

SHARP PAINS IN THE BACK

Point to Hidden Kidney Trouble.



Have you a lame back, aching day and night?

Do you feel a sharp pain after bending over?

When the kidneys seem sore and the action irregular, use Doan's Kidney Pills, which have cured thousands.

A New Jersey Case—

"Every Picture Tells a Story"

Louis Henry, 628 Grove St., Jersey City, N. J., says: "I am almost everythin' from broken-down kidneys. My back was stiff and pained terribly. I was all run down and couldn't rest or enjoy myself. Doan's Kidney Pills gave me kidney new life and a full pox of energy. Well, I don't know of another kidney remedy as good as this one."

Get Doan's at Any Drug Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., Buffalo, New York

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute of Chicago.)

LESSON FOR OCTOBER 27.

WANDERINGS IN DECAPOLIS.

LESSON TEXT—Mark 7:31-8:10.
GOLDEN TEXT—"He hath done all things well; He maketh even the deaf to hear and the dumb to speak"—Mark 7:37 R. V.

Last week we saw our Lord in the region of Tyre and Sidon dealing with the Syrophenician woman. In v 31 (R. V.) we now see him journeying back towards the Sea of Galilee through the border of that section containing ten cities, for that is what the word Decapolis means.

1. JESUS THE HEALER (vv. 31-37). Jesus had gone north seeking rest but he "could not be hid," and now upon his return he continues to meet these sad cases which need healing, and who are brought to him by their intensely interested friends. Jesus does not need beseeching. He whose heart was touched with compassion is ready to hear the faintest cry.

This first section is rich with suggestions. Jesus takes the man apart suggesting the necessity for individual personal dealing with God. Men are not saved en masse but as separate individuals, it could not be otherwise and have a man retain his personality. To work any cure for our sins Jesus demands our individual attention. Then Jesus placed his fingers in the man's ears; suggesting the added emphasis that we must come into personal contact with God if we would be healed. We may stop to reason (Isa. 1:18) with him but our sins, that be as scarlet, will not be removed unless we come by personal, individual, experience under the blood, (Eph. 1:7).

"His blood avails for all our race,
His blood avails for me."

Moistening the man's tongue with his own saliva suggests that the source of healing is to be in Jesus' own person. Our salvation is not in the words he spoke, nor the life he lived, but the life he gave (Heb. 9:12-14).

Fellowship With God.

Jesus also looked to heaven, indicating that we must continue in fellowship with God, and also indicating his own fellowship with the father. Jesus sighed over the wreck of sin. The son of man came to bear our sorrows and to share our griefs. (Isa. 63:9). Attention has been called to the sights and the tears of Jesus. If our prayers were more accompanied by tears and heartfelt sighs they would be more powerful. (cf. Romans 8:26). It is equally true that if our sighing were accompanied by more prayers we would accomplish more in his kingdom.

After these preliminary and suggestive acts Jesus spoke the one word "Ephphatha"—Be opened—and deaf ears were opened to words of praise and counsel and to the cry of distress. Loosed was the man's tongue to speak his word of personal testimony and to witness for his healer. Read Isaiah 32:1-5 and 35:4, 5.

II. JESUS THE PROVIDER (vv. 1-10, cf. Matt. 15:32-38.)

The tremendous stir Jesus caused is graphically suggested by Mark in verse one of this section. From far and near they had gathered and now at the end of the third day their small supply of food is exhausted. We are told by John (6:26, 27) why they had followed him, still they were deeply interested in him and considered him to be a prophet (John 6:14). Nevertheless Jesus was moved with a compassion then, even as now he is moved when he beholds us in our unworthiness.

No Hunger Too Great.

The compassion of Jesus is a very active principle, it does not consist of sighs and lamentations, or of investigations and condemnation of conditions. His compassion causes him to act. But the disciples are aghast at his suggestion that he feed this multitude of "about four thousand."

"Whence shall one be able to fill these men with bread?" (R. V.)? On the other occasion Jesus had asked Phillip, who lived in the near-by town of Bethsaida, where they might find bread; but now they are in a desert place. It may seem strange for the disciples to ask such a question. He had fed a larger number with smaller resources.

After taking stock (v. 5) Jesus commands the people to sit down. He received their seven loaves (v. 6) and brake and gave, first to the disciples, and through them to the people. Such as they had, first given to him, responding to his touch, was enough and to spare (v. 8). When we give him our all we will bless, multiply and use.

Our Golden Text (v. 37) is suggestive of a wide application in teaching this lesson. We have in this lesson two incidents as illustrations. In both we can see those principles that govern his life and ministry, viz., unvarying loyalty to God and unwearying compassion for poor, weak humanity. As has already been suggested, we also see that the methods of Jesus varied, according to the individual need and always with the unwavering purpose of glorifying God. The same lesson of careful conservation of what remained is taught as in the case of the feeding of the five thousand.

"I have not had any return of my former troubles since drinking Postum, and feel better and can do more work than in the last ten years. We tell everyone about it—some say they tried it and did not like it. I tell them it makes all the difference as to how it's made. It should be made according to directions—then it is delicious."

My husband used to have bad spells with his stomach and would be sick three or four days, during which time he could not eat or drink anything. But since he gave up coffee and took to Postum, he has had no more trouble, and we now fully believe it was all caused by coffee.

To my surprise he called for a third cup, said it was "good stuff" and wanted to know what it was. We have used Postum ever since and both feel better than we have in years.

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Given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest. Adv.

The KITCHEN CABINET



I T SEEMS so far away;
And we are busy here and there
The livelong day.

We dream of some time when
These hindering tasks shall all be done;
And then, Oh then!

Ah, dreamer, while you wait,
The days and years are slipping by,
What if too late?

COMPANY DISHES.

A pretty way of serving a salad and cheese course and one not common is

Slice nice red tomatoes in even slices, then place on each a thin slice of American cheese, spread with mayonnaise, and cover with another slice of tomato. Add a heaping spoonful of mayonnaise and place half a stuffed olive on this as a garnish. Serve with olive and water crackers.

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Shepherd's Pie.—Put a layer of minced roast beef in a baking dish after placing a layer of seasoned mashed potatoes at the bottom. Moisten the meat with gravy, season to taste and finish with a layer of mashed potatoes. This dish requires much rich gravy.

Beef Balls.—Season a cup of cold chopped beef with salt, pepper, celery salt, onion juice and lemon juice, add one beaten egg and form into balls. Roll the balls in a very little butter and toss in a hot frying pan until hot. Serve with horseradish sauce.

Horseshard Sauce.—Season two tablespoonsfuls of grated horseradish with a quarter of a teaspoonful of salt and a quarter of a teaspoonful of sugar. Whip a quarter of a cup of cream and add to the horseradish. If one has no cream, use an equal quantity of horseradish and breadcrumbs made moist with milk. Season with vinegar and pepper and salt. If the mass is put through a sieve it will be smooth and creamy in consistency.

Corned beef hash is greatly improved by the addition of a chopped green pepper.

Celery is a nerve tonic which contains sulphur and helps ward off rheumatism.

Onions are a nerve tonic which contains sulphur and helps ward off rheumatism.

Protecting the Poodle.

"Do you believe that kisses transmit microbes?"

"I don't know, but I'll take no chances. Marie, don't let anybody kiss Fido."

Social Amenities.

"Husband, I feel that we ought to give the people next door a dinner or something."

"Why so? They have never done anything for us in a social way."

"Yes they have. I learn that they fed our cat while we were away."

A Suggestion.

"My prospects at present are very bad."

"Then why not get into sympathetic communication with old Jaggers? He is looking for some help."

HERE AND THERE IN THIS BUSY WORLD

It is expected that the marine corps will soon discard present uniforms for one similar to those used in the national forestry service.

E. C. Anderson, an elderly resident of Chicago, who was rescued from quicksand near Wood River, is insane as a result of his terrible experience.

Attorney-General Carmody of New York declared that the state constitution should be amended so as to permit students to vote at their colleges.

THE MARKETS.

(New York Wholesale Prices.)

MILK.—The wholesale milk price is \$1.00 a quart in the 25¢ zone, or \$1.81 per 40-quart can. This rate goes into effect October 1.

BUTTER.

Creamery, extras	29	12
Firkins	29	12
Seconds	26	12
Thirds	24	12
Creamery held, extras	30	12
Good to prime	29	12
State, dairy, finest	29	12
Good to prime	26	12
Common to fair	25	12

EGGS.

State, Pa., and nearby henry white, fancy and new laid	41	12
Second, selected	39	12
White, common to fair	33	12
Brown henry, fancy	34	12
Gathered, brown, mixed colored	29	12
Western, gathered, white	29	12

FRESH KILLED POULTRY.

CHICKENS—Broilers—small boxes.	12	12
Milk fed, 24 lbs. to dozen and under	20	12
Milk fed, 24 lbs. to 30 lbs. to doz.	24	12
Corn fed, 24 lbs. to dozen and under	22	12

CHICKENS—Barrels.

Phila. & other nearby squab broilers per pair	60	12
Phila. & L. I. average chickens	22	12
Penna. broilers	22	12
Virginia, milk fed, broilers	20	12