

## Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, soluble and indigestible material left over in the body which if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood, causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply cannot get feeling right are urged to obtain a quarter pound of limestone phosphate at the drug store. This will cost very little, but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do.—Advertisement.

## Many Cases of Rheumatism Now

Says We Must Keep Feet Dry, Avoid Exposure and Eat Less Meat.

Stay off the damp ground, avoid exposure, keep feet dry, eat less meat, drink lots of water and above all take a spoonful of salts occasionally to keep down uric acid.

Rheumatism is caused by poisonous toxin, called uric acid, which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine. The pores of the skin are also a means of filtering the blood of this impurity. In damp and chilly, cold weather the skin pores are closed, thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles, causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent uric acid drink which acts on uric acid and is beneficial to your kidneys as well.—Advertisement.

## Cocoon Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with.

Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mulberry cocoon oil (which is pure and entirely greaseless), is much better than the most expensive soap or anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonfuls will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get mulberry cocoon oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.—Advertisement.



When your hair falls out, there is lack of nature's nourishment, which comes from the blood. The Modern Vacuum Cap draws the blood to the hair roots and gives it a NEW LIFE. This is forced circulation, which distends the small blood vessels, removing all the clogged and sluggish blood from around the hair roots and supplies fresh new blood. The hair takes on new life. Makes your hair have a healthy glow. Stops it from falling out and renews the life in the dormant hair follicles so that they again grow a healthy head of hair. We send our caps out on

**SIXTY DAYS' FREE TRIAL**  
In your own home. We let you be the judge. If you are not satisfied with the showing made you return the Cap, and there are no charges. We run all the risk that you will be glad to purchase the Cap at the end of sixty days, or we will refund the money. Write today for our booklet and particulars, sent sealed in plain envelope. MODERN VACUUM CAP CO., 710 Barclay Block, Denver, Colo.

**FOR COUGHS AND HOARSENESS**  
THE NEW BOX PROVES THEIR WORTH  
**BROWN'S BRONCHIAL TROCHES**  
JOHN L. BROWN & SON, Boston, Mass.

## Brief City News

Have Root Print It—Now Season Press.

Kleser, Book moved to 101 Hotel Bldg.

Quintan, Quam, Quinlan, Quinlan, Quinlan.

Crook Gets Cash—A thief gained entrance to the room of Mrs. Hamey, 509 South Nineteenth street, and stole some early Sunday morning and stole \$11 in cash.

New Books at Library—About 150 more new books on technical subjects have just been received at the public library. They include many new subjects for study by both men and women.

Sack Phone Booth—Nickels and dimes to the amount of \$7.85 were stolen from the public pay telephone booth at the Auditorium some time shortly after the close of the Automobile show.

Snow Out in the State—Light snow was the rule over a greater portion of central and western Nebraska Sunday and Sunday night. The heaviest fall, three inches, was in and around Whitman.

Prodigal Son in Music—The story of the prodigal son will be told in music next Sunday at the Young Men's Christian association, Prof. P. H. Brouwer and his family will give a program of bell ringing.

New Sells Autos—Virgil M. Baker, assistant city and passenger agent for the Great Western, has quit the railroad game and gone to selling automobiles for a Council Bluffs company.

Baker is succeeded by Albert Peterson. Both are Omaha boys.

Has Nervous Breakdown—Miss Viola Phelps, expert binder at the public library for many years, has suffered a nervous breakdown and is seriously ill at her apartments at the Sterling. She is a member of the piano association.

New Clothes Shop—Harry A. Baron and Isidor Ziegler are the incorporators of the Shirley Clothes shop, which has filed articles with the county clerk. The concern will handle clothing and men's furnishings. The capital is \$10,000.

To Clean Army Blankets Here—Eight thousand blankets, used by soldiers on the Mexican border, are being held at the United States quartermaster's depot. They will be cleaned here under contract. Bids received ranged from 12 to 40 cents per blanket.

Cop Shoots Forger—Howard Christie, who was shot through the hip by Officer Joe Hill Saturday evening while trying to resist arrest, will be arraigned in police court Tuesday on the charge of forgery. Christie is said to have passed a number of bad checks on Omaha department stores.

Local Pin Cracks Give

Trimming to the Greeters

The American Greeter's bowling squad of Denver, on the way to Grand Rapids, Mich., where they expect to win national honors next week in the American Bowling congress tourney, were twice tumbled last night in match games on the Omaha alleys, and the victors were Omaha pin cracks.

First the Hotel Fontenelle squad, captained by "Dad" Huntington, turned in a total score of 2,807 against 2,645, and then the City of Omaha squad repeated the dose by a score of 2,807 to 2,717.

The American Greeters, representing the national hotel men's fraternity, have been touted as one of the strongest entries in the American Bowling congress tourney next week. The Hotel Fontenelle team is entered in the tourney also and their work last night is regarded as one of the season's bowling sensations.

The American Greeters will play another mess of pins tonight and will then go to Sioux City for a match game before proceeding to Grand Rapids.

In a special singles match between Sciple of the Fontenelles and Pollok of the Greeters the Omaha won by forty-five points, his mark being 586.

Andria Trautman Dies From Injuries While at Work

His clothes caught in a revolving belt Saturday morning, Andria Trautman, 36 years old, 2575 Poppleton avenue, a machinist in the Union Pacific shops, died at a local hospital Sunday, the result of injuries received.

Trautman is said to have been adjusting a belt when his clothes caught. Workmen rushed to his rescue and tried to pull him to safety, but did not succeed before he had been badly rolled and twisted. His clothes were nearly all torn from his body.

The man is survived by five children, all under 14 years of age.

Miss Brandeis Sustains

No Internal Injuries

The injuries of Miss Leola Brandeis, 19-year-old daughter of the late Arthur Brandeis, who was injured Saturday evening when the automobile driven by her cousin, Loyal Cohn, skidded into an iron telephone pole at Twelfth and Farnam streets in trying to avoid a passing taxi, are not so serious as first reported.

The extent of Miss Brandeis' injuries consist of a broken right leg. At first it was feared that she had received other serious hurts and possibly internal injuries.

Miss Brandeis is reported as doing nicely at the Wise Memorial hospital.

Earl Cooper Wins George Washington Sweepstakes

Los Angeles, Cal., March 5.—Earl Cooper won today's "George Washington sweepstakes" automobile race at Ascot speedway here, covering the 100 miles in 1 hour, 27 minutes and 46 seconds, an average speed of 68.35 miles an hour, a record for the course, which is a class B speedway.

Eddie Pullen was second, Omar Toft third, R. C. Durant fourth and A. Melcher fifth. There were eleven starters. Three failed to finish.

Thieves Break in and Steal Clothing of Two Waiters

It was go home in barrels or waiters' clothes for Harry McDonald, 1010 South Twenty-second street, and Tom Brown, 514 South Sixteenth street. They decided to go home in their waiter clothes.

Both men are employed in one of the Welsh restaurants. Saturday evening thieves gained entrance to the basement where the men keep their clothes and stole the complete wearing apparel of the two waiters.

Neuralgia and Shooting Pains.

Shan's Liniment is a wonderful medicine for neuralgia and sharp shooting pains, applied to painful spot it stops the ache. Only 25c. All drug stores.—Advertisement.

## NATION MAY BE LEFT HELPLESS

Statement From White House Declares Executive Has No Authority to Arm Ships.

NOTHING U. S. CAN DO

Washington, March 5.—President Wilson last night informed the country in a statement that he may be without authority to arm neutral ships and take other steps to meet the German submarine menace, in the absence of authority from congress.

An extra session of congress, the president says, is required to clothe him with authority, but it is useless to call one while the senate works under the present rules which permit a small minority to keep an overwhelming majority from acting.

Asks British Rules.

The president proposes, therefore, that the special session of the senate, which he has called to meet tomorrow, revise the rules "to supply the means of action and save the country from disaster."

"A little group of wilful men," says the president in his statement, "representing no opinion but their own, have rendered the great government of the United States helpless and contemptible."

Unparalleled Condition.

The president's statement in full follows:

"The termination of the last session of the Sixty-fourth congress by constitutional limitation discloses a situation unparalleled in the history of the country, perhaps unparalleled in the history of any modern government. In the immediate presence of a crisis fraught with more subtle and far-reaching possibilities of national danger than any other the government has known within the whole history of its international relations, the congress has been unable to safeguard the country or to vindicate the elementary rights of its citizens. More than 500 of the 531 members of the two houses were ready and anxious to act; the house of representatives had acted by an overwhelming majority; but the senate was unable to act because a little group of eleven senators had determined that it should not.

Rules Do Not Cover.

"The senate has no rules by which debate can be limited or brought to an end, no rules by which dilatory tactics of any kind can be prevented. A single member can stand in the way of action if he have but the physical endurance. The result in this case is a complete paralysis alike of the legislative and of the executive branches of the government.

"This inability of the senate to act has rendered some of the most necessary legislation of the session impossible at a time when the need for it was most pressing and most evident. The bill which would have permitted such combinations of capital and of organization in the export and import trade of the country as the circumstances of international competition have made imperative—a bill which the business judgment of the whole country approved and demanded—has failed.

Whole Program Falls.

"The opposition of one or two senators has made it impossible to increase the membership of the Interstate Commerce commission or to give it the altered organization necessary for its efficiency. The conservation bill which should have released for immediate use the mineral resources which are still locked up in the public lands, now that their release is more imperatively necessary than ever and the bill which would have made the unused water power of the country immediately available for industry have both failed, though they have been under consideration throughout the session of the two congresses and have been twice passed by the house of representatives.

Army Bills Fail.

"The appropriations for the army have failed, along with the appropriations for the civil establishment of the government, the appropriations for the military academy at West Point, and the general deficiency bill. It has proved impossible to extend the powers of the shipping board to meet the special needs of the new situation into which our commerce has been forced or to increase the gold reserve of our national banking system to meet the unusual circumstances of the existing financial situation.

No Cure In Extra Session.

"It would not cure the difficulty to call the Sixty-fifth congress in extraordinary session. The paralysis of the senate would remain. The purpose and the spirit of action are not lacking now. The congress is more definitely united in thought and purpose at this moment, I venture to say, than it has been within the memory of any man born in this membership. There is not only the most united patriotic purpose, but the objects members have in view are perfectly clear and definite. But the senate cannot act unless its leaders can obtain unanimous consent. Its majority is powerless. Helpless. In the midst of a crisis of extraordinary peril, which only definite and decided action can make the

nation safe or shield it from war itself by the aggression of others, action is impossible.

U. S. Cannot Explain.

"Although as a matter of fact, the nation and the representatives of the nation stand back of the executive with unprecedented unanimity and spirit the impression made abroad will, of course, be that it is not so, and that other governments may act as they please, without fear that this government can do anything at all. We cannot explain. The explanation is incredible.

"The senate of the United States is the only legislative body in the world which cannot act when its majority is ready for action. A little group of wilful men, representing no opinion but their own, have rendered the great government of the United States helpless and contemptible.

Change the Rules.

"The remedy? There is but one remedy. The only remedy is that the rules of the senate shall be so altered that it can act. The country can be relied upon to draw the moral. I believe that the senate can be relied upon to supply the means of action and save the country from disaster."

At the same time the president authorized the further statement that he rendered the situation even more grave than it had been supposed was the discovery that, while the president under his general constitutional powers, could do what he had asked the congress to empower him to do, it had been found that there were certain old statutes as yet unrepealed which may raise insuperable practical obstacles, and may nullify his power.

Old Law Stands.

The old law referred to by the president was adopted by congress in 1819 and referred to the resistance of American merchantmen against the attacks of privateers and pirates, but excluded from vessels which might be so attacked "a public armed vessel of a nation in amity with the United States." Technically Germany is not at war with the United States, and submarines are "public armed vessels" of Germany.

Four Omaha Women

Take Part Picketing

Home of President

(From a Staff Correspondent.)

Washington, March 5.—(Special Telegram.)—Unexpectedly four of Omaha's fair women appeared in the suffrage parade today and did their part of picketing the White House.

The suffragettes, Mrs. David J. O'Brien, Mrs. James H. Hanley, Mrs. William H. Mullen and Miss Eva Mahoney, went to the White House as mere lookers on.

They attracted the attention of some of the leaders, who inquired as to their home state, and when told they hailed from Nebraska nothing more would do but they must get into line for suffrage. Banners were put into their hands and in a jiffy they were marching about the White House as the rain came down in torrents.

It was a jolly lark for the Omaha women and they just doted on circling the executive mansion preliminary to tomorrow's inauguration."

Two Cars Meet on Crossing; Occupants Escape Injury

Two cars were badly smashed and the occupants narrowly escaped injury when the one driven by James A. Sips of Blair collided with one driven by J. E. Sweet, 5017 Cumming, at Seventeenth and Dodge streets. Sips was arrested, charged with reckless driving. The accident was the result, police say, of Sips trying to beat Sweet to the crossing.

Use Zemo for Eczema

Never mind how often you have tried and failed, you can stop itching, itching eczema quickly by applying a little zemo furnished by any druggist for 25c. Extra large bottle, \$1.00. Healing begins the moment zemo is applied. In a short time usually every trace of eczema, tetter, pimples, rash, black heads and similar skin diseases will be removed.

For clearing the skin and making it vigorously healthy, always use zemo, the penetrating, antiseptic liquid. It is not a greasy salve and it does not stain. When others fail it is the one dependable treatment for skin troubles of all kinds.

The E. W. Rose Co., Cleveland, O.

MOTHERS, DO THIS—

When the Children Cough, Rub Musterole on Throats and Chests

No telling how soon the symptoms may develop into croup, or worse. And then when you're glad you have a jar of Musterole at hand to give prompt, sure relief. It does not blister.

First aid and a certain remedy, Musterole is excellent. Thousands of mothers know it. You should keep a jar in the house, ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of back or joints, sprains, sore muscles, chilblains, frost-bites and colds of the chest (it often prevents pneumonia).

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