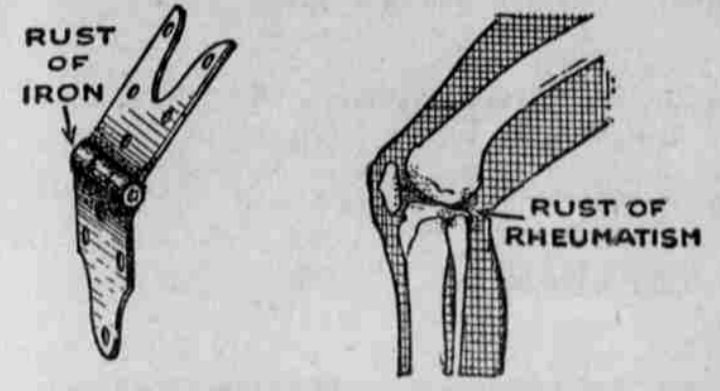


DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and they are sucked into the blood where they continue to circulate, collecting grain by grain in the joints of the body much like rust collects on the hinge as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to relieve pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of red hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of the stomach, liver, kidneys and bowels the previous day's accumulation of toxins and poisons; thus, cleansing, sweetening, and freshening the entire alimentary canal, each morning, before putting more food into the stomach.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to make any rheumatoid or lumbago sufferer an enthusiastic on the morning inside bath.

Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate drank before breakfast, is wonderfully invigorating; besides, it is an excellent health measure because it cleanses the alimentary organs of all the stases, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowness, nasty breath and stomach acidity.

Special at Nine Cents.

"Do you suppose all these women on the streets are shopping?"

"Oh, yes, but not necessarily for spring suits, cosmetics and gewgaws."

"No."

"An enterprising confectioner advertises a sweeping reduction in our sundaes."

FIERY RED PIMPLES

Soothed and Healed by Cuticura Soap and Ointment. Trial Free.

Smear the affected skin with Cuticura Ointment, on end of finger. Let it remain five to ten minutes. Then wash off with plenty of Cuticura Soap and hot water. Dry without irritation. Nothing like Cuticura for all skin troubles from infancy to age.

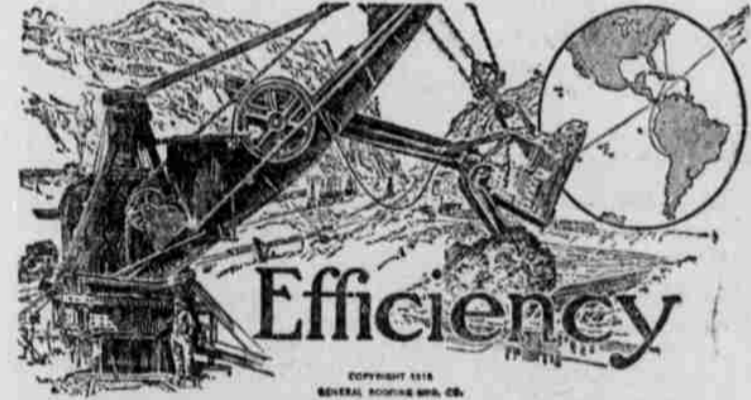
Free sample each by mail with book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Exactly It.

"Won't you consider an apartment proposition?"

"No, I won't. That's fat."

Over 3,000 persons receive pensions from the United States Steel Corporation.



Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the effectiveness of the U. S. Navy without adding a ship to it. It took over 8,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama.

Efficiency insures against lost motion—it produces the utmost service out of equipment and yields the finest product, at the least cost.

Certain-teed Roofing

is an efficiency product

Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and far ahead of the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the price of the market.

Expert chemists at each mill are employed to select and blend the asphalts, and every roll of CERTAIN-TEED is made under their watchful care.

CERTAIN-TEED resists the drying-out process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalts, prepared under the formula of the General's board of expert chemists. It is then coated with a blend of harder asphalts, which keeps the inner saturation soft. This makes a roofing more pliable, and more impervious to the elements than the harder, drier kind.

CERTAIN-TEED is made in rolls; also in slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest sky-scraper to the smallest residence or out-building.

CERTAIN-TEED is guaranteed for 5, 10 or 15 years, according to ply (1, 2 or 3). Experience proves that it lasts longer.

General Roofing Manufacturing Company

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 Atlanta Richmond Houston London Sydney

The Gift of God

By REV. W. W. KETCHUM
 Director of Practical Course Moody Bible Institute of Chicago

TEXT—The gift of God is eternal life through Jesus Christ our Lord.—Romans 6:23.

A gift is something for which we do not work. It is something that is not naturally our just due. It is something that someone graciously gives us because he or she is interested in us. This text in the revision speaks of this gift as the free gift of God. Now there are many people who expect to pay their way into heaven—many who expect to compensate God for eternal life, when the text says that the free gift of God is eternal life.



Millions of people keep their joints free from these rheumatic acids by practicing this daily internal sanitation. A glass of hot water with a teaspoonful of limestone phosphate drank before breakfast, is wonderfully invigorating; besides, it is an excellent health measure because it cleanses the alimentary organs of all the stases, gases and sour fermentations, making one look and feel clean, sweet and fresh all day.

Those who try this for one week may find themselves free from sick headaches, constipation, bilious attacks, sallowness, nasty breath and stomach acidity.

Now that John Masfield has come to be the poetic interpreter of life at sea to his generation of Britons, it is interesting to see an American poet, Lincoln Colcord, rising to be the same for his countrymen. Beginning his career on a vessel navigating Cape Horn, he comes of five generations of seagoing Maine folk. His boyhood was spent on a ship sailing the seven seas, so that now, when he comes to write a poem on "The Vision of War," or when he discusses, before clubs of literary and civic-spirited men, "Some of the Fallacies of American Democracy," it is not a product of the urbanized school which never has been out of sight of land who is speaking. Rather is it a man who has "seen the world," as that phrase is most accurately though not popularly used.—Christian Science Monitor.

Alice—Papa, it is going to snow. Papa (who is busy)—Well let it snow.

Alice—I was going to, papa.

German soldiers carry small tin whistles to blow for medical aid should they be wounded.

Secondly, that there upon the cross God laid upon Christ all our sins.

Thirdly, that all our sins will be forgiven us on condition of our simple acceptance by faith of his Son, and the one who thus receives his Son, we are told, is born "not of blood, nor of the will of man, but of God." I have met many people who were striving to get eternal life. I have even met Christians who have had the idea that eternal life becomes theirs, not through faith, but by works of righteousness which they do.

I shall never forget preaching in a little church in the Catskills, and talking about the way of salvation, when a brother arose and controverted what I said about the simple way of having eternal life through the acceptance by faith of Jesus Christ as one's Savior. Another brother, thinking he would pour oil on the water, which was very troubling just then, told about two "Catholics" who were crossing a stream. One of the theologians was preaching that salvation was by works, and the other that salvation was by faith, when the oarsman, listening to the argument, began to row with one oar, and the boat went round and round, when they said, "What are you doing?" and he replied, "Don't you see, that oar with which I am rowing is works, and I don't get anywhere," and then he took the other oar and rowed with that and went round and round in the other direction, and he said, "That oar, you see, is faith, and when I row alone with that we do not get across the stream. To reach the other shore we must row with both oars." That was a good story, but a poor illustration, for while it sounds very plausible, the truth is it is not scriptural. The Bible tells us that it is "not by works of righteousness that we have done, but according to his mercy he saved us." Change the illustration and have it true to the Scriptures. Jesus Christ is the oarsman, and is rowing the boat of salvation from earth to heaven, and if we would reach the other shore what we must do is by simple faith to get on board.

I go down to the ferry slip in New York. Now if I wish to go across to the other side, what I must do is to step upon the ferry boat. The moment I do that I have trusted myself to the ferry, and it is for the ferry now, by its own power, to take me over. This crude illustration Christ's work of salvation for us. We commit ourselves to him, and he, by his own power and work saves us. "The gift of God is eternal life through Jesus Christ our Lord."

To Read Scriptures Correctly.

One great inconvenience in reading the Scriptures is our own vain curiosity. We lose much of the benefit which might otherwise be gathered from them by pretending to nice distinctions of difficult points, and laboring to bring to the standard of our own imperfect reason what we should be content to receive with the simplicity of an humble obedience, and place to the account of divine faith.—Thomas a Kempis.

One of the Judge's Symptoms.

"On the quiet," said Short Jenks, "I can always tell when Judge Johnson has taken one drink too many, for then he always begins to tell how dearly he loves his wife."—Athenian Globe.

INTERNATIONAL SUNDAY SCHOOL LESSON

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

LESSON FOR MARCH 26

REVIEW—THE GREAT MULTITUDE.

READING LESSON—Revelation 7:9-11. GOLDEN TEXT—They shall hunger no more, neither thirst any more; neither shall the sun strike upon them, nor any heat; for the lamb that is in the midst of the throne shall be their shepherd, and shall guide them unto fountains of waters of life; and God shall wipe away all tears from their eyes.—Rev. 7:16, 17.

1. General Information—Omitting lessons 4, 7 and 11, all of the past quarter's work has to do with the early, the apostolic church, covering a period of time from A. D. 30 to perhaps A. D. 37, six or seven years. The chief events are the resurrection of Jesus, the coming of the Holy Spirit, the change in the apostles, particularly Peter, the conversion and baptism of 3,000 believers, fellowship and wonders worked among these believers, the beginning of persecution, the selection of seven deacons, Stephen's testimony and death, the dispersion of the Christians, the work of Philip, great growth in the early church.

Historically these lessons have to do with the things that Jesus began and continued to do after his resurrection through the power of the Holy Spirit. It is, therefore, a story of the power of the risen Christ. The principal characters are of two classes: (1) The leading workers. Of these are: Peter and John, apostles; the 120 disciples, Barnabas, the seven deacons, particularly Stephen and Philip; the Ethiopian eunuch and Gamaliel, who gave some friendly assistance. (2) The chief enemies: Those who falsely accused the apostles, the rulers of the Jews and the temple, Ananias and Sapphira, Saul and Simon Magnus.

It is not difficult to paint a word picture of the events of the past quarter. This may be done by assigning to separate pupils such questions as: Where, when and why did the event of this lesson occur? To another pupil assign the task of telling what he thinks the scene looked like, and to still another to name the chief persons mentioned in each lesson. Let these assignments omit lessons 4, 7 and 11, which do not chronologically fit into the work of this quarter. The remaining pupils should be primed to supply any omitted facts and to correct any mistakes.

I. The Coming of Power. Lesson 1. The ascension of Jesus is one that shows us the risen Christ as the giver of the Holy Spirit and he is the All Powerful One who has carried forward the things Jesus "began to do." Lesson 2. This is very much the same except that it suggests the man side of this transaction. As the early disciples obeyed, they received. In like manner the Spirit is given today to those that "ask him." Lesson 3 shows what effect we may anticipate when we proclaim the fact of the risen Christ.

II. The Use of Power. Lesson 4 (omitting No. 4) has to do with the daily walk and work of those who had so recently received this newly bestowed power. Through his servants, Jesus, by the power of the Spirit, heals and makes strong the lame man at the temple gate—a case of "applied Christianity," the power of practical social service. As a result of this service Peter and John (Lesson 6) had opportunity to give their testimony to the rulers, the result of which confounded the enemies who thought they had conquered Christ at Calvary—the use of power in testimony. The further evidence of how this new power was using men is that given in lesson 8, the Christian Brotherhood at Jerusalem.

III. The Test of Power. Stephen (Lesson 10) was one of those who had been separated for the care of the temporal affairs of the early church yet his testimony and martyrdom easily makes him more famous than most of the apostles and forever excites the layman in the Christian church.

One other (lesson 12) of those seven deacons, Philip, was also so signally used and blessed that his name and deeds are almost as familiar to us as is the work of St. Peter.

In the first case this newly bestowed power filled the witness with a calmness and courage that will always remain an inspiration. While in the second illustration Philip so gave himself to the direction and leadership of the Spirit as to go where he was sent; and when to human judgment his presence was essential to the carrying on of a great revival, he obeyed the new command and left the multitude to deal with a single individual.

Jesus makes no reference to the "mass consciousness" and the Holy Spirit's power receives no greater or more far-reaching effect than that which had to do with its feelings with the individual soul.

Each teacher should see to it that each scholar shall read these eight chapters several times, if possible, before the review occurs, in order that they may see the quarter's work as a whole, for it is indeed one story; the story of the risen Christ winning men to himself and equipping them to go forth in obedience to his last great command (Luke 24:48-49; Acts 1:8).

Daily Thought.

It is not tradition that makes the intellectual man, but a sort of virtue that delights in beautiful and vigorous thinking, just as moral virtue delights in vigorous and beautiful conduct.—Hamerton.

Saves Money.

Dry states all testify that state-wide prohibition decreases crime and saves money for the taxpayer.

TEMPERANCE NOTES

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

DECREASE IN LIQUOR OUTPUT.

Effective answer to the charge made by the liquor interests that "Prohibition does not prohibit," is furnished by the report of Commissioner Osborn of the Internal Revenue Department for the fiscal year ending June 1, 1915. According to this report the manufacture of both distilled and fermented liquors has very materially decreased. The production of distilled liquors, exclusive of fruit brandies, was 42,477,492.8 gallons less than for the preceding year. The figures for 1914 were 174,611,645 gallons, and for 1915, 132,134,152.2. There has been a decrease of 6,337,444 in the number of barrels of beer manufactured; the number of barrels for 1914 being 66,105,445 and for 1915, 59,748,701.

For the first three months of this fiscal year, for which figures have been made public, there is also a satisfactory decrease in the output of distilled and fermented liquors as compared with the corresponding three months of the previous year. Of fermented liquors the output for the first three months of the new fiscal year was 17,458,555 barrels, as compared with 19,181,605 for the same months last year. Of distilled liquors there were withdrawn during the first three months of the current fiscal year 27,903,829 gallons, and for last year 33,456,420 gallons.

ALCOHOL AFFECTS ARTERIES.

The statement that "a man is as old as his arteries" is an true as it is familiar. The normal healthy artery is endowed with a wonderful amount of elasticity, so that it is easily capable of accommodating varying quantities of blood according to the requirements of the occasion. When the heart pumps a new supply of blood into the arteries, they immediately expand to receive the additional blood, and then quickly contract again in order to pass it on through the circulatory system. Here again we witness the hardening effects of alcohol, which causes an ever increasing loss of elasticity. The arteries become hard and brittle, and in the case of strain are liable to break, and thus cause a hemorrhage, small or large. This condition of the arteries is known as arteriosclerosis; and if an artery bursts in the brain, the result is usually a stroke of apoplexy, causing more or less paralysis of one side of the body. The escaping blood forms a clot, which so presses upon the nerve cells as to put them out of action, at least, for a time. If not permanently, it is not necessary to say apoplexy is one of the serious diseases, and it is uncommon for a person to survive a third stroke.—Dr. A. B. Olson.

PERIL IN MODERATE DRINKING.

Doctor Ploetz, editor of the Archiv für Rassen-und Gesellschaftsbiologie, declares that "it is just the average moderate use of alcohol which injures the race more than genuine drunkenness, since there is here relatively no elimination through sterility or infant mortality as is the case with the hard drinker. Many who imagine themselves in the category of the wholly moderate must actually be placed in a lower category. From the standpoint of race hygiene, an absolute end of the drinking of alcohol is the most desirable. The greatest need is that the average 'moderate use' should disappear—that is, drunkenness is secondary."

WITHOUT SALOON REVENUE.

Cadiz, the county seat of Harrison county, Ohio, has been dry for nineteen years and is said to be the wealthiest town of its size in the country. If the wealth of Cadiz were divided equally to population, each man, woman and child would have \$2,500. The latest estimate of the wealth in the three banks and the three building and loan associations is \$3,300,000. Cadiz pays \$23,000 annually for church support and \$17,000 for schools, besides large sums for a library of 8,000 volumes, and a 40-acre park with pavilion, grandstand, lake, race track, etc.

UP AGAINST MODERN BUSINESS.

Isn't the crank who is putting the liquor traffic out of business. It's the business man, the railroad man, the banker, the lawyer, the merchant, the man who have to depend upon someone else for efficiency in the various departments of the important works. The liquor traffic is up against the modern business age. It is up against an enemy that it cannot throttle or buy or browbeat or bluff, and it might as well save what it can and get out of business.—Wichita Beacon.

MAKE PROTEST EFFECTIVE.

It is a great thing for the voter to make his protest against the liquor traffic in the prayer meeting or by his manner of life, but if he would really tell the government, as well as the Lord and the people, that he wants the saloon closed, there is but one method by which he can be recognized; but just one law under which his opinion can declare itself, and his conviction makes itself felt, and that law and method are fulfilled when he drops into a box a ballot that calls for prohibition.—Frances E. Willard.

DRINK IS HANDICAP.

Mr. E. L. Irvington, the new chairman of the Transcontinental Passenger association, an organization of 60 railroads, says: "I used to drink a glass of beer, but now I am a dry. I never saw any good come from it. The young man who wants to get anywhere must keep away from drink."

HIGH PRICES—GOOD CROPS

And Good Demand for All Farm Products.

It is no new experience for settlers located in a fertile country such as Western Canada, where lands may be bought at very reasonable prices, to harvest a crop that in one season pays the entire cost of their farm. Undoubtedly this was the experience of many farmers during 1915, but one instance may be quoted. A settler who came to Canada from the United States some years ago decided to add to his holdings by buying an adjoining quarter section near his home at Warner, at \$20.00 an acre, with terms spread over a period of years. He got the land into a good state of cultivation and last spring put the whole quarter section in wheat. When the crop was threshed he found that it only took half the wheat on the farm to pay the whole purchase price of it; in short a single year's crop paid the cost of the land, paid all the expenses of operation and left him a handsome surplus as profit. This settler had some adjoining land, and his whole wheat crop for the season amounted to over 18,000 bushels. He is now planning to obtain some sheep and invest his profits in live stock which will assure him a good living irrespective of what the season may happen to be.

Canada's financial position is excellent. All speculation has been eliminated, and trading is done on a cash basis, with restricted credit.

Detailed figures of Canada's trade for twelve months ending October 31 show how the war is forcing Canadian trade into new channels. One of the most extraordinary changes is in commerce with the United States. A couple of years ago Canada imported from the United States two or three hundred million dollars' worth of goods more than she exported. The balance of trade was all with the United States. The balance is rapidly disappearing, and the present outlook is that by the end of this year Canada will have exported to the United States more than she has imported.

The figures for the past four years are illuminating. They are as follows:

Year	Exports	Imports
1912	\$145,721,050	\$12,057,022
1913	179,050,796	442,341,540
1914	213,493,406	421,074,525
1915	314,118,774	346,569,924

Four years ago, in 1912, the balance of trade in favor of the United States was no less than two hundred and sixty-seven millions, and this year, the balance is reduced to only thirty-two millions. The figures are extraordinary and reflect the changed and new conditions in Canada. It looks as if for the first time in nearly half a century this year Canada will sell more to the United States than she will buy from the Americans.—Advertisement.

She Got the Last Word.

He—Man was born to trouble as the sparks fly upward.

She—Yes, to trouble woman.—Judge.

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When a woman trusts her husband implicitly the honeymoon is still young.

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