

Bodily Housekeeping

(By Samuel Hamilton, M. D.) The subject of drinking water with meals has been misunderstood. In recent years investigation by means of X-rays, the observations by scientists such as Cannon, Grutzner, Pavlov, Fowler, Hawk, prove that an abundance of water taken during digestion is necessary in good bodily housekeeping. To drink a pint of hot water before meals is good practice, and those suffering from a catarrhal condition of the stomach will find benefit in adding about 10 grains (one-sixth of a level teaspoonful) of baking-soda, drinking it an hour before each meal. Those who are inclined to hyper-acidity should drink slowly a pint of medium cold water, two hours after meals.

If your kidneys are sick, or you suffer with lumbago or rheumatism at times, pain in the back or back of the neck, take a little Anuric before meals. This can be found at any good drug store, and was first discovered by Dr. Pierce of the Surgical Institute, in Buffalo, N. Y.

When run-down, when life indoors has brought about a stagnant condition in the circulation—most everyone is filled with uric acid—especially this is so of people past middle age. This uric acid in the blood often causes rheumatism, lumbago, swelling of hands or feet, or a bag-like condition under the eyes. Backache, frequent urination or the pains and stiffness of the joints and high blood pressure are also often noticed. Everyone should drink plenty of pure water and exercise in the open air as much as possible. I have found that Anuric is an antidote for this uric acid poison and that it will dissolve the accumulation of uric acid in the body much as hot water dissolves sugar.

Nervous Periodical Headaches

This trouble commonly called "stick headache," is said to be due to the retention of urea in the system. Often it is stated that a poor condition of the blood is a cause of these headaches, or that it is a nervous condition; and in certain cases, no doubt this is true. Where treatment is demanded, it is more for the pain than anything else, and Dr. A. F. Schelchmidt of Louisville, has found anti-bacterial tablets to give prompt and satisfactory relief. "Rest should be insisted upon," he says, "and the patient should go to bed in the room, and all the attendants and family should be as quiet as possible. An emetic will sometimes shorten the attack. The bowels should be kept open with 'Actoids'; a hot bath and a thorough rub-down with a coarse towel, often give grateful relief. Two anti-bacterial tablets when the first signs appear will usually prevent the attack. During an attack, one tablet every hour or two will shorten the attack and relieve the usual nausea and vomiting." These tablets may be obtained at all druggists. Ask for A-F-K Tablets. They are also indicated for nervous headaches, neuralgia and all pains.

Cured His RUPTURE

I was badly ruptured while lifting a trunk several years ago. Doctors said my only hope of cure was an operation. Friends did me no good. Finally I got hold of something that quickly and completely cured me. Years have passed and the rupture has never returned, although I am doing something that quickly and completely cured me. Years have passed and the rupture has never returned, although I am doing something that quickly and completely cured me. Years have passed and the rupture has never returned, although I am doing something that quickly and completely cured me.



Don't be discouraged! Heal your sick skin with Resinol

In the past twenty years Resinol Ointment has made thousands of sick skins well. In the great majority of the cases, it stopped the itching, burning and smarting at once, and quickly drove the unsightly eruption away. To appreciate how much good Resinol Ointment really does, you should try it on your own skin trouble—at our expense, if you wish! Although all druggists sell Resinol Ointment, we will gladly send a free sample. Write to Dept. 44-R, Resinol, Baltimore, Md.

OFFICE WORKERS FACTORY WORKERS and others who labor indoors should always take the strength-compelling tonic-food in

SCOTT'S EMULSION to keep up their strength, nourish their nerves and increase their energy. SCOTT'S is helping thousands—why not you?

BELL-ANS Absolutely Removes Indigestion. One package proves it. 25c at all druggists.

BREAK IN ONE DAY

Brief City News

Platinum Wedding Rings—Edholm. Have Most Print It—New Beacon Press. Ties Cleaned, 10c, at Carney's, Web. 242. Electric Reading Vamps for Xmas. \$2.50 to \$10. Burgess-Nash Company. Robt. C. Drussdow & Co., 550 Omaha Nat'l Bank. Listed and unlisted securities; bank stocks; several 7 per cent guaranteed gilt-edge investments. Increase Capital Stock—Amended articles of incorporation of the Omaha Macaroni company filed with the county clerk show that the capital of the business is now \$100,000. Best Meal for the Money—Claremont. Agnes McArdle Gets Damages—Damages to the amount of \$2,000 were awarded Agnes McArdle by a jury in Judge Estelle's court, the defendants being the street railway company and Richard L. Baker. The plaintiff alleged that she was permanently injured when an automobile driven by Baker collided with a street car. Important Northwestern Temporary Changes Account Replacing Union Pacific Bridge—Effective Thursday, Dec. 14, the following eastbound trains will be discontinued from Omaha, leaving from Council Bluffs, Broadway station as follows: No. 32, Carroll local, lv. Co. Bluffs 7:25 a. m.; No. 219, Sioux City local, lv. Co. Bluffs 8:02 a. m.; No. 4, Carroll local, lv. Co. Bluffs 5:19 p. m.; Nos. 5 and 33, Carroll locals, westbound, will stop at Council Bluffs on present schedule, not coming to Omaha. Albin locals Nos. 209 and 210, will run to and from Omaha only. No changes in limited and through trains. This arrangement effective until further notice. Auditors for Christmas—Sunderland.

Judge Woodrough Gets News of Death Of Father in West

There was not the pleasant, engaging smile on the face of Federal Judge Joseph Woodrough Wednesday as he sat hearing the celebrated "Arizona wild horse" case, in which the government is prosecuting the United States Live Stock company and the Omaha Land and Investment company for the use of the mails to defraud. Instead the judge presided with a sad, almost stern, demeanor. For just as the case had started he received a telegram from New Port Beach, Cal., that his father, Horace W. Woodrough, aged 74, had died. The judge did not stop the testimony that was going on. In fact, practically no one knew that he had received the sudden blow, for he continued on with the case as if nothing had happened. Mr. Woodrough later told reporters that he would not attend the funeral because he thought it best not to interrupt the proceedings of the "wild horse" case, which is now about half over. Besides Federal Judge Joseph Woodrough of this city, Horace W. Woodrough is survived by two other sons, Howard B. of New Port Beach, Cal., and Fred C., professor of mechanics in the University of Japan, Tokio.

Ream of Broken Bow Heads State Grange

Gibson, Neb., Dec. 13.—(Special Telegram.)—The State grange elected officers for the ensuing year as follows: J. D. Ream, Broken Bow, master; E. M. Webb, Callaway, overseer; L. C. Welch, Ansel, lecturer; E. Meyers, Ansel, steward; F. Brandenburger, Meza, assistant steward; Belle Crosby, Kearney, chaplain; James McFarland, Sumner, treasurer; Edna Jacobson, Broken Bow, secretary; J. D. Herrick, gate keeper; Mrs. Clark Baerett, Gibson, cere; Mrs. T. A. Hodson, Pomonca; Mrs. Alvin Dally, Flora; Miss June Baerett, Gibson, assistant lady steward; Lawson Hyde, Gothenburg, chamber executive committee.

Iowa's Bums infest Hospitable Omaha

Omaha has become the mecca of thousands of "bums," and indications are that the city will be infested with vagrants this winter, according to Police Judge C. E. Foster. Sixty-two men who appeared in police court Wednesday morning brought forth this statement: "Omaha is sort of an oasis in view of the many dry states which surround Nebraska and this, in my opinion, is why this element flocks here," said the judge. "Nearly half of the vagrants who appear before me come from Iowa."

Employees and Guests Welcome Manager Letton

Back "on the job" after prolonged illness, Manager John E. Letton of the Fontenelle got a cordial reception when first his friends saw him. Mr. Letton recently underwent a delicate surgical operation at Rochester, Minn. Sickness had incapacitated him for his arduous duties many weeks before he submitted to the surgeon's scalpel. It was Mr. Letton's wish that his return be unostentatious, but the employees and guests welcomed him warmly.

Dunn Will Enforce the Auto Light Ordinance

Chief of Police Dunn has issued orders to his men to increase their vigilance in the enforcement of regulations relating to automobile lights and horns. Complaints received at police headquarters indicate that motorists are growing careless about lighting their lamps in the early evening and also about giving signals. It is alleged that some motorists drive around corners at an unseemly rate of speed.

Boy in Need of a Job As a Christmas Present

Superintendent Schreiber of the Board of Public Welfare received a letter from a crippled youth who is anxious for work. The youth states he understands printing and is active, notwithstanding he has only one leg. "I believe it would be a fine thing for somebody to give this young man a Christmas present in the form of a job," said Mr. Schreiber.

Dr. Ben's Pine Tar Honey. Honey soothes the irritation, Pine Tar cures the phlegm, relieves congestion, soothes the raw spots. 25c. All druggists—Adv.

Central Parkers Start Friday to Try Co-Operative Buying Plan

Bright and early Friday morning the Central Park Brotherhood of Associated Buyers, with the members of 100 families band together will take the first fall out of the high cost of living. That action was decided upon at the brotherhood meeting Tuesday night. For this week and until the regular agent or buyer is elected, D. E. Cleveland will act in that capacity. At a meeting of the brotherhood Thursday night at the Central Park school house, the social center, notice of the place to buy during the balance of the week will be given. With this notice in hand, members of the brotherhood and members of their families will know where to do their trading and shopping during the two remaining days of the week. The Central Park Brotherhood of Associated Buyers is the outgrowth of the brotherhood of the Central Park Church Brotherhood, the scope of the buying plan having been worked out by Mr. Cleveland.

Mr. Cleveland has received orders from four of the leading grocery stores in the city and is expecting several more before the Thursday night meeting. At the meeting the propositions will be submitted and it will be determined which store during Friday and Saturday of this week shall have the trade of the 100 families, the members of the brotherhood. The plan of the brotherhood, according to Mr. Cleveland, is co-operative buying. No cut is asked of any grocer, he simply agreeing to furnish goods to members of the brotherhood at living prices. Members of the brotherhood are supplied with cards and the list of the membership is turned over to the store selected. When buying goods, they present these cards and an account of the purchases is kept. At the end of the month, representing the purchases of the month, calls at the store, presents the bills and is paid the commission agreed upon by himself and the merchant. The commission, after the overhead charges, including the expenses of the agent, the publication of a weekly price current and, perhaps, a book-keeper, are taken out is a dividend, to be divided among Brotherhood members in proportion to the amounts of their bills. The whole proposition is to be on a cash basis, or rather on a thirty-day plan, which in merchandising is looked upon as cash. Members who run bills extending over the end of the month will not participate in the dividends, which are expected to materially reduce the cost of their living expenses.

Old Vet Cashes Bogus Check and Then is Robbed

Charged with the forgery of a certificate of deposit for \$100, George E. Steffens, aged 60, veteran of the Spanish-American war, and until recently an inmate at the Old Soldiers' home at Milford, was bound over to the district court under \$1,000 bail by Police Judge C. E. Foster. Steffens was arrested in Leavenworth, Kan., and returned to Omaha by O. A. Tagan, house detective at the Burgess-Nash store. In police court Steffens said that intoxication had resulted in his predicament. He declared that he found the certificate, which belonged

to John Fullbright, another inmate of the home, and intended to return it. He came to Omaha, he said, and here he met a stranger, who induced him to cash the check. He said he was taken to the Burgess-Nash store, where he bought a suit of clothes and gave the certificate in payment. After he left the store he was strong-armed and the money and suit taken, he asserted.

All Lakes Safe and Skating is Fine

City Commissioner Hummel and Superintendent English of the recreation department visited the public skating places Tuesday evening and they report safe conditions. Carter lake, which was covered in doubt on Tuesday, is now reported with a strong surface of ice.

Florida FRISCO LINES. Getting into a tropical world without getting far away from home—this and other advantages that Florida offers has made it the favorite winter haven of the American people. Its marvelous hotel development and tremendous equipment for recreations is the evidence of Florida's nation-wide appeal. Kansas City-Florida Special. leaves Kansas City at 6:15 p. m., reaches Jacksonville 8:25 a. m. second day—only a day and a half's ride via Frisco Lines and Southern Railway—the direct route. All steel train: coaches, sleeping cars, Fred Harvey dining cars. The underground has some new Florida literature that will interest you—write for it, and ask about fares and reservations. J.C. Lovien, Div. Pass' Agent, Frisco Lines, 709 Walnut St., Kansas City, Mo.

Store Hours: 8:30 A. M. to 6 P. M. Saturdays Till 9 P. M. BURGESS-NASH COMPANY. The Christmas Store for Everybody. Wednesday, December 13, 1916. STORE NEWS FOR THURSDAY. Phone D. 137.

Face to Face With Santa Claus—Only 9 More Shopping Days Before Christmas



MY! How time flies. Only nine more shopping days—then Christmas. That's the uppermost thought in the minds of hundreds who have not finished their Christmas shopping. Plan to finish your shopping at once—put Burgess-Nash Company, the "CHRISTMAS STORE WITH EVERYTHING FOR EVERYBODY," at the head of your list. Let us be of service to you. The more you share your perplexities and your needs with us, the better we shall be able to help you. AND SHOP IN THE MORNING; it's best for all concerned.

FREE—Three Toy Electric Ranges

The three little girls under 12 years who write the three best letters about what they would do with a Western Electric Junior Range will each receive a complete range free for Christmas. Get full particulars in Burgess-Nash Toy Town—Down Stairs Store.

A Fur Piece, Set or a Fur Coat Make Practical Gifts for Christmas

A PRACTICAL and useful gift that will be appreciated by the recipient long after Christmas time is past. Novelty fur sets, exquisitely soft and ample, fashioned of perfectly matched pelts, with beautiful linings of rich silks. Fancy new designs in every size to meet your fancy. These suggestions:— Red fox scarfs, \$50 to \$60. Cross fox scarfs, \$60 to \$87.50. Taupe fox scarfs, \$65. Battleship gray fox scarfs, \$65. White fox scarfs, \$60 to \$65. Hudson sable scarfs, \$75. Black lynx scarfs, \$35 to \$60. Jap mink scarfs, \$10 to \$30. American mink scarfs, \$25 to \$60. Hud. seal scarfs, \$12.50 to \$60. Black fox scarfs, \$40. Marten scarfs, \$10 to \$60. Hudson seal coats, \$100 to \$400. River mink coats, \$85. Jap mink coats, \$175 to \$225. Leopard skin coats, \$275 to \$300.



ICE SKATES. A very complete selection with a price range of 50c to \$10.00. Hockey skates for men and boys, cast steel, nickel plated, 95c. Spaulding's Canadian Club skates for men and boys, \$1.25. Spaulding's Challenge, tempered, at \$4.00. Spaulding's combination shoe and skate, \$4.50 to \$5. Figure skates, racing skates, price range to \$10.00. Burgess-Nash Co.—Fourth Floor.

Oriental Rugs Make Very Acceptable Gifts for Christmas. AND the really special values offered by our Oriental department makes this announcement doubly important. Carpet Size Khiva Rugs: 12x9-8 ft. for \$200. 9-5x7-8 ft. for \$80. Carpet Size Ispahan Rugs: 13-10x9-10 ft. for \$415. 13-0x10-2 ft. for \$425. Small Size Kazak Rugs: 6-4x4-3 ft. for \$37.50. 7-6x4-2 ft. for \$35. Small Size Beloochistan Rugs: 2-3x4-1 ft. for \$12. 2-0x3-6 ft. for \$10. Bokara Saddle Trappings. Elegant for table throws, rugs, etc.; were \$37.50, reduced to \$20. Burgess-Nash Co.—Third Floor.

GLOVES Are Sure to Please

THERE is probably nothing that will be more acceptable to every member of the family than a pair of gloves. And the beauty of it is that even if the gift is duplicated, they can always be used. We are showing a splendid selection of fine kid gloves from the best foreign makers, also many styles from the domestic manufacturers, including the new wash leather gloves now so popular. French kid gloves, pretty novelties, black, white and buttercup shades, \$2.50 and \$3 pair. French pique kid gloves, with embroidered backs, black, white and colors, \$2.00 pair. French Overseam kid gloves, light weight, black, white and colors, \$1.75 and \$2.00 pair. French lambkin gloves, black, white and colors, at \$1.50 pair. Mocha gloves with silk lining, black or gray, at \$2.00 pair. Mocha gloves with seamless, all wool lining, pair, \$2.50. English cape gloves, Mark Cross or Fownes, \$1.75 to \$2.25. Wash leather gloves, white, black and colors, \$1.75 to \$2.25 pair. Children's kid or mocha gloves, broad cut, silk lined, fleece lined and unlined; \$1.00, \$1.25 and \$1.50 pair. Children's warm lined kid gloves or mittens, 65c pair.

CHRISTMAS Cards and Calendars. Very complete and extensively assorted engraved Christmas cards, 2 for 5c to 50c each. Calendars for 1917. An extensive line from 10c to \$2.50. The ever popular Dodge calendar, 52 pages, consisting of— The Calendar of Sunshine. The Business Man's calendar. The Sun Lit Road. Calendar of Friendship. Calendar of Hymns. Each one boxed at 25c. Burgess-Nash Co.—Main Floor.

These Are Practical Christmas Gifts for the Little Tots. ANY mother would appreciate a gift of this sort for her little tot. Flannelette Bath Robes. Pink or blue with assorted nursery figures, for ages 2 to 6 years, 59c. Baby Bunting, \$1.75 to \$5.98. White or light blue and pink, splendid selection. Flannelette Sleepers, 50c. White or light colored stripes, for 2 to 8 years. Long or Short Dresses. Lace and embroidery trimmed, good quality, 59c to \$1.50. Knit sacques, 59c to \$3.50. Booties, silk or wool, 25c to \$1.00. Mittens, wool or silk, 25c to 75c. Bonnets, at 39c to \$5.98. Hose, silk or wool, 25c to 50c. Baby blankets, 50c to \$1.98. Burgess-Nash Co.—Second Floor.