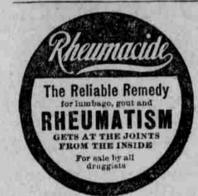
Why That Lame Back?

ache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our leep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thouands recommend them

A Pennsylvania Case D. R. Pringle, 511
Oak St., Indiana. Pa.
s a y s: "I suffered acutely f r o m pains across the smail of my back. The kidney secretions passed too frequently, especially at night and I felt miscrable. Two boxes of Doan's Kidney Pills rid me of the back-ache and regulated the action of my kidneys. The cure has lasted and my kidneys are now in s

Get Donn's at Any Store, 50c a Box DOAN'S RIDNE FOSTER-MILBURN CO., BUFFALO, N. Y.



mething everyone should know. Send a money order for tecipe for salve that heals seres without leaving sear. MRS.

W. N. U., BALTIMORE, NO. 6-1916. than winter school days.

BILIOUS, HEADACHY, Gently cleanse your liver and

Get a 10-cent box. Sick headache, billousness, dizziness, coated tongue, foul taste and foul breath-always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

sluggish bowels while

you sleep.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A . Cascaret to-night will surely straighten you out by morning. They work while you sleep-a 10 cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Easy. Mrs. Jones-What would you give dog to prevent its barking at night? Mr. Smith-Give it away.

PREPAREDNESS!

To Fortify The System Against Grip when Grip is prevalent LAXATIVE BROMO QUININE should be taken, as this combination of Quinine with other ingredients destroys germs acts as a Tonic and Laxative and thus keeps the system in condition to withstand Cods, Grip and Influenza. There is only one "BROMO QUININE." E. W. GROVE'S significant the system of the state of the nature on box \$50.

A girl sometimes encourages one man in order to make some other man lealous.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels.—Adv.

It is hard to convince a schoolboy that summer vacation days are longer

Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine -Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:-



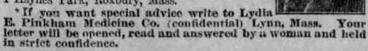
North Crandon, Wis. - "When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor heath. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as Pinkham remedies."—Mrs. Mayne Asbacu, North Crandon, Wis.

Testimony from Oklahoma.

Iawton, Okla. - "When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."-Mrs. A. L. McCasland, 509 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. Osgood, 1 Haynes Park, Roxbury, Mass.



Have You Rheumatism, Kidney, Liver or

Bladder Trouble?

Pain or dull ache in the back is often night, irritation, sediment, etc. evidence of hidney trouble. It is Nature's timely warning to show you that the track of bealth is not clear.

Lack of control, smarting, dizziness, indigestion, sleepless of bealth is not clear.

Lame Back

Lame back is only one of many symptoms showing that you may need Swamptoms showing that you may need Swamptoms showing that you may need Swamptom and frequent bladder troubles day and frequent bladder troubles day and frequent bladder troubles day and frequent bladder troubles.

Danger Signals.

If these danger signals are unheeded more serious results may be expected; kidney trouble in its worst form may steal

Thousands of people have

upon you.

Thousands of people have testified that the mild and immediate effect of Swamp. Root, the great kidney, liver and bladder remedy is soon realized—that it stands the highest for its remarkable curative the list recognized the provided of the list recognized that it stands the highest for its remarkable curative the list recognized the patients, who very often content themselves with doctorthe highest for its remarkable cases. If very often content themselves and distance for the most distressing cases. If very often content themselves and one-dollar size thest.

Regular fifty-cent and one-dollar line bottles at all drug stores.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing an cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of rainable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

Two in the Dark

By H. M. EGBERT

(Copyright, 1916, by W. G. Chapman.) "I'd like to see you in the library. old man," said Munson, the host, to his

guest, Fremantle. Alfred Fremantle looked rather vaguely at Munson. The middle-aged financier's voice was a little unreal; the man was flushed, not with wine so much as with good living. Munson had the best cook in Maitland, and gave the best dinners.

The house party was such as Munson loved to give. A round halfdozen of financial magnates had sat at his table. At their head Edith Munson had watched over the affairs of the table. She was a beautiful woman, even at thirty-five, and much admired. guest present. He was rich in his own an old friend of Edith's, too; before her marriage there had been some talk about them. Fremantle had often wondered whether Munson knew.

Munson paused irritably in the passage. Voices came from the billiard room.

"All show, old man," one of his guests was saying. "Just to keep up them. Everybody knows how he's neg- striking. lected her." "I wonder whether she knows about

that dancer." "She'll know soon," answered the

other. sue?"

"So they say. Of course there's another reason."

"Fremantle?" "He's been her shadow while Jim

Munson was away." Munson overheard the whole conversation, and his projected talk with Fre-

mantle, which had been only vague in his mind, suddenly assumed the aspect of the irrevocable. He must end all He had certainly neglected Edith. But how was it known? And did they know that it was because of his suspicions of her, his assurance that her love had failed him? And that dancer. Lois Ferrand! He



One Shot Apiece at a Yard's Distance.

shrugged his shoulders contemptuous ly. He had met her just twice, at bachelor parties, and the smooth-faced, vapid little chit had affected him no more than a floating feather. He must end all this! A wave of blood surged into his heavy face.

"I'm ready, Munson!" Fremantle, immaculate in his eve-

ning clothes, was standing in front of him. Munson felt taken at a disadvantage, He frowned, then said blandly:

"Come into the library. I won't keep you long, Fremantle."

It was not until he stood facing the other man beside the big fireplace that he knew Fremantle had sensed the purpose of the invitation. Munson stood with his back to the door; Fremantle watched him with a dawning sneer upon his lips.

"Now!" said Munson briskly, "what have you to say for yourself?"

"Is anything necessary, Munson?" asked the other.

"You came here as my guest-" began Munson bitterly. Then he checked himself. "No. Nothing is necessary." he answered. "But you did not know the type of man you were dealing with. You have made Mrs. Munson's name common gossip."

"That's a lie, Munson. It is yourself," answered Fremantle furiously. "Let me pass." "You are not going to pass," said

Munson. "At least, one of us is not going to leave this room." "Heroics, eh?"

"As you will. Will you fight like a gentleman, or like a tough?" "Oh, like a gentleman, of course,"

said Fremantie. He did not stir from his position as Munson, going to the wall, flung open

them curiously. what purpose these contrivances ceptional. I have tried to give away serve? To catch the bullet?"

have arranged my affairs. There is formers."-New York Times. a train in twenty minutes. One shot. apiece, at a yard's distance, in a dark-

out," said Fremantie, sneering still. hold of a fountain pen and your first But before you begin, you may as folio-" He-"I see, but don't let it

"Are you ready?" demanded Munson. He saw his enemy's face whiten. He an autograph copy."-Punch.

Fremantle let the muzzle of his weapon drop irresolutely, but Munson held his own covering the other.

"I shall switch off the light," he continued. "We will wait until the clock begins to chime the hour. Then we

will fire together." "You may as well listen to reason."

suggested Fremantle. Munson's hand went out and snapped the switch. The room was in complete darkness. The two men faced each other, but each could see nothing. Neither could hear the other breathe. Munson wondered if his pistol still covered his enemy. There was a minute still, and out of

mantle. "You may as well listen, Munson," he said. "It won't prevent your shooting. Mrs. Munson knew that you had ceased to care for her. She did all in her power to win your love. At last I discovered what the trouble was. You know we were like brother and

the darkness came the voice of Fre-

sister in the old days." Munson set his teeth and strained his ears for the chime. His pistol did not waver in his hand.

"I suggested the scheme, Munson, I told her that you were not a bad sort of man, that if you realized what you Fremantle was the only nonfinancial might lose you would feel differently. I designed to make you jealous; but right, and a famous traveler. He was I did not mean anyone else to see. That's all."

"You lying hound!" snarled Munson. And at that instant he heard the quaver of the clock as it prepared to chime, and pressed the trigger.

There came no echo to the muffled thud of the discharge. For a fearful instant he hesitated. Had he killed Fremantle? He strained his ears, but the pretense of affection between could hear nothing save the clock

"Have you fired?" he demanded as the chimes subsided.

There was no response. Nervously he stretched out his hand and switched on the light. Fremantle stood quite "Do you mean to say she's going to still, watching him, his pistol drooping in his hand.

"If that's all, Munson-" he began. Munson dashed his pistol down and burst into tears from the reaction.

"You've had your triumph, curse you!" he whimpered. "My life's yours. Why didn't you shoot? Why didn't you? I'm going-"

He stepped out through the windows. He was going away. Fremantle had won; he had refused to shoot when he could have killed him. Doubt less he meant to make the most of his triumph, and 'life meant more to him under the circumstances than it would if he were a murderer and a

At the edge of the lawn Munson hesitated and looked back. Fremantle was still in the library. He stood beneath the light of the electric bulb He had wrapped a handkerchief about his hand and laid the pistol away. As Munson watched him he saw the door open and his wife appear upon the threshold.

Munson had never spied upon his wife, but at the sight of her a madness rose in his brain. Fremantle would tell her of his triumph. A love scene was imminent. Why should he not

kill them both? He acted upon the thought. He crept toward the window again, halting in the shadow of a tall cypress outside. As he did so he saw the pisof books upon the library table. And Munson remembered that it had not been discharged.

His hand went out toward it, but was arrescod by his wife's words. "Where's Jim?" she asked.

"I think he has stormed outside," said Fremantie, unconcernedly,

Edith Munson hesitated, looked at Fremantle. Then she put her handa to her face and began to sob softly. "I can't bear it any longer." she said. "Harry, it has failed. He doesn't

care for me. You can't win love by any such trick as that. He is tired of me, Harry." "No," said Fremantle, bravely. "It was a misunderstanding on both

sides. She looked up quickly. "You have been talking with him!" she cried. How do you know that? How do you

Fremantle stood before her. "Edith." he said, "tell me one thing: Do you love your husband?"

know?"

"With all my heart and soul," she answered.

The fingers of the man outside, which were groping for the pistol, fell as if palsied to his side. He shrank back from the window as Fremantle came out. Fremantle turned, and their eyes met.

"Harry!" Jim Munson began. "Go to her," said Fremantle, seeing

that he had overheard. "Harry, I wronged you. Will you forgive? A man doesn't often have such a friend, and to wrong 1.1m-" Their hands met. "Go to her." Fre mantle answered, and strode swiftly across the lawn in the direction of the

No Enchantment in Music.

railroad station.

Last night a woman flat dweller had two concert tickets to give away. To person after person living in an apartment house where she had many acquaintances the tickets were proffered and were declined with thanks. "What ails all those people, anyhow?" exclaimed the woman in disgust. "Have they no music in their souls?" "They a cabinet and brought out two pistols. have," said a friend, "but one of the Each had a curious arrangement fixed violinists who plays in that orchestra to the muzzle. Fremantle looked at lives in the building and you couldn't hire one of his neighbors to go to hear "You mean it, Munson? May I ask him. Their case is by no means exconcert tickets myself, and experience "Silencers," said Munson briefly. He has taught me that of all people in threw open the French windows. "The New York who adjure concerts none winner steps out upon the lawn and stay away quite so religiously as those gets away. You will have no difficulty, who live next door to one of the per-

She-"Oh, dear! I hardly know how "You seem to have thought it all to tell you, but the baby somehow got worry you. It really enhances the value of the book. A disposes of it as

INTERNATIONAL **ESSON**

LESSON FOR FEBRUARY 6

BOLDNESS OF PETER AND JOHN.

LESSON TEXT-Acts 4:1-31.
GOLDEN TEXT-Watch ye, stand fast in the faith, quit ye like men, be strong.—
I Cor. 18:13.

The first seven chapters of the book of Acts have been designated as the Jerusalem period. Chapter 1 deals with the ascension of our Lord; chapter 2, the baptism of the Holy Spirit; chapters 3-7, the early conflicts in Jerusalem. In our lesson of last Sunday we had the story of Peter and John dealing with the lame man while on their way to the temple. Following this experience they were imprisoned, the first imprisonment mentioned for any of those who accepted the Gospel. As the disciples were dealing with the multitude the rulers of the temple came upon them and were much put out (v. 2) that the disciples should preach the resurrection of Jesus from the dead. The significance of this is better understood when we remember that the Jewish Sanhedrin was the great court of Jew-Jsh law composed of seventy-one leading men of the nation. Caiaphas, the noble high priest by Roman appointment, and Annas, the real high priest according to Jewish law, were both there. This body was largely made up of the Sadducees, the sect which did not believe in the resurrection from the dead.

1. The Imprisonment, vv. 1-4. Pe ter and John being brought before this tribunal were fulfilling ilterally the prediction of Jesus (Matt. 10:17). The attempt on the part of the rulers to prevent the preaching of the Gospel by this method really augmented its being heard throughout the nation. Peter had seen this body of men on the night when our Lord was condemned. Then he had made a miserable failure, but now the situation is quite different, for Peter is anointed of the Holy Spirit and is entirely lacking in the fear which controlled him on the previous occasion. That he had given effective testimony is evident from the way the men had precipitated matters and cast him into prison for the night.

II. The Trial, vv. 5-22. (1) Peter's words vv. 5-12. Jewish wonder-workers were accustomed to perform marvels by the use of some name, so the council very naturally asked Peter and John "In what name" they had healed this man. The real object of their question was their attempt to entrap the disciples and find a basis of accusation and condemnation. But at that moment the Holy Spirit came again upon Peter and filled him (Matt. 10:19, 20; also Luke 12:11, 12; Acts 13:8, 5). The coming of the Holy Spirit is for every emergency of the Christian. Peter had been filled with that Spirit at Pentecost and was again filled a little later on (chapter 2:31). Thus we see that the coming of the tol that Fremantle had laid down. It | Spirit is not once for all, though Penlay hidden from his wife's view, but tecost was once for all, but that the plain in Munson's sight, behind a pile filling is repeated as each new emergency may arise. (a) Peter acknowledged the authority of those who were dealing with him (v. 8), but (b) he gaye Jesus credit (v. 10). It was Jesus who had died, he was also risen, and the risen Christ had effected this miracle. (c.) Turning upon his acaccusers Peter charged them with the death of Jesus. He (v. 11) is the foundation of their miracle and their taith. Peter claimed that in Jesus sione (v. 12) could salvation be found, and implied (see last clause of this verse) that his accusers were lost men. Peter's deportment in all of this in wonderfully skillful, gentle and courtecius, yet bold, fearless, frank and out spoken. We need to remember this when we recall how blunderingly Peter had conducted his conversation before his enduement by the Holy Spirit. There was no compromising of the truth and no glossing over their guilt. (2) The effect upon the rulers (vv. 13-10), (a) The Council had spoken evasively about what had been done, but Peter's thrust in his reply, "If you refer to the good deeds done to the strengthle s (impotent man)," confirmed his testimony by having a living witness (v. 14), at 4 therefore the leaders were speechless. If Christian workers could have more of living results to present to the world (see v. 14) they would silence the mouth of criticism and the frequent objections of Christianity. It is small wonder (v. 16) that these men were at a loss what to do. Their pet doctrine of no resurrection from the dead was refuted and contradicted before their very eyes, and they therefore (v. 17) resorted to the usual method of people, who when defeated, seek to browbeat and intimidate others to prevent their continuing to give their testimony.

III. The Result Upon the Disciples. vv. 19-22. The book of Acts is plainly the record of the deft utterances of spiritual men. Peter had closed his appeal (v. 12) with the statement that the only way we could be saved must be through this means. The council were in a dilerama; they wanted to punish Peter and John, but could not, for the people were glorifying God for what had been done. Peter and John declared thus fearlessly that the teachings of the schools was not in accordance with that, for had not Jesus risen, and had not this miracle been performed? The Holy Ghost's boldness in these untutored men has always been a perplexity to the scholastics of the world. Their boldness was due to a sense of God's nearness and carried with it a like sense of their responsibility to him (see vv. 19, 20).

The only solution, on the part of the people and of the priests, was they took knowledge that "these men have been with Jesus." This is the solution of many mysteries of today.

SUDDEN DEATH

Caused by Disease of the Kidneys

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sample of your water. This will be sometimes a symptom of kidney disexamined without charge by expert ease. Thousands have testified to imchemists at Dr. Pierce's Invalids' Homediate relief from these symptoms tel, Buffalo, N. Y. When you suffer after using Dr. Pierce's Anuric Tablets from backache, frequent or scanty for the kidneys and backache.

urine, rheumatic pains here or there, or that constant tired, worn-out feeling, it's time to write Dr. Pierce, dewomen well. No alcohol. Sold in scribe your symptoms and get his tablets or liquid.

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And when a man's down he thinks it is all up with him.

Important to Mothers
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

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Cuticura Soap to cleanse the scalp of dandruff crustings and scalings, and Cuticura Ointment to soothe, and heal itchings and irritations. Nothing better, surer or more economical than these super-creamy emollients for hair and scalp troubles of young or old.

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Boston. Sold everywhere .- Adv.

standing at the front gate. "Won't you come into the parlor and sit a little while, Georgia, dear?" "No-o, I think not," replied Georgie

hesitatingly. "I wish you would," the girl went on; "it's awful lonesome. Mother has gone out, and father is upstairs, groan ing with rheumatism in the legs."

Both legs?" asked Georgie.

Yes, both legs."

"Then I'll come in."

Safety First. Knicker-What in the best thing to

do in dealing with the submarine ques-Booker-Well, we might dry up.

Correct Answer. "Why isn't a nautical mile the same as an ordinary mile?" "Because it is knot."

A girl may not care to be everything to an eligible young man; she's usually satisfied to become his better

If you must knock, get out in the middle of a 40-acre lot before you swing your hammer.

As a rule the world never sympathizes with the married man whose nose is against the grindstone.

COFFEE WAS IT.

People Slowly Learn the Facts. "All my life I have been a slave to coffee. I kept gradually losing my

health, but I used to say 'nonsense, it 'on't hurt me.' Slowly I was forced to admit the truth and the final result was that my nervous corce was shattered.

"My heart pasame weak and uncerfain in its action and that frightened me. Then my physician told me that I must stop drinking coffee or I could never expect to be well again. "I thought of Postum but could

hardly bring myself to give up the "Finally I concluded that I owed it to myself to give Postum a trial. I got a package and carefully followed the directions, and what a delicious, nour ishing, rich drink it was! Do you

know. I found it very easy to shift from coffee to Postum. "Almost immediately after I made the change I found myself better, and as the days went by I kept on improving. My nerves grew steady, I slept well and felt strong and well-halanced. Now the old nervousness is gone and

I am well once more." It pays to give up the drink that acts on some like a poison, for health is the greatest fortune one can have Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal-the original formmust be well builed. 15c and 25c pack-

Instant Postum-a soluble powderdissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and

Both kinds are equally delicious and cost about the same per cup.
"There's a Reason" for Postum.

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year will be nearly ten million cans.

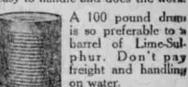
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Dr. Bull's cover

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