English Founder of Turkish Navy. Turkish navy of the past owed st its existence to an English Hobart Pasha, a bold bucer, who was born into the Vic-He retired from the Engnah navy in 1863, and during the have falled. A famous English physiwar he became a blockade mer with hair breadth escapes in the worst case of insomnia in this erable. After the war he entered manner: When the patient has rethe Tarkish service, suppressed the tired, give her a heaping bowl of Crotan rebellion by intercepting the supplies from Greece and then reor- salt to season it. This will draw the the suitan appointed him marshal of it will quiet the nerves and put the the empire. Hobart Pasha also en- entire body in a healthy glow, and in iged the unique distinction of being ninety-nine cases out of a hundred tripe struck off the British navy list for breach of the foreign enlistment ful sleep." Another tasty dose to take at and twice reinstated there. And is died in 1886 with the rank of a ange just before retiring. There are stude vice-admiral.

Ought to Work. 'Alon, I have never been kissed."

That shows lack of enterprise on our part. Your sister has a fiance.

"Why son't you meet him occasionily is the dark hall?"-Louisville murier-Journal.

Small Chance.

"De you ever expect to be married?" "Well, that depends. If I can find girl with a million or two who esn't want to be married for berself

Those Dear Girls. Hazel-Harold tells me all he Aimee-Indeed! Isn't the silence

readfally oppressive at times?

"Time is money." 'Yep, but it's mighty tough if time

all you've got to spend.'

bread and milk, with just a dash of saked the Turkish fleet so well that blood from the head to the stomach. which will induce sleep is a cold or

certain sedative as well as stimu-

lating qualities in an orange, and it

is probably one of the most effica-

Wear Furs of Necessity.

China during the winter the Chinese

of all classes wear fur, wool or hair-

lined garments. Even the coolles

have their sheep or goot skins, and

people of the middle and official

classes have many sets of garments

fined with the richest furs. Their

nouses are rarely heated to a comfort-

able temperature and to consequence

they wear their furs both indoors and

"When the autumnal frosts touch

the foliage with tints of red and yes-

low against the gray sky, doesn't that

yellows make me think of the job

ahead of me tending the furnace, and

the grays make me think of the dust

"It certainly does. The reds and

inspire you to thought?"

when I sift the ashes."

Throughout the cold latitudes of

clous fruits that can be taken for this

If You Do Not Sleep Well.

should sleep come to you only at fits

and starts, try simple remedies, and

do not plunge into narcotics or stimu-

lants-at least not until the others

cian is quoted as saying, "I can cure

Should you be a restless sleeper,

\$

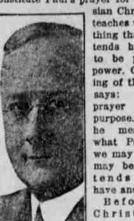
Strengthened

With Might

By REV. WM. WALLACE KETCHUM Director of the Practical Work Course, Mondy Bible Institute of Chicago

cording to the riches of his glory, to be strengthened with might by his spirit in the inner man.—Ephesians 5:14.

This is one of four petitions which constitute Paul's prayer for the Ephe-



sian Christians. It teaches us for one thing that God intends his people to be people of power. One speaking of this prayer says: "Paul's prayer is God's purpose." By this he means that what Paul prays we may have and mny be, God intends we shall have and shall be. Before every Christian God

places potentially this blessing of power. That is, every Christian may have this power if he desires it and makes it possible for God to give it to him. For God never purposes for us to have any thing, that he does not make it possible for us to possess it. To do otherwise would be to tease and tantalize us, and God never does that. When he exhorts us to "be strong in the Lord, and in the power of his might," he makes it possible for us, if we make it possible for him, to be strengthened with might by his spirit in the inner

The expression "inner man" undoubtedly means the soul-the inner self-as distinguished from the visible material body which it animates. Peter calls the inner man, "the hidden man of the heart" (I Peter 3:4). And Paul in another place speaks of it as "the inward man," contrasting it with "the outward man," which, he says, perishes daily (II Cor. 4:16).

It is very evident from this that the strength which may be ours is not physical power, nor even mental power which many strive to attain, but inner spiritual strength. It is strength of Christian character and nobility of

The one possessing this inner strength is fortified against temptation. It was this strength that enabled Joseph to maintain the integrity of his character in the face of the temptation of Potiphar's wife and prompted him to reply to her evil suggestion: "How then, can I do this great wickedness and sin against God?"

It is the strength, which when possessed, makes one mighty in holy service. Paul without it, would never have been the mighty apostle; and without it Peter would have remained the vacillating cowardly disciple. Without it there would have been no Martin Luther, no John Knox, no Charley Wesley, no William Carey, no Charles Spurgeon, no Dwight L. were and did what they did, because they were strengthened with might by

his spirit in the inner man. Again, this petition teaches us that God is the one who imparts this inner strength through his holy spirit. The petition is, "that he would grant us to be strengthened with might by his spirit." So while in another place we are exhorted to "be strong in the Lord and in the power of his might," we learn here that the strength by which we are to be made strong comes from God. He is the one who empowers us. Yet, if we are to be strengthened by God, we must place ourselves before God in such a way that he can give to us the strength of the Lord. We of ourselves are impotent, but God has made every provision for impotent people to be people of power. He is able and waits only our willingness for him to impart unto us his

The laws that govern the imparting to us of his strength are the laws that govern the reception into our lives of the holy spirit in power. It is the holy spirit who is spoken of in the word as "the spirit of might." He it is then, who must have his place of power in us if we are to be strengthened with might in the inner man. The early church was commanded to tarry in Jerusalem for the power necessary for service, and on the day of Pentecost while they tarried the power came, when the holy spirit deseended upon them. Ever since that day "the spirit of might" has been in the earth ready to take his place

Ready and willing is he to empower the people of God, but ready and willonly as we recognize him ing as the power we need to make us strong, ready and willing if will surrender ourselves to and by faith receive the holy spirit to be in us what he desires to be. "the spirit of might." Then there will be fulfilled in our lives the apostle's prayer which, while primarily for the Ephesian Christians, is also for us that we might be strengthened with might in the inner man,

The greatest truths come not by

Lucky Gold Seeker. A nugget of pure gold, weighing 84 ounces, was recently discovered by a prospector, at the Philbara gold field in western Australia, at a comparatively deep level. He also found another nugget weighing 49 ounces.

Great Britain's Forests. Of the total area of Ireland only about 1.5 per cent is wooded, while forests cover 5.3 per cent of England, 4.5 per cent of Scotland and 3.9 per WRITE FOR FREE SAMPLE

and Quaint "Mother Goose" Book-

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helpful refreshment the WRIGLEY Spears have produced an elaborate jingle book-the "Mother Goose" tales revised. You'll enjoy it. For FREE sample of the new PEPPERMINT flavored

> double and copy of this book, fill out the coupon or send a

postal today.

Has His Own Cage Now.

another very frequent cause of di-

vorce," said Prof. L. Watts Ingersoll

in an address before the Cleveland

"A man had been haled before a

Cleveland magistrate for nonsupport

Good Times.

"Anybody who can contemplate

these times with optimism must have

a disposition like the bookkeeper's

"The bookkeeper said one day at

"'Gee, I wish I could get up an ap-

"'Oh, go on, John,' said his wife

impatiently. What do you want an

appetite for? It would only give you

Simply Showing Him.

lie?" asked the schoolteacher.

"James, what are you doing to Wil-

"He wanted to know if you take ten

from fifteen how many would remain.

So I took ten of his marbles to show

"Well, why don't you give them to

"Coz he'd forget how many is left."

A Giveaway.

aversion to wrist watches.'

before they are married?

"Pa, what is graft?"

throughout tropical India.

would know it."

ten do afterward."

"You seem to have a deep-rooted

"You bet I have. Just suppose they

should become so fashionable that we

had to wear 'em. Every time a fellow

pawned his watch the whole town

Quite True.

"Do you know that girls often think

more of a dog than they do of a man

"Yes, and I've noticed that they of-

Usually a Liberal One.

eted by the servants of the people."

"Graft, my son, is a sort of tip pock-

There are said to be 800 uses for

A good cook should be at the head

In Spitzbergen the longest day lasts

of every provisional government.

the palmyra palm, which grows

him and now he wants them back."

Antidivorce league,

or some such fault.

and leopards?"

was the reply.

New York, said:

hasn't got its share.

petite for once!"

more dyspensia."

wife.

dinner:

Squabbling and fighting - there's

Save the Coupon Wrappers for Premiums is the largest selling gum in the lithographed in four colors

ers Talking to Their Horses as They Wished. The weather had been very wet for weeks, and the roads, "Somewhere across the Channel," were in a very

WHY HE WAS IN THE WAY

Presence of Chaplain Prevented Driv-

'But let me see,' the justice said. 'aren't you the man who was married Consequently, it was not surprising in a cage of wild, man-eating tigers that a wagon in a certain British supply column suddenly dived into . "Yes, your honor, I'm the man, hole full of mud, and refused to budge. At the critical moment up came an

Exciting, wasn't it?' said the jusarmy chaplain, who at once proffered Well, your honor," said the man, "Men." he said, "I see you're in diffi-

'it seemed so then. It wouldn't now!' culties. Can I be of any help?" "Yes, sir," answered a burly sergeant, bluntly, as he mopped his brow, Henry Ford, praising the good times, "you can give us the greatest help aking yourself scarce

'The good times are spread the "Making myself scarce!" gasped the country over. There isn't a spot that chaplain. "Why, how-?"

"Yes, sir," broke in the sergeant; 'you see, we can't very well say to the horses what they'd understand, while you are about!"

A textile made in China from raw silk can be buried in the earth a year without deteriorating.

And lots of people who think they have nothing but trouble don't know

what trouble really is. When the sun shines lay aside a

little of your enthusiasm for a raing

The only blusterer from which a brave man will take a blow is the

A New Delight Chili

Carne With real Bayou beans, or plain. Made after the real and famous Mexican formula. The seasoning is most

piquant-a zestful tasty dish anywhere

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your grocer's

Insist

Libby's

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Get rid of the stumps and grow big crops on cleared land. Now is the time to clean up your farm while products bring high prices.

Blasting is quickest, cheapest and easiest with Low Freezing Du Pont Explosives. They work in cold weather.

Write for Free Handbook of Explosives No. 69F. and name of nearest dealer. DU PONT POWDER COMPANY

This is the caution applied to the public announcement of Castoria that has been manufactured under the supervision of Chas. H. Fietcher for over 80 years—the genuine Castoria. We respectfully call the attention of fathers and mothers when purchasing Castoria to see that the wrapper bears his signature in black. When the wrapper is removed the same signature appears on both sides of the bottle in red. Parents who have used Castoria for their little ones in the past years need no warning against counterfeits and imitations, but our present duty is to call the attention of the younger generation to the great danger of introducing into their families spurious medicines. It is to be regretted that there are people who are now engaged in the

The Kind You Have Always Bought,

It is to be regretted that there are people who are now engaged in the nefarious business of putting up and selling all sorts of substitutes, or what should more properly be termed counterfeits, for medicinal preparations not only for adults, but worse yet, for children's medicines. It therefore devolves on the mother to sorutiaize closely what she gives her child. Adults can do that for themselves, but the child has to rely on the mother's watchfulness. the to ther's watchfulness. Genuine Castoria always bears the signature of Chart Hillicher.

Unromantic Ills.

Do you suppose the romantic peronages of the past suffered as we to from colds in the head and other kindred affections? Picture Cleopatra when preparing to apply the asp to her breast pausing in the proceed ings to blow her nose violently. Fancy Antony stopping in his oration over the dead body of Caesar to sip a glass of water or to alio into his mouth a sjube lozenge from the sleeve pocket of his toga. Imagine Henry V, unable to breathe properly through his nose sa account of a severe rheum conmeted in the moisty trenches of Agincourt, adjuring his troops. "Once fore unto the breach, dear friends, mee bore," or words to that effect. Or Juliet, languishing on her balcony. meezing violently in the midst of her dent responses to Romeo, because the nights had drawn in chill at Verona and she was rather too lightly clad. Such ribald fancies are unthink-Before the snuffles Romance

with averted face flits lightly away.

Case of Must. You're not smoking as much as you tned to. Did your doctor order you to stop?"

"No I'm a martyr to fashion." "What's fashion got to do with smoking?"

"If you saw my wife's dressmaker and milliner bills you wouldn't ask such a foolish question."

Hard to Damage.

"Alpine scenery is very grand." "Very durable, too. I imagine it will pull through the war all right."-Kanms City Journal.

Nothing flatters a fool so much as asking his advice.

If one doesn't believe that honesty is the best policy one should try it.

Assisting Ambition

Men of ambition - with the desire to forge ahead - need revitalizing food to help them to compel success.

Grape-Nuts

is a success food. It is made from whole wheat and malted barley and, pound for pound, contains far more "go" and "get there" than ordinary foods.

It retains all the nutriment of the grains, including their natural mineral salts - Phosphate of Potash, etc., often lacking in ordinary food, but essential to thorough upbuilding of sinew, brain and nerves.

Grape-Nuts is partially predigested and agrees with all. It's the ideal vigor-food for child and adult.

"There's a Reason"

Sold by Grocers everywhere.

One box of Tutt's Pills save many dollars in doctor's hills A remedy for diseases of the liver, sick headache dyspepsia, constipation and billiousness, a million people andorse

TROUBLE and don't know it. If you can make no mistake by using Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists in fifty cent and dollar sizes. Sample size bottle by Parcel Post, also pamphlet teiling you bout it. Address Dr. Kilmer & Co., Hinghamton, N. Y., and enclose ten cents, also mention this paper.

Waited for Orders. A drill foreman in Culebra cut sent a negro to the top of the mast on one of his drills to straighten out a rope which had slipped off the sheave. Just after the man went up the general foreman came along and talked about the job for half an hour. In the meantime the man on top of the drill was forgotten and after the general fore man left he was discovered still roosting on ton of the mast. The foreman

called to him: "Aren't you through up there yet?"

"Oh. yes, sir, boss." "Well, why don't you come down, then?"

"You don't tell me to, mir."

From the Latin. The Russians, who were slightly influenced by the Latin races, say that "dogs bark and the wind carries it away." but the French. Spaniards, Ger mans and English, who have innerited more than they wish to acknowledge from ancient Rome, all agree that barking dogs don t bite." and we have also in English the warning to "have a care for a silent dog and still water which is clearly a free translation of the Latin original,

Work of Small Creatures. It has been learned quite recently that the work of the earthworms is completed, not only by bacteria, fungi and algae, but also by countless minute animal organisms, including nematodes or thread-worms, oligochetas, tardigrades or bear

than one-fiftieth of an inch long. Paw's Little Joke. Little Lemuel-Say, paw, what is a stratagem? Paw-The diamond, my son, is one

animalcules and rotatoria or wheel

animalcules, which are worms less

The Reason. "There is a great deal of snap about that marching."

aind of a strata-gem.

riffe.

"No wonder; it's a crack corps." In the last hundred years Great britain has had a dozen different types of

It takes a conscientious man to enjoy his work if the remuneration is

It is difficult to convince the head of the house that two heads are better

We have noticed that a good deal of the life insurance is invested in second husbands.

How we dislike the thoughtless peron who always changes the subject of conversation when it's in our favor.

A seismograph invented by a Japanese scientist registers the velocity of all earthquakes two hundredfold.

SAVE YOUR MONEY.

of power in every believer's life.

reason but by inspiration.-Arthur S Wilshere.

WHY HE PASSED UNNOTICED

A fat "colored mammy" of the "old school" was hauled into court for Fairy Had Discovered Sure Way of throwing her washing board at her Making Himself Invisible-Anyneighbor's husband, a "Georgia Crackone Can Try It. er" of the "poor white trash" va-

WM- WRIGLEY JR. CO.,

1322 Kesner Bldg., Chicago.

"Did you strike this man with a little girl. washboard?" Judge Broyles asked. "I spec' I did, yo honah."

"What was the provocation?" "We wuz discussin wah, jedge," "Well-go on."

The War Spirit.

packago

sealed air tight

"We wuz talkin' 'bout dem Germings, an' John's Buils and dem Frenchmens, and he done said I was nutral, yo honah. I ain't gwine ter let no low-down white trash call me dat. -Case and Comment.

Wealth in India. Immense fortunes in India are in method of computation of the extent of this form of wealth. The imperial Gazetteer of India described 50 years ago a shaw! of pearls, with an arabesque border of diamonds, rubies sapphires and emeralds, valued at \$5, 000,000. There are tales of carpets of pearls and great diamonds which have become world famous.

Love's Way. "Of course, he hasn't any money but Charlie says love will make a

way. "Yes, I noticed it will," said the father. "Thus it's made away with about twenty-eight dollars worth of electricity."

Agreed.

Sadle-Say, honest now, do you like

Pauline-Well, she's got a good heart an' she means well, but-Sadie-Neither do 1.-Puck.



Roofs don't wear out-they dry out. When properly made they dry out very slowly and give the best service.

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Roofing Made with a soft center asphalt and coated with a harder blend of asphalt, which keeps the soft saturation within—the life of the roofing-from drying out quickly. Guaranteed 5, 10 or 15 years according to thickness—guarantee backed by the largest Roofing and Building Paper Mills in the World.

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OWIGGINS WIRE FENCE CO., Anderson, Indiana WANTED Men to learn barber trade few weeks required Steady position for com-petent graduates. Wonderful demand for ba-bers: free catalogue. Washinston Barber, College, 1008 Pa. Ave. N. W., Washinston, D. C.

Once upon a time there was a good

And this good little girl asked her mother if she could go and play in the woods and her mother said yes. So she went to play in the woods. And she was walking along and walking along, and what do you think

she met? A fairy! And she was aw-

fully surprised to meet a fairy, so she said to the fairy:

"Where do you come from?" And the fairy said: "This is where I live."

And the little girl said: "I never heard about any fairles livor in those woods

And the fairy said: "No, because nobody ever saw me here before. But you are a good little girl, so I let you see me."

And the good little girl said: "How do you manage to be seen by nobody, even though they walk right

past you every day?" "I lend them money."-London An gwers.

Couldn't Blame It. The hotel was not a very good one. and the traveling men knew it. Nev ertheless they were obliged to go there when they came late at night to the little town. In the middle of the pight one of them was dimly conscious that something was wrong. Suddenly he realized that the trouble came from a leaking gas jet.

"Wake up. Bill!" he shouted, shaking his friend violently. "The gas is escaping! "Well," growled Bill, "can you blame

t?"-Ladies' Home Journal. Getting Evan. "There's a church near," said the country farmer to his paying guest; 'not that I ever puts my nose in it.

"Anything the matter with the vicar?" "Well, it's this way. I sold the old vicar milk and eggs and butter and cheese, and seeing as he patronized me I patronized 'im. But this new ch p keeps 'is own cow and 'ens. 'If that's your game, I thought, 'we'll 'ave 'ome-grown religion, too." "-Tit-

Some One Responsible. An angry man entered the water office of an eastern city the other day and fiercely announced to the clerk

"This is not the gas office." "It isn't?" "No, sir; this is the water office." "Oh, it is! Well, then, send a man up to my house at once and turn the water off! I'm not going to walk a

"Sir, you can send up and take your

old gas meter out of my house."

Hereditary. The baby had finished his bottle of milk, and the proud mother thought it would be a good time to get him to say "mamma," "papa," and "by by." The baby simply gurgled. "Isn't that perfectly wonderful?"

mile and a half for nothing!"

said the mother. "Well," replied the baby's uncle, "It reminds me very much of the way his father talks when he has been busy with a bottle,"

Fitting Reception.

"How do your women audience ake to your candy-making lectures "Oh, they just eat 'em up.' There is a tax of 40 guineas in Eng. and on motor cars of over 60 hors

for three and a half months 10c Worth of