

An Inside Bath Makes You Look and Feel Fresh

Says a glass of hot water with phosphate before breakfast keeps illness away.

This excellent, common-sense health measure being adopted by millions.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do.

Men and women are urged to drink each morning before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshen the skin, so hot water and limestone phosphate act on the eliminative organs.

Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, slow or complex stomach; others who are subject to bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little, but is sufficient to demonstrate the value of inside bathing.

Those who continue it each morning are assured of pronounced results, both in regard to health and appearance. Advertisement.

Neuralgia Neuritis Sciatica, Etc. CURED

Free Trial of a New Method That Cures by Removing the Cause. Send No Money.

We've a new method that cures Neuralgia, Neuritis, Rheumatism, Asthma, Sciatica, Neurasthenia, Tic Douloureux, etc., and we want you to try it at our expense. No matter how great your pain, or how terrible the tortures you endure from diseased nerves, our method will bring prompt and blessed relief. No matter whether your case is occasional or chronic, nor what your age or occupation, this method should cure you right in your home.

The Muthall Method does not contain a drop of morphine, opium, chloroform, cocaine, nuxtomid, or any narcotic whatever. It provides a nerve food that cures by removing the cause.

We especially want to send it to those so-called "incurable" cases that have tried all the various doctors from dissection, amputation, "methyds," etc., without relief. We want to show everyone at our own expense that this method will end at once and for all time all those tortures and twinges of almost unbearable pain that are present in Neuralgia, Neuritis, Sciatica, Migraine, Tic Douloureux, Neurasthenia and other nerve diseases.

This free offer is too important to neglect a single day. Write now and begin the cure at once. Address: Muthall Co., Room 674, Brisbane Bldg., Buffalo, N. Y.

THIS DRUGGIST KNOWS BEST KIDNEY MEDICINE

Sixteen years ago I began to sell Dr. Kilmer's Swamp-Root and today I believe it is one of the best medicines on the market; and my patrons are very much pleased with the results obtained from its use and speak very favorably regarding it. Swamp-Root has been very successful in the treatment of kidney, liver and bladder troubles, according to the reports received, and I have no hesitancy in recommending it, for I have great faith in its merits.

Very truly yours, OWL DRUG STORE, By R. F. Boies, Sedalia, Missouri.

BAD BREATH

Dr. Edwards' Olive Tablets Get at the Cause and Remove It. Dr. Edwards' Olive Tablets, the substitute for calomel, act gently on the bowels and positively do the work.

People afflicted with bad breath find quick relief through Dr. Edwards' Olive Tablets. The pleasant, sugar-coated tablets are taken for bad breath by all who know them.

Dr. Edwards' Olive Tablets act gently but firmly on the bowels and liver, stimulating them to natural action, clearing the blood and gently purifying the entire system. They do that which dangerous calomel does without any of the bad after effects.

Nebraska

MAYFIELD GETS SHORT TERM ALSO

Senate Confirms Appointment in Executive Session at State House.

SANDALL STILL OPPOSED

(From a Staff Correspondent.) Lincoln, Jan. 24.—(Special Telegram.)—In executive session, with Sandall the only senator voting "no," E. O. Mayfield of Omaha was confirmed as a member of the Board of Control to fill the unexpired term of Judge Howard Kennedy, resigned.

The senate spent two hours in debate. Oberlies of Lancaster voted against confirmation before voting to "yes" because he thought it useless to attempt to block confirmation for so short a term.

The proceedings were not without some unusual incidents, among others a speech by the lieutenant governor in favor of the confirmation of Mr. Mayfield. Lieutenant Governor Howard thought that the wishes of the governor should be carried out in this case and he assured the senators that Mr. Mayfield was well equipped for the position of commissioner of state institutions.

As usual Senator McAllister officiated in the role of the dove of peace and urged the senators not to allow deep prejudice to govern their judgment of each other.

Commercial Club of Grand Island Reorganized

Grand Island, Neb., Jan. 24.—(Special.)—The Commercial club of this city was reorganized Monday night, when about 180 members sat down to a dinner in the Liederkranz annex, and immediately thereafter proceeded to the revision of the constitution and the election of officers.

The election resulted in the selection of David Kaufmann, president; John R. Geddes, vice president; Elmer Williams, treasurer; and the following as the board of directors: J. L. Cleary, Arthur Boyd, August Meyer, Oscar Roemer, A. W. Sterne, Ed L. Brown, A. C. Menck, Jack Donald, Herman Hehnke, F. W. Ashton, A. L. Beegle, Oscar Viet, Elmer Williams, A. E. Nagelstock, Ed Wolbach, J. D. Whitmore and E. W. Augustine.

Auditor Smith Figures Up Cost of Running State

(From a Staff Correspondent.) Lincoln, Jan. 24.—(Special.)—It cost \$1,245,925.10 to administer the affairs of the state during the last quarter of 1916, according to the statement just prepared by State Auditor Smith. This is about \$300,000 less than for the preceding quarter.

The largest item was \$423,664.60 for salaries and wages. Counting the \$130,976.73 for new buildings at the normal schools, the expenses of these schools for the quarter were \$235,733.78.

The fifteen state institutions cost \$358,579.56, of which \$8,356.39 was for food. Total cost for the year was \$5,257,604.47.

Grand Island Business Change.

Grand Island, Neb., Jan. 24.—(Special.)—An important change has recently been made in the ownership of the Nebraska Mercantile company, when the interests of A. E. Cady, in amount estimated from \$50,000 to \$150,000, were purchased by John Reimers, F. W. Wietzer, J. F. Coates, E. W. Augustine, A. C. Mayer, A. E. Nagelstock, Charles Willman, L. E. Cox, Glen Jones and Henry Bartenbach.

The firm will soon erect a four-story wholesale house on the leased site along the Union Pacific railway.

Dies of Blood Poisoning.

Lorton, Neb., Jan. 24.—(Special.)—Paul Horstman, well known Otoe county resident living near here, died at an Omaha hospital Monday. Mr. Horstman received an injury to his hand some time ago and was taken to an Omaha hospital where it was found necessary to amputate the hand on account of blood poisoning, which later caused his death.

Slaughter House Is Burned.

Springfield, Neb., Jan. 24.—(Special Telegram.)—Early this morning the local slaughter house, situated a half mile from town, caught fire and burned before anyone knew it. Seven hogs that had been slaughtered last night were in the slaughter house. The fire is supposed to have caught from the embers of the fire left under the heating vat. All the tools, together with the building were lost.

Live Up Your Torpid Liver. To keep your liver active, use Dr. King's New Life Pills. They insure good digestion and relieve constipation. All druggists. 25c.—Advertisement.

Bills Introduced

Senate Files. S. P. 118, Bonnell, Douglas—Provides for salary of \$1,000 for county comptroller in counties having a population of 150,000 and over.

S. P. 117, Moriarty, Douglas—Provides for pension for widows of police officers retired in Omaha.

S. P. 116, Wilson, Douglas—Provides city manager form of government for cities of the first class.

S. P. 115, Bushe, Kimball—Authorizes cities of the second class to issue sewer bonds.

S. P. 120, Adams, Dawes—Prohibits railroads from running light engines or locomotives unless manned by regularly employed engineer, fireman and conductor.

S. P. 121, McMillan, (Request)—Relates to bonds given by executors of estates.

S. P. 122, Howell, Douglas—Provides permanent employees list for municipal employees in Omaha and all cities of first class in state; also creates a public retirement fund.

S. P. 123, Tanner, Douglas—For the payment of pensions to widows of deceased politicians in cities of metropolitan class.

S. P. 124, Maher and Adams—Amending statute relocating county seats.

S. P. 125, Sprick, Salter—Making it unlawful to erect advertising matter on bridges.

S. P. 126, Hammond, Furnas—Requiring railroad companies to maintain electric alarm at street crossings in cities, towns and villages.

S. P. 127, Hammond, Furnas—For the examination of children in city, town and village schools for defective sight or hearing or diseases of nose and throat.

House Bills. H. R. 285, Miller and Others—Comprehensive Amendment to revenue and taxation laws.

H. R. 286, Price and McAllister—Makes it unlawful for state engineers to re-establish United States corners.

H. R. 287, Dalbey, Clark—Provides for appointment instead of election of road overseers.

H. R. 288, Butler and Meyersburg—Does away with county assessors in counties of less than \$1,000,000, and provides for appointment of precinct assessors by county assessor.

H. R. 289, Jelen, Douglas—Provides for registration of names and addresses of all persons applying for storage at a garage.

H. R. 290, Dalbey, Douglas—Prohibits buying or selling of altered or altered parts of motor vehicles without title to peddle.

H. R. 291, Trumble, Sherman—Repeals law providing for teaching of German in public schools.

H. R. 292, Letnar, Saunders—Fixes state convention at last Tuesday in August instead of in July.

H. R. 293, Harris and Neff—Provides for destruction of cockleburrs and sunflower.

H. R. 294, Harris, Greeley—Provides for installation of railroad track scales at all towns where 100 or more cars of grain are handled in any one year.

H. R. 295, Howard, Douglas—Prohibits bacterium in Omaha on Sunday.

H. R. 296, Potts, Furnas—Adds crews to list of birds that may be killed on one's own premises.

H. R. 297, Bates, Cheyenne—Provides for distribution of school funds according to appraised value of unold school land in each county.

H. R. 298, Howard, Douglas—Prohibits mutilation or expurgation of national seal. The star spangled banner; and provides penalties.

H. R. 299, Taylor, Custer—Puts legislative reference bureau in charge of governor.

H. R. 300, Stearns, Scott—Repeals section relative to recovery of damages and assessment of costs in small suits.

H. R. 301, Conroy, Dabney and Burrows—Increases salary of deputy clerk of the district court in counties of from 20,000 to 60,000 population.

H. R. 302, Dalbey, Gage—Provides for payment of cattle killed by state order, which are afflicted with foot and mouth disease.

H. R. 303, Lancaster, Lancaster—Repeals firemen's pensions insofar as it affects Lincoln.

DOUBLE ELECTION BOARD MEETS FAVOR

House Committee of Whole Advances Measure to Third Reading.

SKUNK BILL IS KILLED

(From a Staff Correspondent.) Lincoln, Jan. 24.—(Special.)—The next election held in Nebraska will be taken care of by a double election board, if a bill by Representative Bates, which was discussed in committee of the whole and advanced to third reading, becomes a law.

The bill, besides providing for a double board in all election precincts where more than sixty votes are cast, also provides that when twenty-five ballots have been cast these ballots shall be turned over to a counting board. Representatives of each party are permitted to watch the counting, but are prohibited from "leaking" the result of the count by a maximum penalty, a jail sentence and disfranchisement from voting for five years.

Skunks Not Protected.

Skunks will have to depend upon their own natural resources the year around for protection, a bill giving them the protection of the state having been indefinitely postponed on report of the fish and game committee. The committee also killed by recommendation a bill giving parties the right to hunt and fish within the county in which they resided.

The Enemy of Uric Acid is Anuric

(By L. H. SMITH, M. D.)

In spite of the best care one takes of oneself, any part of the human machine is liable to become out of order. The most important organs are the stomach, heart and kidneys.

The kidneys are the scavengers and they work day and night in separating the poisons from the blood. Their signals of distress are easily recognized and include such symptoms as backache, depressions, drowsiness, irritability, headaches, dizziness, rheumatic twinges, dropsy, etc.

The very best way to restore the kidneys to their normal state is to drink plenty of pure water and obtain a small amount of Anuric, which is dispensed by most every druggist. Anuric (double strength) is inexpensive and should be taken before meals. It is much more potent than lithia and many find that Anuric dissolves uric acid as water does sugar.

People are realizing more and more every day that the kidneys, just as do the bowels, need to be flushed occasionally. The kidneys are an eliminative organ and are constantly working, separating the poisons from the blood. Under this continual and perpetual action they are apt to congest and then trouble starts. Uric acid backs up into the system, causing rheumatism, neuritis, dropsy and many other serious disturbances. It means that you are a victim to uric acid poisoning. Then ask your druggist for Anuric, which was first discovered by Dr. Pierce of the Surgical Institute in Buffalo, and which is dispensed by nearly every druggist in the land.—Advertisement.

GRANDMOTHER KNEW

There Was Nothing So Good for Congestion and Colds as Mustard

But the old-fashioned mustard-plaster burned and blistered while it acted. You can now get the relief and help that mustard plasters gave, without the plaster and without the blister.

Musterole does it. It is a clean, white ointment, made with oil of mustard. It is scientifically prepared, so that it works wonders, and yet does not blister the tenderest skin.

Just massage Musterole in with the finger tips gently. See how quickly it brings relief—how speedily the pain disappears.

Use Musterole for sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds of the chest (it often prevents pneumonia).

An Omaha Case

A. Chapman, contracting carpenter, 2524 Biardo St., says: "I have taken Doan's Kidney Pills on several occasions for backache and lumbago and they have always done me good. I am subject to these attacks now and then, and at times they leave me in a pretty bad way. Whenever I take Doan's Kidney Pills I get relief. I keep them on hand, for I know they are very reliable."

DEAD ON HIS FEET

GOLD MEDAL Haemorrhoid Oil Capsules will bring new life and quickly relieve that stopped-up congested feeling. They will thoroughly cleanse the rectum, soothe the kidneys and bladder and gently carry off the ill effects of excesses of all kinds. The healing, soothing oil soaks right into the wall and lining, and at the same time, it draws the poisons in your system. Keep your kidneys in good shape by daily use of GOLD MEDAL Haemorrhoid Oil Capsules. They will bring you good health. Go to your druggist at once and secure a package of this time-honored, world-wide remedy for hemorrhoids. It is the pure, original Haemorrhoid Oil, imported direct from the ancient laboratories in Holland, where it is the National Haemorrhoid Remedy of the strait Dutch. Look for the name GOLD MEDAL on every box. Accept no substitutes. Your druggist will gladly refund you your money if it is not represented.

HOWARD LOSES HIS CITY 8-HOUR BILL

Measure Affecting Omaha and Lincoln Providing Thirty Cents Hour Falls.

FORTY-FIVE TO FIFTY

(From a Staff Correspondent.) Lincoln, Jan. 24.—(Special.)—Although resorting to a call of the house three times, Representative Jerry Howard of Douglas was unable to save his minimum wage bill, house roll No. 4, and it was defeated this afternoon, 45 to 50.

The bill, if a law, would require but eight hours' work on municipal work in Omaha and Lincoln at a rate of 30 cents per hour.

Hager Would Tie Down All State County Seats

(From a Staff Correspondent.) Lincoln, Jan. 24.—(Special.)—Senator Hager would provide after the proposition of removal of a county seat has once again come up for ten years. This is provided in a bill introduced in the senate, with a further proviso that where a county seat has been in one location for twenty years or more it will require a three-fourths vote to move it to some other location. Otherwise a three-fifths vote will be required.

Prompt Efficient Service.

Brandeis Stores

A Most Unusual Sale of DRESS FORMS

Opportunity for Dressmakers and Home Sewers

This is one of the best sales of Forms we have announced in some time—the prices are away below the figures that prevail ordinarily. For dressmakers and those who do home sewing, this is a REAL opportunity to purchase a very excellent Dress Form and save considerable money.

There are "Better-Way" four-sectional Dress Forms as low as \$5.49 and other Bust Forms as low as 89c each.

There is no question about their selling rapidly, so we would advise early shopping, if you have any one particular model in mind.

Better-Way Four-Sectional Dress Form, adjustable at neck, bust, waist and hips. Also to any height. These forms have arm pieces and extra long hips, also wire skirt on each form. They can be adjusted from 32 to 49 bust. Regularly sell at \$12.50, on sale, Thursday, for only \$5.49

Our best "Betterway" 16-sectional form, adjustable at shoulder, neck, bust, waist and hips; also any height. This form also has adjustable wire skirt. Regularly sells for \$18.00, on sale, Thursday, \$12.50

Better-Way Eight-Sectional Dress Form, adjustable from 32 to 50 bust, also to any height. Regular \$15.00 forms, for only \$6.98

Black Jersey covered Bust Forms, all sizes. Regular \$1.50 value, each 89c

Better-Way Twelve-Sectional Dress Form, with arms and extra long hips. All sizes, regular \$18.50 form on sale, Thursday, \$9.50 for only

Pre-Inventory Sale of Blouses, \$1.25 to \$2.50 Values, at . . . 65c

Don't miss this opportunity to add one or more Blouses to your present season wardrobe with the outlay of very little money

Just before stock-taking, and we have gathered together all small lots and broken sizes and put the one price upon them for quick clearance.

In the offering are: Hand Made Lingerie Blouses Dark Silk Blouses Dainty Lingerie Blouses

All sizes in the lot, but not in every style. Do not fail to share in this sale. Second Floor.

Mrs. M. Girard Is Here To Give Free Lessons

In Knitting and Crocheting with FLEISCHER'S Yarns. Mrs. Girard numbers hundreds and hundreds of women in the list of those who have come here and benefitted by her free lessons. She is one of the most competent instructors we know of and right now is teaching how to make SPORTSWEATERS—and all you have to do is to buy the yarns here. Third Floor—Art Embroidery Department.

RECIPE TO DARKEN GRAY HAIR

This Home Made Mixture Darkens Gray Hair and Makes It Soft and Glossy.

To a half pint of water add: Bay Rum 1 oz. Glycerine a small box

These are all simple ingredients that you can buy from any druggist at very little cost, and mix them yourself. Apply to the hair once a day for two weeks, then once every other week until all the mixture is used.

A half pint should be enough to darken the gray hair, and make it soft and glossy. It is not sticky or greasy, and does not rub off. It should make a gray-haired person look 20 years younger.—Adv.

For Thin, Nervous MEN AND WOMEN

nothing equals or compares with the rich food properties in

SCOTT'S EMULSION

It makes other foods do good. It sharpens the appetite; stimulates the circulation and helps overcome catarrhal troubles. If you are rundown, anemic or nervous, the benefits you will receive from Scott's Emulsion will surprise you.

Telephone 2020 Douglas.

Hand Made Lingerie Blouses

Dark Silk Blouses Dainty Lingerie Blouses

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Thursday Is Chocolate Day

Luscious Pompeian Chocolate Bitter Sweets, nut, plain and fruit centers. Be sure to take a box of these chocolates home with you Thursday. Pound Box, 29c Pompeian Room.