

Stop That Cold At Once CASCARA QUININE

Temperance Notes

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

HOW ALCOHOL AFFECTS BRAIN.

Alcohol is a poison to all parts of the body, but the part which alcohol can damage most quickly and to the greatest extent is the delicate and sensitive brain.

Now, of course, we don't mean to say that when a person takes a drink of anything containing alcohol he at once is reduced to a brute animal; but very few will dispute that a drunk person is not much better than a brute animal.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Patriotic Environment. Jewish entered the whale. "Every day is both meatless, wheatless and lightless," he pointed out.

Lots of men would rather swindle a fellow man out of a nickel than earn a dollar by honest labor.

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

Never waste your time arguing religion with a man whose wife takes in washing.

Wise is the prophet who does not allow his predictions to go on record.



Backache Yager's Liniment is excellent for any kind of pain or congestion. It quickly relieves backache and rheumatic pains.

YAGER'S LINIMENT RELIEVES PAIN GILBERT BROS. & CO. BALTIMORE, MD.

Carter's Little Liver Pills

For Constipation Carter's Little Liver Pills will set you right over night. Purely Vegetable Small Pill, Small Dose, Small Price

Carter's Iron Pills Will restore color to the faces of those who lack iron in the blood, as most pale-faced people do.

WHY NOT UTILIZE YOUR SPARE TIME

And Sell Our Fertilizers in Your Locality A large, pleasant and profitable business can be worked up with a small effort on your part.

BRONCHIAL TROUBLES Soothe the irritation and you relieve the distress. Do both quickly and effectively—by promptly using a dependable remedy—

PISO'S

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 10

JESUS CHOOSES THE TWELVE.

LESSON TEXT—Mark 3:13-15. GOLDEN TEXT—And he ordained twelve, that they should be with him, and that he might send them forth to preach.—Mark 3:14.

ADDITIONAL MATERIAL FOR TEACHERS—Matt. 10:1-4; Luke 9:10-17; John 17:12-17; Matt. 10:18-25; John 17:26; 1 Tim. 4:7.

PRIMARY TOPIC—Jesus chooses twelve helpers.

INTERMEDIATE TOPIC—The twelve and what we know about them.

SENIOR AND ADULT TOPIC—What it means to be a disciple of Jesus.

No man can alone accomplish any great task. Every great leader has been blessed by one or more equally great helpers. Luther had his Melancthon; Wesley, his brother Charles; Whitfield, his brother John; Moody had Whittle, Bliss, Sankey, Towner and more. These leaders but followed the example of our Lord, Jesus' ministry made him much observed and greatly multiplied his duties and burdens.

When, therefore, he chose these disciples, he desired not only to obtain help and to begin to teach those who were to take his place, but, like every other act, he desired to teach a lesson to those who were so carefully observing him.

One of the most terrible effects of alcohol on the nervous system is delirium tremens—the "D. T.'s." Now, it is not necessary to drink oneself drunk to get the D. T.'s. Here is what a doctor who has handled an enormous number of alcoholic patients and who has made a life-long study of their troubles, has to say: "Many men who have never been intoxicated, but have for years steadily taken alcohol, will, after some severe accident, develop delirium tremens."—Official Bulletin, Bureau Public Health Education, Department of Health, New York City.

WHAT THE DOCTORS SAY.

"Whereas we believe that the use of alcohol as a beverage is detrimental to the human economy; and

"Whereas, its use in therapeutics as a tonic, or a stimulant, or as a food, has no scientific basis; therefore be it

"Resolved, that the American Medical Association opposes the use of alcohol as a beverage; and be it further

"Resolved, that the use of alcohol as a therapeutic agent should be discouraged."

The above resolution was adopted by the American Medical Association, an organization representing 80,000 physicians and surgeons of the United States.

Dr. Charles H. Mayo, president of the association, declared in his installation address: "Alcohol's only place is in the arts and sciences. National prohibition would be welcomed by the medical profession."

A PERTINENT QUESTION.

Speaking of the proposed government purchase and control of the liquor business in Great Britain, Dr. Robertson Nicol says in the British Weekly: "We have to put the question whether America would allow the money she lends to the allies to be spent in such a fashion. . . . We doubt whether Lord Reading would venture to ask the Americans to lend us \$500,000,000 in order that we may compensate the great multitude concerned in the liquor trade."

ILL HEALTH OF SALOON MEN.

Concerning the result of the prohibition referendum in Ohio, the Outlook says: "If we owned a corner saloon in some Ohio town and had given serious thought to the diminishing [wet] returns, we would feel inclined to insert in a local paper an advertisement reading somewhat as follows: 'TO EXCHANGE—ONE SALOON FOR ONE farm. Present owner desires to retire from business on the ground of ill health.'"

POOR BRAIN FOOD.

Patient.—But this is "brain food," doctor. I thought it was my liver that was affected. Doctor.—Yes, but "liver medicine" will do you no good until you get brains enough to stop drinking.—Temperance.

LOST THROUGH DRINK.

"When the German soldiers entered Belgium," says Sir Harry Johnston, "they really lost the chance of getting to Paris or to Calais by stupefying themselves with strong drink."

Salt in Winter.

It has been found by experiments that dairy cows require more salt during the wintertime than during the summer months when they are on pasture.

Disinfect Stalls.

Stalls used for calving purposes should be cleaned and disinfected after each calf is born.

Most Common Calf Disease.

The most common disease of the young calf is indigestion or scours.

WESTERN CANADA'S CEREAL CROP

One of the Best Ever Harvested.

The cereal crop of Western Canada for 1917 was the most valuable one ever harvested; it returns from all classes of live stock have been equally satisfactory. The wool clip was not only greater than in any previous year, but the price obtained was double that of 1916, which in turn was almost double that of the year before.

As was the case in 1915 and 1916, many farmers were able to pay for their land outright with the proceeds of their first year's crop. Further evidence of the prosperity of Western Canada is shown by the fact that one in every twenty of the population is now the owner of an automobile. If the farming community alone is taken, it will be found that the proportion of automobile owners is still greater. The bank clearings of the leading cities of Western Canada were consistently higher than they were in the corresponding periods of 1916, and then they were higher than the year preceding.

The entry of the United States into the war has strengthened the bonds between that country and Canada. We are now working together for the same ends. Those who are not fighting are promoting a greater production of foodstuffs. In this connection Western Canada offers a wonderful opportunity. Not only can larger quantities of staple foodstuffs be produced, but the cost of production is lower and the remuneration greater than where land is more expensive.

Notwithstanding the fact that the price of farm products has doubled during the past three years, there are millions of acres of arable land in Western Canada which can still be bought at a low price.

Western Canada has an enormous acreage prepared for seeding to wheat in 1918. It is larger than in 1917, and will probably surpass the record area put into crop in the year 1915, when the largest crop ever known in the West was harvested. The year 1918 should also see a further increase in live stock activity.

Farmers have been investing considerable sums in cattle; the high prices secured for wool and mutton have opened the eyes of Western farmers to the possibilities of sheep, and such was the demand for breeding animals last fall that it was impossible to meet it adequately; the campaign for greater hog production is expected to yield an increase of between 25 and 50 per cent in 1918.

Those who are contemplating coming to Western Canada cannot do better than come early in the spring when they can put in a crop and harvest it in the fall. In this way they will be able to achieve something that will not only be of great benefit to themselves, but also to the great cause for which the Allies, including the United States, are now fighting.—Advertisement.

Well, Why Not? "Pa, why do we pray for daily bread?" "Why?" "Why don't we pray for potatoes?"

Says Pile Remedy Worth \$100.00 a Box. Columbus Man Knows What He Is Talking About.

I have had itching piles ever since my earliest recollection. I am 52 years old and have suffered terribly. I have tried many remedies and doctors, but no cure. About 8 weeks ago I saw your ad for Peterson's Ointment. The first application stopped all itching, and in three days all soreness. I have only used one 25c box and consider I am cured. You have my heartfelt thanks, and may everyone that has this trouble see this and give Peterson's Ointment, that is worth a hundred dollars or more a box. A trial. Sincerely yours, A. Newth, Columbus, Ohio.

Try Socks, Then. "Why don't you give him the mitten?" "It isn't cold hands he has; it's cold feet."

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.

Grave Situation. "So Marie is engaged?" "Yes, to an undertaker." "An undertaker? She must be dead in love."

The Big Problem. Probably one of our knottiest war problems is to find out how to make a woman believe she looks patriotic in last year's clothes.

Only One "BROMO QUININE" To get the genuine, call for full name, BAXTER'S BROMO QUININE. Look for signature of H. W. GIBBY. Cures a Cold in One Day.

Appropriate Results. "Did the actor get a hand on his scene?" "No; he made such a fist of it."

Sweetest natures are those possessing the faculty of finding contentment.

The shoes of the near future will be of canvas and composition.

After the Movie Murine is for Tired Eyes. Red Eyes—Sore Eyes—Itching Eyes—Bleeding Eyes—Stinging Eyes—Smarting Eyes—Give your eyes a month of your loving care. Buy a box of Murine today. It is the only eye medicine that is safe for all eyes. You cannot buy new eyes. Buy a box of Murine today. It is the only eye medicine that is safe for all eyes. You cannot buy new eyes. Buy a box of Murine today. It is the only eye medicine that is safe for all eyes. You cannot buy new eyes.

CALENDAR IN HEAD

Good Method Now That So Few Are Being Printed.

Little Mental Arithmetic Required by System Which is Explained Here—Little Rhyme to Be Committed to Memory.

Calendars for 1918 are going to be scarce, partly on account of the paper shortage and partly because advertisers are cutting down expenses, the large insurance companies, for instance, having made it a rule that their agents will have to print their own calendars. It used to be that one was flooded with calendars of all sorts and shapes about the first of the year; now one has to buy them.

Why buy a calendar if one can carry the whole thing in one's head? There are several ways in which one can figure out the day of the week upon which any day of the month will fall, but the majority of them require an amount of mental arithmetic that is beyond the powers of the man in a hurry, or the woman arranging for a party.

Here is a simple calendar arranged by a memory expert. It consists of twelve words arranged as a rhyme. These twelve words are indexes for the twelve months, and they are three in a line, so as to make it easier to get at the months by taking them three at a time:

Time Flies Fast, Men Think Say; Men Think, Alas! Time's Pooled Away.

The initials of these words give us the day of the week upon which the first of the months will fall in 1918, taking them in order. T stands for Tuesday, Th for Thursday, S for Saturday and A for Sunday. M and W are for Monday and Wednesday respectively.

It is obvious that if one knows upon what day of the week the first day of any month will fall, one has only to add seven days to it to discover the dates of all similar days of the week in that month. If the 1st of August falls on a Thursday, the 8th, 15th, 22nd and 29th must all be Thursdays.

Now suppose you have committed this little rhyme to memory and wish to know upon what day of the week the Fourth of July will fall in 1918. July is the seventh month and the seventh word in our couplet, beginning the third line, is Men. As M stands for Monday, the 1st of July must be a Monday, so the 4th will be a Thursday.

Let us suppose your birthday is March 23. As March is the third month the word is at the end of the first line, and the initial F shows that the 1st of March will be a Friday. If the following Fridays are the 8th, 15th and 22nd your birthday will be on a Saturday in 1918.

Suppose it is Christmas day you are looking forward to. December is the last of the twelve months and the initial of the last word in our little rhyme is A, which stands for Sunday. Then the Sundays in December will be the 1st, 8th, 15th and 22nd, and Christmas day will be three days after Sunday, or Wednesday.

Spilled Children. On a crowded interurban car the day after Christmas there was a jostling, pushing, complaining bunch in the aisle. There was just one woman in the bunch who was not complaining, and she was good to look at, being cheerful, pretty and perfectly clothed, from her russet shawl to the brown hat that topped her gold-brown hair.

Had Similar Failing. Mistress.—It's only fair to warn you, Bridget, that my husband swears a little sometimes. Bridget.—That's all right, mum. So do I.—Life.

An Easy End. Mr. Perkins.—As for me, I want to die rich. I never yet heard of a rich fellow being hung or electrocuted.

SELF DEFENSE

Defeat Backache and Kidney Trouble With Anuric

Many people in this section have suffered from rheumatism and kidney trouble and have found that Anuric was the most successful remedy to overcome these painful and dangerous ailments.

The lucky people are those who have suffered, but who are now well because they heeded nature's warning signal in time to correct their trouble with this wonderful new discovery of Dr. Pierce's called "An-uric" (double strength). You should promptly heed these warnings, some of which are dizzy spells, backache, irregularity of the urine or the painful twinges of rheumatism, sciatica or lumbago. To delay may make possible the dangerous forms of kidney disease, such as stone in the bladder. If you want quick relief buy Anuric now (one a package)—or send Dr. Pierce 10c for trial pack. This will prove that "Anuric" eliminates uric acid as hot water melts sugar.

Greeks in Turkish Territory. Professor Andrade of the University of Athens, who is a specialist on the extent of Greek citizenship beyond the Greek frontiers—in Macedonia and the other Balkans, in Turkey, Syria and Asia Minor—pointed out the great predominance of the Greeks in the regions to be evacuated by the Turks if they are to leave Europe. The whole vilayet, or province, of Adrianople, extending from the Balkans down to Constantinople, he declared, is as much Greek as it is Turk and with the Turks out it is practically all Greek. "Even Constantinople," he said, "is a Greek city—the largest of Greek cities—with a population of 350,000 Greeks. That gives an idea of the extent of Greek citizenship in all this section down to the straits, which will have to be considered on the basis of nationality and race, when the Turk leaves Europe.

The Vale of Llangollen. No traveler in quest of those "certain jolly humours" that Stevenson talks about would ever pass by Llangollen, declares a writer. It is a small market town near the English border, clustered about the River Dee and shut in by hills on all sides. The Dee winds through the valley like a silver thread, now vanishing in the woods and now flashing in the sun, while its curves and eccentricities add grace and beauty to the picture. The town boasts a fine old bridge, built in 1345, which is accounted one of the seven wonders of Wales. It is a quaint structure, and from its pointed recesses, where idlers profitably spend the day gazing and fishing, is a view that for variety and picturesqueness is not to be excelled.

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Girl Bank President. A girl president lives in Cleveland, O. She is president of a bank, and is only seventeen years old. The bank has 850 depositors and a capital of \$155,588. The depositors are members of the council educational alliance, who save their money to buy Liberty loan bonds, vacations and presents. The deposits come in pennies. Some persons literally have "only a cent to their names."

Not So Much Work. Mr. Bangor.—William, you bro ken another glass? William.—Yes, sir; but I was very fortunate this time. It only broke in two pieces. Mr. Bangor.—So you call that "fortunate," do you? William.—Yes, sir; you can't imagine what a bother it is to pick them up when they break into a hundred pieces.

Power of Money. Money may be misused. The power it represents may be abused, says a noted writer, just as the power of the press or any other physical or social force may be abused. And the desire for money may be perverted, just as may be any other normal or healthy desire. But that is not the way to look at money any more than it is the way to look at any other power or quality of human nature that may be used either for good or evil.

Where Cane Are Popular. There is probably no country in the world where the use of walking sticks is so general as in the United Kingdom. Practically every man carries a cane, not only in the towns and cities, but also in the country; and, in addition, there is a large demand for walking sticks for women, those being used extensively in the country and at seaside resorts, but not to a great extent in the cities.

Stoppage of the bowels. More cattle die of paralysis of the bowels and being neglected than from any other cause. Dr. David Roberts' Catarrh Medicine fed dry on the tongue will overcome paralysis and stoppage of the bowels thus avoiding drowning which is the usual result. Head the Practical Home Veterinarian for free booklet on Abortion in Cows if you desire it. All Druggists. Dr. David Roberts' Cat. Co. 100 Grand Avenue, Westside, Wis.

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN. Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. Used by Mothers for 72 years. All Druggists. Sample mailed FREE. Address: TRADE MARK, dress A. S. OLMSTED, Le Roy, N. Y.

Soldiers Soothe Skin Troubles with Cuticura Soap 25c. Ointment 25c & 50c

Names and Addresses for sale. A list of 200 Lincoln North Carolina automobile owners in 12 States. Price \$150.00. F. H. BAKER, Raleigh, N. C.

W. N. U., BALTIMORE, NO. 5-1918.

Maryland Folks Testify Brunswick, Md.—"Several months ago I was taken with a severe pain in the small of my back. I saw an advertisement in some newspaper of Dr. Pierce's Anuric Tablets, and was so impressed with it, thought they would possibly be beneficial in my case, and knowing the high reputation of all Dr. Pierce's remedies I immediately sent for a trial package of the Anuric Tablets and began taking them as soon as received, and in a very short time was relieved of the trouble. I believe this remedy, like all Dr. Pierce's remedies, to be everything that is claimed for it."—F. G. HOAR.

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

Back Given Out?

Housework is too hard for a woman who is half sick, nervous and always tired. But it keeps piling up, and gives weak kidneys no time to recover. If your back is lame and aching and your kidneys irregular; if you have "blue spells," sick headaches, nervousness, dizziness and rheumatic pains, use Doan's Kidney Pills. They have done wonders for thousands of worn out women.

A Virginia Case Mrs. P. T. Timmer, "Very Picture Tells Story" Lake, 3 S. Rowland St., Richmond, Va., says: "I suffered for months with frequent spells of cramps in my hands, feet and limbs and was almost helpless for a long time. I don't know how I ever stood the knife-like pains that shot through my body. After I had used Doan's Kidney Pills I was cured entirely and I have enjoyed better health since then. When I ever had before."

Get Doan's at Any Store, 60c a Box DOAN'S KIDNEY PILLS FOSTER-MILBURN CO., BUFFALO, N. Y.

Patents Watson E. Coleman, Washington, D. C. Books, Magazines, etc. References. Best results.

Wisconsin's Fine Potato Crop. Wisconsin furnished 38,400,000 bushels of the entire potato crop of the United States, which amounted to 440,000,000 bushels in all. This is about 8 1/2 per cent.

Conted tongue, vertigo and constipation are relieved by Garfield Tea, Adv.

Expensive Hostelry. "I like to stop at this hotel." "Why?" "The proprietor makes me feel as if I owned the place."

"Well, after you've paid your bill you will feel that you ought to own the place, whether you do or not."

Piles Cured in 6 to 14 Days. Druggists refer to this PATENT failure to cure itching, burning, bleeding or protruding piles. First application gives relief. 50c.

Economizing Time. "What will you have for dinner?" asked the affable waiter. "Go ahead and bring what you are serving today," replied the hungry man. "Don't make me guess."

Wright's Indian Vegetable Pills contain nothing but vegetable ingredients, which act gently as a tonic and purgative by stimulation and not by irritation. Adv.

Hard on Henry. "I'm afraid Henry is going to be disappointed with army life," remarked Mr. Cobbles. "Why so?" "Henry was always dead set against manual labor, and I understand all them trenches in Europe was dug by soldiers."

The English government has improved the quality of the ale brewed in that country.

Stagnation of the bowels. More cattle die of paralysis of the bowels and being neglected than from any other cause. Dr. David Roberts' Catarrh Medicine fed dry on the tongue will overcome paralysis and stoppage of the bowels thus avoiding drowning which is the usual result. Head the Practical Home Veterinarian for free booklet on Abortion in Cows if you desire it. All Druggists. Dr. David Roberts' Cat. Co. 100 Grand Avenue, Westside, Wis.

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Canada made me Prosperous

—that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Canada, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farms are fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to

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

160 ACRES FREE