

"CASCARETS" FOR LIVER, BOWELS

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels—you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children—their little insides need a cleansing, too. Adv.

Couldn't Get It. "I like this quaint little mountain village of yours, waiter. I suppose I can get plenty of oxygen here?" "No, sir; we've got local option."—Sacred Heart Review.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fitcher, In Use For Over 30 Years. Children Cry for Fitcher's Castoria

Ever Happen to You? Bill—It is said there are 225 separate operations in the manufacture of a watch that sells for a dollar. Jill—Well, there are more than that when one has stopped and a fellow is trying to make it go.

Indefinite. "How is it you college boys stick to the hazing game?" "Oh, it's such a bully game!" "Analyze the contents of your cup of sorrow and you'll be surprised at the happiness found therein."

REMARKABLE LETTER FROM A WELL KNOWN WASHINGTON DRUGGIST. In reference to FLEETCHER'S CASCARETS, the great remedy for children and for all ordinary ailments.

Diogenes was searching the streets of Athens for the honest man, when suddenly the spirit of Anaxias sidled up to him and whispered: "Diogenes, I am a liar!"

Whereupon Diogenes scratched his bald pate for a time in perplexity, but finally, closing his lantern, had to invite the shade home to dinner.—Columbia Jester.

Submerged Timber. The strength of a hemlock stick a foot square that had been in water for almost forty years was recently tested in the 600,000-pound testing machine at Rensselaer Polytechnic Institute at Troy, in New York.

CHILDREN SHOWED IT Effect of Their Warm Drink in the Morning.

"A year ago I was a wreck from coffee drinking and was on the point of giving up my position in the school room because of nervousness.

"I was talking a friend about it and she said, 'We drink nothing at meal time but Postum, and it is such a comfort to have something we can enjoy drinking with the children.'"

"I was astonished that she would allow the children to drink any kind of coffee, but she said Postum was not coffee, but a most healthful drink for children as well as for older ones, and that the condition of both the children and adults showed that to be a fact.

"I was in despair and determined to give Postum a trial, following the directions carefully. It was a decided success and I was completely won by its rich delicious flavor.

"In a short time I noticed a decided improvement in my condition and kept growing better month after month, until now I am healthy, and do my work in the school room with ease and pleasure. I would not return to nerve destroying coffee for any money." Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. Regular Postum—two forms; will be well boiled. 10c and 25c packages. Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins. Both kinds are equally delicious and cost per cup about the same. "There's a Reason" For Postum. Sold by Grocers.

Three Pictures from God's Album

By REV. B. B. SUTCLIFFE, Assistant Superintendent of Men, Moody Bible Institute, Chicago

TEXT—Abram dwelled in the land of Canaan, and Lot dwelled in the cities of the plain, and pitched his tent towards Sodom. But the men of Sodom were wicked and sinners before the Lord exceedingly.—Gen. 13:12, 13.



Someone has said that the Old Testament is God's picture gallery where he has given us in picture form the doctrines and truths he develops in the New Testament. Our text has three of these pictures, in which three classes of persons are described—Abram, Lot and the men of Sodom.

Taking these in reverse order, we can see how the men of Sodom illustrate a large number of people today. They are those whose underlying principle might be termed living for self alone.

Lot was not very consistent. When it would threaten to interfere with business or with pleasure it must not be heard. It was time then to laugh it out of court as a sort of fable, and when it became personal Lot was to treat it as a joke.

Living for Self and God. The second picture is that of Lot, in whom the half-and-half Christian is easily seen. This man illustrates those who seem to have, as the underlying principle of life, the idea of living for self and for God too.

Living for God. The last picture is that in which the "out-and-out" Christian is seen in Abram. The underlying principle of his life seems to be that he had made up his mind to serve God alone.

INTERNATIONAL SUNDAY SCHOOL LESSON

LESSON FOR MARCH 21

JONATHAN AND HIS ARMOR-BEARER. LESSON TEXT—1 Samuel 14:1-12. GOLDEN TEXT—Let us put on the armor of light.—Rom. 12:12.

Samuel's review of his life of integrity, his charge to the Israelites, God's testimony of displeasure over their persistent desire to have a king, and Samuel's words of comfort and assurance as found in chapter 12, form an interesting connection with last Sunday's lesson.

I. Saul's Distress, vv. 1-4. That Saul's disobedience, just indicated, had incurred God's displeasure, we know. It evidently had its effect upon the people also, for his army had dwindled during the intervening fifteen or eighteen years, from 330,000 (ch. 11:8) to a feeble 600 (v. 2).

II. Jonathan's Victory, vv. 4-13. But God had one leader to whom he could speak, Jonathan, who is one of the finest and most attractive characters in the whole Bible.

III. Living for Self and God. The second picture is that of Lot, in whom the half-and-half Christian is easily seen. This man illustrates those who seem to have, as the underlying principle of life, the idea of living for self and for God too.

IV. Living for God. The last picture is that in which the "out-and-out" Christian is seen in Abram. The underlying principle of his life seems to be that he had made up his mind to serve God alone.

Today's Message. Two young men of faith saved a nation sunk in despair and disgrace. They inspired confidence in God and his promises. "Youth for battles, old age for counsel," but there are times that demand action more than conference and consideration.

True Generosity. Mary—Did you give anything to the poor this winter? Hazel—Yes; I gave my old shoes. Mary—Well, there's nothing small about that kind of charity.

How She Considered It. He—So you are going to consider my proposal? She—I do consider it—a joke.

SAGE TEA AND SULPHUR DARKENS YOUR GRAY HAIR

Look Years Younger! Try Grandma's Recipe of Sage and Sulphur and Nobody Will Know.

Almost everyone knows that Sage Tea and Sulphur properly compounded, brings back the natural color and lustre to the hair whether it be red, streaked or gray; also ends dandruff, itching scalp and itches falling hair.

Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly.

One-Hundred-Dollar Tree. The government has received \$99.40 in payment for a single sugar pine tree that a trespasser cut in the Stanislaus National forest in California.

Fiction and Reality. It is a simple truth to say that many things happen in fiction which would be quite impossible in fact, as any censor knows.

KIDNEYS CLOG UP FROM EATING TOO MUCH MEAT. Take Tablespoonful of Salts if Back Hurts or Bladder Bothers.—Meat Forms Uric Acid.

When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, nervous and dizzy spells, sleeplessness, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts.

It Pays to Pray, and Advertise. "Do you believe in the efficacy of prayer?" asked the new minister. "You bet!" triumphantly replied Sam Stinger.

Free to Our Readers. Write Marine Eye Remedy Co., Chicago, for 5-page illustrated Eye Book Free. Write all about your Eye Trouble and we will advise you as to the proper application of the Marine Eye Remedy in your Special Case.

Ingredients. "I don't think your speech was as full of ginger as some of your former efforts." "Maybe it wasn't," replied Senator Sorghum.

Guides to Success. In picking out your career, consider the things you like to do, the things you can do best.

DRINKER NOT WANTED. "The last man hired, the first fired—the man who drinks."

COUGHS AND COLDS cannot hold out against Dean's Mentholated Cough Drops. A single dose gives relief—5c at Druggists.

Your Uncle Samuel spent \$800,000, 000 for jewelry last year.

Temperance

DESIRES OF WHISKY VICTIM.

Some years ago in a village of western New York on election morning the recognized village toper went to the polls. He asked for a temperance ballot, and a liquor seller got him one, supposing a joke was at hand.

TRIED AND CONVICTED. It is one of the most cheering signs of the times that the cause of temperance is steadily gaining champions in the United States congress.

NO FINANCIAL PANIC. The American Machinist recently published a chart showing the number of workers (wage-earners, proprietors and executives) engaged in twelve of the manufacturing industries of this country.

POLICEMEN AGAINST SALOONS. "How many of you would like to see all the saloons closed?" asked Catch-My-Pal Patterson.

BREWERS' VIEW. "There are even companies and individual employers who threaten to discharge employees for drinking alcohol at any time."

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MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again.

The Shot That Missed. In controversy it is better to be intellectually honest than to be consistent.

DO NOT HESITATE To Use Cuticura on Skin-Tortured Babies. Trial Free.

A hot bath with Cuticura Soap and gentle application of Cuticura Ointment of once relieve, permit rest and sleep and point to speedy healing of eczemas, rashes, itches and irritations of infants and children even in severe cases.

UNCLE ROGER had been po'ly for some time, and had tried with alacrity every sort of patent medicine he could secure.

"Hello, uncle. How are you all nowadays?" "How is it? Why, baww, fo' mosly six munts a meal's vittles ain' mean nuffin' t' me, 'cusin' somepin tub takes medicine arter!"—Judge.

THE LUSH IN LUSCIOUS. "Why do they call the oyster a luscious bivalve?" "Is not customary to refer to intoxicating beverages as lush?" asked the learned but unsophisticated citizen.

YAGERS' LINIMENT. "My wife was so crippled with Rheumatism that she could hardly walk. After trying everything else without getting any relief I was persuaded to try Yager's Liniment. The first bottle acted like a charm and afforded immediate relief and after using 2 bottles she was entirely well, and doing her work with perfect ease and comfort."

YAGERS' LINIMENT IS THE GREAT PAIN ALLEVIATOR. Only comes in Large size, Bottles at all dealers. Prepared by GILBERT BROS. & CO., INC., BALTIMORE, MD.

From Mrs. Hornung, Buffalo, N. Y. "Buffalo, N. Y.—I am writing to let you know how much your medicine has done for me."

From Mrs. Hornung, Buffalo, N. Y. "I was visiting at a friend's house one day and she thought I needed Lydia E. Pinkham's Vegetable Compound."

Made Me Well and Strong. "I was all run down and very thin in flesh, nervous, no appetite, could not sleep and was weak, and felt badly all the time."

The Change of Life. BELTSVILLE, MD.—"By the use of Lydia E. Pinkham's Vegetable Compound I have successfully passed through a most trying time, the Change of Life."

For 30 Years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs.

Write to LYDIA E. PINKHAM MEDICINE CO., (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

Epitaph Misinterpreted. A neighbor's little daughter, after looking for some time at Shakespeare's epitaph, which hung over the professor's fireplace, ran home. "Oh, mamma!" she said, "the B—s have the strangest sign in their living room. It says, 'For God's sake don't disturb the dust.'"—Boston Transcript.

Something of a "Siam." Mandy—"What foh yo' been goin' to do post office so reglar? Are you corresponding wid some other female?" Rastus—"Nope, but since Ah been readin' in de papers 'bout dese 'comense funds', Ah kind of thought Ah might possibly git a lettah from dat ministah what married us.—Topeka Journal.

Camps New and Old. At an auction sale in New York city recently an oriental rug sold for \$2,700; it was bought for a "private camp." Shades of Kit Carson, Davy Crockett and other pioneers in camp life will please take notice and reflect on the change in standards since "roughing it" first became popular.

Nothing to Be Thankful For. Those favored few who, by their rank or their riches, are exempted from all exertion, have no reason to be thankful for the privilege. It was the observation of this necessity that led the ancients to say that the gods sold us everything but gave us nothing.—Charles Colton.

What Made the Difference. Husband—"Be reasonable, dear! Alexander the Great drank more than I do! So did Peter the Great, Adolphus the Great, the great Bismarck, and—Wife—"Oh, indeed! And were they buyers for Goldbug and Vladimir at thirty a week?"—Town Topics.



CRIPPLED WITH RHEUMATISM CURED BY YAGER'S LINIMENT. "My wife was so crippled with Rheumatism that she could hardly walk. After trying everything else without getting any relief I was persuaded to try Yager's Liniment. The first bottle acted like a charm and afforded immediate relief and after using 2 bottles she was entirely well, and doing her work with perfect ease and comfort."

A Message To Women

Those of Middle Age Especially. When you have found no remedy for the horrors that oppress you during change of life, when through the long hours of the day it seems as though your back would break, when your head aches constantly, you are nervous, depressed and suffer from those dreadful bearing down pains, don't forget that Lydia E. Pinkham's Vegetable Compound is the safest and surest remedy, and has carried hundreds of women safely through this critical period.

Read what these three women say: From Mrs. Hornung, Buffalo, N. Y.

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