

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (consultants), Lynn, Mass. Only women open and read such letters.

Prof. Positive. "That smart yachting party got in a heavy sea." "Then it was really a swell affair."

There is no better plan for us to follow in our everyday life than the one which the Golden Rule marks out. The Saviour himself gave it: "Do unto others as ye would they should do unto you."

A postal card to Garfield Tea Co., Brooklyn, N. Y., asking for a sample will repay you.—Adv.

Of Course Not! The Rev. Shybird—I had such a curious dream last night. I dreamt I was in the Garden of Eden.

Excited Tourist—Information given out here? Tired Attendant—It has.—Yale Record.

EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western provinces of Canada are easily explained by the case of Mr. C. Lacy, late of Wisconsin and later of Alberta.

Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer farming. He broke 300 acres with oats, 20 with barley, and 200 with wheat.

A few weeks ago he decided to realize his profits—and they amounted to \$6,000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta, says: "I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 31 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices, I can cash in for \$16,000. I am well satisfied, and expect to double this next year."

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from 24 to 56 bushels per acre. Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 670 bushels of flax, 700 bushels of barley—all at market prices—well figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74, am holding the remainder for \$2.00. All the oats, barley and flax for higher prices."

Intelligent farming pays always according to Alex. Wattle, a prosperous farmer. Some figures to prove his contention that he has "made good."

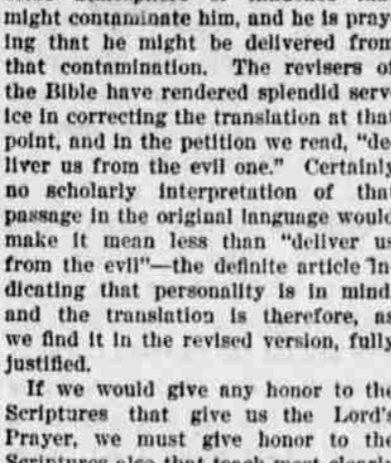
In 1914 Mr. Wattle threshed 40 bushels to the acre from a 30-acre crop. This sold for \$1.00 per bushel, which, after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 34 acres, just sold, he received after freight had been deducted, \$1,576.94.—Advertisement.

Very True. Teacher—If we were to shoot at a tree with five birds on it and kill three how many would be left?

There Is a Devil

By REV. J. H. RALSTON, D.D. Secretary of Correspondence Department, Moody Bible Institute, Chicago.

TEXT—And bring us not into temptation, but deliver us from the evil one.—R. V. Matt. 6:13.



The Paternoster, or what we commonly, although erroneously, call the Lord's Prayer, is used by multitudes of people in all lands where the Bible is read, but in that prayer there is a petition that is used by those familiar with the English Bible, whose meaning is not at all grasped, and that is, "deliver us from evil."

This is a lesson of one of the way-side ministries of Jesus. It occurred incidentally while he was on his way to his great preaching and teaching experience at Galilee. It was a by-product of his very busy life, yet it is one of the most famous interviews and one of the best examples of how to do personal work that is found in the scriptures.

The larger part of the first year of Christ's ministry was spent in Judea. Jesus did not baptize, but his disciples did, doubtless for the same reason, though in a less degree, than why Paul refused to baptize converts (1 Cor. 1:13-16). All but one of the disciples of Jesus were Galileans and Jesus spent about a year and nine months of his ministry in that place.

I. Jesus Rested (vs. 4-6). To reach Galilee from Judea Jesus "must needs go through Samaria," not that there were not other ways that he might have traveled, but rather that it was worth while to go out of his way in order to bring the water of life to this needful woman. Jacob's well was at a parting of the roadway near to the city of Sychar. Few places in the land save Jerusalem had so much Bible history connected with them (Gen. 22:1, etc.). The well was originally about 100 feet deep and 7 1/2 feet in diameter, but it had been filled up with accumulations of rubbish so it is now only about 75 feet deep. Christ was weary in his work, but not of it, and "sat thus" (by) the well; literally, on the low wall built around it. The sixth hour was probably about midday. There is comfort in consideration of the fact that as a man Jesus was willing to meet this woman of bad character.

II. Jesus Holds Conversation (vs. 7, 14). Notice the gentle way in which Jesus speaks, and that he began on the ground of their common need. He asks this needed favor that he might confer a greater one, ignoring the prejudice which existed against the Samaritans. Water was the thing uppermost in the woman's mind. She did not grant his simple request, and her reply indicated that racial differences were a very real barrier. They hinder our work even yet. The surprise, perhaps pleasure, that a Jew should ask a favor of her seems to have greatly impressed the woman, and aroused her curiosity.

In verse 10 Jesus tells the woman that there are two things she must needs know: (1) the wondrous gift of God, that is the Holy Spirit (John 14:13; Acts 2:33-38); (2) the wonderful man who had asked of her "Give me to drink." Had she known these things she would have asked him for the living water. All that that needful woman simply to ask. The Holy Spirit is the living water (John 4:13). The woman does not seem to have comprehended what Jesus was trying to teach, yet he was patient, and won her as a convert. He told her that everyone who came to that well would thirst again (v. 13). The world's fountains do not satisfy, fountains of wealth, fame, pleasure or carnal gratification, or even learning. He then tells her of the living water (v. 14) of which the drinker should never thirst, that it would satisfy whoever drinks, and was to be everlasting (John 7:37-39). The one who receives the Holy Spirit within has a perennial, eternal spring of life, joy and satisfaction springing up within him. Before the woman received the water of which he was speaking there had to come a conviction of sin (v. 16-19); hence his remark, "Go call thy husband." This was sharp thrust into her life and heart. She tried to parry the thrust with a technical question, yet he comes back with a great revelation of the nature of God and the worship which God accepts, revealing his Messiahship (vs. 25-28). As is indicated, she does not seem to have comprehended the nature of the request which Jesus had made (v. 15); therefore he began this searching of her life in order to prepare her to receive the water of life which he wanted to bestow. This knowledge of her secret life by a perfect stranger who had never even seen her before was an evidence to the woman of spiritual endowment: "Sir I perceive that thou art a prophet." She then entered upon a theological argument (v. 20) which Jesus answered very simply, saying that the worship of the Father is not to be restricted by time or place (v. 21). The issue between the Jews and the Samaritans was that of the place of worship and of the scriptures. By not accepting the full revelation of God they were ignorant of much that they might have known of God's nature, promises, law and kingdom. Thus, literally, salvation is of the Jews, that is it proceeds from them, not that it belongs to them (v. 22). The new day has dawned, the Messiah has come and the Father seeketh all those who would worship him in truth, for God is a spirit, real but invisible, everywhere, not confined to the temple, not located in any one place as idols are.

At this point the disciples return and the woman goes into the village. Jesus, lifting up his eyes to the citizens who were coming out at her invitation, exclaims, "Lift up your eyes and look on the fields, for they are white already to harvest," thereby emphasizing still further the "personal evangelism" thought which is uppermost in this lesson.

INTERNATIONAL SUNDAY SCHOOL LESSON

LESSON FOR FEBRUARY 11

JFSUS AND THE WOMAN OF SAMARIA.

LESSON TEXT—John 4:5-14, 24, 28. GOLDEN TEXT—Christ Jesus came to the world to save sinners.—1 Tim. 1:15.

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She thirsted (v. 14), she received (vs. 25, 28), she became a spring (vs. 28-29) which supplied others (v. 30). The water of life fully satisfies, and it is a spring (v. 10); it continually satisfies.

Temperance Notes

SENTIMENTS OF KAISER.

"In the next war—the nation which drinks the least alcohol will be the winner." These are the words of the German emperor—quoted from his speech at the dedication of the naval academy at Murvik, November 21, 1910. This speech, stenographically reported, was published with official sanction and attracted world attention.

"Now I will give you a little warning, in passing, on a question which lies very much on my heart for my nation. This is the question of alcohol and drink. As you will yourselves, observe in the course of your time on board, the service in my navy has reached a degree of strain which can hardly be surpassed. To be able to endure this enormous pressure in time of peace without wearing out, so that you may be fresh when a serious call comes, is your duty. The next war, the next naval encounter, will require of you sound nerves. These are undetermined by alcohol, endangered, from youth up, by its use. You will later have opportunity to see the marine targets and the action of modern guns on ships, and will be able, therefore, to infer the conditions in battle. You will see horrible devastation and all kinds of pictures. Then the world will be, strong nerves and cool heads. The nation which drinks the least alcohol will be the winner! And that, gentlemen, should be you! And the crews should be given a good example, for that works most powerfully among men. Consequently I expect you in the marine academy, as on board ship, while in all your comradeship you are not interfered with, yet among yourselves, that you attend to it, and that it be seen to, that the use of alcohol be not considered one of your privileges. Already Good Templar lodges of Blue Cross unions have been projected or formed in my navy. Individual officers and some hundreds of men have joined them. I hope you will do all you can to encourage the men to enter. I need only to point to the example of the English navy, where 20,000 men and officers have entered (temperance organizations) to the great profit of the service. It is a question of the future for our navy and people. If you educate the people to give up alcohol I shall have sound and sensible subjects. It is a great coming question, for when the men pass out of the service they will bring these ideas to the country at large. If you stand for these principles my people will be raised morally. This is a work in which I beg you to participate."

Crack Shot. "He's a crack shot." "Never knew he handled firearms!" "Doesn't. He can send a full shovel of coal through the furnace door without covering the floor."—Buffalo Express.

MOTHER'S JOY SALVE for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Drugists. GOOSE GREASE COMPANY, MFR'S., Greensboro, N. C.—Adv.

Drug Store Episode. "I can't sell you whisky without a doctor's prescription." "Then why do you advertise pickling materials?" demanded the irate customer.

Constipation can be cured without drugs. Nature's own remedy—selected herbs—Is Garfield Tea.—Adv.

Not howl at fate. Reserve your stem for the chap who has trimmed you.

Hope is grief's best music.

100 Years Old. "The kidneys play a most important part in causing premature old age and death—the more injurious the poisons passing thru the kidneys the sooner comes decay"—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric acid—drink plenty of water—sweet some daily and take Anurie before meals.

THICK, GLOSSY HAIR FREE FROM DANDRUFF

Girls! Beautiful Your Hair! Make it Soft, Fluffy and Luxuriant—Try the Moist Cloth.

Try as you will, after an application of Danderine, you cannot find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable luster, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any store and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all. Adv.

A New Trade. Skeets—I don't see you on the messenger gang now, Skinny. Where are you working? Skinny—Oh, I've got a good job with a dog fag. When a lady comes in and buys a dog I teach her how to whistle.

CARE FOR YOUR SKIN And Keep It Clear by Daily Use of Cuticura—Trial Free. A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczemas, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles. Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Must Be Profane. Yeast—I see a Massachusetts man has a parrot which has a vocabulary of seventy-five words. Crimmonben—I didn't know there were that many swear words in existence.—Yonkers Statesman.

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 Dr. J. C. Fletcher. In Use for Over 30 Years. Children Cry for Fletcher's Castoria.

Remedy for Accidents. "The drunken chauffeur is a menace to public safety, a danger to life and limb," says Judge Sabbath of Chicago, president of the Citizens' Traffic and Safety commission, and he recommends that the courts be given authority to impose prison sentences upon such.

WHAT IS LAX-FOS

LAX-FOS is an improved Cascara A DIGESTIVE LAXATIVE—Pleasant to take In LAX-FOS the Cascara is improved by addition of certain harmless chemicals which increase the efficiency of the Cascara, making it better than ordinary Cascara. LAX-FOS aids digestion; pleasant to take; does not grip or disturb stomach. Adapted to children and adults. Just try a bottle for constipation or indigestion. 50c.

TO KILL Cockroaches ALWAYS USE STEARNS' ELECTRIC PASTE U. S. Government Buys It SOLD EVERYWHERE—25c and \$1.00

STOCK LICK IT—STOCK LIKE IT For Horses, Cattle, Sheep and Hogs. Contains Copper Sulphate for the Blood, Sulphate for the Kidneys, Nux Vomica, a Tonic, and Pure Dairy Salt. Used by Veterinarians 12 years. No Dosing. Drop Brick in feed-box. Ask your dealer for Blackman's or write BLACKMAN STOCK REMEDY COMPANY CHATTANOOGA, TENNESSEE

Rheumacide Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and drive the poison from the system. "REHEUMACIDE OF THE INSIDE" PUTS BRILLIANCE ON THE OUTSIDE" At All Drugists Jas. Baily & Son, Wholesale Distributors Baltimore, Md.

TAPS Relieves and Remedies CONSTIPATION They keep the Intestines clear of poisons that bring disease—and they do it in a natural, wholesome way. They stir the Liver to activity and cause it to perform its necessary work. TAPS will soon eliminate any necessary for the use of a laxative. Buy a Box—10 Taps 10c. All Drugists or mailed on receipt of 25c. TAPS PHARMACAL CO. 38 West 21st Street, New York City. Take a tip—take a TAP

PARKER'S HAIR BALM A toilet preparation of merit. Cleanses the scalp. Restores Color and Beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

FLORIDA TRUCK FARMS AT FLORIDA TRUCK FARMS on Florida East Coast Railway in St. Johns and Volusia Counties. Freight Express 48 hours to New York markets. Continuous cropping season—potatoes, celery and lettuce. WRITE FOR BOOKLET. DUPONT LAND COMPANY Dupont, Florida and Scranton, Pennsylvania

Salesmen Wanted We can use the services of several responsible men to represent us for the sale of Florida Truck Farms Nursery Stock. Farmers, School Teachers, Students and others who make the most profitable canvassing all or part time. Liberal proposition; cash weekly advances; ample territory. Write at once for our SPECIAL OFFER. Outfit free. W. T. HOOD & Co., 616 Bemis Building, Dept. W. N., Richmond, Va.

For Sale To close estate we offer best general farm in southwestern Mich. 240 to 45 hours to New York markets. Continuous cropping season—potatoes, celery and lettuce. WRITE FOR BOOKLET. DUPONT LAND COMPANY Dupont, Florida and Scranton, Pennsylvania

"ROUGH ON RATS" Ends Rats, Mice, Fleas, Lice outdoors. 10c and 25c. W. N. U., BALTIMORE, MD.—6-1917.

THE REFLECTIONS OF A MARRIED WOMAN—are not pleasant if she is delicate, run-down, pale, yellow, sallow or otherwise "played out." Her smile and her good spirits have taken flight. It worries her husband as well as herself. This is the time to build up her strength and health. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood, enriches the blood, dispels achas and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength. It cures those disorders and derangements incident to womanhood. A well-known agent which can be procured at all drug stores is "Pleasant Pills," made up of the Apple, the dried juice of the leaves of aloes and the root of jalap. First put out by Dr. Pierce nearly fifty years ago.—Adv.

Green's August Flower

For Lameness

YAGER'S LINIMENT

ALL STONES AVOID OPERATIONS

FREE