

A Mother's Burden

A mother who suffers kidney trouble, finds it hard to keep up her daily work. Lameless, backache, slary pains when stooping and "blue" nervous or dizzy spells, make home life dreary. Active kidneys bring back vigor, health and a pleasure in family duties. If the kidneys are weak try a box of Doan's Kidney Pills.

A Virginia Case Mrs. L. C. Nalls, 645 E. Patrick St., Alexandria, Va., says: "My back was so weak and sore, I could hardly get around. After I stopped it was almost impossible for me to straighten up. I couldn't rest and after I went to bed, my back ached so badly and in the morning, it was all over me. Every time I could do to dress myself. My kidneys didn't do their work. I was right and my head ached. I had a box of Doan's Kidney Pills did me so much good that I kept on using them. My back soon stopped aching and my kidneys haven't troubled me since."

Get Doan's at Any Store, See a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Protect Your Family From Winter Colds with Hale's Honey Of Horehound and Tar. It stops coughs before they become serious. Contains no opium nor anything injurious. Sold by all druggists. File's Toothache Drops Stop the Pain.

The Old Scratch Beaten. No-Zone cure free sample. No-Zone Co., Desk C, St. Paul, Minn.

Grads. "That young man is out to make a name for himself." "What's the matter? Ain't he satisfied with the one his father gave him?" -Detroit Free Press.

The Quinine That Does Not Affect The Head because of its tonic and laxative effect. Laxative Quinine can be taken by anyone without causing dizziness or other ailments. There is only one "Hromo Quinine." H. W. GIBBY'S signature is on each box. 5c.

Shutting Him Up. "What you eat you become," declared the talkative man. "For you," said the other. "I would recommend a steady diet of clam chowder."

The occasional use of Roman Eye Balsam at night upon retiring will prevent and relieve tired eyes, watery eyes, and eye strain. Adv.

KEEN MEMORY FOR FACES

Colonel Roosevelt Remembered. After Two Years, Man Whom He Had Only Met in a Crowd.

Colonel Roosevelt has one of the most wonderful memories I ever heard of, particularly for faces and names," said C. E. Embree of the Maine Farmers' Union. "I first met him somewhere about 1906 at Riverhead, Long Island, when perhaps 3,000 persons were introduced to him."

"About two years later I met him on the street at Oyster Bay. He was in his shirt-sleeves, swinging along to the postoffice, and being hailed by every one who saw him, old and young. I said: 'Good morning, sir,' as we met."

"He paused, rather squinted at my face and slowly replied: 'Good morning. Your name is Embree, is it not?' I admitted it, in astonishment at his memory, and asked, 'But where did you meet me?' and as quickly as a flash came: 'Riverhead, wasn't it?' But you met 3,000 men that day." "O, that doesn't make any difference."

"The next meeting with the colonel was in 1912 at Nashua, N. H. I was passing around one car to take another and stepped a little one side to allow a man to pass. He casually looked at me and sang out with a smile: 'Hello, Long Island!' and was gone. It is wonderful to me that man's memory of names and faces."—Kennebec Journal.

Its Claims. She—I wive all claims to your pitiful, unworthy, utterly despicable affections.

He—Whew! but that was some hot wive!

Titian, the great artist, was painting pictures at the age of ninety-nine.



Childish Craving - for something sweet finds pleasant realization in the pure, wholesome, wheat and barley food

Grape-Nuts No danger of upsetting the stomach—and remember, Grape-Nuts is a true food, good for any meal or between meals. "There's a Reason"

A GIFT FROM SANTA



John Smith says: "The extreme cold, frost, rain and snow caused us to keep Christmas among the savages, where we were never more merry nor had more good oysters, fish, flesh, wild fowl and good bread nor ever had better fires in England." Kipling, too, refers to the memory of Yuletide in his "Black Sheep" with the couplet, "At home they are making merry, twist the white and scarlet berry." And so we should garland the house with trailing pine, hang the wreaths of holly in the window and the mistletoe 'neath the chandelier. It helps others if it does not help you.

The Christmas Spirit. Let the spirit of Christmas time, "Peace on earth, good will to men," come into your heart and be merry and glad. But in the midst of your merrymaking and charitable thought, do not forget that there are many to whom Christmas will bring no cheer. These are the hopelessly ill in hospitals, the human driftwood in the reformatories, the tiny inmates of the orphanages. If you are able to, bring a bit of cheer—practical cheer—into the dead life of someone confined in one of these institutions. Do not think such an effort is a waste of time or out of date. Indeed, it will be the kindest act you can do at Christmas time—to think of someone who has lost his place, or is not yet able to take his place in the great world.

Boston's Fine Example. Last Christmas in Boston the mayor requested everyone in the city to leave their window shades up on Christmas eve to help light the city. Such a cheerful glow as it gave to old Beacon street and Commonwealth avenue! Down in the Public gardens the city was enjoying its municipal Christmas tree, a stately fir, bedecked with myriad colored electric bulbs, while the band played old familiar carols that veered into popular street songs before the crowd scattered. The scene was significant of Christmas now being a cosmopolitan festival holding the heart of Puritan New England, whose holy of holies has heretofore been Thanksgiving. This is right, and as it should be, since ours is a land of religious liberty and Christmas is the season of "peace and good will to all mankind."

WHY NOT REVIVE OLD CUSTOMS?

By CASSIE MONCLURE LYNE. HAVE the customs of Christmas become mere conventionalities? That is the rub. We do things like mechanical toys, without asking the why and wherefore. We follow like sheep the leadership of some foolish friend who either has more cents and less sense than the average, because we are the slaves of custom. Christmas is the season for the Christ-Child—when simplicity and sincerity should dominate love of ostentation and all pretense. It is hard in this day of luxury to experience a new sensation; for children are sated on the threshold of life with gifts that would have astonished George Washington and taken away the breath of little backwoods Abraham Lincoln. It is no use telling your child to eat his red apple and suck his stick of candy with a thankful heart if little Bobbie next door owns a motorcycle and a real pigskin. Precious poor fun will your little Mary Jane find in her rag baby if Inez Dorris has a bisque French doll that can talk. And so we are happy or miserable, poor or rich by contrast; those comparisons that are obvious if odious.

Yule Log Is Gone. The old-fashioned season of fun and frolic has been replaced by a meaningless, mirthless celebration. The Yule log has gone out, and there is no fire-place for old Santa Claus to scramble down and leave his gifts of simple joys for unsuspecting childhood. The steam-heated home, the sterilized urchin, the pure-flood laws, all forbid the painted sugar cuts and dogs whose green backs would have put any parent to shame.

Yet how beautiful in retrospect is the memory of some Christmas of the long ago, when, like Tiny Tim, who gathered around the simple table and looked forward with joy to the home-coming of all the family, the wonderful dinner of goose and the loving greeting, "God bless us all!" That was a wealth such as no Scrooge could possibly buy! That was the spirit which prompted Dickens to say, "Though it has never put a scrap of gold or silver in my pocket, I believe it has done me good, and I say, 'God bless it!'"

We Should Hang Garlands. The singing of carols in English villages was a good old custom and ought to be revived, as well as the lighting of the Yule log on Christmas eve, for the memory of the English Christmas lingers ever in the British heart, wherever he may be. In the early days at Jamestown, Va., the cradle of English civilization on this western continent,

Why don't you send your little friend a nice wax doll for Christmas? "I don't think she'd care much for a wax doll now, auntie; you see, they just got a meat one at her house." Evidently Not. "Confound the luck! What did she want to slip me for? She was standing squarely beneath a bunch of mistletoe when I kissed her." "Son, I'm surprised at your obtuseness." "Well?" "I suspect that you were not the man she was waiting for."

INTERNATIONAL SUNDAY SCHOOL LESSON

By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago. Copyright, 1916, Western Newspaper Union.

LESSON FOR DECEMBER 17 THE HOLY CITY.

LESSON TEXT—Rev. 21:1-7, 22-27. GOLDEN TEXT—Behold, the tabernacle of God is with men, and he shall dwell with them, and they shall be his people.—Rev. 21:3.

As we approach the end of the year, our minds turn from the imperial city, where last we have an authentic record of Paul, to the eternal city in which he has so long resided. In lesson ten we studied Jesus Christ in his resurrection glory, the source of all power, King of Kings and Lord of Lords for the redemption of the human race. In Lesson 11 we studied the glorified Christ who is actually working through his churches as the representatives of his kingdom upon earth. The succeeding chapters describe in symbols and pictures the discipline and training of God's people during the long generations that followed. In the lesson for today, we have a vision of the final triumph of Christianity when it shall have accomplished its work of redemption in this world.

The New Heaven and the New Earth (vv. 1-7). John in vision saw the consummation of the work of Christianity, the visible answer to the prayer which Jesus Christ taught his disciples to pray, "thy kingdom come, thy will be done on earth as in heaven." Heaven, as well as earth, has been invaded and polluted by sin, but both alike are to be made new. (1 Peter 3:10, 11, 13). The true Jerusalem, of which Solomon's was but a type, is of heavenly and divine origin. It comes down out of heaven from God. We know nothing of the inhabitants of the universe of which we are a part, but here we have some scriptural indication of that place where God's children are to be with him eternally. The kingdom of God is among you, but it is eventually to be with God and Jesus in a peculiar and beautiful way. John's announcement came from out of heaven and out of the throne. (1) It was a tabernacle of God with men; rather, he shall tabernacle with men. He is to pitch his tent among us (John 1:14 R. V. marg.) It is to be done eventually and permanently. This dwelling of God among us lies at the foundation of the blessedness and glories which are to follow. (2) They shall be his people. Israel had been his people; all nations are to be his people in the fullest sense. (3) God himself shall be with them, not only his tabernacle but he, himself visibly, personally. (4) He shall be their God, acknowledged in all his infinite claims, and he to them all that God is of love, power, wisdom, holiness and glory. (5) He shall wipe away every tear from their eyes. There will not be a single grief or heartache, unsatisfied longing or tear, for God shall wipe them away, and they will stay wiped away. (6) Death shall be no more. Of all the enemies, death is the last one which shall be taken from the earth. It is sweet to know that this last enemy is to be conquered. (7) There shall be no mourning, crying or pain any more. Every sorrow, agony, remorse, gloom, disappointment gone forever; death, tears, mourning all passed away. It is hard for us to comprehend the majesty and sweep of this great and glorious promise. (See 1 Cor. 15). But this kingdom of heaven is to be on the earth. The ideal and goal of the material world will produce this "new heaven." There was no more sea separating, turbulent, hostile, a means of separation and destruction, of wrecks and hurricanes, and sometimes shut out the stars, therefore, as a symbol and a type it has no place in the renewed earth.

The Coming Light and Glory (vv. 22-27). The intervening verses are a wonderful description of the foundation walls and gates of the city. There will be no temple in that city for it will not be needed. Instead of the temple which stands for the temple of earth there is to be the presence of God himself, but the lamb is also in the midst of it. Nothing can more forcefully impress upon us the deity and pre-eminence of Jesus Christ, the atoning lamb, slain before the foundation of the world. This city is to be a city of light and glory. It will not be an illumination by gas nor electricity, for the glory of the Lord shall lighten it. The thing our great cities need today to expose their sin is light, but there will be no sins to be exposed when the light of God's eternity shines upon his blessed holy city. All nations shall walk in the midst of that light. Kings shall bring their glory into it. Everything that is regal and bright and wondrous will be in that city. The city stands wide open at all times; no need of walls or excluding gates. There shall be no night there. In God, the father of light, there is no variation, neither shadow that is cast by turning (James 1:8).

Summary. What are the lessons for our day from this vision of the new heaven and the new earth? First: That the golden age of the Bible has not yet taken place. There are better times to come than anything the world has yet seen. Second: We have here the positive assurance of the success of our leader and the victory of Christianity in its conflict with evil. Third: The golden ideal of heaven is the means by which we can test our daily lives and the whole course of our conduct. The question we should constantly ask is, "Are we going to this heavenly ideal?" Fourth: The gates of that city are open; an angel is at each gate, and shall keep out all evil. God desires that all men everywhere should repent, and is not willing that any should perish. When the final assize shall have passed, no one will say that God did not give him a chance nor seek to inspire him to a place of eternal joy at his right hand.

Continual Supply

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

TEXT—There was a continual allowance given him of the king, every day a portion, all the days of his life.—11 Kings 25:20.

These words describe the treatment given by the king of Babylon to his enemy, the king of Judah. For the king made it possible for this man to cease worrying concerning the material things of life. What a relief would come to many of us if we could be absolutely certain, as we look out into the future, that all needs would be supplied. And surely we may have the relief for God will be as good to his own as the king of Babylon was to an enemy and God has promised to do just this.

The Certainty. The king of Babylon might possibly forget, but it is impossible for God to forget. Isaiah, the prophet, declares that a woman may forget her sucking child, yet the Lord cannot forget his own. Isa. 49:15. The love of the mother for her babe is the strongest of all love men know of. For her babe a mother will dare all things, yet it is possible for that babe to be forgotten. The love of God for his own transcends all other love and makes it impossible for God to forget. We are continually before him. Whether we wake or sleep, his eye which never slumbers, is upon us. Whether we work or play his attention never lags. Whether we are at home or abroad his thoughts follow us. God never forgets. The king of Babylon might some day find it beyond his power to do for this man, but God's power can never wane. Because he is God he is omnipotent, and because he is God he will never change. Obstacles and obstructions may rise, interference may come, but God will be supreme above them all, and we will find that what is impossible with men is impossible with God. His power can never fail. Nor will his willingness ever cease. He that spared not his own son for us will surely with him also give us all things. His love, his power, his desire, his purpose, his promise, all speak to us of the great certainty that every need will be supplied so that we may boldly say we will not fear whatever the future may hold.

The Method. Our text says the king gave continually "every day a portion," or a daily ration for every day. He did not give him a year's provision or a month's. He lifted it out of the plane of charity and made it a personal occupation. We are so distrustful of our God that even while enjoying today's gift we take the joy and strength of it away by worrying about tomorrow. He will be the same God tomorrow morning as he is today. Do not let us fear that tomorrow will find his resources depleted and his stores running short. He who made the worlds with a word will never be pressed to supply the need of a worm upon one of those worlds. Remember that once a widow had a barrel in which was a day's supply of meal. Day by day she scraped that barrel clean, but morning by morning there was found to be another day's supply. Always fresh, always ready, the meal came forth from the hand of God. Oh, the uselessness of all our worry. Could we but trust our God what joy and satisfaction, what rest for heart and mind we would find in the present gift. But until we trust him fully, there will always be the disquieting fear concerning the needs of tomorrow. He will not change his method, but he will be true to his word, and we can be confident that "continually, every day a portion" will be supplied for us.

The Extent. The text says he gave the portion continually "all the days of his life," we have the promise too "as thy days so shall thy strength be." Deut. 33:25. There may be days of darkness upon our journey, when it will seem as though the light could never penetrate. Days when trouble and distress will be upon us, such trouble and distress as to blot out all the past and future, making us feel forsaken of God and man. Days of such gloom and sorrow, "all the days of our life," our needs will be supplied. We may be certain of this because of what God is and what we are to him. We need to trust him as resources grow low and the meal barrel is empty because he supplies "Every day a portion." We may, if we will cease all our worry, for he will supply every day a portion, "all the days of our life." All we have, our friends included, might be gone; in the morning, but we can never open our eyes to another day and not find our God with us ready to graciously and bountifully supply our every need.

Neglect to Praise. In the faithful soul blooms the flower of adoration. If the soul withes nothing for itself and is paying no debt, if the greatness and the goodness of God simply overwhelm it, then the praise of God ascends to heaven in a song of psalm. We praise God far too little. We accept thoughtlessly the great and the good, we chide at it as evil. We neglect too much to praise him and adore. So it is good, at least when occasion is given us in the church in the beautiful hymns of praise from all ages, to attune our souls to such high accents which exalt and emancipate us even as they rejoice God in heaven.

THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT

Weak and unhealthy kidneys cause so much sickness and suffering and when through neglect or other causes, kidney trouble is permitted to continue, serious results may be expected.

Your other organs may need attention—but your kidneys should have attention first because their work is most important.

If you feel that your kidneys are the cause of your sickness or run down condition commence taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because it proves to be the remedy you need and your kidneys begin to improve they will help all the other organs to health.

Prevalence of Kidney Disease. Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney disorders are among the most common diseases that prevail, they are almost the last recognized by patients, who usually content themselves with doctoring the effects, while the original disease constantly undermines the system.

SPECIAL NOTE—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.

Social Rivalry. A woman's idea of a social rival is another woman who wears better clothes than she can afford. Before the war there was 800,000 government employees in the French Republic.

Protect the Children. Alaska has forbidden the employment in underground mines of boys under sixteen.

WINCHESTER "LEADER" AND "REPEATER" SHOT SHELLS. For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND

Canadian Farmers Profit From Wheat

The war's devastation of European crops has caused an unusual demand for grain from the American Continent. The people of the world must be fed and wheat near \$2 a bushel offers great profits to the farmer. Canada's invitation is therefore especially attractive. She wants settlers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops. You can get a Homestead of 160 acres FREE and other lands at remarkably low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley and Flax. Mixed farming as profitable an industry as grain raising. The excellent grasses full of nutritious food for the only food required for beef or dairy purposes. Good schools, churches, markets convenient, climate excellent. Military service is not compulsory in Canada, but there is an extra demand for farm labor to replace the many young men who have volunteered for the war. This Government is urging farmers to put extra acres into grain. Write for forms to particulars to a railroad railway agent or Supt. of Immigration, Ottawa, Canada, or J. P. JAFFRAY, Cor. Walnut & Broad Sts., Philadelphia, Pa. Canadian Government Agent

Tampering With Nature. "The scheme worked all right in Europe." "What's that?" "That hour more of daylight." "Oh, yes," said the man with the thin overcoat, "but they ought to tackle something worth while. Why don't they tack an extra month on to summer?"

Important to Mothers. Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of J. C. FLETCHER.

Pears the Castoria. "Quality is more to be desired than quantity," said the man of artistic inclinations. "Not always," replied the practical person. "A diamond is pure carbon. But you can't get the action from it that you can from a ton of coal."

Cold Calculation. Toy molds to enable children to make building blocks from snow have been invented by a German.

As Times Change. "A man used to be afraid his wife would find out that he had been to see a big spectacular show with a ballet." "Yes. And now he's regarded as an inconsiderate person if he doesn't go to every one that comes along and take the entire family."

You never can know how superior to other preparations in promptness and efficiency is Dr. Peery's "Dead Salt" until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

Pressing Question. We see that the slinky figure is to be the style throughout the coming season, and we suppose we shall soon be face to face again with the problem of where a fashionable matron of about forty-two size puts herself when she gets into her new gown.—Ohio State Journal.

Old Master, Anyway. Miss Manyers—Yes, that was painted of me when I was a little girl. Col. Bunt—is it a Rubens of a Rembrandt?—London Opinion.

Let well enough alone—unless you are a physician.

TO PREVENT OLD AGE COMING TOO SOON! "Toxic poisons in the blood are thrown out by the kidneys. The kidneys act as filters for such poisons. If we wish to prevent old age coming too soon and increase our chances for a long life, we should drink plenty of pure water and take a little Anuric," says the famous Dr. Pierce of Buffalo, N. Y. When suffering from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, the simple way to overcome these disorders is merely to obtain a little Anuric from your nearest druggist and you will quickly notice the grand results. You will find it thirty-seven times more potent than tithin, and that it dissolves uric acid as hot water does sugar.

Dr. Pierce's reputation is back of this new medicine and you know that his Pleasant Pellets for the Liver, his Favorite Prescription for the Use of Women and his Golden Medical Discovery for the blood have had a splendid reputation for the past 50 years.—Adv.