

If the bowels are clogged by foodvaste, dangerous poisons are being reated and absorbed into your blood, and carried to every part of your body. Your kidneys, lungs and skin pores are overworked in trying o throw off these poisons and you or are just right for a severe cold to Insten upon you. INFLUENZA and Insten upon you. INFLUENZA and INEUMONFA can easily follow,

is to empty the bowels with a thor- ments. nugh cathartic, But pills, tablets and vegetable compounds are only

and vegetable compounds are only partiy effective. Nour druggist has a product alled SALINOS that is a thorough is sative which will completely emp-ty the entire digestive tract, includ-ing the lower bowels, where most poisons are formed. Mr. F. H. Dempsey announces the matriage of his daughter, Rose, to Mr. Frank O. Lester. The ceremony was performed by Rev. Father Nee-pan in the Church of the Holy Ghost in Denver, Jan. 15. The bridegroom who has been stationed at Fort Logan, Colo., has recently been re-leased from service and the young

SALINOS really is pleasant to take, pleasant in taste, pleasant in action. You can get a bottle for a quarter-larger sizes for 50 cents and a dollar

Be safe. Get it today. Use if tomorrow morning.-Adv.

Get the Habit of **Drinking Hot Water Before Breakfast** Baye we can't look or feel right

with the system full of polsons.

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

There are vast numbers of men ind women who, immediately upon triving in the morning, drink a glass I real hot water with a teaspoonfu d limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomsch, liver, kidneys and the thirty feet of intestines, of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, be-some food for the millions of bac-teria which infest the bowels, the term which intest the bowess, the quick result is poisons and toxins which are then absorbed into the blood, causing headache, bilious at-tacks foul breath, bad taste, colds, stomach 'trouble, hidney misery, sieuplaumess, impure blood and all myta of allments.

People who feel@good one day and hadly the next, but who simply SEVEN GERMAN TORPEDO BOAT um not get feeling right are urged to obtain a quarter pound of linne-stone phosphate at the drug store. This will cost very little, but is suffi-today, January 29, 1237. cient to make anyone a real crank Find a ganner. In the minist of internal sanitation. YESTERDAY'S ANSWER

Right aide down nose of chip. 0.5

Mrs. C. T. Kountre has gone to wives will be among the guests. Excelsior Springs for a short time.

Winter Dancing Club. The dance given by the Winter Dancing club Wednesday at Harte hall will be strictly informal. All Central High Banquet. Company D of the Central High school cadet regiment will banquet Saturday night at the Blackstone. the members who have recently reommandant Himstead, Cadet Majfurned from the service will be honor guests and many subscriptions have been received for the affair. Pillsbury, and Cadet Lieutenant

Notice.

The Riverview auxiliary, making refugee garments, Mrs. G. E. Bege-row, chairman, will most at the Bantenants Heyward Leavitt and Fran-Any doctor will tell you that the first and most important precaution in the howele with a there croit school on Thursday from 9 a. m, to 5 p. m. 2.2

Marriage Announcement.

Events of The Day.

WAR PUZZLES

DESTROYERS

Fraternity Dance. A dancing party will be given this evening at the Blackstone by the Phi Chi fraternity of Creighton university.

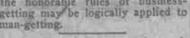
The Lone Woman

In these new days of informality

are we still to cling to the conven-tions of the past? Is woman to be bound by the antiquated formulas of the Victorian period, even though she has long ago discarded leased from service and the young couply will return to Omaha, February 1, to make their home. The bride is a graduate of St. John's school and has been living. in Colorado for the past year.

Foch' club will give a dinner this evening at the Y. W. C. A. A card party will be given this evening at the Prettiest Mile club. after day, need not be passed by blankly on the street. If you meet

Bridge Tea. One of the largest of the pre-nup-ral affairs given for Miss Gettrude Porter was the bridge tea at the a man daily on the street corner and he seems about to tell you some fine morning that it is a pleasant day, why not? A smile, a ook of interest, just a glimpse of your own personality-again, why not? Marriage is a business, and for most women the only one. All the honorable rules of business-getting may be logically applied to



The duchess of Aosta, who took a prominent part in the entertain-ment of President and Mrs. Wilson on their recent visit to Rome, was formerly Princess Helene of Orleans, daughter of the late count of Paria. The duchess is one of the most remarkable women of Euro-pean royalty. She has traveled the world over, has hunted big game Africa and elsewhere, and has written interesting stories of her adventures. She is also the posses-son of a magnificent gold medal pre-sented to her for her services to the Italian Red Cross,

New Lyrics

iy grocer said: Why, sakes alive, Why kick on eggs at seventy-five? That's not so much. heer up, you loon,

Sunk by a British floiflin in a sea battle off Zeebrugge, two years ago

But may we ask a word, perchance? Where will the shoetops be?

They're going to be a dollar soon. The price will be much higher for the la setire practice many years, and now sold by almost every druggist in the land They've gone and stopped the awful in tablet or liquid form. It has had a half century of practicel demonstration and They've gone and stopped the awful war. The Seymour'skirt is out of style, The new one will be longer. It will come to the shoetops, while The price will be much stronger. A fashion journal just from France Brings this news o'er the sea.

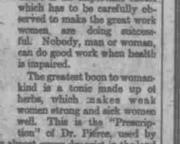


Would Be a Nurse,

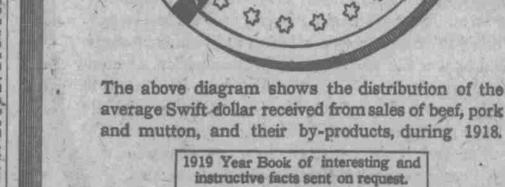
Dear Miss Fairfax, Omaha Bee: 1 want to ask your advice for a nurse. Do you have to go through high school? How old de you have to be? I am 17 years old. I am sien-der. What could I do to make me

tions of the past? Is woman to be bound by the antiquated formulas of the Victorian period, even though she has long ago discarded the dress of that age for the over-all? In the January Good House-keeping Fannie Heaslip Lea dia-cusses the problem. There is decidedly such a thing as carrying convention too far. The men you meet in the office, day after day, need not be passed by

ence of women is, felt crywhere on the battlefield, in the hospitals and amongst the producers at home. Women all over the world realize more and more that their work at home will help the men at the Front. There is an impertant factor which has to be carefully ob-served to make the great work women, are doing subcess-ful. Nobedy, man or woman,



Women Who Fly Women's part in winning the war is not so much in doing men's work in flying in front of the lines as it is in, warservice work here at home. You save confronted now by graver and harder duties. You, as mothers, wives and sisters, are called upon to face the separation from all that is most dear to you. The war must be won not less by women than by the fighting men. The



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