

# Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

## QUESTIONS FOR AMERICANS.

Here are a few of a long list of pertinent questions propounded by Senator Kenyon of Iowa during the debate in the United States senate on the prohibition amendment:

"Why do we prohibit the boys in the army and navy from having booze and permit those who remain at home to have it?"

"If liquor is a bad thing for the boys in the trenches, why is it a good thing for those at home?"

"When they are willing to die for us, should we not be willing to go dry for them?"

"When the food controller asks everyone in the country to conserve the food supply, why must the food supply going into beer be excepted?"

"If more foodstuff goes into beer than into whisky, why do we prevent foodstuff going into whisky and permit it going into beer?"

"Sixty per cent of the nation, territorially, is dry. Are not the feelings of the people living in that territory entitled to any consideration?"

"If the beer drinkers are going to rebel unless they get their beer, will the temperance people rebel unless they get prohibition?"

"Why do not the temperance people claim that they will rebel also? The temperance people will be for the nation no matter if beer and whisky be forced on them. Their patriotism does not depend on having their own way."

"If some one were to take as much foodstuff as goes into booze and dump it into the sea, what would the people of the nation say?"

"If someone should advance the argument that this was necessary in order to appease certain people who believed in dumping foodstuffs into the sea, and that if they did not do it it would arouse riots, would we accede to their request?"

## PLENTY OF JOBS.

Peoria, Ill., was for half a century the whisky-manufacturing center of the United States. Its five great distilleries, the largest in the world, furnished 35 per cent of the whisky of the country. They used up 54,500 bushels of corn daily and employed 1,275 men. When these plants, on September 8, under the federal food control law, ceased operations—so far as the making of beverage liquor is concerned—did these 1,275 men face a jobless future? Not at all. Other manufacturers eagerly snapped them up. A leading business man of Peoria said to a Chicago reporter: "There is a place for every one of them in the tractor factories and other industries. We can use every ounce of coal the distilleries have been requiring and are glad to get it. Peoria will never know that the distilleries have been closed."

## FIRST AID TO THE ENEMY.

The Baltimore Sun, an anti-prohibition journal, recently called attention to serious conditions in ship-building, due to drink. Work in many of the big shipyards is retarded, it says, because employees are "hanging about saloons and sponging rum into their systems, and, as a result, either staying away from work for days at a time or turning up unfit to handle their part in the vast team-work of modern industry. They weaken the efficiency of the whole industrial machine."

Thus in America, as in England, the drink traffic is furnishing first aid to Germany. At the behests of the liquor interests our government is playing into the hands of the enemy.

## CONSISTENT INCONSISTENCY.

Senator La Follette of Wisconsin, an opponent of prohibition, voted for the submission to the states of the prohibition amendment to the federal constitution. La Follette's Magazine explains the senator's apparent inconsistency thus: "Senator La Follette said that while he was opposed to prohibition he recognized the right of the people to settle all questions by the referendum, and for that reason he voted for the resolution."

The action proclaims the Wisconsin senator loyal to the principles of true American democracy and we, the people, commend it to every senator and representative in congress.

## NOW ALL'S CHANGED.

There was a time when it was a natural part of a soldier's existence to drink and carouse. That day is past with the soldier sworn to defend his country's flag and representing the power and dignity of the nation. Strong muscles, clear brains, high ideals in the soldier, increase the fighting efficiency of the army, and those qualities in the citizen insure the permanency of our institutions.—Maj. Gen. John L. Pershing.

## GOOD LOGIC.

Dr. W. A. Evans in the Chicago Tribune tells of his interviews with soldiers and sailors on the subject of prohibition for army and navy. He finds that they "will stand for it" but object to being singled out. If they are to be under prohibition they want the other fellow to be under it. They say, "If prohibition promotes efficiency and health in an army, 'as you fellows say it does,' it also promotes them in the men who clerk, sell goods, work in factories, raise crops, argue in court, and practice medicine."

## HOW BEST TO HELP SOLDIERS.

The bishop of London not long since visited the headquarters of the Australian troops to ask the general in command how he might assist in maintaining the moral tone of the soldiers while in the city. The general replied: "You can help us most, bishop, by closing every public house in Westminster."

## A WAR NECESSITY.

Release every bit of labor from destructive trades and turn it into constructive channels.

# BROKEN DOWN IN HEALTH

## Woman Tells How \$5 Worth of Pinkham's Compound Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."



—Mrs. JENNIE MEYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

Comparisons. "Do you remember in your days of adventure the story you told me about the trouble you had in one voyage to dodge a man-eating shark?" "Yes, but that's nothing to the trouble I have to dodge my wife when she wants money for shopping."

Has More Endurance. Tests carried on at Princeton university have proved that the man who weighs about 140 pounds and is about five feet and six or seven inches high is really the best physical type. He can do more in proportion to his size than a larger man and has more endurance. Likewise the brunette is apt to have more endurance than the blond.

# GREAT PRAISE FOR GOOD MEDICINE

Eight years ago we commenced selling Dr. Kilmer's Swamp-Root, and during this time it has found many friends among our customers who speak in the highest terms regarding the benefits obtained from the use of Swamp-Root. We have never heard a single criticism.

Very truly yours,  
MEIGS DRUG STORE,  
June 15, 1916. Centerville, Ala.

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

Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

## Concrete Is Preferable.

Steel is going up, and concrete, as a result is coming into wider use. Rail-way bridges, for example, which used always to be of steel, are now often of concrete. A beautiful concrete railway bridge is being built across the James river at Richmond, Va., and it is much prettier than a steel bridge. For like reasons, concrete is replacing wood in mining structural works, where it has the great advantage of being waterproof.

## Fair Showing.

"How is your boy getting along in the army?" "First rate," replied Mr. Dopples, considering his limitations. "Yes?" "Henry hates to get up in the morning, dislikes all forms of physical exercise, and never was known to obey an order while he stayed around home, yet I understand he hasn't been in the guardhouse but twice since he enlisted."

## Died of Inward Guilt.

Wu Ting Fung is at the head of the Chinese foreign office, and you can't put much over on a man with as good a sense of humor as Doctor Wu. A newspaper man recalls his famous wheeze about the Chinaman who committed suicide by eating gold leaf. "But I don't see how that killed him—how did it?" inquired a society woman. "I suppose," said Wu seriously, "that it was the consciousness of inward guilt."—Exchange.

# People eat Grape-Nuts because they like it and they know it's good for them



# The Peace of God

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

TEXT—Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isaiah 26:3.

In the day in which we find ourselves, there is need for a clear eye and a steady hand. All of us are caught in the swift onrush of things, especially in connection with the world war. We cannot avoid this, and we would not if we could. But as the hand of the pilot on the great steamer, as it shoots the rapids of the St. Lawrence river, must be steady, and himself in all his being confident and reliant, so must we be in these times. Ordinarily there should be no occasion for bringing this matter before the Christians, but they sometimes forget the great fact of the peace of God. It is that which he should possess, and which should control his life.

In our day the world peace makes great appeal, and there are Christians who are taken off their feet by it, and they have become pacifists in the popular sense, when they would not be considered so for a moment if they would think soberly. We sing very lustily, "Lord, give us peace in this our day," and with only cessation of hostilities in view, the return of soldiers to their homes, and the resumption of business activities and the many rounds of ease and pleasure to which we have been accustomed for many years. But great principles are at stake, and to secure the peace now at the sacrifice of these principles, would be both unwise and unrighteous, as it would have been to have sought peace after the first or second battle of Bull Run in our Civil war, for the great principles were not settled at that time.

The peace of the text is a peace that applies to the time of war and social agitation as much, if not more so, than to a time of political tranquility and universal amity among men.

A Difference. It is easy to include too much in the term "peace of God," for sometimes we mean "peace with God" which is clearly a very different thing. This peace of God has to do, not with a relationship, but with an experience. It does not refer to any cessation of hostilities, even spiritual, but it is a state of soul or mind, something very real. It does not proclaim itself from the housetop or cry aloud in the streets, but it is as real as the dawn, which makes no ado, and is as modest as the dewdrop. It is a still small voice within the soul; indeed, it is the voice of God himself, who speaks to the soul that is bearing his image and likeness.

This peace is the very peace that God himself possesses. We cannot conceive of God being agitated, flustered, excited. To speak reverently, he could not afford to be, as his business is too vast on the one hand, and too minute on the other, to allow this. It is the peace also of Jesus Christ himself; his voice was not heard in the streets; his insults, threats and persecutions of his enemies did not throw him into anger or resentment; as a lamb, he goes to the slaughter, and as a sheep before his shearers, he is dumb. In the storm of the sea, he says, "Peace, be still," and the winds obey him. On the cross, while suffering intense physical agony, he calmly prays for his enemies and speaks words of comfort to his mother. It is the peace which millions of Christians have exemplified in the past.

## The Haven of Peace.

The Christian has known that who-soever hearkeneth to the voice of God doth dwell in safety and shall be free from fear of evil. He goes to the operating table without a fear; he sees the lions ready to tear him to pieces, and sings songs of praise to God; he goes "over the top" with his comrades falling about him, and his soul is quiet. He has the record of the Holy Spirit's injunction. As the Christian has had this peace; every Christian today should have it. The responsibility is on every one who knows it. Why cannot the Christian believe the word of God, "My grace is sufficient for thee?" The promise of this peace is one of the strongest motives that can be offered to man. As fear hath torment, is it not of the greatest importance that fear should be taken away? To man the two strongest motives might be, first, the promise of the supremacy of the spirit over the flesh in life. Whatever the earth conditions, ill-health, poverty, bereavement, persecution, the spirit should dominate, and the things of the flesh should become of little moment. Secondly, the promise of a perfect body at the coming of the Lord; glorious, immortal, powerful, honorable and deathless. Why is it that the clearest promises of God are not believed? With the peace of God in the heart, the Christian can truly say:

Thou very present aid  
In suffering or distress;  
The mind which still on thee is stayed  
Is kept in perfect peace.

The peace of God must rest on the peace with God, and this latter peace is only secured through faith in Jesus Christ as the Holy Scriptures teach, "Being justified by faith, we have peace with God through our Lord Jesus Christ." While our plea is chiefly to those who have this peace with God, we would urge our friends who do not have this peace with God, to seek it in order that they may have the claim to the peace of God.

Courage in the Thought.  
I steeper step when I recall that,  
If I slip, Thou dost not fall.—A. H. Clough.

ELIXIR BARK A GOOD TONIC  
And Drives Malaria Out of the System.  
"Your 'Bark' acts like magic; I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I recommend it to those who are suffering and in need of a good tonic."—Rev. S. Szymanski, St. Stephen's Church, Perth Amboy, N. J.  
Elixir Bark, 50 cents, all druggists or by Parcel Post, prepaid, from Kluczewski & Co., Washington, D. C.

Hello Profanity.  
The rule is strict against using profane language when talking over the telephone. A telephone experiment has proved a failure in Lynn, Mass. The manager noticed that "wrong number" calls were frequent, and he ordered the "hello" girls to call each digit separately and to insert the word "dash" after each one. The method was slow, but the climax was reached when a Lynn man was in a hurry to get a Boston newspaper office. He called for "Beach 3600" and heard a sweet voice at "central" say: "Beach three, dash, oh, dash, oh, dash, oh, dash."

That netted the Lynn man and he called out:  
"Well, what are you cussing about?"  
The order was abolished, and no more dashes are being said by the telephone girls at Lynn.—Buffalo Commercial.

How's This?  
We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATHARTIC MEDICINE. HALL'S CATHARTIC MEDICINE is taken internally and acts through the Blood on the Mucous Surface of the System.  
Sold by druggists for over forty years. Price 75c. Testimonials free.  
F. J. Cheney & Co., Toledo, Ohio.

MUST NOT BOTHER EDISON  
Visitors Not Permitted to Intrude on Great Inventor When He is Busy at His Experiments.

Thomas A. Edison's favorite pursuit is chemistry. Even as a boy telegraphist getting his first start towards a career, this inclination was manifest in his experiments with batteries and electric devices, and it still remains his greatest pleasure, observes an exchange.

His new laboratory is splendidly equipped. Every known substance ranging through all the kingdoms of matter from lanthanum to shark's teeth and including over 200,000 specimens, is kept on hand for immediate availability. It is a collection of over 30 years' standing, encouraged from time to time by prizes for new additions offered by the inventor to his men.

His own laboratory table is never, in any circumstances, allowed to be touched. A notice posted on the doorway reads to the effect that Mr. Edison is not to be disturbed in the course of his experiments except for matter of the utmost importance. So fond is he of his beloved pastime that he declares his idea of heaven is to be able to continue it, and his injunctions to his staff are: "When I die I want my table forwarded to me by wireless."

CLEAR AWAY PIMPLES  
Does Cuticura Ointment—Assisted by Cuticura Soap—Trial Free.

On rising and retiring smear the affected surfaces gently with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. When the skin is clear keep it so by using Cuticura for every-day toilet and nursery purposes.

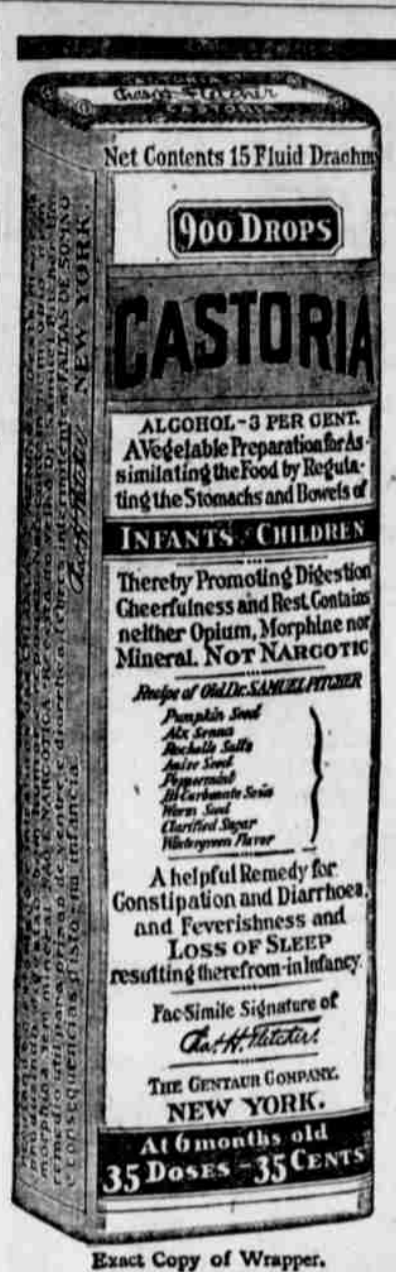
Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Somewhat Hunched.  
A marriage broker brought an assistant along to a conference about a bride. This assistant was to confirm his assertions.

"She is well made, like a pine tree," said the agent.  
"Like a pine tree," repeated the assistant.  
"She is cultured beyond words," "Wonderfully cultured," came the echo.  
"However, one thing is true," confessed the broker, "she has a slight hunch on her back."  
"And what a hunch!" confirmed the assistant.

All the Same to Pat.  
An Irish recruit was placed on his first spell of sentry duty, and had vague ideas of what a "sentry" meant. He had wandered a little out of his position.  
He was accosted by an officer with: "What are you here for, my man?"  
"Faith, your honor," said Pat, "with his accustomed grin of good humor, 'they tell me I am here for a century!'"

What He Cared for.  
Willie—Pa, I'll be sorry when you get well.  
Pa—Why, my son?  
Willie—Because I won't get any more empty medicine bottles to sell.



# CASTORIA

For Infants and Children.  
Mothers Know That Genuine Castoria Always Bears the Signature of Dr. J. C. Hathcock In Use For Over Thirty Years CASTORIA



# Carter's Little Liver Pills

Make you feel the joy of living. It is impossible to be happy or feel good when you are CONSTIPATED. This old remedy will set you right over night.

# PALLID PEOPLE Usually Need Iron in the Blood. Try CARTER'S IRON PILLS

# Canada's Liberal Offer of Wheat Land to Settlers

is open to you—to every farmer or farmer's son who is anxious to establish for himself a happy home and prosperity. Canada's hearty invitation this year is more attractive than ever. Wheat is much higher but her fertile farm land just as cheap, and in the province of Manitoba, Saskatchewan and Alberta.

160 Acre Homesteads Are Actually Free to Settlers and Other Land Sold at from \$15 to \$20 per Acre. The great demand for Canadian Wheat will keep the price. Where a farmer can get near \$2 for wheat and raise 20 to 45 bushels to the acre he is bound to make money—that's what you can expect in Western Canada. Wonderful yields also of Oats, Barley and Flax. Mixed Farming in Western Canada is fully as profitable an industry as grain raising.

The excellent grass, full of nutrition, are the only food required either for beef or dairy purposes. Good schools, churches, markets, convenient, climate excellent. There is an unusual demand for farm labor. The many young men who volunteered for the war. Write for literature and particulars as to reduced railway rates to Dept. of Immigration, Ottawa, Can. or to

J. P. JAFFRAY,  
Cor. Walnut & Broad Sts., Philadelphia, Pa.  
Canadian Government Agent

## Faith Was Weak.

During an extended drought in the land that inspires the rag-time song writers the "Rev'nd" George Washington called a gathering of his colored brethren to supplicate the Lord for rain. Before he opened his sermon the "Rev'nd" surveyed his congregation critically, and with increasing satisfaction. At last he lamented: "De lack ob faith of yo' niggers is scandalous and sinful, and makes my heart sore and weary, and afeared for your souls! Henh we hab gathered to beg de Lord to stop de drought dat is burning up our fields, and to bless us with rain in abundance. And not one—no, sah!—not one ob yo' disgraceful sinners had faith enough to bring an umbrella to go home with!"

## When Man Is Caught.

Many a man has been caught at his own foolish game by people who let him think he was fooling them.

## Taking Long Chances.

Captain Boden, of Panama, recently bought salvage rights to a boat sunk 22 years ago.

## In the Language He Understood.

Clarence S. Keever, division superintendent of the Indiana Union Traction company, with headquarters at Muncie, reads everything dealing with electricity and electrical subjects that comes his way; so much so that he sometimes fails to keep up with public affairs as presented in the newspapers. He mentioned this to a friend the other night when the latter chided him for not knowing about an important war development.

## Opinions.

"Every man is entitled to his opinion."  
"Yes," replied Miss Cayenne. "But some opinions are like malaria; excusable, perhaps, under the circumstances, but nothing to be proud of."

## The biggest success nowadays is the outcome of stealing other men's original ideas.

# A Letter From Washington

## The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

# ROYAL BAKING POWDER

CORN BREAD  
1 1/2 cups corn meal  
1/2 cup flour  
1 level teaspoon Royal Baking Powder  
1 tablespoon sugar  
1 teaspoon salt  
1 1/2 cups milk  
2 tablespoons shortening

RYE ROLLS  
2 cups rye flour  
1/2 teaspoon salt  
1 level teaspoon Royal Baking Powder  
1 cup milk  
1/2 cup milk  
2 tablespoons shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. W, 135 Wall Street, New York.