

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 natural, rosy complexion and freedom from illness are assured only by clean, healthy blood.

A Sermon for Quiet People

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

TEXT—The God of Isaac.—Exod. 3:4.

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 splendid triumphs, to the uneventful record of Isaac, it 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."

Isaac's life was no doubt a disappointment to men. He came by miraculous birth, yet proved to be just an ordinary man. Many have hoped 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.

Submission was a marked element in his make-up. When Abraham would offer him as a sacrifice on Mount Moriah he made no resistance, though the knife actually flashed over him. What a picture he was of our Lord in his submission (Heb. 10:5-7). This element appears again in Isaac's life at Gerar. As fast as he would dig wells at this place the Philistines would contend for them, but instead of quarrelling, Isaac would move on 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."

This quiet man was thoughtful, and we see him going out to meditate in the fields at the eventide (Gen. 24:63). Quiet people may know things better than others and know them more deeply. 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.

Isaac was affectionate, as manifested in his relation to his mother and 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 predominant.

How surprising it is to find that this quiet man was, nevertheless, sensitive. "Isaac loved 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 elevation he ever 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.

Isaac'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 also raised from the dead. Our lives may be made significant in that they, too, may be linked with Christ. Paul exhorts that even slaves should do their work, not as unto their earthly masters, but as unto the Lord, "for," says he, "we serve the Lord Christ." Our commonest actions can be done with the same motive as our highest deeds—"to be well pleasing unto him."

Ready for the Birthday Party



The little beauty of the family, having attained the responsibilities that begin with her fifth or sixth year, finds plenty of opportunity for wearing finery. What with Easter and June weddings that require her services as flower girl, and birthday and other parties that are always happening among her friends, her social training is well begun.

A frock that will grace any occasion that requires fine dress is made of sheer batiste and fine val lace. The addition of a little very fine hand embroidery will enrich it to the highest degree of elegance in the dress of the small girl. Several silk slips to be worn under it make a variety of colors possible, for the diaphanous batiste and the val lace veil all colors beautifully.

Other sheer cotton fabrics may be used for dresses of this kind, and the various flourishes, with narrow and daintily embroidered edgings, are very effective in little dresses with full skirts joined to short-waisted bodices. These bodices are finished at the high waist line with one or two narrow frills, made of the embroidered edge from the founcing, and the short sleeves are merely underfrills of it.

Little overbodies of taffeta or other light silk are worn with them. They are cut without sleeves, having bands over the shoulders, and just to reach the top of the frills on the underbody. Their edges are pinked or finished with hemstitching. They may be 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 frock into harmony with any color scheme, but they are prettiest when worn over white with color confined to the overbody and hair ribbons.

Very handsome and showy party dresses for the small girl are made by joining fine val or other linge lace insertion to embroidered organza insertion in alternating rows, by means of hemstitching. Although the lace, embroidery and hemstitching are all machine made the effect of these in combination is fine. The insertions must be basted together at home and the hemstitching done by someone who has the proper machine for it.

There is a fad for having a hat or little bonnet made to match the ingere party frock, and a pretty example is shown in the picture given here.

Latest Fashionable Coiffure



Two views of a very fashionable coiffure are given in the picture shown above. This is one of several variations of the same style in which the hair is drawn back from the forehead and brought forward over the ears. Those who are young enough, or look young enough, and have the face for it, may attempt it as it is pictured.

The style is not generally becoming but nevertheless has many devotees. It makes up in neatness and "finish" what it lacks in softness, and it imparts the charm that lies in looking well-groomed to those who wear it.

To dress it, the hair may be waved or matted and parted at a point on the forehead above each temple. The hair at the top of the forehead is then combed straight back and even when waved lies flat to the head with no hint of fullness about it. At the sides it is brought forward and curved over the ears and the ends concealed under coils across the back of the head. One or two small ringlets are 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 coiled into a long puff extending to the middle of the crown at the back. In another variation of the style all the hair is combed back from the face and brought to the top of the crown, where it forms a loop of hair tied to

place with narrow ribbon. This is a coiffure for evening dress. A pretty style recently introduced shows the hair with an almost imperceptible wave parted at the left side and combed across the head to the right side. It is brought a little way down in a curve at the middle of the forehead and arranged in four soft coils across the back of the head against the nape of the neck. A few old comb is thrust in the hair above the coils and at the right of the crown.

The most becoming of recent styles has a small pompadour across the forehead and stands out at the sides, suggesting the bobbed hair of children in this style the back hair is coiled low across the head. In the latest coiffures short curls are appearing sometimes at each side of the face and sometimes in the coils at the back of the head, and there is reason to believe that the popularity of the uncovered forehead is waning.

Made With Ruffles. There are plain silk petticoats to wear with walking frocks that are plain petticoats, no more, no less. They are made with ruffles to give the required fullness at the bottom, and some of them are stiffened with crinoline or a reed.

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of Sunday School College of the Moody Bible Institute, Chicago. (Copyright, 1914, Western Newspaper Union.)

LESSON FOR APRIL 9 AENEAS AND DORCAS.

LESSON TEXT—Acts 9:32-43. (See also Prov. 2:19-31.) GOLDEN TEXT—In all things showing thyself an ensample of good works.—Titus 2:7.

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 worshipped as a god there as elsewhere. The excitement and conflict which arose in opposition to this sacrilege lasted for two years, during which times Christian persecutions ceased. Following Saul's visit at Jerusalem, and during this time of quiet, Peter made this tour of visitation. Lydda (modern Lod) 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 having great need (v. 32-33; 10:1, 14-16; 9:10), and of years standing (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 pity 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 illness 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 dwell in Lydda and Sharon (v. 35) heard of the miracle, or saw this healed man, it was to them a demonstration of the power of the risen Christ, and they "turned to the Lord" (v. 35). There is no 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. If 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 inverse ratio to our nearness to Jesus.

II. At Joppa (vs. 36-43). Joppa was the only seaport the Jews ever 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 a 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. 35), 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 Dorcas. 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 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, 34), dismissed all spectators and "prayed" (v. 40). The way to revive a dead pastor, church, school, personal experience, or person "dead in trespasses and sins," is by prayer. Peter also did as he had seen his Master do to his mother-in-law (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 believers (v. 42), so that Peter abode in Joppa for some time in the house of "Simon, a tanner."

Sudden Death After Grip Then—Spring Fever?

Caused by Disease of the Kidneys. The close connection between the heart and the kidneys is well known nowadays. When kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uronic poisoning occurs and the person dies, and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anuric"—the latest discovery of Dr. Pierce. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, get "Anuric" at the druggist. It's 37 times more potent than lithia, dissolves uric acid as hot water does sugar.

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 medical science today recognizes the necessity of internal treatment to eliminate excess uric acid and Rheumacide does this. Your druggist keeps it.—Adv.

What Began It. Any Wife—How had I better have my new dress made? Any Husband—Small in the bill. Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of Dr. J.C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Getting Fat. "Does he occupy his pulpit satisfactorily?" "Well, he has gained twenty pounds since he came with us."—Judge. CLEAR RED PIMPLY FACES. Red Hands, Red Scalp With Cuticura Soap and Ointment. Trial Free.

The soap to cleanse and purify, the Ointment to soothe 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 every want in toilet preparations. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv. English Preserve Early French. The pronunciation of Beaumont, one of the villages captured by the Germans in the great attack on Verdun, presents, at any rate so 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 "Beawmont" and "Bewfort," and Leigh Hunt, commenting on the fact, maintains that the average Englishman for once was right, and was merely reviving the original 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 ground—is 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, Iowa, Illinois, Arkansas and Missouri. 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's impossible 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 paper. 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 medicines. I determined to give them Postum instead of coffee when they visited me, so without saying anything to them about it, I made a big pot of Postum the first morning. "Before the meal 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 breakfast I told her that the 'coffee' she liked so well at breakfast 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 Creek, Mich. Postum comes in two forms: Postum Cereal—the original form—must be well boiled, 15c and 25c pgs. Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 20c and 50c tins.

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

Excellent for Coughs & Colds HALE'S HONEY of Horehound & Tar All Druggists Use Fife's Toothache Drops

Aspirations. Sad will be the day for many man when he becomes absolutely contented with the life he is living, with the thoughts he is thinking and the deeds that he is doing—when there is no forever beating at the doors of his soul some great desire to do something larger which he knows that he was meant and made to do because he is a child of God.—Phillips Brooks.

To Mend China. Put the pieces together carefully, tie firmly and boil in sweet milk for half an hour. China mended in this way will last for years. When washing one china-ware, place two Turkish towels, one crossing the other, in the dish before filling it with hot water, but only a dish or two in the pan at a time. China-ware will not be likely to get nicked if this plan is followed.

Relieves Neuralgia YAGER'S LINIMENT Nothing gives such quick relief from neuralgia, sciatica or rheumatism as Yager's Liniment. It stops pain and always kills the inflammation instantly.

Constipation Vanishes Forever Prompt Relief—Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegetable—act surely but gently on the liver. Stop after dinner—cure distress—indigestion, improve the complexion, brighten the eyes. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

FEET A hot foot bath with JOHNSON'S FOOT SOAP will relieve them at once and make life worth living. The safe and sure remedy composed of the old and reliable ingredients—Borax, lye, and Bran. 5c per cake at first class druggists or sent prepaid on receipt of the price by the manufacturers. THOMAS GILL SOAP CO., 711-717 Kent Ave., Brooklyn, N. Y.

PARKER'S HAIR BALM A toilet preparation of worth. Stops itching scalp, cures dandruff. For restoring color and beauty to gray or faded hair. Sold in all drug stores.

Calling Uncle Down. "When I was a youngster," remarked Uncle Braggles. "I was about the best baseball player in this county." "What did you play?" "Pitcher, catcher, shortstop and 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 time.

Stop That Ache! Don't worry about a bad back. Get rid of it. Probably your kidneys 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 troubles. Use Doan's Kidney Pills. Thousands recommend them. A Pennsylvania Case. "Every doctor says my back is bad. I have tried all sorts of medicine, but nothing helps. I feel all the time. The doctor says my kidneys are bad. I feel like I am going to drop. Doan's Kidney Pills are the only thing that has helped me. I feel like a new man now. I always use Doan's Kidney Pills and receive good results." Get Doan's at Any Store. 50c a Box. DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

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