

## When You Feel Tired, No Appetite, Headache.

(By W. M. GRANTIER, M. D.)  
Your wife tells you that you are "grouch" and out-of-sorts, be thankful for the suggestion, and set to work to get your liver busy, for it is more than likely that its inactivity is at the bottom of your trouble. Don't blame your liver for not doing its work! You have undoubtedly been giving it too much to do. You may have occasional headaches, feel tired, no appetite, and coated tongue, and this condition may lead up to other things. At such times you are the easiest prey for colds, grip, or the disease germs of malaria, typhoid, the deadly phthisis, or the many ills which carry off so many of our citizens.

My advice is, give up alcohol, tea and coffee. If you must drink something with your meals let it be a cup of hot water. Begin in the morning with a pint of hot water with a half lemon squeezed in it, if possible, and drink it a half hour or less before breakfast.

Take a few minutes of bending exercise and breathing in the morning. Walk in the outdoor air. Occasionally, say, once a week, take a good laxative, one that is entirely vegetable. A good one is that made up of the extract of May-apple, vegetable calomel and jalap, and can be had at every drug store, for it has been sold for nearly 50 years as Dr. Pierce's Pleasant Pellets.

If you are occasionally troubled with rheumatic pains or lumbago, pain in the back, toes or muscles of the body, this is due to uric acid stored in the system. The liver and kidneys do not act properly. For such a person, I advise taking Anuric (double strength) three times daily for a week or two. This Anuric throws out the uric acid which accumulates, and if taken occasionally will prevent or cure rheumatism and gout. There is no difficulty in obtaining Anuric at any drug store.—Advertisement.

## 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 unsulfated coconut oil, for this is pure and entirely greaseless. It's very cheap and beats the most expensive soaps or any thing 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.

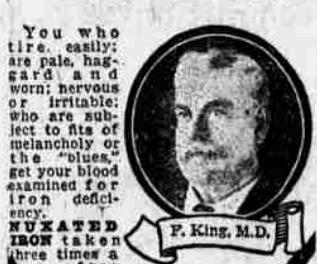


## I can enjoy myself again since Resinol Soap cleared my skin

When my complexion was red, rough and pimply, I was so ashamed that I never had any fun. I imagined that people avoided me—perhaps they did! But the regular use of Resinol Soap—with a little Resinol Ointment just at first—has given me back my clear, healthy skin. I wish you'd try it!

Resinol Soap and Resinol Ointment are sold by all druggists. For samples of each, write to Dr. E. N. Resinol, Baltimore, Md.

## WOMEN! MOTHERS! DAUGHTERS!



You who tire easily; are pale, haggard and worn; nervous or irritable; are you subject to fits of melancholy or the "blues"; get your blood examined for iron deficiency.

**NUXATED IRON** taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks in many cases.—Ferdinand King, M.D.

Note: NUXATED IRON recommended above to Dr. King can be obtained from any drug store. It is usually preferred to the non-grain tablets to be taken three times a day after meals.

Dr. King, M.D.

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

## Nebraska

### MUCH VACANT LAND ON RESERVATION

Thousands of Acres Might Be Utilized for Crops if Sells Will Give Permission.

(From a Staff Correspondent.)

Lincoln, Neb., May 21.—(Special)—There are thousands of acres of land in the Winnebago and Omaha Indian reservation in Thurston county which can be utilized for crops this year if the commissioner of Indian affairs will at once give permission to the superintendent of those reservations to let the same out for agricultural purposes.

This is the message which came to Governor Neville today from District Judge Guy Graves of that district, with information that most of the land had at one time been broken up and could easily be cropped this year. He advised that the commissioner of Indian affairs cut out the red tape methods hitherto practiced and at once release the lands, for if there was the usual delay there would be no chance for a crop this year.

Governor Neville at once wired Senator Hitchcock, Franklin K. Lane and the commissioner of Indian affairs, Cato Sells, calling their attention to the matter and urging quick action.

#### Aurora Claims First In Oratory Contest

Aurora, Neb., May 21.—(Special Telegram.)—Backed up by Superintendent Fisher and the teachers of the high school, Hugh Arnold claims first place in the oratorical contest which took place at Alliance last Thursday evening. Aurora now claims that this was done through miscalculation.

Superintendent A. E. Fisher today sent the following telegram to Superintendent E. B. Hays of Chadron, secretary of the High School Declanatory association:

"According to official figures you gave my contestants, Aurora has first place, both in grand sum totals and in ranking as follows: Grand sum totals, Aurora, 1,108; Red Cloud, 1,091. By rank Aurora took two firsts and seconds. Red Cloud had two firsts and fourth. Arnold should be given first place."

#### Canadian Lad Believed to Be Dead Found at Fremont

Fremont, Neb., May 21.—(Special Telegram.)—Douglas Warlow, Alberta, Canada, mourned by his parents as dead, was located here by detectives, who found him with a circus which showed in Fremont Saturday. Warlow came north from Dallas, Tex., where he had remained for a period. He first went to Red Wing, Minn., and when he sent to Dallas for his clothing, he learned they had been stolen by a man who had wired Warlow's father in the son's name for money. This act of impersonation led to the belief Warlow had been killed.

#### Frank Helvey to Manage State Anti-Suff Campaign

Lincoln, May 21.—(Special Telegram.)—Frank Helvey of this city has been selected as manager of a referendum campaign to be started by the Nebraska Association Opposed to Woman's Suffrage.

The plan is to ask for volunteers for circulation of petitions, calling upon the secretary of state to submit the recent legislative enactment to a general vote of the state under the referendum law.

Mrs. E. P. Peck of Omaha is president of the association.

#### Nebraska Gets Interest Already on Liberty Bonds

(From a Staff Correspondent.) Lincoln, May 21.—(Special)—Nebraska received today its first interest from its loan to the Liberty fund, when State Treasurer Hall received \$370, which represented the interest due from the \$500,000 investment of the state.

The bonds have not been issued as yet, but in place of these a certificate is issued until such time as the bonds can be printed and made out. The interest covered the time from May 10 to the 17th of June.

#### Farwell Family Loses Two Children Same Day

Grand Island, Neb., May 21.—(Special Telegram.)—A strange case of dual grief and misfortune attended the family of Mr. and Mrs. Albert Obermiller of Farwell today. Shortly after the death of their baby this morning, their little boy, presumably while on an errand, was killed when the horse which he was riding, fell and the lad was thrown under the heavy animal.

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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. Ross Co., Cleveland, O.

## PRESBYTERIANS VOTE FOR UNION

Resolution Adopted at Dallas is Sent to Southern Assembly in Session at Birmingham.

Dallas, Tex., May 21.—The Presbyterian general assembly in the United States of America in session here today, voted unanimously in favor of reunion of the two branches of the church—the North and South. A copy of the resolution was ordered sent to the Southern assembly, now in session at Birmingham.

The assembly also adopted a resolution favoring national prohibition of the liquor traffic and forwarded a copy of it to President Wilson, Vice President Marshall and Speaker Clark of the house of representatives.

**Baptists Go to Atlanta.**

Cleveland, O., May 21.—The Northern Baptist convention, in session here today, elected George W. Coleman, a layman, of Boston, as president. Frank L. Miner, Des Moines, Ia., was elected treasurer.

This is the message which came to Governor Neville today from District Judge Guy Graves of that district, with information that most of the land had at one time been broken up and could easily be cropped this year.

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## GRACE BRATTON IS DEAD; KILLS SELF

Employee of Union Pacific Shoots Herself at Noon in Brandeis Building; No Cause Given.

Grace Bratton, 23 years old, an employee in the auditor's department of the Union Pacific, shot and instantly killed herself yesterday afternoon in the women's lavatory on the fourth floor of the Brandeis building by firing a bullet through her head.

She returned to her desk after lunch, but remained only a few minutes. Employees said she suddenly stopped work, put on her coat and hat and left without saying a word to anyone.

Miss Bratton is survived by her mother and father and a brother, Lester Bratton. The father and brother are employees of the Nebraska Telephone company.