

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish tinging which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment, and, above all, keep it!

As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water, before breakfast, act on the stomach, liver, kidneys and bowels.

Advertisement for Cuticura Soap and Ointment, describing its benefits for skin conditions like pimples and itching.

A CLEAR COMPLEXION

Ruddy Cheeks—Sparkling Eyes—Most Women Can Have

Says Dr. Edwards, a Well-Known Ohio Physician

Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets.

THE MERE FACT THAT Scott's Emulsion is generously used in tuberculosis camps is proof positive that it is the most energizing preparation in the world.

It has power to create power. It warms and nourishes; it enriches the blood, stops loss of flesh and builds you up.

SCOTT'S IS PURE AND RICH AND FREE FROM ALCOHOL.

Advertisement for Allcock Plasters, showing an illustration of a person applying a plaster to their back.

FOR A DRY, TICKLING THROAT THE NEW BOX PROVES THEIR WORTH BROWN'S BRONCHIAL TROCHES

Nebraska

SALARY MEASURE COMES UP IN HOUSE

Members Take First Consideration of Bill Providing Pay for Employes.

STATE AIDS BRIDGE FUND

Lincoln, Feb. 19.—(Special.)—Appropriations for salaries were considered in the house today. Two years ago the senate took the responsibility for adding to the bill, the house having used the paring knife. It may be so again this year.

The total amount of the bill as reported out for salaries was \$880,000. An amendment by Mr. Ollis placing the supreme court stenographers on a salary basis of \$1,200 instead of \$1,000 to conform with a bill increasing their pay, which has already passed the house, was not voted on.

Mr. Beal moved to raise the assistant adjutant general's pay from \$1,200 to \$1,500 a year, but on learning that it is fixed by statute at the former figure he gagged back.

Mr. Cronin explained that two years ago the legislature held down the appropriation to \$150,000, and the state board cut the levy in two because of that fact.

One more bill was reported out for the general fund by the finance committee. It appropriates \$4,000 as a state fund for relief of the blind.

The proceeds of the state aid bridge levy, which is fixed by law one-fifth of a mill, are appropriated for the statutory purpose during the next biennium by the Cronin bill, which the house sent to third reading.

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Lincoln, Feb. 19.—(Special.)—The question which has been raised as to the constitutionality of House Roll 757, an act relative to the establishment of co-operative banks, has caused Chairman Murty of the house committee on banks and banking to take up the matter with Attorney General Reed, who in a communication to Murty, says, after quoting this constitutionality relative to the liability of stockholders:

"Allow me to suggest that inasmuch as the bill under consideration has to do as its title indicates, with the subject of banking, and that it extends by its terms the scope of the state banking laws, it would be better, in my opinion, to pass the act as an amendment to the existing laws upon the subject of banking than to pass it as an independent act."

Chicago Postmen Must Not Discuss "War" Crisis

Chicago, Feb. 19.—Employees of the postoffice in Chicago have been ordered to refrain from discussion of international politics, either among themselves or with the public, it was learned. The order was issued because of a number of quarrels at various stations because of difference of opinion among employes.

Overheated Washing Machine Motor Causes House to Burn

Fairfield, Neb., Feb. 19.—(Special Telegram.)—The residence of Mrs. Grace Enwall was destroyed by fire today. The fire was caused by an overheated washing machine motor.

Fairbury News Notes

Fairbury, Neb., Feb. 19.—(Special.)—W. N. Foster, roundhouse foreman for the Rock Island at this point, has resigned to accept a position as general foreman with a railroad at Shreveport, La.

Irvin Wheeler, a dairyman living northeast of this city, died early Sunday morning after an extended illness.

Messrs. C. F. Barnes and F. L. Bonawitz has bought the Rex theater. T. W. Johnson, living two miles north of the city, at a public sale today sold his farm implements and live stock.

Notes From Gage County

Beatrice, Neb., Feb. 18.—(Special.)—A petition is being circulated at Plymouth, asking that the village board call a special election to vote bonds for the erection of a new school building.

TO SPEAK AT CLOTHIERS' CONVENTION



F. T. Short



Goddie Rosenbaum

Nebraska Retail Clothiers' association, which meets here today and tomorrow, thrives on intelligent enquire. Knowing this, the members have invited Goddie Rosenbaum and F. M. Short to tell the clothiers what is the matter with them.

Lincoln, Feb. 19.—Rumors that Pearson, Chihuahua, the American-owned lumber camp twenty miles south of Casas Grandes, was occupied by Villa troops Sunday were denied here today when a message was received at military headquarters from Pearson saying every thing was quiet there and that no Villa troops had been seen in that vicinity.

The telegraph line from Juarez to Pearson was out of order over Sunday, but was repaired today. Conditions in Casas Grandes were also reported to be normal today.

The telegraph line is not working today to Madera, Chihuahua, another big American-owned lumber camp, which was occupied by Villa troops recently, and seven Chinese killed.

Fairbury Chairman of Elks Committee Visits Washington

Washington, Feb. 19.—(Special Telegram.)—Frank L. Rain of Fairbury, chairman of the committee on law of the supreme lodge of the Elks, who has been on a visit to eastern cities, called on Congressman Sloan today.

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Advertisement for Nuxated Iron, featuring a large graphic of the word 'IRON' and the text 'The Power behind the Strong Vigorous Iron Men of Today'.

Dr. Ferdinand King, a New York City physician and author, says: "There can be no strong, vigorous, iron men nor beautiful, healthy, rosy-cheeked women without iron—Nuxated iron taken three times per day after meals will increase the strength and endurance of weak, nervous, run-down folks 200 per cent. in two weeks' time in many instances."

Praise From a Minister's Wife

Mrs. Joseph Fry, of Waynesville, N. C., wife of the Pastor of Jonathan Circuit, Western North Carolina Conference, M. E. Church, South, says: "About fifteen years ago I had a severe case of Typhoid Fever and a relapse which left me in very bad condition which got worse all the time."

MOTOR MEN SEEK NEW AUDITORIUM

Start Movement for Twin Building, Doubling Size of Present Structure.

NOT LARGE ENOUGH NOW

A movement seeking to bring about the erection of an addition to the municipal Auditorium which will double the capacity of the present structure has been originated and started by the Omaha Automobile Association.

That the Auditorium is totally inadequate for a city the size of Omaha is the assertion of the automobile men. The 1917 automobile exhibition, which will be held February 20 to March 3, they say, brings this fact out most forcibly.

In order to hold the show this year the automobile men will have to build a temporary annex in which to stage the truck displays. It will also be necessary to move the city carpenter shop from the stage of the Auditorium to make room for exhibiting space.

To Buy on the South

The plan urged by the automobile men is to condemn the alley south of the Auditorium and buy the adjacent property to the south. A twin building could be erected between the present structure and Jackson street, thus making the auditorium cover an entire block.

These two buildings could be connected by a partition system which could be thrown open for the auto show and other big events which need more room.

The motor car men further argue that a second floor could be built by eliminating the loft and the balcony, which would not be needed in the addition. On this second floor the city jail with its offices in connection could be installed, thus saving the expense of building a new jail, which they say Omaha must have before long.

Stored Grain is Greater By Far Than Last Year's

Regardless of the fact that Omaha grain receipts were fairly heavy last week and embargoes were laid against many of the eastern ports, dealers got out enough shipments so that the stocks in storage are only \$29,000 bushels in excess of the corresponding date of one year ago.

Table showing grain stocks in storage in Omaha for various commodities like Wheat, Corn, Oats, Rye, and Barley, comparing current figures with one year ago.

Many People Don't Know A stomach liver causes an awful lot of misery—to keep it active use Dr. King's New Life Pills.

No Dirt Always immaculate when you drive a Detroit Electric

See New Models Motor SHOW Auditorium next week

Business Men Willing to Pay Wages That Woman Earns by Her Toil

Oppose Minimum Wage Bill Before the Senate Labor Committee.

JERRY HOWARD DEFENDS

Lincoln, Feb. 19.—(Special Telegram.)—It was Jerry Howard single handed against a crowd of what he termed "oppressors of the poor working girl" at a hearing this evening before the labor committee of the senate, to which a large crowd listened.

Representative Howard opened the argument in behalf of the bill and was followed by J. B. Saunders and J. H. Miller of Lincoln, Pent P. Fodrea, James H. Taylor of the Burgess-Nash company and M. P. Hmely of

Special Prayers Sunday to Keep U. S. Out of War

Special prayers were made in many churches yesterday for the guidance of the president of the United States and for all nations engaged in war. This was done by action of the Federal Council of Churches of Christ in appointing a "national day of prayer." The council is made up of thirty denominations.

Omaha, former State Senator C. C. Smith of Exeter, Mr. Gay of Hastings and L. L. Lindsay of Lincoln against the bill.

Most of the speakers against the bill said they did not particularly object to paying the amount called for in the bill if a girl was worth it, but they did object to paying the minimum wage to the girl who was inefficient. Senator Smith said he was paying some of his help more than they were worth and did it because they were the sole support of families, but if he had to pay them the amount called for in the bill he simply could not keep them and would be called upon to put in machines to do the work because of inability to get efficient help.

Mr. Fodrea and the other Omaha men said in the matter of help it was a question of paying for the work done. Two girls could be working side by side. One could do work worth more than the minimum wage proposed while the other could not come up to that wage.

It would be lack of good business judgment to pay more than a girl could produce, according to their ideas.

Don't disregard Your Cold. Few of us realize the danger of coughs and colds. Don't take the risk. Take Dr. King's New Discovery. Guaranteed. All Druggists—Advertisement.

"Her Money Troubles"—They get more vexatious as the cost of foods climbs skyward.

Meat, eggs and vegetables are almost beyond the family purse. Happy is the housewife who knows Shredded Wheat, its low cost and its high food value. A better balanced ration than meat or eggs and costs much less. Two Shredded Wheat Biscuits with milk or cream make a complete, perfect meal, supplying all the nutriment needed for a half day's work at a cost of a few cents. Delicious for any meal with milk or cream, or with stewed fruits. Made at Niagara Falls, N. Y.

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

Advertisement for Brandeis Stores, featuring the text 'The Store is Astir With New Arrivals Daily' and 'COLOR Bright Color Rules the Fashions.'

Advertisement for shoes for children and growing girls, listing various styles and prices like '300 Pairs of Children's Vici Kid Shoes' and '150 Pairs Little Gents' Heavy Calfskin Shoes'.

Advertisement for hosiery, underwear, and handkerchiefs, listing items like 'Knit Underwear', 'Hosiery', and 'Handkerchiefs' with prices.

Advertisement for Notion Items of Special Merit, listing various household items like 'Kleinert Rubber Sheeting', 'Sanitary Aprons', and 'One lot of Scissors' with prices.

Advertisement for Laces for All Purposes, listing various lace products like 'Metal laces up to 27 inches wide' and 'Novelty Lace Edges' with prices.

Advertisement for Taffy Day Tuesday, stating 'WHOLESALE, toothsome sweets of all kinds are here, at very moderate prices, but on Tuesday we make a special of Taffy—and this particular Tuesday we shall offer: Angel Food Taffy, all flavors, at 10c a Pound'.