

The Health Habit

(By Dr. L. C. Bowers.) The late Elbert Hubbard once said: "Most people go through life on a short allowance of good air and oxygen and too much food. Life is combustion. The digestive tract is the boiler. The value of exercise in the open air lies in the fact of getting a goodly draft of oxygen through your system, and this forced draft is both eliminating refuse and burning up slag."

Breathe deeply when in the open air. Sleep in a room with windows open wide. Drink six or eight glasses of pure water daily, and keep well. But if one has been shut up within doors during the cold winter months, has eaten and drunk things which he should not; if he or she has overworked in stale air, that person needs a general tonic and housecleaning. Especially is this so at this time of the year. For a tonic that will freshen up the blood, clean the digestive tract and put new force and vim into you, I know of nothing better than an alterative extract with glycerine, made from Golden Seal root, Oregon Grape root, Blood root, Stone root and Queen's root—and it contains no alcohol or narcotic, so is perfectly safe to take.

This tonic has been sold for nearly fifty years in the form of Dr. Pierce's Golden Medical Discovery. It can be had now in tablet as well as liquid form at most drug stores. When your kidneys feel like lumps of lead, when your back hurts or the urine is cloudy, full of sediments, or you are obliged to seek relief two or three times during the night, when you suffer with sick headache, or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, ask your druggist for Anuric, double strength. I have found in practice that Anuric is more potent than lithia, and in most cases it will dissolve the uric acid as hot water does sugar.—Advertisement.

Quit Meat When Kidneys Bother Take a glass of Salts before breakfast if your Back hurts or Bladder is troubling you. No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness. Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Advt.

Alkali Makes Soap Bad For Washing Hair Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle. The best thing to use is just plain mulsumed coconut oil, for this is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months. Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly and rinses out easily. The hair dries quickly and evenly and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.—Advertisement.

DEAD ON HIS FEET GOLD MEDAL Haarlem Oil Capsules will bring new life and quickly relieve that stoppage congested feeling. They will thoroughly cleanse and gently carry off the ill effects of excesses of all kinds. The healing, soothing oil soaks right into the walls and lining of the kidneys and expels the poisons in your system. Keep your kidneys in good shape by daily use of GOLD MEDAL Haarlem Oil Capsules and you will have good health, due to your druggist at once and secure a package of this time-honored, world-wide remedy. It is not a "patent medicine." It is passed upon by U. S. Government chemists and declared pure before coming into this country. GOLD MEDAL is the pure, original Haarlem Oil, imported direct from the ancient laboratories in Holland, where it is the National Household Remedy of the sturdy Dutch. Look for the name GOLD MEDAL on every box. Accept no substitute. Your druggist will gladly refund your money if not as represented.—Advt.

Disfiguring Growths of Hair Entirely Removed (New Method Removes Roots and All) If you are afflicted with a growth of superfluous hair, go to your druggist at once, get a stick of phelactin, follow the simple instructions—and have the pleasant surprise of your life! With your own eyes you will see the hair come out, roots and all—instantly, easily, leaving your skin smooth and hairless as a baby's. The phelactin is not to be compared with the usual depilatory or electrical methods. It is new and different. It is odorless, non-irritating, and so harmless a child could safely eat it. So efficacious it is always sold under a money-back guarantee.—Advertisement.

Do You Know that the PARISIAN CLOAK CO. will soon close its doors and say good-by to Omaha? We are making every effort to explain just why we are holding this immense sale. Our building will soon be torn down and we must get out. Every one of the spring coats, suits and dresses is being thrown out at a sacrifice.—The Wreckers are Coming.

We Clean Rugs DRESHER BROTHERS Dyers, Cleaners, Furriers, Hatters and Tailors. 2211-17 Farnam St. Tel. Tyler 345.

Nebraska UNIVERSITY HEADS STAGE WAR MEETING

Spirit of Patriotism Is Expected to Run High Next Tuesday Afternoon. GOVERNOR IS TO TALK

Lincoln, Neb., April 18.—(Special.)—The university authorities are planning for a big war demonstration here next Tuesday afternoon at the city auditorium, when recruiting spirit is expected to run high. There will be a parade through the business section, headed by the university cadets' band, Chancellor Avery, the board of regents, members of the faculty and prominent alumni and the cadets in uniform. Then will follow the second cadet regiment band, the women students, arranged by class, and the men students.

Governor Neville will be one of the speakers. The chancellor will probably speak and also a member of the board of regents and a representative of the student body. The meeting is intended as a rebuke for those members of the faculty who have shown an inclination to criticize.

Lincoln Street Car Men Threaten Strike at Midnight

Lincoln, Neb., April 18.—Street car men will strike at midnight tonight, unless the Lincoln Traction company agrees to recognize the union. The action was decided at a meeting of the newly organized union last Tuesday evening. There are over 100 motormen and conductors in the union. The traction company, prior to the present ultimatum, has declared it will stand pat against the demanded recognition. For three weeks the company has been breaking in new men in anticipation of the strike, which has been threatening ever since a move was started to form the union. The company says that every effort will be made to run the full quota of cars on the main lines. Traction company officials look for fifty or more of the men not in the union to walk out in sympathy. The union demand calls for reinstatement of union leaders, said to have been discharged by the company; an increase in wages, which the company has agreed to make in case it wins its 5-cent fare fight; and an agreement to arbitrate disputes.

Eighth of Million Strike in Berlin; All Back at Work

Copenhagen, April 17.—(Via London, April 18.)—The number of strikers in Berlin is placed in even the semi-official report at 125,000 and is distributed, according to the Tageblatt, through machine works, some electrical establishments and part of the munition plants. The latter statement is interesting in view of a dispatch from the official news bureau, denying that the munition factories were affected. The Tageblatt says, however, that the great munition industry at Spandau has not been involved. London, April 18.—A Reuter dispatch from Amsterdam says it is reported there from Berlin that the last of the strikers have resumed work. A Berlin dispatch to the Politiken of Copenhagen, as forwarded to the Exchange Telegraph company, says that work has been resumed in most of the Berlin factories. The Vossische Zeitung of Berlin says that as conditions of returning to work the strikers demanded a sufficient supply of bread and potatoes, proper distribution of food and a guarantee of the promised Prussian electoral reform.

Directors to Decide Fate of House of Hope

George H. Payne, chairman of the board of directors of the House of Hope, has called a meeting to take action on the old House of Hope at 956 North Twenty-seventh avenue, against which complaint was made by the Board of Public Welfare. "I feel confident that our board will order the old house closed and will make arrangements for the care of occupants," said Mr. Payne. The property of the old institution is controlled by the board, which operates the new house at Florence, but the management is under Rev. Charles W. Savidge.

Coleridge Makes Good Its Patriotic Reputation Coleridge, Neb., is showing lots of patriotism in the war. Six hundred people attended a rally there Monday night, and twenty-seven lads volunteered for war service, President Guy Briggs of the Coleridge Community club wired The Bee. Omaha recruiting officers say they have not yet heard of any Coleridge recruits coming here, and believe the volunteers there are either going to enter a National Guard company or else are waiting a few days before coming here to formally enlist in the army or navy.

Alliance Club Re-elects Officers. Alliance, Neb., April 18.—(Special.)—The officers of the Alliance Commercial club, Earl D. Mallery, president; Ben J. Sallows, vice president; F. W. Harris, treasurer, were unanimously re-elected to those places for the coming year. The board of directors voted to retain the services of the present secretary, H. M. Bushnell, jr.

We Clean Rugs DRESHER BROTHERS Dyers, Cleaners, Furriers, Hatters and Tailors. 2211-17 Farnam St. Tel. Tyler 345.

Uni Fraternities Asked to Curtail Social Activities

Lincoln, April 18.—(Special.)—Greek letter fraternities in the university have been asked to disperse with social affairs, especially formal parties, for the rest of the year and to discourage private subscription dances nor profit by the interfraternity council, the governing body of the fraternities. The council met at the call of Professor F. M. Buck, its chairman, yesterday and adopted resolutions looking toward strict economy during the war.

The council also decided that the Pan-Hellenic dance, the biggest of the university year, at which all of the fraternities come, shall be given for the benefit of some patriotic fund this year. All profits will probably go to the Red Cross. The council discussed the question of raising a regiment to be composed of fraternity men only. The sentiment was favorable if the call for men becomes urgent.

Wife of Mayor of Beatrice Hurt in Auto Wreck

Beatrice, Neb., April 18.—(Special.)—Mrs. J. P. Saunders, wife of Mayor Saunders, was seriously injured last evening about 8 o'clock when the car driven by her husband collided with Dr. G. D. Griffith's car. She was taroed to the pavement, striking on her head, the fall producing concussion of the brain. None of the other occupants were hurt and the machines were only slightly damaged. William Young of the Cortland vicinity yesterday sold his half section of land to Henry Boehm for \$34,200, or \$135 per acre. Mrs. F. J. Scoggin, a pioneer of Beatrice, died last night at her home here, aged fifty-eight years. She is survived by her husband and four children. William Koenig, a farmer living near Odell, was fined \$5 and costs yesterday by Judge Ellis for using obscene language over the phone in the hearing of Marie Borden, the operator at the Odell office. He paid his fine and was released.

Falls Thirty Feet and Lands on Head; May Live

Kearney, Neb., April 18.—(Special.)—G. E. Prather, an employe of the Kearney Phone company, had a close call from fatal injury and possible death when, on Tuesday, he fell from the top of a thirty-two foot telegraph pole. The safety hitching belt used by Prather worked loose and he plunged head foremost to the ground. Striking in a big puddle of mud with head and shoulders, he suffered no broken bones, but it is feared that he may be internally injured.

Clears Blotchy Skin Don't worry about blotches or other skin troubles. You can have a clear, clean complexion by using a little zemo, obtained at any drug store for 25c, or extra large bottle at \$1.00. Zemo easily removes all traces of pimples, black heads, blotches, eczema, and ringworm and makes the skin clear and healthy. Zemo is a clean, penetrating, antiseptic liquid, neither sticky nor greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable. The E. W. Rose Co., Cleveland, O.

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 torture 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 Mulhall Method does not contain a drop of morphine, opium, chloral, cocaine, acetanilid or any narcotic whatsoever. 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, dopes, cantriums, "opaths," etc., without relief. We want to show everyone at our own expense that this new method will send 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 Mulhall Co., Room 674 Briarlane Bldg., Buffalo, N. Y.

Don't Fuss So About Your Complexion The more you massage, steam, manipulate and fuss about your complexion with so-called skin foods, creams, lotions and what not, the chances are the worse it will become. Away With Beauty Fads Make Cuticura Soap and Ointment your everyday toilet preparations. Bathe with the Soap and hot water on rising and retiring, using plenty of Soap, best applied with the hands which it softens wonderfully. Smear any signs of pimples, redness or roughness with the Ointment and let it remain five minutes before bathing. Nothing better, purer, sweeter or more effective. Then don't over-diet, overexercise, lose sleep or fret. Sample Each Free by Mail with 2c. book on the skin. Address Mulhall Co., Cuticura, Dept. 28, Boston. Sold everywhere.

Nebraska Will Do Its "Bit;" What Is Expected of Farms

Nebraska farmers are mobilized to do a double duty. First of all, they will do their "bit" in preparing to feed a hungry world. Second, they will retrieve the disaster that fell on the winter wheat crop.

In 1916 the principal crops of the state were:

Crop	Acreage	Yield
Corn	6,740,803	190,070,449
Winter wheat	3,063,756	65,365,691
Spring wheat	246,557	3,407,890
Oats	2,174,236	83,791,558
Alfalfa	1,127,642	3,412,465
Wild hay	2,093,192	2,454,930
Tame hay	159,410	332,612
Potatoes	74,796	5,922,279

Alfalfa and hays in tons; others in bushels. Sixty per cent of the winter wheat crop of this year is beyond hope. A larger acreage than usual had been planted, and the yield now expected will be in the neighborhood of 25,000,000 bushels. This loss will be made up by increased planting of corn and oats and to some extent by added acreage of spring wheat. Barley and rye will yield as usual, but they are listed among the minor crops of the state. However, this is a year when everything counts. More potatoes than ever will be raised, and an increase of at least 50 per cent is expected. This will bring the potato crop up to the neighborhood of 9,000,000 bushels. Farmers are being urged to give special attention to corn. If they increase the yield but 25 per cent over that of last year, which was not a bumper crop, it means 250,000,000 bushels of corn. Half of Nebraska's arable land was idle last year. Not an acre should be allowed to remain unproductive this year.

Bankers of Group No. 2 Will Meet at Columbus

Columbus, Neb., April 18.—(Special.)—Group No. 2 of the Nebraska Bankers' association will hold its annual meeting here May 22. This was decided by a recent meeting of the officers of the Group and local bankers of Columbus. Judge I. L. Alberts, state senator, will be asked to talk on new legislation of interest to the banking fraternity. Dan Morris of Kearney, president of the State Bankers' association, will also address the meeting. Attorney Gurley of Omaha, will be expected to take part in the evening program.

G. W. Phillips of Columbus was chosen toastmaster at the banquet in the evening, which is always one of the big features of the annual gathering. The morning and afternoon sessions will be held at the New Swan theatre. The present officers of the Group are D. W. Kileen, Schuyler, president; G. W. Luedtke, Creston, secretary and treasurer, and Emil Folda, Clarkson, vice president.

Child Drawn Into Shelter At Ashland and Killed

Ashland, Neb., April 18.—(Special.)—The two-year-old daughter of William Trader, at his home near here, was drawn into a power corn sheller yesterday and killed.

You Can Do Your Bit in the trenches, in the home, in the office, in the factory, in the store, when the body is nourished with foods that build healthy muscle without overtaxing the digestive organs. Shredded Wheat Biscuit contains the greatest amount of body-building nutriment at lowest cost. It strengthens the muscles of the stomach and intestines by making them do their normal work in a natural way. A better-balanced ration than meat or eggs, more easily digested and costs much less. Ready-cooked and ready-to-eat. For breakfast with milk or cream, or for any meal with fruits. Made at Niagara Falls, N. Y.

If You Read It in The Bee Depend Upon It

A Basement Sale of Shoes

Little Short of a Sensation
6,000 Pairs for Women
In Every Wanted Style

\$4.50 to \$5.50 Values
\$2.95 and \$3.95

AND WHEN WE SAY values in this instance, we are quoting the prices we should have to ask if we purchased these Shoes at present wholesale figures.

We bought this stock last August, from Dunn & McCarthy of Auburn, New York—their surplus stock at that time—and in addition to obtaining the prevailing wholesale market figures then in force, we obtained extra concession because they were surplus stock—bringing the price to us down to such a point that, even today, with Shoes higher in price than they have ever been—we are able to offer you \$4.50 to \$5.50 Footwear at \$2.95 and \$3.95 a pair.

Patent Vamps, Mat Kid and Cloth Tops. Dull Kid, Cloth or Mat Kid Tops. All Vici Kid and All Dull Leather. The Above in Button, Blucher or Lace Styles. Also Vici Kid Vamps and White Kid Tops. Gray Vamps with the New Repp Cloth Tops. These in Lace Style Only. Full Louis, Leather Cuban and the New Baby French Heels. All Hand-Turned and Welting Soles. Every Size From 2 to 9 Widths, A to EE. Mail Orders Accepted. Sale Begins Thursday 8:30 A. M.

Brandeis Stores

Rose Bushes, Ornamental Shrubs, 5c Each And Hardy Perennials, all at 5c Each

Not on Sale Until Saturday

We have purchased the entire stock of a prominent grower, at such a concession, that we are able to quote this price. The recent rains here put the soil in first class condition for planting, and you never had a better opportunity to buy than this.

Full Details in Friday Night's Papers

No. 1—Patent vamps, mat kid, cloth tops, low heels, walking boot \$2.95
No. 2—9-inch Lace Boot, vici kid, welting soles, 2-inch Cuban heels \$3.95
No. 3—Patent colt, mat kid and cloth tops, also dull leather mat kid and cloth tops, at \$2.95
No. 4—Vici and dull leather vamps, mat kid and cloth tops, button and blucher styles \$2.95
No. 5—All pearl-gray vamps, repp cloth top; same in vici kid vamps with white kid tops, at \$3.95
No. 6—Dull calfskin, mat kid and cloth tops, also patent colt, mat kid and cloth tops, at \$2.95
No. 7—9-inch vici kid vamps, mat kid or cloth tops, also in patent colt vamps, mat kid or cloth tops, plain toes, at \$2.95
No. 8—Velour calf vamps, mat kid tops; also patent vamps, mat kid top; wonderful walking shoes, at . . . \$3.95