was appointed superintendent at Cheyenne, vice Sam Toucey, transferred to other duties.

mes Constipation, Indigestion Overcomes Constipation, Dr. King's New Life Pills will overcom constipation, billoueness and indiger

druggists.--Advertisement.

GRAINS TAKE BIG SLUMP IN PRICES

Citizenship Responds Freely to Cash Wheat Declines Seven Cents, While Options Drop Further Down.

OTHER GRAINS FOLLOW

The high cost of living got humped good and plenty Monday when cash wheat on the Omaha market sold off 4 to 7 cents; corn, J, and outs 1/4@1/ cents per bushel.

While the cash market was his hard, the blow aimed at it did not land as hard as the one received by the options. The December option on wheat went off 5. May, 146, and

on wheat went off 5, May, 148, and July 1034 cents per bushel from the high price of last Saturday, when July sold at \$1.5936, with May, \$1.80, and December, \$1.75.

The Omaha market was in line with that of Chicago, where the decines were correspondingly great. The sensational drop was attributed to three reasons: Falling off in the export demand, the investigations that are being conducted in numerous cities to ascertain the cause for the high cost of food products, and the continued talk of an embargo on grain going to Europe.

Omaha Dealers Not vaurt.

Omaha Dealers Not -surt.

It is asserted that Omaha grain dealers were not hit and by the de-cline that started in at the opening of the market and continued well on to the close, when a little reaction occurred. Generally, during the last week or ten days, anticipating a break in prices, they had hedged by selling against most of their purchases, thus enabling them as a rule to break even, or thereabouts.

Wheat receipts were heave there

to break even, or thereabouts.

Wheat receipts were heav, there being 224 carloads on the market. Everybody was afraid to buy and no one was anxious to sell, so most of the stuff was carried over. Where sales were made, the price ranged from \$1.66 to \$1./. per bushel, the price depending largely upon the grade.

grade. While corn slumped in sympathy

While corn slumped in sympathy with wheat the decline was not so great. However, there was not much business done in corn. The reteipts were H5 carloads and the prices ruled at 187@87½ cents per bushel.

Oats were a little more steady and were more sought than the other grains. The receipts were fifty-five carloads, selling at 52½@53½, cents per bushel.

Partial Rallies Follow Big Drop. Chicago, Nov. 27.—Wheat prices came down today with a crash, breaking in some cases as much as 95% cents a bushel. Big sales by some of the leading houses started a general movement to unload holdings and gave an opening for aggressive selling by bears.

Talk of the likelihood of an armis Talk of the likelihood of an armistice in Europe had considerable to do with weakening the market and so also had warnings of the presence of a fighting submarine in the Atlantic. Continued reference to a possible embargo by the United States was likewise a factor.

July wheat, in which the greatest decline took prace, fell to \$1.45, as compared with \$1.54½ to \$1.54½ at the finish on Saturday.

compared with \$1.54½ to \$1.54½ at the finish on Saturday.

In later dealings, the market scored rallies. The greatest recovery was in the last hour and was due to an unexpected falling off shown in the United States visible supply. Prices, however, closed weak at net losses of 3½ cents to 4½ cents a bushel, with December at \$1.73½ to \$1.73½, May \$1.80 to \$1.80¼ and July, \$1.49½ to \$1.50.

Woman Sues Saloon Men for Selling Liquor to Husband

One hundred and fifty thousand dollars is the amount Mrs. Cora Kins-ley is asking of the Massachusetts Bonding and Insurance company and Bonding and Insurance company and the Illinois Surety company, bonds-men for P. J. Martin, Ralph R. Car-ley, William Stokes, I. S. Jones, The-odore L. Keil, James W. Lowry and P. Boyce, South Side saloonmen. She claims that the above-mentioned men sold her husband intoxicating liquors ual drunkard, causing him to loss his property, health and capacity to earn money and also depriving her and her two children of her hus-band's support. In her petition she claims that her husband, Frank Kinsley, earned \$250 per week before be-coming a liquor addict.

The case is before Judge Wood-rough in the United States district

Farmers Use Parcel Post to Help Feed The City Dwellers

A number of Omahans are trying to beat the high cost of living by ordering food commodities direct from the farmer by means of the parcel post system. Since the great increase in the cost of living the parcel post has been nearly congested with early butter and descend postley. The eggs, butter and dressed poultry. The parcel post shipments of poultry in the city are very heavy, according to Postmaster C. E. Fanning, due to the approach of Thanksgiving.

Stylish Crooks Steal Provisions

Comfortably seated in a stylish touring car, thieves drove up Monday morning at 5 o'clock to H. Wohler's grocery store, 5144 North Sixteenth street, smashed their way through the door, and loaded into the car the door, and loaded into the car three cases of eggs, six sacks of sugar, fourteen sacks of flour, thirty pounds of butterine, five hams, twelve sides of bacon, fiteen pounds of coffee, thirty pounds of cheese, thirty dozen of men's socks and four boxes of cigars. Having accomplished their morn-ing's work the robbers sat back in the

powerful machine and ordered the driver to "let 'er go." The auto gath-ered speed just as R. H. O'Donnell, 5306 North Sixteenth street, caught a glimpse of its happy occupants.

Blanket Sale-Scott's, 15th and Howard, Follow the footsteps.-Adv.



