

37% More For Your Money Get the Genuine CASCARA QUININE

Mother Gray's Powders Benefit Many Children

Thousands of Mothers have found MOTHER GRAY'S SWEET POWDERS an excellent remedy for children complaining of Headaches, Colds, Constipation, Feverishness, Stomach Troubles and Bowel Irregularities from which children suffer at this season.

Good intentions should have asbestos covers.

If your eyes smart or feel scalded, Neom Eye Balsam applied upon going to bed is just the thing to relieve them.

A woman's curiosity is exceeded only by that of the man who says he hasn't any.

Coated tongue, vertigo and constipation are relieved by Garfield Tea.

Were it not for the fools the wise guys would have to turn their hands to honest labor.

SWAMP-ROOT FOR KIDNEY AILMENTS

There is only one medicine that really stands out pre-eminent as a medicine for curable ailments of the kidneys, liver and bladder.

Dr. Kilmer's Swamp-Root stands the highest for the reason that it has proven to be just the remedy needed in thousands upon thousands of distressing cases.

Disasters of Great Magnitude.

Catastrophes on land since 1800, in which more than 1,000 persons lost their lives: 1808, Italy, earthquake, 104,850 killed; 1902, Martinique, earthquake and fire, 40,000 killed; 1889, Italy, earthquake, 35,000 killed; 1889, Japan, flood, 10,000 killed; 1900, Galveston, tidal wave, 7,000 killed; 1859, Quito, earthquake, 5,000 killed; 1896, China, flood, 5,000 killed; 1842, Cape Haytien, earthquake, 4,000 killed; 1894, Venezuela, earthquake, 3,000 killed; 1987, Japan, tidal wave, 3,000 killed; 1889, Johnston, Pa., flood, 2,275 killed; 1910, Japan, flood, 1,000 killed; 1910, Costa Rica, earthquake, 1,000 killed; 1917, Halifax, explosion, 2,000 killed.—Capper's Weekly.

A Woman's Answer.

"Do you know why money is so scarce, brothers?" the soap-box orator demanded, and a fair-sized section of the backbone of the nation waited in tearful patience for the answer.

A tired-looking woman had paused for a moment on the edge of the crowd. She spoke shortly.

"It's because so many of you men spend your time telling each other why, 'stead of hustling to see that it ain't!"

She Landed One.

Patience—You know she did want to get married for years.

Patience—She should have used the right kind of bait.

"She did."

"And didn't she bite?"

"He did—the poor fish."



There is no purer or more healthful food for children than Grape-Nuts

GRAPE-NUTS IS AN ECONOMICAL FOOD

PENNSYLVANIA STATE ITEMS

Harrisburg.—This is the first year in the history of the Packer township (Carbon county) school district that no male teachers are employed.

Geryville.—Crawling nearly a quarter of a mile on his hands and knees after breaking a leg by a fall on ice near here, Harry Schatz managed to reach the home of Henry Roth, where he received doctor's aid.

Harrisburg.—Men in charge of war markets throughout the Lehigh valley say they are being well attended by faithful and patriotic housewives.

Harrisburg.—The 36 cows at the Berks county poorhouse farm produced 64,800 quarts of milk last year and the 525 fowls 1,412 dozen eggs.

Harrisburg.—The ice crop throughout the upper section of Carbon county is the best in the history of the region, ice measuring more than two feet in thickness being housed.

Hazleton.—Helen, the two-year-old daughter of Frank Lukitch of Cranberry, is dead from eating strychnine pills in mistake for candy.

Harrisburg.—The largest ever enrolled in the High School, the largest ever enrolled.

Tyrone.—Citizens and industries are helping to pay \$6,800 for the city's new motor fire truck, the first step toward motorizing the fire department.

West Hazleton.—The council has given \$5 a month increases to its chief of police and health officer, \$10 to the patrolmen and 2 cents more an hour to street lambs.

Wilkesbarre.—A mother, father and two children were suffocated in the kitchen of their home by gas from a broken main issuing through defective sewer piping.

Quakerstown.—The National Farm Loan Association elected these officers: President, Theodore E. Hoyt; vice president, Ernest C. Meyer; secretary-treasurer, Calvin F. Heckler.

Lansdale.—To aid the government in furnishing much needed stenographers and typewriters classes are being organized here, Sellersville and other North Penn towns.

Tohickon.—New pews and chancel are being installed in the old historic church here, which is being remodeled at a cost of several thousand dollars.

Grand View.—The hospital authorities here are elated because of the addition of an ambulance, which has been put into operation.

Atiotsna.—Six lightless nights a week will be observed here instead of two, as ordered by the state fuel administrator.

Lattimer.—Calvin Pardee, Jr., superintendent of the mines of Pardee Bros. & Co., led the Knights of Columbus war fund donations with \$250.

Harrisburg.—Pheasants and quail are starving in the forests of Clinton county so heavy is the snow.

Harrisburg.—Farmers' institutes in Fulton and other counties were seriously interrupted by heavy snows.

Harrisburg.—Notices of further increases of stock or debt, representing millions of dollars, have been filed by corporations with the Public Service Commission.

Lehigh.—Even though many Austrian and German Poles of the mine field here were caught unnaturalized by the war, they protest against being classed as "enemy aliens."

Hazleton.—Milk dealers here have increased prices from 12 to 13 cents a quart and from 6 to 7 cents a pint.

Harrisburg.—The G. B. Markle Company, largest individual hard coal operators in the world, have started the erection of a steel washery, through which a number of culm banks will be run.

Hyde Park.—The United States government will pay \$5,000 life insurance funds to Mrs. Sarah Faust of this place for the death of her son, William T. Faust, who was killed when a German submarine sank the steamship Antilles.

Tanawqua.—Charles Smith employed as a watchman at the Reading's Rose street crossing here, stepped out of the way of a passenger train and was decapitated. Smith's work day was almost completed, and two of his children were in the watch box, close by, waiting to accompany him home.

Three Tuns.—S. H. Effrig, a farmer here, slaughtered 11 porkers and sold them at 23 cents a pound, netting him a profit of \$124.

Youngstown.—This borough will pay one-half toward a mile of Lincoln highway within its boundaries.

Hazleton.—The Jeaneville Iron Works, a shell plant here, has discharged all its unnaturalized employees of German or Austrian descent.

Harrisburg.—The new policy of the state in regard to highway construction will be to build where essential and where localities co-operate, but the greatest attention will be given to maintenance, which is provided for out of the automobile license fund.

Hazleton.—This place lacks housing for its new influx of munition workers.

Harrisburg.—Governor Brumbaugh has named members of the vouchere state police force for several counties.

Harrisburg.—Pennsylvania's members of the United Mine Workers total 145,423, of whom 8,302 have volunteered and 23,537 are liable to the draft.

NEW YEAR'S GREETINGS

The Heads of Canada's Western Provinces, and Their Message.

The United States having been in the great world's war for about nine months, the touch of war's spirit has permeated the great commonwealth, and in every hamlet and district is felt and shown the interest that was to be expected from a people whose love of liberty and justice rises supreme to all else.

Day by day their appreciation of what it means to give up now for the future happiness of themselves and the generations that follow grows greater and greater.

There will be losses of loved ones, but there will be no badge of mourning to indicate the great sorrow that will be felt. It is realized that the sacrifice is the toll that is demanded for making the whole world better, and, sensing this, there is preparation and willingness to sacrifice until the goal—the defeat and downfall of despotism—is assured.

When the people look back, and see what Canada has done, and learn that Canada today is bigger and better than ever, they will take heart, and with increasingly growing vigor carry on with a greater courage.

Canada has been in the war for three and a half years. She has sent 400,000 out of a population of eight million, she has subscribed to Victory Bonds over and over again and there is no sound of a whimper.

At each demand that is made upon her resources, she meets it, and gets ready for the next. Recently her people were asked to subscribe \$300,000,000. She handed over \$400,000,000.

Having already contributed 400,000 soldiers, Canada was recently asked to approve of sending another 100,000. With a sweeping majority, consent was given.

How the war affects Canada is best shown by the willingness of the people to contribute. They, too, realize the great and noble part they are taking in making the world better.

Canada's wealth was never shown to better advantage than in the present struggle. It possesses great wealth in the soil, in its mines, its other natural resources, and wonderful riches in the tenacity and courage of its men and its women.

The soil and the climate, and the hardihood and determination of the farming class to win, by cultivating and cultivating, growing wheat and raising cattle to build up the resources so necessary to carry on the war, are factors that will count.

Probably the best word of encouragement comes from the Premiers of the three great provinces where the bulk of the food products will come from. When one reads what these men, prominent in their country, say, gives inspiration. If there are any who may be pessimistic of the future, the message that these gentlemen send forward should remove all doubt.

Three and a half years in the war, all to speak as they do, the future should look bright to those who may have their seasons of doubt!

Hon. T. C. Norris, Premier of Manitoba, says:

"Manitoba has prospered exceedingly during the year 1917, and the new year finds us not only still ready and willing, but unceasingly able to bear whatever burdens the fourth year of the war may bring.

"Manitoba farmers, generally speaking, have never been in better condition to carry on. Out of her prosperity Manitoba is giving lavishly toward the winning of the war. Every appeal for funds has met with quick and generous response. The people of the Province are well settled into the collar in all war efforts. There's a spirit of determination, of willingness to make sacrifices, of confidence in the certain outcome, of which there is no room for pessimism. Manitoba will carry on."

Saskatchewan had a prosperous and successful year in 1917, and when Premier Martin sent out his New Year message it was filled with an optimism that was fully warranted.

"There is no doubt that the province today is in a better condition financially than ever before. True, the effects of the town and city real estate boom have not altogether passed away, but speaking generally, the farmers on the plains and the merchants in the towns are in a better financial position today than at any previous time. Our people are industrious and progressive.

"While we have in some portions of the Province a mixed population, education and scientific methods are making rapid strides and we are looking forward with every confidence to a glorious future and the development of a people on the central plains of Canada, of which the whole Dominion and the British Empire will have every reason to be proud."

While Alberta has given over to the war thousands of her virile manhood, still taking from the farmer a large percentage of its producers, it still stands up big and buoyant. The farm help thus temporarily removed means a demand for farm help and increased farm effort to till its highly productive acres.

Hon. Chas. Stewart, Premier of Alberta, in a message to the people on the 1st of January, speaks with such buoyancy and hope of the future and so highly of the work of the past year, that his statement is reproduced. He says:

"The prosperity of the farming communities is reflected in the towns and cities by increased wholesale business and bank clearances. Wholesalers report increases from 20 per cent to 25 per cent and their collections the best in the history of the Province. Alberta being essentially an agricultural Province at the present time, these conditions are a source of great gratification to our people, and no doubt will be to Canada as a whole—taking into consideration the fact that Alberta forms no small part of the granary to which the Empire at present looks as the source of its food supply."—Advertisement.

Young America is lost in admiration for Polita from the trenches; there is so much less face space to wash.

Woman invented temptation, but men have monopolized it since.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)

LESSON FOR FEBRUARY 3 JESUS LORD OF THE SABBATH.

LESSON TEXT—Mark 2:13-17. GOLDEN TEXT—The son of man is Lord even of the Sabbath.—Mark 2:28.

ADDITIONAL MATERIAL FOR TEACHERS—Ex. 20:8-11; Isa. 58:13, 14; Neh. 10:31-32; Matt. 12:1-8; Luke 4:16; Acts 13:15; 1 Cor. 16:1, 2; Col. 2:16, 17.

PRIMARY TOPIC—Jesus and the Sabbath day. MEMORY VERSE—Remember the Sabbath day, to keep it holy.—Ex. 20:8.

JUNIOR TOPIC—Jesus and the Sabbath. MEMORY VERSE—Ex. 20:8-11. INTERMEDIATE, SENIOR AND ADULT TOPIC—Our day of rest and worship.

1. The Sabbath a Boon, Not a Burden (vv. 23-28). It has been suggested that this passage, particularly verse 23, indicates something of the poverty and simplicity of the lives of the disciples, that they lived not only a day at a time but literally from hand to mouth.

America is the most prodigious nation on the globe, but it is today facing the necessity of conservation and retrenchment, not because it is desired but of necessity in winning this great world war struggle. Perhaps this will prove to be a boon growing out of the darkness of the days through which we are passing.

Notice that the disciples were not particularly criticized because they plucked and appropriated the grain that belonged to another even though it was for their bodily needs, but because they did it on the Sabbath day. The Jewish law permitted them to take that which did not belong to them because of their necessity, but would not permit them to do it on the first day of the week.

The criticism of the Pharisees, based upon Deut. 5:14; Ex. 31:15, though apparently scriptural, was, however, based upon an incomplete knowledge and application of those scriptures. Jesus shows them first that ceremonial prescriptions and laws must give way before the needs of man and he cites the case of David as an illustration. Again he shows them that the demands of the temple service were superior to the prescriptions of the common law (See Matt. 12:5, 6), that he, himself, is greater than the temple for he is the one in whom God tabernacled (John 1:14 R. V. Margin). The Sabbath law therefore must give way before the necessity of Christian service. Again he shows that mercy is more than sacrifice, and so ceremonial demands must give way before the needs of mercy and compassion. He also shows them that the Sabbath was made for man (vv. 27, 28) rather than man for the Sabbath. He, the "Son of man," is the consummation and head of the race. Lord even of the Sabbath, and as Lord of the Sabbath he has set aside the seventh day Sabbath, which was the shadow of things to come (Col. 2:17) and belongs to the old order and dispensation. It is true that we have no right to judge any man regarding the Sabbath (Col. 2:16, 17), but as Christians who are "risen with Christ" (Col. 3:1) we are to keep the Lord's Day (Rev. 1:10), the first day of the week (Acts 20:7) the resurrection day, and are under no law whatever to keep the seventh day. Let those who are under grace keep the first day (Gal. 3:10) not as a day of bondage but as one of Christian liberty and privilege, not, however, seeking their own comfort, refreshment and pleasure, but in all things the pleasure and glory of our Lord and Saviour, Jesus Christ (Rom. 2:3, 4; Rev. 1:10), and if we must minister let it be in the ministry of compassion in his name.

II. A Proper Use of the Lord's Day (Ch. 3:1-5). It is somewhat unfortunate, our divisions of the Scripture into chapters and verses. This next passage is really a practical application and illustration of the principle with which Jesus has just been dealing. It was the custom of Jesus to frequent the synagogue on the Sabbath Day (Luke 4:16), the day upon which the Jews still gathered in large numbers. We need to note (v. 2) that the question which was asked of him was not a fair question, not so much honest seeking for information, but rather they "watched him" for they wanted to find something with which to trap him. Jesus taught that it is lawful to do good on the Sabbath Day, that it is lawful to heal on the Sabbath Day (Matt. 12:10) that it is lawful to restore a lost ass or ox on the Sabbath Day (Luke 14:5; Matt. 12:11) that a man is of more value than a sheep (Matt. 12:13), and that the new methods and new times demanded new applications (Mark 2:21, 22). In these teachings Jesus does not necessarily abolish or abrogate the ancient fourth commandment, but rather the misinterpretation, misuse and misapplication of the Sabbath law. For a correct interpretation of the Old Testament Sabbath see Isa. 58:13, 14. The difference between the Jewish Sabbath and Christian Lord's Day is a matter of counting; we begin to count at the point of the resurrection of Jesus. The Sabbath Day is a means to an end; it is not the end itself.

America's Great Heritage. The man was really and organically sick; he had a withered hand which all could see—no "moral error" about it at all, and he was really healed. The Lord's Day is America's great heritage. Are we going to throw it away? It is of economic value as well as a spiritual heritage. The observance of a day of rest has actually increased the amount of output in the munition factories of England. In this land of haste and bustle the brain needs the rest, the soul the feeding, and the body the relaxation which Sunday observance alone can furnish. The child life demands the religious instruction of that day, and the adult no less than the child. Let us have "all of the church in the Sunday school; all of the Sunday school in the church, and everybody in both."

Temperance Notes

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

THEY ALL TELL SAME STORY. A California man writing to the San Francisco Examiner from Denver, Colo., says:

"I am stopping at the Brown Palace, and in discussing this matter with the proprietor, he tells me that this year has been the most profitable year in the history of the hotel, and they are entirely satisfied with their conditions. In fact, I am reciting this letter in what was formerly known as 'The Spa,' a celebrated saloon in the Brown Palace. It has now the unique distinction of being a dry bar where soft drinks exclusively are sold. The bartender told me this morning that it is more than paying its way.

"The reports I get from Colorado Springs, which is exclusively supported by tourists and visitors, are the same. All of their hotels are full and have been all summer.

"I was very much pleased yesterday, driving out to Lookout Mountain to pass in the city of Golden a large, beautifully equipped old brewery building, now used for the manufacture of malted milk. It was such a surprise to me that I made inquiry and found that this business was more profitable than the manufacture of beer."

Columbia: This continual patching of the map is getting on my nerves! It seems to me the time has come for Uncle Sam and me to make the map all white by a prohibition amendment to the Federal constitution! — The Union Signal.

WHAT IT HAS DONE FOR MAINE. It is impossible to judge of the complete efficiency of prohibition by surface investigations. One has to know what conditions were before prohibition came to pass, and a study of conditions in Maine previous to the adoption of the prohibitory policy—as recorded by those who witnessed the change which came over the state sixty years ago when it outlawed the traffic—leaves no doubt of such a transformation there at that time as has recently been taking place in such states as Oregon, Washington, Arizona and the states of the South. By all the accounts of those times the unmistakable signs of shiftlessness and poverty due to drink were everywhere prevalent in Maine. But the one thing that impresses visitors to the state more than anything else today is the thrift—the spic-and-spanness of buildings and grounds, even to the white paling fences which testify to the effect that the prohibition of drink has had upon the population. The savings habit possesses Maine to a startling degree. Street urinals carry pennies to storekeepers and deposit them there until the amount reaches \$1, then the dollar is proudly carried to the savings bank. And the comparative paucity of crimes, the smallness of the state penitentiary, the safety with which women and children visit the state in the summer from the woods and hills of Maine, all point the same prohibition moral.

THE SIGNS IN OHIO. In 1914 the wet majority in Ohio was 88,142; in 1915, 55,408; in 1917, 1,137.

It is significant that not only was the wet majority of the state reduced in remarkable degree, but the large cities made great dry gains. Even Cincinnati gained. Cleveland, Toledo, Youngstown, Akron, Canton, all gave prohibition majorities, and the drys carried Columbus, the capital city. City dwellers as well as rural citizens are beginning to realize that the license policy means economic waste. It is easy to predict the result of Ohio's "next time!"

SOME HIGH BAWLS. The bawl of the distiller when his soul-destroying trade is stopped. The bawl of the brewer who sees that his day is coming.

The bawl of the tippler as the price of the highball soars higher and higher. It makes him sore, too.

These three bawls lead to three other bawls which hang over the pawnbroker's door. As Hamlet says: "Oh, my prophetic soul, mine uncle."—Temperance.

THE HIGH COST OF LIQUOR. Speaking of the advanced price of whisky, Henry J. Kattenbach, president of the wholesalers' association, makes this statement, says the New York World:

"The wholesalers will pass the new tax on the retailers, and the retailers will pass it on to the consumers. They must do this or go out of business."

But the consumer, many of him, is refusing to pay, and saloon patronage is falling off in marked degree. Thousands of saloons are going out of business.

VOTES FOR WOMEN. Women are voting citizens in 21 states. In 12 of these they have full suffrage. Eight states were gained in 1917, namely, New York, Indiana, Nebraska, North Dakota, Michigan, Vermont, Rhode Island and Arkansas. There are now 10,000,000 women voters and woman suffrage states have 175 votes in the electoral college.

SELF-INTEREST. Every word spoken in favor of the liquor traffic is dictated by self-interest.

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

CONSTIPATION IS HUMANITY'S GREATEST FOE

It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGER SIGNS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

Dr. Tutt's Liver Pills

Puts a Stop to all Distemper CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses. Spohn Medical Co., Manufacturers, Goshen, Ind., U.S.A.

A Fly in the Ointment. It is possible to derive comfort from the fact that the weather man has routed the bore whose tales of old-fashioned winters once oppressed us; but this is counterbalanced by dread of the yams that will be spun in the future about the cold weather of December, 1917.

RECIPE FOR GRAY HAIR. To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Had His Way. "I'll just scream if you attempt to kiss me," said the sweet young thing. "But I don't want you to scream," replied the young man. "You don't want me to scream?" "No."

"Oh, very well. That's like a man. You're bound to have your own way."

Cuticura Stops Itching. The Soap to cleanse and Ointment to soothe and heal most forms of itching, burning skin and scalp affections. Ideal for toilet use. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Naturally. "What are your electrical rates for lighting?" "Oh, they're current prices."

OUR BOYS IN FRANCE AND HOME PROTECTION. The men on the firing line represent the pick of our American youth. One in four of our boys at home was sick, rejected because of physical deficiency. Many times the kidneys were to blame.

If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of the Surgical Institute, Buffalo, N. Y., says that you should drink plenty of water daily between meals. Then procure at your nearest drug store Anuric (double strength). This An-uric drives the uric acid out and cures backache and rheumatism.

If we wish to keep our kidneys in the best condition a diet of milk and vegetables, with only little meat once a day, is the most suitable. Drink plenty of pure water, take Anuric three times a day for a month. It sells for 60c. Step into the drug store and ask for Anuric, or send Dr. Pierce 10c for trial pig. Anuric, many times more potent than lithia, eliminates uric acid as hot water melts sugar. A short trial will convince you.

Not So Rich. "Maud says her face is her fortune." "Well, she wouldn't be very rich if she were two-faced."

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Adv.

Cool's tours that once covered Europe are now limited to the employment offices.

For a disordered liver, take Garfield Tea, the Herb laxative. All druggists. Adv.

It's easy to swear off and generally it is good for a body, too.

When Your Eyes Need Care Try Murine Eye Remedy No Stinging—Just Eye Comfort. 50 cents at Druggists or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

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

W. N. U., BALTIMORE, NO. 4-1918.