Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert-vigorous and vivacious-a good clear skin; a natgral, rosy complexion and freedom from lilness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of drinking phosphated hot water each morning, what a gratifying change would take place.

instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexons; instead of the multitudes of "nerve wrecks," "rundowns," "brain fars" and pessimists we should see a virile, optimistic throng of rosy heeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's ndigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food nto the stomach.

Those subject to nick headache, bilusness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of imestone phosphate from any druggist or at the store which will cost out a tride but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal unitation. We must remember that aside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do .- Adv.

A Beneficent Influence. "Why In you keep pestering me to so and have some more pictures talm?" inquired Mr. Growcher.

"Because," replied his wife, betographer is the only person t encw of who can get you to make an fort to smile and look natural."

Druggist Gives Highest Praise to Kidney Medicine

For the part fifteen years I have been elling Dr. Kilmer's Swamp-Root and speak in the highest terms regarding Samp-Root. I have used it in my own family and the results were the most favcrable. I believe it is a fine medicine for kidney, liver and bladder diseases and I always recommend it for such troubles. Very truly yours,

CHAS, BRUTON, Druggist, Jan. 5th, 1910 Dover, Tenn.

Letter to Dr. Kilmer & Co. Binghamton, N. Y.

tsation, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and onestores .- Adv.

A Hot Time, "What caused the coolness between you and Jones?" "A heated argument.

SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

ourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the Change of Life, a friend recommended it and it gave me such relief

from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other Indies." -Mrs. Many Ringway, Durand, Wis.

A Massachusetts Woman Writes: Blackstone, Mass. - "My troubles were from my ago, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well." Mrs. PIERRE COURNOYER, Box 239,

Blackstone, Mass. Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity. sounds in the ears, palpitation of the eart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be heeded by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis,



Sermon for Quiet People

By REV. L. W. GOSNELL Superintendent of Men, Moody Bible Institute of Chicago.

TEXT-The God of Isaac.-Exod. 3:6.

Speaking of the story of Isaac, found in the Old Testament, Mark Guy

Pearse says: "Turning from the story of Abraham, with its stirring scenes and splendfd triumphs, to the uneventful record of Isaac, is as when on a breezy day I have stood on the cliff and watched the waves as they leapt in showers of spray, whilst the birds have screamed and

wheeled about the crags, and far out at sea the ships have left their traces in foam-then turning inland I have gone down the hillside into the still valley, sheltered from the winds. and there the lonely plowman drove the team across the heavy clods. All is still—dull, if you please to call it so—that is Isaac." As another has put it. "the salient feature of his life is that it has no salient features." He is a type of the commonplace people of whom God has made so many. How thrilling it is to know that God is the God of Isaac and of all like unto him!

leanc's life was no doubt a disap pointment to men. He came by miraculous birth, yet proved to be just an ordinary man. Many have boned to be the happy fathers of artists. sculptors, musicians and scholars, but their children have turned out to be house painters, stone masons, and dry goods clerks. Still, it is well to have entertained these hopes, for if our children are no more remarkable than they are, in spite of our ambitions, what might they have been if we had had no ambitions for them.

Isanc's life was directed by God. This appears especially in the story of his marriage, found in Gen. 24. "The stens of a good man are ordered of the Lord," no reatter how dull and brown his life may be outwardly; an "ordinary" life may still be an "ordered" life. Horace Bushnell, in his great sermon on "Every Man's Life Plan of God." states his theme thus: That God has a definite plan for every human person, girding him visibly or invisibly for some exact my customers are always satisfied with thing, which it will be the true sigthe results obtained from its use and they nificance and glory of his life to have accomplished.

In character Isaac was marked by the passive virtues. We do not appreciate patience, gentleness, meekness, and other quiet graces as much as we should. Sunflowers and orchida are more corgeous, but who would do away with pansies and violets!

Submission was a marked element in his make-up. When Abraham would offer him as a sacrifice on Mount Mo-Prove What Swamp-Root Will Do For You the knife actually flashed over him. Send ten cents to Dr. Kilmer & Co., What a picture he was of our Lord Binghamten, N. Y., for a sample size bot- in his submission (Heb. 10:5-7). This tle. It will convince anyone. You will element appears again in 'saac's life also receive a heoklet of valuable infor- at Gerar. As fant as he would dig wells at this place the Philistines would contend for them, but instead of quarreling Isaac would move on collar size bottles for sale at all drug and dig another well. The outcome of his meekness was that the Philistines came to him to make a covenant saying, "We saw certainly that the Lord was with thee." Even now there is a sense in which the meek inherit the earth.

This quiet man was thoughtful, and we see him going out to meditate in the fields at the eventide (Gen. 24:63). Oulet people may know things better than others and know them more deenly. This twentieth century, "with bloodshot eye and fevered pulse," has lost the art of meditation, but only when truth saturates us does it really become a life power.

Isanc was affectionate, as manifested in his relation to his mother and Durand, Wis .- "I am the mother of | his wife (Gen. 24:67). We need such people in the world. We have often noticed that a plain mother, who has a great heart, will be adored by a son who shines in the world of science or letters. How weary life would be if all were brilliant and none with heart | pictured. predominant.

How suprising it is to find that this oulet man was, nevertheless, sensuous. "Iseac leved Esau because he did eat of his venison" (Gen. 25:28; 27:24). We have, in this matter, a suggestion of one danger of the quiet life. Alexander Wright says the greatest glutton he eyer knew never crossed his own doorstep and his only walk was between his desk and the dining table. Temperance, or, as the Revised Version renders, self-control, is a grace much insisted on in the New Testament.

Isanc's commonplace life is notable because linked with Christ. He was an ancestor of Christ and also a type of him in that his birth was supernatural and that, "in a figure," he was offered up and a'so raised from the dead. Our lives may be made significant, in that they, too, may be linked with Christ. Paul exhorts that even slaves shall do their work, not as unto their earthly masters, but as 1 ato the in another variation of the style all They are made with ruffles to give the Lord, "for," save he, "ye serve the the hair is combed back from the face Lord Christ." Our commonest actions can be done with the same motive as our highest deeds-"to be well pleasing unto him." "The world passeth away and the lust thereof: but he that doeth the will of God abideth forever."

Aspirations. Sad will be the day for many man when he becomes absolutely contented with the life he is living, with the thoughts be is thinking and the deeds that he is doing-when there is not forever beating at the doors of his soul some great desire to do something larger which he knows that be was meant and made to do because he is he carrying of the slop pall is not a child of God.—Phillips Brooks.

Ready for the Birthday Party



bogin with her fifth or sixth year, ices as flower girl, and birthday and ing among her friends, her social training is well begun.

A frock that will grace any occa of sheer batiste and fine val lace. embroidery will enrich it to the highest degree of elegance in the dress of the small girl. Several slik slips to beautifully.

These bodies are finished at the high for it. waist line with one or two narrow

The little beauty of the family, hav-, Little overbodies of taffeta or other ing attained the responsibilites that light silk are worn with them. They are cut without sleeves, having bands finds plenty of opportunity for wear- over the shoulders, and just to reach ing finery. What with Easter and the top of the frills on the underbody. June weddings that require her serv- Their edges are pinked or finished with hemstitching. They may be other parties that are always happen- made of wide ribbon, and several overbodies in various colors made to be worn with one frock. Slips of silk or mull to match them will bring the sion that requires fine dress is made frock into harmony with any color scheme, but they are prettiest when The addition of a little very fine hand | worn over white with color confined to the overbodice and hair ribbons.

Very handsome and showy party dresses for the small girl are made be worn under it make a variety of by joining fine val or other lingerie colors possible, for the diaphanous ba- lace insertion to embroidered organdie tiste and the val lace veil all colors insertion in alternating rows, by means of hemstitching. Although the Other sheer cotton fabrics may be lace, embroidery and hemstitching used for dresses of this kind, and the are all machine made the effect of various figundings, with narrow and these in combination is fine. The indaintily embroidered edgings, are very sertions must be basted together at effective in little dresses with full home and the hemstitching done by skirts joined to short-waisted bodies. someone who has the proper machine

There is a fad for having a hat cr frills, made of the embroidered edge little bonnet made to match the infrom the flouncing, and the short gene party freek, and a pretty exam-

sleeves are merely underfrills of it. ple is shown in the picture given here.

Latest Fashionable Coiffure



Two views of a very fashionable | place with narrow ribbon. This is a coiffure are given in the picture shown | coffure for evening dress. ears.

"finish" what it lacks in softness, and crown. it imparts the charm that lies in look-

or marcelled and parted at a point gesting the bobbed hair of children The hair at the top of the forehead is low across the head. In the satest then combed straight back and even coffures short curls are appearing when waven lies flat to the head with sometimes at each side of the face and no hint of fluttiness about it. At the sometimes in the colls at the back of sides it is brought forward and curved the head, and there is reason to beover the ears and the ends concealed lieve that the popularity of the uncovunder colls across the back of the ered (crehead is waning. One or two small ringlets are hend. allowed over the temple, and a recent version of this style has three short

curls at the nape of the neck The same arrangement of the front hair appears with the back hair brought to the top of the head and the middle of the crown at the back. where it forms a loop of hair tied to oline or a reed.

above. This is one of several varia | A pretty style recently introduced tions of the same style in which the shows the hair with an almost im hair is drawn back from the fore perceptible wave parted at the left head and brought forward over the side and combed across the head to Those who are young conugh, the right side. It is brought a little or look young enough, and have the way down in a curve at the middle face for it, may attempt it as it is of the forehead and arranged in four soft coils across the back of the head The style is not generally becom- against the nape of the neck. A jew ing but nevertheless has many de- eled comb is thrust in the hair above votees. It makes up in neatness and the coils and at the right of the

The most becoming of recent styles ing well-groomed to those who wear it has a small pompadour across the fore-To dress it, the hair may be waved head and stands out at the sides, sugthe forehend above each temple. in this style the back hair is colled

Julia Bottomby

Made With Ruffles. There are plain slik petticoats to

coiled into a long puff extending to wear with walking frocks that are plain petticoats, no more, no less, required fullness at the bottom, and and prought to the top of the crown, some of them are stiffened with crin-

The Town Man and His Troubles. | considered a man's work."-Kansas "I am still required to do sume of City Star. the chores in and around my happy home," remarked Polk Daniels of How-To Mend China ard, "and the other day while doing one of my more or less regular stunts tie firmly and boil in sweet milk for a wagon pretty well loaded with peo ple rumbled by. 'Oh, look-ee at that man; he's carryin' out slop!' remarked a woman in a high pitched voice, and then they all looked in my direction and all broke out laughing fit to kill. From which I infer that in some homes

Put the pieces together carefully,

half an hour. China mended in this way will last for years. When washing fine chinaware, place two Turkish tow els, one crossing the other, in the dishpan before filling it with hot water Put only a dish or two in the pan at a time. Chinaware will not be likely to in Joppa for some time in the house get nicked if this plan is followed. of "Simon, a tanner." get nicked if this plan is followed.

INTERNATIONAL SUNDAY SCHOOL **LESSON**

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

LESSON FOR APRIL 9

AENEAS AND DORCAS.

LESSON TEXT-Acts 9:32-43. (See also GOLDEN TEXT-In all things showing thyself an ensample of good works .-

Step by step the Gospel can be traced, spreading itself, but "beginning at Jerusalem." Paul's conversion is one of the greatest evidences of Christianity. The two miracles of today's lesson are additional evidence

that it is of God. I. At Lydda (vs. 32-35). Caligula emperor of Rome in A. D. 39, ordered his statue to be erected in Jerusalem that he might be worshiped as a god there as elsewhere. The excitement and conflict which arose in opposition to this sacrilege lasted for two years, during which time Christian persecutions ceased. Following Saul's visit at Jerusalem, and during this time of quiet, Peter made this tour of visitstion. Lydda (modern Ludd) is about twenty-five miles northwest of Jerusalem. Here dwelt certain saints (v 32) literally "holy ones," converted disciples of Christ, not ones of special honor, for all who are members of the body of Christ, are "saints" (Phil. 1;1). Here also dwelt Aeneas, "a certain man," possibly not a believer, but baving great need (v. 26:3:2; 10:1, 14:8; 9:10), and of years stand ing (v. 33). Notice Luke, the physician's careful record. Peter must have seen many such, yet this man is one Peter "found": he was evidently looking for him. Peter's plty was not sentimental but practical and his words powerful, for back of them was the Living and Powerful Christ. He knew who could work a cure. The long weariness is to be relieved. Yet those days of illuess gave time for meditation and probably prepared the man's heart to respond in faith to Peter's words. Peter does not attract attention to himself, but rather to Jesus. His was but to be the instrument of the cure. The healing was a means to an end, for when those who dwelt in Lydda and Sharon (v. 35) heard of the miracle, or saw this healed man, it was to them a demon stration of the power of the risen Christ, and they "turned to the Lord" (v. 35). There is ro comparing Peter with modern "healers." Peter's words and actions were a living demonstration, not for profit, of the power of Jesus in his life and testimony. It we of this day would show more of that same nearness to the same

source of power there would be more

turning of men and women, boys and

girls, to Jesus, and more healing of

broken hearts. Our power is in in-

verse ratio to our nearness to Jesus. IL At Joppa (vs. 36::43). Joppa possessed for themselves. It was and is still a rather insignificant town, and now marks the beginning of the railroad leading to Jerusalem, 35 miles distant. No name is recorded of any of its rich or prominent citizens, only that of an humble woman. The record of her life, however, is inspiring (v. 36), and her name is a common one adopted by organizations of women. Like her master her life was full of "good deeds"; like him she was not ministered unto, but ministered. This is real greatness and it is open to all of us. Her name "Tabitha" (Hebrew), Dorcas (Greek), means gazelle, which in the East is a favorite type of beauty. This "certain disciple" was beautiful in life as well, for she was first a believer, then a doer. We believe in order to do, not do in order to believe. This woman is an example of the wise and capable woman mentioned in Prov. 31:10-31, a picture well worth studying in these days of the "feminist movement." She is a good type to be followed by church women, and by us all in the fact that her reputation rested upon deeds "which she did" (v. 36), not ones she was about to do, nor did she wait for some great opportunity of service. The life of Dorcas reveals one of the causes of the triumph of Christianity in the Roman empire. It was a source of wonder that those early Christians should so love each other. The reason why Dorcas was allowed to die lies in the providence of God. He loved his work and this recorded incident has served to raise up multitudes of other Dorcases. Her death also reveals that being "full of good works and alms deeds" does not exempt his servants from sickness and death, and that God evidently has other purposes in sickness than to chastise our sin or to humble our pride (John 9:3, II Kings 13:14). The friends of Dorcas were folks of faith, for as yet there was no case of apostolic power to raise the dead so far as we know, and it was now about ten years after the resurrection of Christ. Doubtless they had heard of the curing of Aeneas, and hence dared to appeal to Peter on behalf of the one they loved so dearly. Dorcas had built a monument with a needle, and in that upper room (v. 39) It was shown to

seen his Master do to his mother-inlaw (Mark 1:30, 31), and gave Dorcas his hand to help her arise. This gave an opportunity for fruitful work among the converts (v. 41) and the enlistment of many new be-Hevers (v. 42), so that Peter abode

Peter as a visible evidence of her life

work. "Post mortem benefactions do

not count much with God."-Torrey.

Peter followed the example of his

Lord (Luke 8:2, 54), dismissed all

spectators and "prayed" (v. 40). The

way to revive a dead pastor, church,

school, personal experience, or per-

son "dead in trespasses and sins," is

by prayer. Peter also did as he had

Caused by Disease of the Kidneys The close connection between the neart and the kidneys is well known aowadays. When kidneys are diseased, uremic poisoning occurs and the per- from what is commonly called a cold. son dies, and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such there, or that constant tired, worn-out feeling, get "Anuric" at the druggist.

Our Fix, Too. "What does your husband do with

his old clothes?" "Keeps right on wearing 'em."

RHEUMACIDE FOR RHEUMATISM. A few people still imagine that Rheumatism can be cured by outward applications, but the best medicascience today recognizes the necessity of internal treatment to eliminate ex cess uric acid and Rheumacide does

What Began It. Any Wife-How had I better have my new dress made?

this. Your druggist keeps it .- Adv.

Any Husband-Small in the bill, Important to Mothers Examine carefully every bottle of CASTORIA, a safe and sur remedy for infants and children, and see that it

Bears the Chart Halthir.
In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Getting Fat. "Does he occupy his pulpit satisfac-

"Well, he has gained twenty pounds since he came with us."-Judge

CLEAR RED PIMPLY FACES Red Hands, Red Scalp With Cuticura

The soap to cleanse and purify, the Ointment to southe and heal. Nothing better, quicker, safer, surer at any price for skin troubles of young or old that itch, burn, crust, scale, torture or disfigure. Besides, they meet

Scap and Ointment. Trial Free.

every want in tollet preparations. Free sample each by mail with Book. Address postcard, Cuticura, Dept L. Boston, Sold everywhere.-Adv.

English Preserve Early French. The pronunciation of Reaumont, one of the villages captured by the Germans in the great attack on Verdun, presents, at any rate see far as the first syllable is concerned, no difficulties even to the man in the street. Yet in the eighteenth century the average Englishman spoke of "Bewmont" and "Bewfort," and Leigh Hunt, commenting on the fact, maintains that the average Englishman for once was right, and was merely reviving the criginal French pronunciation, surviving here in the word "beauty, which we correctly rhyme with duty. London Telegraph.

Has a \$100,000 Woodpile. A \$100,000 woodpile-walnut logs heaped over three blocks of groundis waiting the completion of the new gunstock factory at Chillicothe, Mo. A force of 1,100 men is buying up the walnut timber in Kansas, lowa, Illinois, Arkansas and Misouri Trainloads of logs are arriving in Chillicothe daily. The factory already has a pay roll of 1,500 men and, when completed, will be the largest plant of its kind in the country. With a decrease In demand for guns, the manufacturing of wooden ware, such as motor car and wagon spokes, will be taken up.

No man is without fault-but it' impessible to convince the girl who is about to be married to the man of her choice that such is the case.

Each Chinese schoolboy has to furnish his own stool and table, as well as his own ink, brush and writing pa-

> WISE HOSTESS Won Her Guests to Postum.

"Three great coffee drinkers were my old school friend and her two daughters. "They were always complaining and

taking medicine. I determined to give them Pestum instead of coffee when they visited me, so without saying Callouses, Bun,ons, and Aching, Tired. anything to them about it, I made a big pot of Postam the first morning.

"Before the ugeal was half over, each one passed up her cup to be refilled, remarking how fine the 'coffee' was. The mother asked for a third cup and inquired as to the brand of coffee I used. I didn't answer her question just then, for I heard her say a while before that she didn't like Postum unless it was more than half coffee

"After break ast I told her that the 'coffee' she liked so well at breakfast | 711-717 Bent Ave Ecceling N was pure Postum, and the reason she liked it was because it was properly made.

"I have been brought up from a nervous, wretched invalid, to a fine condition of physical health by leaving off coffee and using Postum.

"I am doing all I can to help the world from coffee slavery to Postum freedom, and have earned the gratitude of many, many friends." Name given by Postum Co., Battle Creck, Mich. Postum comes in two forms:

Postum Cereal—the original formmust be well boiled. 15c and 25c

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

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

Sudden Death After Grip Then-Spring Fever?

This is the time of year to look out for trouble! We feel weak-our arterial tension is increased and the blood seems hot-no appetite.-it's neart functions are attacked. When time to clean house! This is when the kiddeys no longer pour forth waste, the blood is clogged and we summer

Dr. Pierce's Golden Medical Discovery purifies the blood and entirely cradicates the poisons that breed and a risk to send 10 cents for a large feed disease. Pure blood is essential trial package of "Anuric"—the latest to good health. The weak, run-down. discovery of Dr. Pierce. When you debilitated condition which so many suffer from backache, frequent or people experience is commonly the efscanty urine, rheumatic pains here or fect of impure blood. "Medical Discorery" not only cleanses the blood of imit's 37 times more potent than lithia, purities, but increases the activity of dissolves uric acid as hot water does the blood-making glands, and enriches the body with pure, rich blood.

> Calling Uncle Down. "When I was a youngster," remark-

ed Uncle Braggles. "I was about the best baseball player in this county." "What did you play?"

"Pitcher, catcher, shortstop an' all the rest of 'em."

"Yes, Uncle." spoke up little Willie, the champion bright child. "But we're talking about baseball; not amateur theatricals."

Some people act as though they were afraid they might forget their troubles if they didn't talk about them all the cime,

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 49 years ago. They regulate liver and bowels.—Adv.

It is not at all difficult for a man to have the patience of Job-if the boils are on his neighbor.

Stop That Ache!

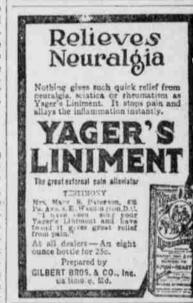
Don't worry about a bad back. Get rid of it. Probably your kid-neys are out of order. Resume sensible habits and help the kidneys, Then, kidney backache will go; also the dizzy spells, lameness, stiffness, tired feelings, nervousness rheumatic pains and bladder trouoles. Use Doan's Kidney Pills

Thousands recommend them, A Pennsylvania Case



Mrs. John Eppley. 216 Walout St., Ashland, Pa., says: 'S h ar p iwinges in my back almost made me fall. I had a constant ache across my loins and I feli sick and depressed. If the time. The ki does not require in passage. Do a n'a couble. When a cold ney now, I always y Fills and receive Kidney Pills and receiv

Gat Doan's at Any Store, 50c a Box DOAN'S HIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.



Constipation Vanishes Forever Prompt Relief-Permanent Cure

CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable - act surely CARTERS but gently on the liver. Stop after d nner dis-tress-cure indigestion improve the complexion, brighten the eyes.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Breut Good

Tender, Sweaty, Swollen

JOHNSON'S FOOT SOAP

will relieve them at once and make life worth iving. The safe and sure remedy composed of the old and reliable ingredients—Borax, Iodina, and Bran. We per cake at first class druggess.



HUSTLERS WANTED to sell our togh grade

AGENTS in each locality, handle our factories in the profits of the profits. Write for evaluation and peoposition. Southern Sales Co., Popt. X. Cynchistry Va.

Fruits, Vegetables, Ears and Live Por est market prices. FRED YEST & CO. Commission Marchan's 100 Seate St. New MENI i will a-nd you positively free of formulary constaining formula money making information today, it's Free. Address & Omice Committee to

Wanted Salesmen Sales for rossita Union

-sold by Grocers. W. N. U., BALTIMORE, NO. 15-1916.