

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

Alabastine is the most effective, economical and simple wall decoration on the market.

Think of it! No boiling water, no glue added. It's one of the easiest jobs in the world to prepare and apply.

Alabastine

And when you consider that you obtain the most beautiful, mellow, nature colors, viz., soft buffs, delicate greens and exquisite blues, or any shade you wish by combining shades of Alabastine, then you'll know why Alabastine is one of the most popular wall decorations with millions of Painters and Householders, Decorators and Womenfolk...

The Alabastine Co., 182 Grandville Rd., Grand Rapids, Mich.

WELL KNOW POWER OF DRESS

Women dress the way they want to dress. They need no instructions as to modesty or propriety. From a very early age they understand perfectly their powers both of allurements and of defense.

Women who expose their bodies know that they are doing it, and they know exactly why they are doing it. So do men.

Of Course Not. I certainly do enjoy reading the conclusions of scientific gentlemen.

When some men start out to look for the deserving poor their first stop is before a mirror.

Well Built Is Built To Win—but in building brain and body, often the daily diet lacks certain essential mineral elements.

Grape-Nuts made of whole wheat and malted barley, supplies all the rich nutriment of the grains, including their vital mineral salts...

Silent Evangelism By REV. HOWARD W. POPE of the Moody Bible Institute of Chicago

The indiscriminate use of tracts by those whose zeal exceeds their wisdom has led many good people to question their value. It is foolish, however, to allow our prejudice against poor tracts to blind us to the value of good ones...

Some ministers make constant use of leaflets in their personal work. They open the way for conversation, and often they are better than words, for a soul under conviction is some times disposed to quarrel, but one cannot quarrel with a tract.

Business men have fine opportunities for this kind of work. A man once said, "I cannot speak in meeting, but if you will supply me with choice reading matter, I will pay for it and increase it in the packages which go out of my store."

Teachers can make good use of leaflets. Those who cannot talk with their pupils can put into their hands the wise words of others.

Never give away a tract unless you know its contents. Use all the tact you have and pray for more. An old man said to a train boy, "No, I don't want your popcorn, don't you see I haven't any teeth?"

INTERNATIONAL SUNDAY SCHOOL LESSON

PETER DELIVERED FROM PRISON. LESSON TEXT—Acts 12:1-19. GOLDEN TEXT—The angel of Jehovah encircled round about them that feared him, and delivered them.—Psalm 34:7.

One day the "sons of Zebedee" desired Jesus to grant a carnis blanche petition. Pressed further as to their particular request, they petitioned for the seats of authority on the right and left hand of Jesus in glory.

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Temperance Notes

WORK FOR A DRY STATE. A Trades Unionists' Anti-Booze League has been organized in Nebraska.

"It shall be the aim of this organization to publicly disclaim in every way possible that union labor of Nebraska looks upon the use of liquor as an aid to its welfare and advancement, but rather that the use of intoxicating liquor is the greatest handicap union labor has to contend with in making its fight for justice for the working class."

Dr. W. A. Evans conducts an "How to Keep Well" department in Chicago Tribune. The other day, under the above caption, he devoted considerable space to the drinker's brain.

Consumption of Alcohol. That the use of beer and wine does not tend to decrease the consumption of strong liquors, is shown by Gabrielsson, a Swedish statistician who has published the results of his researches.

France consumes more than three times as much alcohol per capita as the United States, due to its general use of wine. Italy consumes nearly three times as much, Spain twice as much, Greece twice as much, Switzerland twice as much, Portugal nearly twice as much.

Among the incalculable losses resulting from this great war there stands out prominently one benefit; it has brought to all countries engaged in it—and to others—a realization such as they never had before of the relation between alcohol and efficiency.

Ill. Joy and Amazement (vs. 12-17). Peter, finding himself untrammelled and free upon the streets of the city, and no longer angel-accompanied, at once repaired to his friends.

FOR TRADE DEFENSE. What would be said if prohibitionists in paying their bills would deduct 1 per cent to be applied to fighting the liquor traffic. That is what the liquor dealers of this country are doing "for trade defense."

STATE NEWS BRIEFLY TOLD

The Latest Gleanings From All Over the State. TOLD IN SHORT PARAGRAPHS. It cost Grant Noll, a Lancaster farmer, \$9 for shooting one chicken belonging to a neighbor, Jacob F. Henney.

In the second bidding for contract for an armory for Company I, Sixth Regiment, National Guard, West Chester, H. L. Brown, of Philadelphia, was awarded the contract for \$39,500.

On his way to the bank with \$150 of his father's money wrapped in a handkerchief in his pocket, Louis, fourteen-year-old son of Henry Schlangner, of West Berwick, unconsciously pulled the handkerchief from his pocket.

Arthur Presmont, Northumberland county lawyer, was appointed an assistant attorney in the United States Land Office, Washington. He will report for duty immediately. He is a graduate of the local high school and University of Pennsylvania law department.

The Pennsylvania Steel Company is planning the erection of a colony of single-story frame dwellings to serve as "bachelor quarters" for the scores of colored workmen brought to the Steelton plant from the South since the war took away so many alien laborers.

The Board of Governors of the Harrisburg County Club has authorized the purchase of 100 acres near Fort Hunter, for the erection of a new clubhouse and laying out of grounds.

Chizek Emuna congregation, whose synagogue is in the Capitol Park Extension district, purchased the old stone church property formerly occupied by St. Paul's Episcopal Church, at Sixth and Forster streets. It will erect a new temple on the site.

Look and Feel Clean, Sweet and Fresh Every Day

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

The Texas onion-crop will be 187,220 bushels short of the 1915 crop, though there has been an increase of 12 per cent in acreage, according to the estimate of the department of agriculture just made public here.

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Injuries received in an automobile accident, resulted in the death of William Hunter, thirty-eight years old, of North Berwick, in the Bloomsburg Hospital.

There are 2,214 persons in Kennett Square, 368 of whom are colored, according to a borough census just completed.

Wanted 50,000 Farm Hands of experience at once on the farms of Western Canada

For Rheumatic Pains YAGER'S LINIMENT

While the winding of one's watch would seem to call for only a small amount of energy, it assumes a significant aspect when multiplied several hundred times, as in the instance of a watch-repairing concern in New York city, part of whose work it is to wind 700 or more watches each day.

FRECKLES

Hard to Understand. Patience—it is said that a noted British entomologist recently paid \$1,000 for a rare specimen of flea which is occasionally found in the fur of the sea otter.

After Grip—Winter Colds—Bad Blood

You are pale, thin, weak—with little vitality. Your liver is sluggish and the bad blood causes your stomach muscles to lose their elasticity and become flabby—then indigestion.

There is no danger or possibility of Con-scription in Canada.