

MRS. LYON'S ACHE AND PAINS

Have All Gone Since Taking Lydia E. Pinkham's Vegetable Compound.

Torre Hill, Pa.—"Kindly permit me to give you my testimonial in favor of Lydia E. Pinkham's Vegetable Compound. When I first began taking it I was suffering from female troubles for some time and had almost all kinds of aches—pains in lower part of back and in sides, and pressing down pains. I could not sleep and had no appetite. Since I have taken Lydia E. Pinkham's Vegetable Compound the aches and pains are all gone and I feel like a new woman. I cannot praise your medicine too highly."—Mrs. AUGUSTUS LYON, Torre Hill, Pa.


It is true that nature and a woman's work has produced the greatest remedy for woman's ills that the world has ever known. From the roots and herbs of the field, Lydia E. Pinkham, forty years ago, gave to womankind a remedy for their peculiar ills which has proved more efficacious than any other combination of drugs ever compounded, and today Lydia E. Pinkham's Vegetable Compound is recognized from coast to coast as the standard remedy for woman's ills.

In the Pinkham Laboratory at Lynn, Mass., are files containing hundreds of thousands of letters from women seeking health—many of them openly state over their own signatures that they have regained their health by taking Lydia E. Pinkham's Vegetable Compound; and in some cases that it has saved them from surgical operations.

Jesus, the Bread of Life

By Rev. PARLEY E. ZARTMANN, D. D.
Secretary of Extension Department
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TEXT—"And Jesus said unto them, I am the bread of life; he that cometh to me shall never hunger; and he that believeth on me shall never thirst. . . . He that eateth of this bread shall live forever."—John 6:35-58.



The time when this was spoken was one of the most remarkable occasions in the life of Jesus—just after he had fed five thousand men with five barley loaves and two small fishes; and fragments remained of the scanty supply which had been blessed and multiplied by the Master. The multitude cared not for the miracle—they were willing to follow a man who could feed such a throng with such a scant supply. Jesus uses the occasion and their curiosity to teach them that great lesson of which the miracle of feeding was only a faint shadow: Himself the only real supply for the hungry soul—he that cometh to me shall never hunger.

The Indispensable Christ.

This is one of the familiar and famous "I am's" found in this Gospel by John, 6:35. I am the bread of life; 8:12, I am the light of the world; 8:58, before Abraham was, I am; 10:9, I am the door; 10:11, I am the good shepherd; 11:25, I am the resurrection and the life; 14:6, I am the way, the truth, and the life; 15:5, I am the vine, ye are the branches. These pictures are parables linking Jesus with the vital, fundamental forces of the universe, setting forth the tenderest and dearest suggestions, touching the things we all need, and assuring us of safety, knowledge, and fulness of life. If you are a Christian and there is any lack in your life, it is only because you have not appropriated Christ for your daily need. If you are not a Christian, you need wait no longer, for this same Jesus is able to meet that need of yours, even to save unto the uttermost.

"Think of him as the Indispensable Christ, for that is what bread is to us, the very staff of life. Here, in the story of the miracle, Jesus says, "You marvel because I have fed the body, and you would perish without nourishment such as I have provided; but your souls are in greater need, and they will perish forever if they are not fed; behold, I am the bread of life; he that cometh to me shall never hunger; he that eateth of this bread shall live forever." Just as bread is a necessity of our physical life, Jesus is the real deep need of the human soul. No lesson is more important than this, in a time when men are trying everywhere else except in Jesus to find satisfaction and sustenance and safety.

A Simple Process.

Consider the process by which we get Christ as the food for the soul. Verse 35, He that cometh to me shall never hunger; and he that believeth on me shall never thirst; v. 51, If any man eat of this bread he shall live forever; v. 54, Whoso eateth my flesh, and drinketh my blood, hath eternal life; v. 56, He that eateth my flesh and drinketh my blood, dwelleth in me, and I in him; v. 58, He that eateth of this bread shall live forever. Here we have a simple process but a profound truth, and Christ sets himself forth as the same food for all souls; he is not one thing to the rich man and another to the man who cannot afford the luxury—he is the bread of life; just that to the man who could pay a fabulous sum, and just that to the man who has no money. And yet the cost of bread is great; the seed is cast into the ground and dies before the stalk appears; the grain must be cut down by the reapers; there is the severe process of grinding; and finally, the intense heat of the fire which perfects and completes the process. Christ could not be the bread of life apart from the garden, the cross, the tomb—"Ye were redeemed . . . with the precious blood of Christ, as of a lamb without blemish and without spot."

The Place of Faith.

If you come home at night, after the severest toil of the day, how do you get nourishment out of the bread set before you at the evening meal? By discoursing about the constituent parts which make up the loaf of bread? By praising the love and the skill of the hands which provided the bread? By admiration of the form of flavor of the loaf? No, no; but by the homely but necessary process of appropriation. Hereby learn a lesson that deep hunger which your soul feels—appropriate Christ, who says, I am the bread of life; he that cometh unto me shall never hunger. Let your faith lay hold of him. His gracious promise is a present tense—"Whoso eateth my flesh, and drinketh my blood, shall have eternal life."

No Vacuums in the Household.

"I would like to show you our new vacuum cleaner," began the agent when the door opened. "We ain't got no vacuums to clean," snapped the hard-faced woman as she slammed the door.

Cause and Effect.

"It must be great to be a man! One dress suit lasts you for years and years, and a woman must have a new gown for every party." "That's why one dress suit lasts a man for years and years."

INTERNATIONAL SUNDAY SCHOOL LESSON

(By O. E. RELLERS, Director of Evening Department of the Moody Bible Institute of Chicago.)

LESSON FOR JUNE 7
COMING OF THE KINGDOM.

LESSON TEXT—Luke 17:20-37.
GOLDEN TEXT—"Lo, the Kingdom of God is within you."—Luke 17:21.

I. The Kingdom Present, vv. 20, 21.
The Pharisees held some peculiar ideas about the coming of the kingdom. Contrary to their ideas there are no special outward signs to herald its coming. The word "observation" v. 20, is an astronomical one and suggests that the kingdom was to come in a bodily shape from the sky, a current expectation on the part of the Pharisees.
In answer to the boastful Pharisees (v. 20) Jesus plainly told them that he himself is the kingdom, and that the kingdom was in their midst or "among you," see (v. 21) margin. Their question was a flippant one, one of unbelief, and to it Jesus makes a characteristically brief, but clear reply, that partook of the nature of a rebuke. The kingdom would not come with trumpets and drums. They could not say, "Lo here! lo there!" Its coming was not to be spectacular, arresting the attention of some who in turn brought it to the attention of others. The authorized rendering "within you" does not imply that the kingdom already existed in the individual lives of his questioners. Subsequent teaching of Jesus shows that he here refers to another and a final coming of the kingdom, at the time of the final coming of the son of man. What he desired to teach these Pharisees was that the kingdom of which he spoke had already appeared due to the fact of his presence in their midst. The carping Pharisees withdraw and Jesus speaks openly to his disciples of the days that will come, a time of persecution when they will long for comfort.
Prophecy Fulfilled.

II. The Visible Son of Man, vv. 22-24.
The kingdom in its outward form was rejected by the Jews, John 1:26, 27. In its spiritual form it is now in the hearts of believers (Rom. 14:17), but he who was rejected with contempt will one day be sought after, though in vain, Matt. 23:37-39. During the time of his absence many shall claim to be Christ (v. 23), but we are not to believe such claims. History has abundantly proved and fulfilled this prophecy. When he really comes there will be a sudden publicity (v. 24), that shall flash from one corner to the other of the heavens, Matt. 24:27; then "every eye shall behold him." "So shall the son of man be in his day." This instruction Jesus gives to his disciples. Men shall search for him, a time when he shall not be present as he then was. After the false ones will come a day of revelation when the whole heavens will reveal him and all will know it.
Finality of Events.

III. The Day of the Son of Man, vv. 25-37.
Before that day comes, however, he must suffer and be rejected, but following that rejection men will marry, carry on merchandising and merriment as in the days of Noah and of Lot. In the days of Noah and of Lot there came a sudden halt in these activities and a judgment of flood and fire, even so "after the same manner shall it be in the day that the son of man is revealed," v. 30. This refers to the finality of events when the kingdom of God comes by way of judgment. Here Jesus sets his seal upon the truthfulness of these two events which preceded his first advent. If they be not true then he is a false teacher. Like as men discredit those events they likewise would set aside his teaching about his second advent. Many claim that verse 31 refers to the destruction of Jerusalem; the context to us clearly disproves any such interpretation. Verses 32 and 33 must be taken together.


Summary. Quite emphatically this passage is a teaching on the subject of the coming of the kingdom of God. That kingdom came when Christ came in grace. It will come when he comes in judgment. It is coming constantly between the two advents. Remember his reading of Isaiah's prophecy, Luke 4:18, 19; of Isa. 61:1-2. In his first advent he did come to preach the acceptable year, the year of grace. That day is still with us. In his second advent he will proclaim the day of the vengeance of God. He will establish the kingdom, will build the waste places and raise desolations. Today the kingdom of God is among us in power through the presence of Christ by the spirit in the living church.
To the Pharisees he said: "Neither shall ye say, lo here! lo there! for the kingdom is in your midst." To his disciples he said: "They shall say lo here! lo here! go not away nor follow them." We cannot localize the kingdom. On an ancient Syrian fragment the words of Luke 1:33 read, "and to his kingdom there shall be no frontier." On the lips of the Pharisees, kingdom meant a political organization and empire. With Jesus it means a spiritual realm universal in extent, a rule of righteousness, and peace and joy in the Holy Spirit. When he appears all will know.

TEMPERANCE NOTES

(Conducted by the National Woman's Christian Temperance Union.)

MILK IN PLACE OF BEER.
Milk bottles instead of beer bottles reign supreme at luncheon in the Pullman car factories. Two peddlars at the main gate, which is but one of the seven entrances, sell nearly half a thousand bottles of milk each noon.
Exclusion of demoralizing influences being part of the original paternalistic regime, no saloons, with but one exception, were allowed in the town. Liquor interests seized upon the nearest available spot and 30 grog shops soon clustered at Kensington, just across the railroad tracks and south of Pullman. This place quickly merited the name of "Buntown," which still clings to it.
"Few things," writes Prof. Graham Taylor in the Survey, "are more striking to the observer who watches the swarms of men at the main gate during the noon hour, than the absence of beer cans and the prevalence of milk bottles. Buntown, however, lives up to its old reputation and boasts of 52 saloons, 25 of which are on the single block nearest to Pullman."
Moderate Drinker to Blame.
We maintain, not as radical reformers or as prejudiced prohibitionists but merely as fairly intelligent observers, that the example of the moderate drinker is far more dangerous than that of the habitual drunkard—just as the "respectable" saloon is far more dangerous than the basement dive. What young man ever takes his first glass with the intention of becoming like the reeling, degraded set he passes in the street with disgust? Or like the pitiful wreck of humanity seeking to regain his lost manhood in an inebriate asylum? No, he intends to be like his friend, Mr. A., that pattern of morality and sobriety, a pillar in business and social circles, a leader in the church, a moderate drinker. "If Mr. A. can stop when he wants to, so can I," argues some mother's boy, and—but we all know the old, old story only too well.

HOME LOOKED GOOD TO HIM
Boston Man Returns From Tunis After a Thrilling Experience With Arabs.
There never was a man who showed more happiness to touch foot on native soil than Percival Roberts of Boston, graduate of Oxford college, England, and an alumnus of the Harvard law school, who arrived at Boston from Naples. Mr. Roberts had hurried to Italy after having been chased on camel back by wild Tripolitan bandits, who swooped down on him and his party's pack camels and household goods when they were camping on the border of the desert south of Sfax, in the interior of Tunis.
Italian soldiers had driven a flying squadron of untamed Arab horsemen and cut-throats across the Tunis border, and when the pack of infuriated savages caught sight of the Roberts party it charged the camp with wild yells and blazing rifles.
Roberts embarked on the first ship of the desert he could locate in his frantic rush for a conveyance and swayed and rolled on camel-back over the dry sands of the desert for ten miles before he could make his getaway. His three friends, two Frenchmen and an Englishman, got off in different directions, all aboard the swift-racing camels which had carried them into camp.
One Himself.
Gertrude Vanderbilt had been lunching with a friend at Murray's. As they left the restaurant a seedy-looking mendicant approached Miss Vanderbilt and held out his hand.
"Can't you give me a few pennies, lady?" he pleaded. "I'm hungry and a broken-down sport myself."
Miss Vanderbilt had coughed up a quarter before the full impact of his remark struck her, then she began to laugh.
"I suppose I should have given him a dollar," she observed. "At least the man was brave."
A Better Plan.
"The people next door play the graphophone incessantly."
"Still they seem kind-hearted. They have offered to loan us any records we like."
"I should prefer to borrow some of those we don't like, and thus get them out of commission for a few days."
LADIES CAN WEAR SHOES
One size smaller after using Allen's Foot-Paste, The Antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Just the thing for dancing. Refuse substitutes. For FREE trial package, address Allen S. Clendenen, Le Roy, N.Y. ADV.
First Thing in Nature.
Every investigation which is guided by principles of nature fixes its ultimate aim entirely on gratifying the stomach.—Athenaeus.



All Man's Drink—All Woman's Drink—Everybody's Drink

Vigorously good — and keenly delicious. Thirst-quickening and refreshing.

The national beverage — and yours.

Demand the genuine by full name—
Nicknames encourage substitution.

THE COCA-COLA COMPANY
Atlanta, Ga.

Whenever you see an Arrow think of Coca-Cola.

Up-to-Date.
Church—I hear you've got a new up-to-date typewriter.
Gotham—That's what I've got. "Is she blonde or brunette?"
"Neither; green wig!"

And Wood Wouldn't.
Marks—I hear that the Woods have separated. What was the trouble?
Parks—It seems that Mrs. Wood wanted him to dye his white hair to watch her new lavender wig.

No man can talk quite so eloquently as his money.

Most men are industrious from necessity.

Thought He Was at a Christening.
Mrs. Crimsonbeak—I bought one of those new things to suspend a milk bottle against the side of a house instead of leaning it on the doorstep.
Mrs. Yeast—How does it work?
"It was a failure. My husband came home late the other night and thought the house was a new battleship to be launched, and in the morning we had no milk."

Its Place.
"This is a rasping sort of letter. Where shall I put it?"
"On the file, of course."

Anyway, a man never sits down on the floor when he puts on his hoseiery.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure
CARTER'S LITTLE LIVER PILLS

Small pills, small dose, small price.
Genuine must bear signature
W.E. Wood

Keeps The Skin Fair

You can have a beautiful pink and white complexion if you use
Glenn's Sulphur Soap

Use it daily in bath and toilet.
Prevents and removes skin troubles.
Healing and Purifying

Maw Has the Last Word.
Willie—Paw, is there a man in the moon?
Paw—No, my son. It is a woman.
Willie—But maw says there is a man in the moon.
Paw—Your maw is wrong. If it was a man it wouldn't change so often.
Maw—You go to bed, Willie.

ACRY FEELINGS, PAIN IN LIMBS
All Malarial indications removed by Hake's Tonic, that well known remedy for all such diseases.
I have taken up the three bottles of Hake's Tonic, and have not felt well and entirely free from pain in my limbs for five years.—Mrs. E. Higgins, Elizabeth, Pa.

Hake's Tonic costs all druggists or Harkins' Drug Store, 1033 Broadway, New York, N. Y.

Attractive.
"What's that crowd of men after?"
"You mean the tough mob over there?"
"Yes."
"They're trying to get into our new billiard hall!"

Important to Mothers
Examine carefully every bottle of **CODD'S** safe and sure remedy for infants and children, and see that it bears the signature of **Dr. J. C. Codd**. Use For Over 30 Years.
Children Cry for Fletcher's Castoria

For the man with a chip on his shoulder—get an ax.

Good Cause for Alarm
Deaths from kidney diseases have increased 75% in twenty years. People overlook the danger in so many ways that the constant filtering of poisoned blood weakens the kidneys.
Beware of fatal Bright's disease. When dizziness or urinary ills suggest weak kidneys, use Doan's Kidney Pills, drink freely and reduce the diet. Avoid alcohol and liquor.
Doan's Kidney Pills command confidence, for no other remedy is so widely used and so generally successful.

A Maryland Case
"I had a great deal of trouble with my kidneys, but I got well by using Doan's Kidney Pills. I had been suffering for some time with dizziness, headache, and a general feeling of weakness. I had heard of Doan's Kidney Pills, and I decided to try them. I got the pills at my drug store, and I took them as directed. In a few days I felt much better, and in a week I was completely well. I can now do my work as usual, and I feel like a new man."—**Terry Pickett**, Tellico, Va.

DOAN'S KIDNEY PILLS
WATERBURY CO., BUFFALO, N. Y.

PARKER'S HAIR BALM
A mild preparation of herbs, suitable for coloring hair. For Restoring Color and Softening to Gray or Faded Hair. 50c. and 10c. in every drug store.

Let's Have a Porch Party with WRIGLEY'S SPEARMINT



It's the ideal offering to guests or family, especially after dinner. It's the hospitality gum—so perfectly packed that it stays perfectly fresh and clean.

It costs almost nothing but people like it better than much more costly things.

It relieves all "over-eaten" feelings—refreshes the mouth—cleanses the teeth beautifully.

Chew it after every meal.

EVERY PACKAGE TIGHTLY SEALED!

Remember—the new seal is airtight and dust-proof! It's the best gum in the best package.

Be SURE it's WRIGLEY'S. Look for the spear.

WRIGLEY'S SPEARMINT GUM
THE PERFECT GUM
THE FLAVOR LASTS
WALTER D. WRIGLEY & CO. CHICAGO, ILL.

GOING UP AND GOING DOWN.
Two men, one well dressed and the other seedy and wobbling, walked along the street. A third man asked a fourth: "What makes the difference between those two men?" and got this reply: "One patronizes dry goods and grocery stores, and the other patronizes saloons." That was explanation sufficient, but this may be added: "The seedy man is well educated and his wife a college graduate, while the well dressed man has little education but gets value in return for his money. Saloons make difference enough in two men, one going up and the other going down."

INTERESTING FIGURES.
To those who say that to abolish the liquor traffic will throw men out of work, it should be shown that the number of those thrown out of work from inebriety is much larger. The number of men in Massachusetts in the liquor traffic in 1905 was 6,954; the number of arrests for drunkenness was 73,972—67,468 males and 6,504 females. Some of those, of course, were repeaters, but the aggregate number of those thrown out of work through inebriety is several times the number of men employed in the liquor business.

KANSAS PRINCIPLES IN MISSOURI
The Willis Wood theater, which was recently opened in Kansas City, Mo., was christened with White Rock mineral water instead of champagne. This happened not because things are usually done that way in Missouri, but because Kansas teachings had taken so firm a hold on the manager, a citizen from the latter state, that he still did things the Kansas way despite the example of his adopted state.

SELF-PRESERVATION.
This is the question, beginning with the individual: If prohibition of spirits in his life and work are absolutely necessary, does the same thing hold good in the community, in society, in business circles everywhere?
If prohibition can be made practical in a town or city, and show a profit and gain in every relation, why cannot this be extended and applied to every form of human activity? There is no theory or idealism in this.—Dr. T. D. Crothers.

Insects Worth Protecting.
Among the common insects of the household are two which are friends of the housewife. If she realized this fact, she would protect them, instead of taking every opportunity to kill them. One of them is the spider, and the other is the so-called "centipede," or "earwig." But the latter is neither an earwig (which is quite a different kind of creature), nor yet a centipede. It is a "myriapod," and has fifteen pairs of legs. Like the spider, it is predeceous, attacking and devouring flies and other "un-desirables."