## CITY TO PROBE HIGH BUILDING **COST IN OMAHA**

Realtors Start Move and Towl Assures Them Commissioners Will Investigate.

The Real Estate board may demand an investigation by city combuilding material dealers' combine. Action will be withheld one week, pending a probable meeting of lumber dealers in the intering.

Harry Tukey introduced the motion at the weekly meeting of the Real Estate board Wednesday noon in the Chamber of Commerce.

Sparks flew during the heated discussion of prevailing high prices in building materials, prices said to be so high that Omaha's whole spring building program was blocked. "The lumber trust is the tighest combine in Omaha. Ever since the lumber men quit cutting each others' throats six years ago, on an armistice made possible by Omaha bankers, they have formed themselves into the tighest business com-

W. R. McFarland, president of the board, said he could buy lumber cheaper in Council Bluffs than he could in Omaha.

bine there is," said one of the speak-

Brick Prices Up.

Brick prices have increased beyond all reason, McFarland declar-"Brick in the new telephone company cost \$8.50. That was a year ago. The same brick in my new moving picture house on Fifteenth and Douglas now in course of construction, cost \$15.25."

Commissioner Towl, who was present at the meeting, promised to see that the resolution demanding an investigation would go through

the city council. W. V. Harrison, manager of the Lakeview Mill Works at Lakeview, a, believes he can furnish build- sally forth in quest of the demon materials to Omaha builders cheaper than they can buy in Omaha, he wrote in a letter to the Real

In defense of Omaha realtors, Harry Tukey appeared before the Sales Managers club Tuesday night men step across the threshold. Two judgment in the way they handled I am not afraid of any feminist in the Fontenelle, to explain the go to the basement and one remains the situation," asserted Mr. Melick. movement and I am quite a 'he meeting of this organization the charge was made that real estate men are holding up rent prices, so that working people had no place to speaking to her husband over the the fellow down. Had they killed the man, the law would have justified them. It is better, however, that the officers did not exercise

"It is the high cost of building materials which prevented the necessary and normal construction of homes that is responsible. Real estate men have no houses to rent. They have houses to sell," Tukey

Charge Big Profit.

"Lumber men are doing business at a profit of 33 1-3 to 35 One Man Says His Wife Disgraced Him by Parading cent. Last year the profit o tumber was 22 per cent. That's why there is no building to take care of the demand for dwellings," he said. A rumor is current in real estate circles that M. E. Smith company is seeking a large site on which to erect moderate-priced dwellings for its employes. Arthur C. Smith and Floyd M. Smith of the firm are both ill with grippe at their respective ous manner. Oakley J. Hosack fied homes and could not be interviewed suit for divorce from Gladys Hosack name, Carlson. to confirm the report.

HOSIERY SALE At the UNION OUTFITTING CO., 16th and Jackson Sts. 2,500 Pairs Women's Genuine Onyx Silk Fiber Hose

Sale Next Saturday, March 22 n our enlarged Cloak and Suit Department. The Season's Newest Colors.

This fortunate purchase of nationally advertised Onyx Ladies' Hosiery has just been received and will be put on pecial sale for one day only, Saturday, March 22. The Genuine Onyx Fiber Silk Hose are made with the double heels and toes and garter top, which insures the wearqualities of the splenhosiery. All of the most wanted colors are included in this big puchase. Beautiful shades of Bronze, Suede, African Brown, Silver, Dark Tan, Black, White, etc., etc. Watch Friday night's papers for full particulars. This big purchase is another demonstration of our big buying power, combined with our inexpensive location and careful organization which enables us to make lower prices. Come, expecting big values and, as always, you

Typewriters and **Adding Machines** 

All Makes For Rent Special rates to students.

Central Typewriter Exchange

1905 Farnam St.



## Silk Stages Real Holdup When State Booze Hounds

Three of Gus Hyer's Men Forced to Quit Search When Druggist Hurriedly Appears on Scene in Response to Call From Wife: Reads Riot Act as They Pass Out.

The victims of Bill Hart, hero and hold-up artist of the screen, never thrust their hands high into the atmosphere with a more lightning-like rapidity and docile obedience than did a deputy sheriff and two state "booze hounds" Tuesmissioners, of the alleged local day night obey the command to "put 'em up" by James J. Silk in his home, 1817 Pratt street.

And in regular melodramatic style Silk made them patriotic meeting of the D. A. R. tremble with fright and stare with wide-eyed wonder into conference Wedesday night. the muzzle of a '44. He made them like it. In Bill Hart's own way he made them "keep 'em up.'

He made them line up against the wall, listen to a scathing rebuke redolent of fire and brimstone, and then he made braska Base Hospital Unit No. 49. them turn right around and march right out again without even a glimpse of red contraband whisky.

A blood red blaze flames before

the man's eyes. There is blood in his

eye. He seizes his gun in his hand

bounds in the front door of his

"My house is my castle," Silk al-

The man kept his weapon on the

mighty high, too, while I'm

Then Silk reads the riot act, holds

talking to you."

threatening an officer.

officer, who was delegated to search

Boozeless Party.

This was the climax to the little house. boozeless booze party staged by "booze hounds," P. C. Smith and J. Peters and Deputy Sheriff R. K. and does not stop running until he

The opening scene shows the deputy sheriff and blanks a bellow three officers of the law with their at the "booze hounds." heads together in the court house. lows to the officer upstairs. "Get They are engaged in earnest conversation behind closed doors in the Your mits up, and keep 'em up. sheriff's office.

Next Mrs. Silk is shown seated the upper part of the house.

"Now tell those fellows down there to come up here," he commanded, "and keep your hands in 49 for it." basket on the table by her side. She s darning her husband's socks and the air. oblivious to the plans of the three men, who contemplate the invasion of the peace and quiet of the Silk ome.

Nothing is farther from Silk's mind, as he fills a prescription in his drug store at 1324 North Twentyfourth street, than the intrusion of unwelcome guests at his home.

Buckle on Weapons. The three men in the courthouse his door open and covers the three buckle on revolvers and badges. officers with his weapon as they pass They place saps in their pockets and out, single file, into the night.

Mrs. Silk responds to the summons at the door.

this joint. Without farther ceremony three

present house shortage. At the last upstairs to search that part of the "They had a perfect right to shoot man,' too.

"James, do come home. Hurry, home.

Attempt to Enter His Home

to whom he was married July 5, He charges that she "ran about of the day and night with men other

divorce from Ona B., Peterson, charging her with cruelty during the last four months. Peterson is a clerk in the central postoffice. They were married May the restoration of her maiden name, 16, 1917. The wife has returned to Pilkens. Mildred Ahlstrand was the home of her parents at 1415 granted a divorce from John Ahl-Wirt street.

Four Are Granted Divorces:

Five Ask for Sweet Freedom

husband, Lloyd, misrepresented his age when they were married at Papillion in 1916. She says he swore Crudup and the restoration of her Rantiet Field Secretary. he was 21, and that in fact he was maiden name, Gailey. In September, 1917, he left her,

them to places of shady reputation."

Harry L. Peterson filed suit for a

she says. She charges that he devoted his attentions to other women. She asks a divorce and custody of

The only time that Ella Uldin rethe navy, she says she has received to aid the government.

Alleging that his wife "conducted about \$40. She charges that he herself in a disgraceful and scandal- struck her, swore at her and stayed ous manner," Oakley J. Hosack filed out all night frequently. She asks for the restoration of her maiden

On St. Patrick's day of 1909, Frances Riley and John Riley were the streets of the city at all times married and now she has filed suit for divorce from him, 10 years and a day after they were wedded.

The marriage took place in Fremont. She alleges that he deserted her in December, 1910, and she asks of many other actors. He has just than the plaintiff and went with a day after they were wedded. the custody of their child.

A divorce was granted to Mae Owens from Ormsby Owens with her. Gwynne Evans secured a diactor's services. In addition, the Nellie Atkinson alleges that her vorce from Lillian on the ground manager contracts to entertain the

Strikers Heed Appeal.

New York, March 19.-Brig. New York, March 19.—Brig. field secretary of the New York di-Gen. Frank T. Hines, chief of the vision of Woman's Home Missionarmy transportation service, today ary society of the Baptist church, appealed to marine workers at this will arrive today. Mrs. Barnes. ceived any steady support from her port not to allow their strike to husband, Samuel, was during the handicap the War department in six months that he was in the navy, handling troop shipments. Thomas when she received the allotment of L. Delehanty, head of the marine \$30 a month, she alleges in a peti- workers' affiliation, assured army tion for divorce. Since December officers here that members of the 24, when he was discharged from union would "do all in their power

## Splendid Broom Values

Wire wrapped, 4 strand Corn Brooms can be had at the Central value-giving prices---

35 & 45c



# DR. LOWE AND DEAN TANCOCK TALK TO D. A. R.

Nebraska Hospital Service Described and What War Has Done for Women Discussed.

patriotic workers in oversea service -Rev. Titus Lowe and Dean Tancock-were the speakers at the missed only one conference.

"In our hospital only an average of 400 out of 40,000 patients died,' said Dean Tancock in speaking of his work as chaplain with the Ne-"which makes an average of less than 1 per cent, while here under the most favorable conditions possible the best record would average 15 to 20 per cent.

"We lost all account of germ theories and came even to enjoy germs while building the hospital in the most impassable French marshes. We made it from panels sent house. He bellows a blank at the from Belgium which were fitted together into wards. Twenty or 30 of these made the hospital capable of holding 40,000 beds.

> Hospital Generously Supplied. "We had the best equipment of any ten hospitals in the center," he continued, "and it is due to the generous supplies from Nebraskans that the slogan for those in search of any equipment came to be 'go to

In speaking of the amusements Backs to the Wall. for the patients suffering from "You fellows, too." He covered shell shock and gas Dean Tancock basement. "Get the pose. Stick 'em up. Back up there. Back up against the wall, and all of you see how the wall, and all of you see how high you can reach. Keep reaching Rev. Titus Lowe choose the

'Attitude of Womankind Both in Our Own and Other Countries" as his theme. "The war has brought woman

hood into a stronger place than could have been given her in 100 Sam Melick, chief of the Omaha years," he said, "but it is in-a difsquad of state agents, declared he ferent way than any feminist would have a warrant issued for movement could have accomplished. Silk's arrest. He said the man "Women must learn to hold to-"Madam, we have come to search would be charged with resisting and gether because they are women, for now they hold untold-of destinies "I think my men showed splendid in their hands. With this attitude

Day of Team Work.

The day of team work has come for husbands and wives, mother and son-and every type of team work that developes human rights "The women of France, Britain and America are strong enough to act as a lever and raise up the wo manhood of the other lands-and Russia, where the soul of a woman is not sacred, but cheap.

Between the speeches there was an interlude of community singing lead by Harry Murrison. He ex-plained the place that community smiles when he said:

Hubby Makes Eyes at Every Woman He Sees Except "The boys over there would won-der why folks back home don't smile when they sing since they have gone through everything singing." Two prizes for the greatest increase and in the largest number of new subscribers to the magazine of the D. A. R. were awarded to the Deborah Chapter at Lincoln'through Mrs. Fred Williams, the delegate.

> Actor Makes Life Contract With Manager at \$40 Week

completed a contract calling for a weekly salary of \$40 for life, whether he plays or not.

His contract is with Boris Thomashefsky, widely known as a Jewish theatrical manager. Thomashefsky suggested the contract

**Baptist Field Secretary** to Speak Here Today

Mrs. L. K. Barnes of Brooklyn, who is a writer and traveler of note, has done researed work among the Indians and will speak at 2 p m. today at the First Baptist church All women interested in the work are invited to attend. Preceding the lecture Mrs. Barnes will be honor guest at a luncheon given by the lo-cal Baptist women at the Y. W. C.

Engineers From France

Assigned to Camp Dodge New York, March 19.-The steamship Dakotan, which left St. Nazaire, March 7 arrived tonight with 57 of-ficers and 1,763 men, comprising the years old, with her parents, Mr. and aero squadron, Seventeenth aero squadron, Twenty-seventh Engineers complete, and casual company Number 185. The engineers will later be divided among Camps Dodge, Custer, Devens, Dix, Grant, Lewis, Pike and Sherman.

State Lunacy Commission Holds Japanese Slaver Sane

Baltimore, Md., March 19.-That Dr. Norboru Ishida, Japanese psychiatrist, on trial for the murder of Dr. George B. Wolff, was cane on February 13 last, when the members of the state lunacy commission visited him, was the report of that body at the trial today.

Great Dry Dock Ready.

Baltimore, March 19 -- A 20,000ton floating dry dock, which is much larger than the dry dock Dewey, also built here, received its irst test today at the plant of the Bethlehem Shipbuilding corporation. Work began on it two years

Cold Cause Headaches and Pains Feverish headaches and body pains caused from a cold are soon relieved by taking LAXATIVE BROMO QUININE Tablets There's only one "Bromo Quinine." E GROVE'S signature on the box. 30c.

## D. A. R. Member Descendant NURSES FROM Of Two Colonial Governors

Wife of Judge J. Thomas of Columbus Traces Her Ancestry Back to Mayflower Pilgrim Conant and Governors Winslow and Bradford.

A colonial governor's daughter as well as a Daughter of the Revolution is Mrs. J. Thomas, wife of Judge Thomas of Columbus, Neb., who wears proudly the names of Gover-Two of Omaha's representative twisted blue bars of her badge. Mrs. Thomas is a charter member of the D. A. R. at Columbus and during all these years has

Back to the Mayflower Pilgrim Conant, her entrance into the D. A. R. shows her cousins have all become members through the names of those pioneer governors-Winslow and Bradford.

Owns Colonial Plate.

Her sister owns one of the early colonial plates used in the Bradford home with the Bradford crest and coat of arms engraved on it. Mrs. Thomas is treasurer of her chapter and was alternate delegate in place of Mrs. A. McAllister. Should those outside wonder at the number of bars appearing on the badges at the conference they need only approach and read the names-names of revolutionary ancestors who fought in the revolu-

tiionary war—to understand. Omahan Wears 20 Bars.

Among the most numerous are hose of Mrs. J. J. Stubbs of Omaha, who could wear 20 such enviable Miss Dove Mitchell could claim 18, and Mrs. Thomas above has

Mrs. Laura B. Pound of Lincoln, honorary state regent, who spoke yesterday on "Fifty Years in Nebraska," is one of the oldest Daughters of the Revolution in this

The reports of the conference Wednesday morning showed that work and the principles for which the organization stood during the Mrs. R. W. Porter conducted a spe past years of the war than prev- cial memorial service for the three

1:30 p. m. for the 12 Daughters who cent.



was announced.

The memorial service of the con
The memorial service of the conerence was held Wednesday at Straight, whose death was very re-

#### St. Louis Bowlers ENGLER AUTO IS Make Highest Double STOLEN TWICE IN Toledo, O., March 19.-More than

100 bowlers shot at the high marks in the doubles and singles events of the American Bowling Congress Police on Look-Out for Well-Dressed Young Men. Believed to Have doubles score of the day with a team count of 1,224, which took Stolen Car. them into third place in the list of

Two well dressed young motor car first ten. ring had and was gaining in civil thieves are worrying the police and Streets at Night - Woman Charges 17-Year-Old life as well as military and won causing Frank W. Engler, president to get into the first ten list in the singles, the highest individual score of the Engler Coal company, sleepof the day being made by C. Gadko of Dayton, with 631. O. Zavakes

Several days ago Mr. Engler's silver trimmed automobile was stolen from the Athletic club entrance. |Sentenced for Seven Years Twelve hours later Detectives Mnr. phy and Pzanowski found the car stuck fast in the mud in North Omaha, Residents there saw two young men abandon the machine.

Monday the car was stolen again en years for having passed a worthwhile Mr. Engler was in the Rialto less check for \$100 bearing a forged theater. Detectives Rich and Ander-signature of Woodrow Wilson. son, scouting about the city in search Police have advised Mr. Engler to mount a guard with a machine gur to protect his property.

### Missouri Woodmen of World Endorse Fraser

W. A. Fraser, sovereign com-mander, Woodman of the World, was sustained by the head camp of Missouri, which adjourned yesterday at Springfield, Mo.

An attempt was made by the "antis" to inject a recent Omaha Woodmen of the World labor controversy into the proceedings, but telegrams just received by Orson Stiles, chief clerk to Mr. Fraser, give advice of the election of adminis tration men in every instance. Congratulatory resolutions wer

adopted commending Sovereign Commander Fraser particularly and the other sovereign officers in gen eral upon the splendid manner in which the society was being con ducted. Resolutions were also adopted endorsing the action of de partment heads in dispensing with employes whose services were un satisfactory.

Mrs. Catherine Appleby of Benson Is Dead

Mrs. Catherine E. Appleby, pioneer of Douglas county, died at her home in Benson yesterday at the age of 54 years. Mrs. Appleby One Hundred and Thirty-seventh Mrs. Hobart Scott, from Wisconsin. She was married in 1897 to John Appleby and since that time has lived in Benson. Surviving besides the husband one daughter, Mrs. H. E. Gaines of

> p. m., Friday, with burial at Elk City, at 2:30 p. m. Mrs. Wilson Makes Visit to

Elkhorn and two granddaughters.

The funeral will be held at the residence, 5804 Corby street, at 1

Y. W. C. A. Hotel in France today visited the French hotel of the away from the congested part. American Young Women's Chriswho made the presentation spoke in English.

Notice--J. V. Bryson I found your pocket book containing \$1,000.00 and the 2 tickets to Hearts of Humanity.

Will return the \$1,000.00, but will keep the tickets. Helen Whitmore.

# OVERSEAS TO COME FRIDA'

Young Women, Members of Unit K, Depart From New York on Last Lap of Journey Home.

from New York of the Unit K Thomas I. Porter. nurses during the forenoon and that the train bringing them home would reach Council Bluffs Friday morning. When they arrive every whistle in the city will be screaming and every bell clanging and everybody will be shouting a noisy welcome home to the young wo-

There will be, however, a little ormality about the reception. Automobiles, one for each nurse and her relatives, are being selected and these cars will have the rightof-way at the railway station. All other cars will be kept back and the street may be roped off.

As fast as the young women leave the train and reach the cars with relatives and friends, these cars bearing them will head a procession and drive through the streets. Their wishes and the wishes of their friends will be consulted, however and the moment the desire is expressed to be taken to their homes the cars will drop out of line and go wherever ordered. They will be permitted to rest and Monday night they will be given a public reception at the Auditorium and Eagles' building. It will be along the line of the big event of February 5, when 500 returned soldier boys were wel-

### Chicago Cubs to Pass Through Omaha on Way to Pacific Coast

March 19.-Sixteen Chicago. members of the Chicago Nationals left here tonight in charge of President Fred L. Mitchell for Pasadena, Cal., where they will begin training Sunday. Three players will join the party at Omaha and three others are already on the coast.

Pitchers Harry Weaver and Vie Aldridge held a conference with President Mitchell today over their Score of Day in Tourney contracts and Weaver came to Mitchell hopes to satisfy Aldridge before reaching Pasadena.

Lithuania Wants Food. New York, March 19-Luthuania wants to buy food for its people, who are déclared to be starving, actournament today without touching to a cable made public here the leaders in either division.

A St. Louis pair, J. Yarkes and G. Rautenberg, made the highest Council.

> JUDGE Chiropractic by what it has done for others.

of Dayton was second high with 623. Adjustments \$1 or 12 for \$10 DR. FRANK F. BURHORN for Forging Wilson's Name (Palmer School Chiropractor) Columbus. O., March 19.- John

Suite 414-19 Securities Bldg., Cor. 16th and Farnam Sts. Doug. 5347. Lady Attendant. Residence Phone Blackstone Hotel.

# of stolen cars, found the car mired at Twenty-first and Hickory streets. THE MOST DANGEROUS

Thomas O'Brien today was sentenc-

ed to the Ohio penitentiary for sev-

Danger is in sight.

Find out what the trouble is—without delay. Whenever you feel nervous,
weak, dizzy, suffer from sleeplessness,
or have pains in the back, wake up at
once. Your kidneys need help. These are once. Your kidneys need help. These are signs to warn you that your kidneys are not performing their functions properly. They are only half doing their work and are allowing impurities to accumulate and be converted into uric acid and other poisons, which are causing you distress and will destroy you unless they are driven from sour system,

old-fashioned, soothing oils combined with strength-giving and system-cleansing herbs, well known and used by physicians in their daily practice. GOLD MEDAL Haarlem Oil Capsules are im-Holland. They are convenient to take, and will either give prompt relief or your money will be refunded. Ask for them at any drug store, but be sure to get the original imported GOLD MEDAL brand. Accept no substitutes. In sealed packages. Three sizes.



### PAINS AND ACHES YIELD **QUICKLY TO SLOAN'S LINIMENT**

Are you tormented by Neuralgia, face, the circulation is equalized, Lumbago, Sciatica or any of these sympathetic nerves all soothed, and aches that require a counter-irri- soreness or lameness disappears. tant? Then let the soothing, warm- Sloan's Liniment is probably the ing application of Sloan's Liniment counter-irritant most widely used glass of real hot water with a tea Paris, March 19 .- Mrs. Wilson stop the pain by drawing the blood to overcome painful inflammation in cases of neuralgia, sore muscles,

tian association. She was greeted the blood rushing to the inflamed gout. Rubbing is not required. This previous day's indigestible waste, by several hundred French girls of muscle or joint that makes you ache. clear, clean liquid is easily applied sour fermentations and poisons bethe ministry of munitions, who pre- So when Sloan's Liniment relieves as it does not stain the skin. sented her with a bouquet of red, the swollen blood vessels by setting Generous size bottles at white and blue flowers. The girls up a counter-irritant on the sur- druggists, 20c, 60c, \$1.20.



Arrest Hungarian Countess, Alleged Hun Propagandist

Chicago, March 19.-Countess turelia Bethlen, Hungarian noble woman and Bahai priestess, is being held by federal authorities today pending a hearing on a charge of sending a threatening letter to President Wilson addressed to Paris. The countess, who claims she was a lady in waiting to Empress Elizabeth of Austria, was arrested last night by A telegram received yesterday secret service operatives on a warmorning announced the departure rant sworn out by their chief, Capt.

According to Captain Porter, the countess criticized the president in a five-page letter which had been interpreted and also had acknowledged spreading German propaganda both during the war and since. The ountess is 41 years old and she had een gathering sociological data for series of lectures she had been deivering on capital and labor and the work of the peace conference. She came to this country in 1908. Her husband died at Budapest in 1892. "I believe her to be a dangerous woman," Captain Porter said. "She is exceptionally well educated and is

## Want To Be Good Looking?

a rapid political orator.

Who doesn't want to be good ooking, and what helps in good ooks more than abounding health, clear eye, clear skin? Without hese you can't have good looks. If you allow food-waste to lie in

your bowels it ferments, fills the blood with poisons, which are deposited in the skin and make it muddy, cause pimples, and utterly destroy any good looks you may have. Your druggist has a product called SALINOS, which will completely empty the bowels, including the lower bowel, where most of the poisons are formed. It acts promptly and pleasantly. It's pleasant to take and fully effective if taken in cold water. Get a bottle of SALINOS. Keep your looks.—Adv.

Give Your Insurance

Meyer Klien 636 First Nat'l. Bk. Bldg. Telephone Tyler 360.

#### "BALMWORT" FOR RHEUMATISM

Mr. J. M. Hunter, Longmont, Colo., writes: "I have been taking Balmwort Kidney Tablets for my rheumatism and find they help me more than anything I ever took," etc. Some forms of rheumatism are caused by failure of the Kidneys to secrete and throw off the waste and poisons of the body. If Kidneys and bladder are not doing their full duty, Balmwort Kidney Tablets will thoroughly revive their activity. Sold by all druggists.

#### BEST WAY TO WA H THE HAIR

We find you can bring out the beauty of your hair to its very best advantage by washing it with can-OF ALL DISEASES throx. It makes a very simple, and expensive shampoo, which cleanses the hair and scalp thoroughly of all the dandruff, dirt and excess oil, No organs of the human body are so important to health and long life as the kidneys. When they slow up and commence to lag in their duties, lock out!

Get some GOLD MEDAL Haarlem leaving a wonderfully clean, whole-some feeling. After its use you will tried preparation used all over the find that the hair dries quickly and world for centuries. They contain only evenly, is never streaked in appearance. find that the hair dries quickly and evenly, is never streaked in appearance and is always bright, soft and fluffy, so fluffy in fact, that it looks more abundant than it is, and so soft that arranging it becomes a ported direct from the laboratories in pleasure. Just use at teaspoonful of canthrox, which you can get from any good druggist's, dissolve it in a cup of hot water; this makes a full cup of shampoo liquid, enough so it is easy to apply it to all the hair instead of just the top of the head

### Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only ev ery woman and likewise every may could realize the wonders of th morning inside bath, what a gratify ing change would take place. Instead of the thousands of sic

ly, anaemic-looking men, women an girls with pasty or muddy comples ions; instead of the multitudes of "nerve wrecks," "rundowns," "braif fags" and pessimists we should sea virile, optimistic throng of rosy cheeked people everywhere. An inside bath is had by drinking

each morning before breakfast, spoonful of limestone phosphate it it to wash from the stomach, liver, It is the pressure on the nerves by wrenched joints, strains, bruises, kidneys and ten yards of bowels the fore putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store, which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal