



Colds Make Backs Ache

MORE aching backs, more kidney troubles come in March, than in any other month. Slushy sidewalks, dampness, raw winds and sudden changes cause chills and colds. And chills or colds tend to hurt the kidneys. It is good sense to use a kidney remedy when recovering from a cold and at any time suffering from a lame back, sharp pains when stooping or lifting, dizzy spells, irregular or annoying kidney action, and a run-down, nervous state.

Don't delay and take a chance of getting dropsy, gravel, Bright's disease or some other serious kidney disease. Use Doan's Kidney Pills, the best-recommended, special kidney remedy. All over the world grateful people frankly praise Doan's.

Here's What Virginia People Say:

Read S. Black, 121 Wine St., Hampton, Va., says: "Doan's Kidney Pills have certainly benefited me. I have taken them different times when I have felt weakness and pain across my back and they have never failed to give me quick relief. After taking cold, my kidneys are apt to become disordered but I can depend on Doan's Kidney Pills to fix me up in good shape."

DOAN'S KIDNEY PILLS

At All Stores, 50c a Box. Foster-Milburn Co., Buffalo, N. Y.

At the Boarding House. "Is this beef two rare for you, Mr. Slopkins?" "Well, since you ask me, Mrs. Skinner, I would like it a little oftener."

RHEUMAGIDE The Old Reliable Remedy for acute, chronic or muscular RHEUMATISM Rheumatic Gout or Lumbago

FEET A hot foot bath with JOHNSON'S FOOT SOAP

NURSERY STOCK!!! All kinds of fruit, ornamental and shade trees, berry bushes, flowering shrubs and plants.

The Bride's Book A Useful Booklet for Every Girl

WANTED Experienced typewriter operators

Three Hundred Million Bushel Crop in 1915 Farmers pay for their land with one year's crop and prosperity was never so great.

ITTAI THE GITTITE

By REV. B. B. SUTCLIFFE Extension Department Moody Bible Institute of Chicago

TEXT—Then said the king to Ittai the Gittite, wherefore goest thou also with us?—11 Sam. 15:19.

To get the setting of this text we must read at least the first 23 verses of the chapter in which it is found.



Beginning at verse four, chapter eight, we enter upon the second great division of the Book of the Acts. It marks the beginning of preaching outside of Jerusalem and also the employment of lay-preachers.

Ittai's Choice of David. In the first place it was a proper choice, for even though David was driven out, he was still the rightful king. Then again, it was a very enthusiastic choice, as we see from verse 21. Ittai was in it for life or death.

Ittai's Consecration to David. His consecration is seen in his separation to David's person. Where the king was he would be and where the king went he must go.

Ittai's Compensation from David. To read this we must read I Sam. 18:1, 2. In this passage we are told that Ittai came to a place of responsibility for David's work.

Ittai's Secret. Each successful life has had at its foundation some secret spring which has supplied the continuing energy to give that life success.

Accounting for Failures. The trouble with so many people who are failures is just here. They expect a rich return from a scanty sowing.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course of the Moody Bible Institute, Chicago.)

LESSON FOR MARCH 19 PHILIP AND THE ETHIOPIAN.

LESSON TEXT—Acts 8:26, 40. GOLDEN TEXT—Understand thou what thou readest?—Acts 8:30.

Beginning at verse four, chapter eight, we enter upon the second great division of the Book of the Acts. It marks the beginning of preaching outside of Jerusalem and also the employment of lay-preachers.

I. Divine Preparation. vv. 26, 27, 41. The marvelous way God leads us: ways we do not comprehend, to accomplish his great designs is nowhere better illustrated than here.

II. Diligent Study. v. 27-33. Philip overheard this high official as he was reading aloud from the prophecy by Isaiah, probably from the Greek translation. The Spirit directed Philip to join himself to this evidently honest inquirer.

III. Direct Instruction. v. 30-35. We do not advocate indiscriminate assault upon every passing stranger in our desire to do personal work.

IV. Declared Faith. v. 36-40. The eunuch had doubtless seen the rite of baptism in Jerusalem and at the first opportunity he desired to make public his new found faith.

Temperance

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

LABOR AND PROHIBITION. "The trend of sentiment of organized labor is towards prohibition," said Richard Jones of Duluth, a member of the Minnesota state senate, speaking before the Scandinavian Socialist organization.

"Some trade union leaders claim that prohibition would make for non-employment. If this is so why have locomotive engineers to the number of 70,000 endorsed it? If prohibition is inimical to the interests of labor, why did the southern labor congress, composed of men from nine southern states, refuse to ask for a repeal of the prohibition laws of the South when requested to do so by the United Brewery Workers of America? Local labor leaders may insist that the saloon is a poor man's club, but the American Federation of Labor at its convention at Toronto condemned the use of that term.

"We are urged not to vote men out of employment in a business which is destructive to society. I would vote those men out of that employment and into something valuable to themselves and their fellow men. I would like to have a chance to vote about 5,000,000 men in Europe out of their present jobs. If this principle applies in one case why not in another? To advocate peace in Europe would throw thousands of workmen in America who are engaged in the manufacture of munitions of war out of their present employment, but thousands of trade unionists and Socialists are today doing all in their power to spread anti-militaristic propaganda among their fellow workers."

SHORT-SIGHTED POLICY.

In the judgment of many, it is difficult to understand why preparedness to meet a remotely possible attack by a foreign foe should take precedence over preparedness to conquer and overwhelm a known foe in our midst, who is every day defying us, and whose toll of death and disease rivals that of the battlefields of Europe, says the Union Signal, official organ of the National W. C. T. U. There is possibly one chance in a thousand that our fathers, brothers, husbands and sons may be called upon at some future time to defend the safety of this country from an alien enemy, but there is a positive certainty that every day and night of every week until the liquor traffic is put out of existence it will injure thousands of our young men, physically, mentally and spiritually; and that this injury will not end with this generation, but will affect disastrously the next generation.

SUNDAY REST FOR POLICE.

The blotters at police headquarters in Duluth, Minn., says Chief McKeercher, illustrated temperance lectures.

AS ONE NEWSPAPER SEES IT.

To present on the first page the particulars of a gruesome tragedy resulting from a drink-maddened brain; on another page the guaranty of a cure at the Keeley Institute; on the editorial page a preaching against the sin and shame of overindulgence, and in the advertising section a full page invitation for everybody to have a drink—adding, in the case of a certain Detroit beer advertisement, the tempting offer of "three bottles free"—is as grotesque a situation as the nurse marring the undertaker so as to catch them coming and going.

PROHIBITION RESULTS.

The following figures from the police records of Moorhead, Minn., indicate conditions in that city before and after the abolishment of saloons: July, 1914, arrests, 439; 1915, only 31. August, 1914, arrests, 570; August, 1915, only 3. September, 1914, arrests, 1,136; September, 1915, only 23. A total of 2,055 fewer arrests during three months under prohibition than during the corresponding period under saloon regime.

CLOATS OVER SLAVES.

A man stood in his doorway one morning watching a multitude of men hurrying to their day's labor. Turning to a friend he said, "Those are my slaves; they are working for me; tonight they will come and bring me their wages." The man was a saloon-keeper!

USE RIGHT TO VOTE.

"Brave men left their homes to fight for the right to vote, which you today enjoy. Will you not use it for the homes that need protection now?"

POPULAR DRY BANQUET.

The annual banquet of the Bar Association of the District of Columbia this year, for the first time in the history of the organization, presented a menu entirely free from alcoholic drinks of any kind.

PLEADED TO PROHIBITION.

The Ohio State Grange in annual meeting again declared its emity to the legalized liquor traffic and pledged its support to the cause of state and national prohibition.



Mix in One Minute with Cold Water—Ready to Apply Immediately

Sanitary Beautiful Permanent Economical

Alabastine

What Alabastine is. Alabastine is a clean, dry, sanitary, fire-retarded powder—ground to impalpable fineness—the color and tint added—and then it is put up in packages.

The only Tool Needed to Apply

For Rheumatic Pains Yager's Liniment, the great external remedy for rheumatism, neuralgia, sprains, bruises or congestion, gives prompt relief from pain.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Recruiting Officer—You realize the dangers before you? You are not afraid of having horses shot under you?

Society Recruiter—Me? I had two motor boats explode under me, three auto starts over me and an aeroplane fall with me during the past social season, alone.—Puck.

USE ALLEN'S FOOT-POWDER The antiseptic powder to be shaken into shoes and used in foot-bath. It relieves painful swollen, smarting, aching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold everywhere. See Trial package FREE. Address Allen & Gintant, Le Roy, N. Y., Adv.

Foregone Conclusion. Teacher—If a farmer sold 1,479 bushels of wheat for \$1.17 a bushel, what would he get? Boy—An automobile.

Not Gray Older than Fired Eyes make us look older than we are. Keep your eyes young and you will look young. After the Movies Marry Your Eyes. Don't tell your age. Murine Eye Remedy Co., Chicago. Send Eye Book on request.

Lend a man a quarter today and he's apt to strike you for a dollar tomorrow.

It isn't always the strongest man who supports the largest family.

Clean the Blood A NEW DISCOVERY

"Anuric" is a recent discovery of Doctor Pierce, who is head of the Invalids' Hotel, Buffalo, N. Y. Experiments at Dr. Pierce's Hospital for several years proved that "Anuric" is a wonderful eliminator of uric acid. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts; and in gravel and gout, invariably the pains and stiffness rapidly disappear.