



MARCH TO VICTORY

Courage is a matter of the blood. Without good red blood a man has a weak heart and poor nerves. In the spring is the best time to make stock of one's condition. If the blood is thin and watery, face pale or simply generally weak, tired and listless, one should take a spring tonic. One that will do the spring house-cleaning, an old-fashioned herbal remedy that was used by everybody nearly 50 years ago is still safe and sane because it contains no alcohol or narcotic. It is made up of Blood root, Golden Seal root, Oregon Grape root, Queen's root, Stone root, Black Cherry bark—extracted with glycerine and made into liquid or tablets. This blood tonic was first put out by Dr. Pierce in ready-to-use form and since then has been sold by million bottles as Dr. Pierce's Golden Medical Discovery. If druggists do not keep this in tablet form, send 60 cents for a vial to Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. Kidney disease carries away a large percentage of our people. What is to be done? The answer is easy. Eat less meat, eat coarse, plain food, with plenty of vegetables, drink plenty of water between meals, and take an uric acid solvent after meals for a while, such as Anuric (double strength), obtainable at almost any drug store. It was first discovered by Dr. Pierce. Most every one troubled with uric acid finds that Anuric dissolves the uric acid as hot water does sugar. You can obtain a trial package by sending ten cents to Doctor Pierce's Invalids' Hotel and Surgical Institute in Buffalo, N. Y.

Cuticura Soap Is Ideal For the Hands

What do you suppose the mermaids have for pets? Ocean greyhounds and sea pussies, of course.

How's This?
We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 50c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

His Idea.
Waters—He was stranded on a hidden bar.
Booze—Pinched in a speak-easy, eh?
You never can know how superior to other preparations Dr. Peery's "Dead Shot" is until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

Did you encounter a lazy man who did not attribute his trials and tribulations to bad luck?
Act well for the moment and you have done well for all time.

Keep Yourself Fit

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time, and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropy, or Bright's disease. Doan's have helped thousands back to health.

A Virginia Case
Alex. Umberger, Spiller St., Wytheville, Va., says: "I had a steady dull ache across the small of my back. Hard work and heavy lifting brought on the trouble. The kidney secretions were irregular and painful in passage and at times the backache was so severe, I could hardly straighten it. It was hard for me to get out of bed morning after morning. Doan's Kidney Pills cleared my back and regulated my kidneys and the benefit has been permanent."

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

Stops Neuralgia Pains
Why suffer from excruciating neuralgia pains when an application of Yager's Liniment will give quick relief?
This liniment is good too, for rheumatism, sciatica, headache, pain in chest or side, sprains, cuts and lacerations.
35c PER BOTTLE AT ALL DEALERS
Each bottle contains more than the usual 10c bottle of liniment.

YAGER'S LINIMENT RELIEVES PAIN
GILBERT BROS. & CO., Baltimore, Md.

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. These powders are easy and pleasant to take and excellent results are accomplished by their use. Used by Mothers for 31 years. Sold by Druggists everywhere, 25 cents. Trial package FREE. Address, THE MOTHER GRAY CO., Le Roy, N. Y.

FOR COUGHS AND COLDS
—Take a prompt and effective remedy—one that acts quickly and contains no opiates. You can get such a remedy by asking for

Appealing to the Backslider

By REV. JAMES M. GRAY, D. D.
Dean of Moody Bible Institute, Chicago

TEXT—Oh Israel, return unto the Lord thy God, for thou hast fallen by thine iniquity. Take with you words and turn to the Lord; say unto him, Take away our iniquity and receive us graciously: so will we render unto thee the calves of our lips.
I will heal their backsliding, I will love them freely: for mine anger is turned away.—Hosea 14:1-4.

I.—Backsliding in a religious sense is falling away from one's profession.

even though it is not always visible to the eyes of men. A Christian need not blaspheme, nor commit murder, nor theft, nor adultery, to be a backslider. He need only exalt his own reason above the Word of God, or neglect the house of God, or begin to fellowship with the people who do not know God, to make him a backslider. Backsliding imperils the salvation of the soul, for although the Bible teaches the perseverance of the saints it also teaches the perseverance of the sinners. While Christ teaches that the sheep whom the Father hath given him shall never be plucked out of his hand, yet the evidence that we are his sheep is that we hear his voice and follow him.

The backslider not only imperils the salvation of his soul, but also makes havoc of his peace from day to day, for gloomy thoughts and self-reproach and an uneasy conscience possess him. This must be so because even if he does not doubt his salvation at the last, he must know that the building he is erecting on his foundation is one of wood, hay and stubble, that cannot stand the test of the fire which is to try every Christian's work of what sort it is in the day of reckoning that is coming.

The backslider is a serious menace to other Christians and a great obstacle in the way of those that are unsaved. Lord Byron is on record as dating his earliest feelings against Christianity from having witnessed how little some of its votaries were actuated by the spirit of love they professed; and David Brainerd, the great missionary to the American Indians, tells how the savages in Delaware refused to listen to him because of the bad treatment they had received from some who called themselves Christians.

II.—But for the penitent backslider there is encouragement and hope. His is not an unpardonable offense, since God is ever calling upon his people to return to him on the ground of the reconciliation which Christ made for them on the cross. In the text he is doing that in Israel's case, reminding them that they had not been thrust away by him, but that they had fallen by their own iniquity. It was their own fault, and yet he tells them how they might come back. "Take with you words," he says, "and turn to the Lord." He even puts the words in their mouths telling them just what to say. They are to say, "Take away our iniquity and receive us graciously." And they are to promise him that they will render him the praise and gratitude of their hearts, for that really is what is meant by "the calves of our lips."

And how will God receive and bless those who thus return to him in faith? First of all, he will heal them, applying the balm of his forgiving and cleansing love to the wounds which sin has made on their souls. And he will do this freely, eagerly, like the father of the prodigal son who seeing his son a great way off, ran to meet him and fell on his neck and kissed him. It is not the works of our self-righteousness that God desires in order to bring about our restoration, but rather broken and contrite hearts. Our works will follow our words if the latter are sincere and true. In other words, God commences where man would end. Man would want to recall his former life before he would return to God. But God would have him return first and then he will find that his former life has already been recalled.

Oh, is there someone in whose heart this touches a responsive chord? Some Christian whose life has been crusted over with the cares and pleasures of this world, but with whom God's Spirit is now pleading! Let him venture wholly on the love of God in Christ who will not "quench the smoking flax nor break the bruised." We say unto him in the language of the prophet, "Come, return unto the Lord for he hath torn and he will bind you; he hath smitten and he will bind you up."
III.—But let not this exhortation be concluded without a loving word of warning to those who are not backsliders, but who may be. You have stood by the sea and watched the waves break upon the shore. For a while they all seemed to touch the same point. At first it was impossible to say whether the tide was going out or coming in. You had to watch closely for a while to determine. By and by the ebbing waters told the tale.

It is so with backsliding and backsliders. The process of declension is very gradual. No Christian ever substituted vice for virtue by a sudden resolution of mind. The slipping away began underneath, while the surface appearance remained unchanged. Prayer became formal, the eye of faith grew dim, self-indulgence gained ground, and at last men could no longer take knowledge of him that he had been with Jesus! Oh, watch and pray, that ye enter not into temptation.

Mirror of Life.
We are mirrors reflecting the life of Christ, but we must stay close to him and keep the mirror part of us clean.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)
(Copyright, 1918, Western Newspaper Union.)

LESSON FOR APRIL 7. JESUS SETS MEN FREE.

LESSON TEXT—Mark 7:3-7.
GOLDEN TEXT—If the son therefore shall make you free, ye shall be free indeed.—John 8:32.
DEVOTIONAL READING—Psa. 72:1-7.
ADDITIONAL MATERIAL FOR TEACHERS—Matt. 15:1-21; II Cor. 2:17, 18; Gal. 5:1-25.
PRIMARY AND JUNIOR TOPIC—Jesus and the deaf man.
MEMORY VERSE—He hath done all things well, he maketh even the deaf to hear and the dumb to speak.—Mark 7:37.
SENIOR AND ADULT TOPIC—Christian Liberty.

This lesson deals with the last of those four events which mark the crisis in the life of our Lord at Capernaum. It occurred just before the third period of his Galilean ministry and the time of his final departure for Jerusalem. We have seen what the attitude of Jesus was toward the law of his nation. In this lesson we see his attitude toward the rabbinical traditions of the people which were the opinions of men and not the law of God. Just so many today look upon the forms and ceremonies of the church as being verily the law of God. Moreover, these traditions were made a pretext whereby men evaded the law. So today we find men very religious and punctilious in their churchly duties, who fall miserably in their application of the moral code to conduct. The analysis falls into four general divisions: One, the accusation, (vv. 1-5); two, the answer, (vv. 6-13); three, the application, (vv. 14-23); and four, the illustration, (vv. 24-37).

I. **The Accusation.** (vv. 1-5). The growing hatred of the Pharisees, led them to make long journeys from Jerusalem that they might spy on Jesus and find a pretext for accusation. While they were studying him, they revealed their ideas of the kingdom of God. They took special notice that the disciples of Jesus ate without washing their hands. We must not understand this to mean so much the removal of defilement, as the neglect of a ceremonial observance over which the Pharisees were punctilious, (vv. 3, 4). Verses three and four illuminate certain traditions to which the Jews adhered tenaciously. Thus exemplified we can see that their ideas of man's relation to God were largely a matter of external ceremony. Purity to them was an outward matter largely governed by the traditions of men, (v. 4).

II. **The Answer.** (v. 6-13). The answer of Jesus reveals the very opposite ideal. He begins by calling the Pharisees hypocrites. A hypocrite is a play actor—one who hides behind a mask. Applying the prophecy of Isaiah, Jesus plainly tells the Pharisees that they are hiding their true character behind the mask of ceremonial cleansing. Such play acting is but a poor imitation of the real heart condition demanded of God, (Psa. 51:10). Their hearts were far from God, even though with their lips they professed to serve him. The love we express to God consists not in ritualistic worship, but in doing his will from the heart.

III. **The Application.** (v. 14-23). Jesus takes advantage of this discussion, and, turning to the multitude, upon whom the Pharisees would bind a grievous burden of ceremonialism and falsehood (Matt. 23:4), warns them that it is not so much that which enters into a man that defiles him, as that which issues from him, (v. 15). It seems quite natural that in their perplexity the disciples should ask Jesus what he meant by that. In his reply (vv. 18-23), Jesus shows very clearly that "the issues of life" (Prov. 4:23), reveal the corruption which is within. (See Matt. 12:34, 35; Gen. 6:5; James 3:10-12). If the heart be not cleansed, what will it avail if we wash the hands? What then is the application for this present day? Clearly we are taught the danger of lip service without a change of heart. Substituting good for the best is sin. Forms and ceremonies are good and have their place; they are significant for they are important teaching factors; but they must not be substituted for a pure heart. We must beware lest we hide behind such a mask.

There is here also plain teaching as to Jesus' estimate of the Pentateuch and inferentially of the prophecy of Isaiah. He specifically calls it "the Word of God." Surely we can accept his estimate as contrasted with the tradition of the elders or the "consensus of modern thought."

Less talk and more walk,
Less wishing and more doing,
Less preaching and more practicing,
Less organization and more of the spirit.

Finally, we have two illustrations as to how Jesus sets men free. (a) Jesus' silence appears to deepen faith in the pleading Syrophenician woman (v. 24-30). (b) We have the cure of the deaf and the dumb man, (vv. 31-37); instantaneous healing, showing divine power.

Jesus was setting his people free from their bodily infirmities and at the same time delivering them from their sins and imperfections and bringing them into his spiritual Kingdom. This he is still doing.

Fulfillment of Life.
Christ came into the world that we might have life and have it more abundantly. The cramped, starved, half-developed lives that so many are leading are not in accordance with God's plans. The plant that grows in the shade, straggling and pale, its blossoms blighted before they unfold, is the type of many one to whom God is ready to give life in its fullness. Do not be satisfied with mere existence. Reach down for the deep things of experience, and up for those which are high. See that your life is full, free and good, as God meant it to be.

KIDNEY SUFFERERS HAVE FEELING OF SECURITY

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs. Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

Swamp-Root is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses. It is not recommended for everything. According to verified testimony it is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root. If you need a medicine, you should have the best. If you are already convinced that Swamp-Root is what you need, you will find it on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

The Makers.
Booth Tarkington, the novelist, met in a New York book store a young lady who was buying books to send to the soldiers. "I think I ought to send them serious, heavy books—history and so on—don't you?" she doubtfully inquired. "Good gracious, no!" said Mr. Tarkington. "Send them novels, rousing novels, and nothing else. History? What do they want with history? Why, they're making it!"

BOSCHEE'S GERMAN SYRUP

Why use ordinary cough remedies, when Boschee's German Syrup has been used so successfully for fifty-one years in all parts of the United States for coughs, bronchitis, colds settled in the throat, especially lung troubles. It gives the patient a good night's rest, free from coughing, with easy expectation in the morning, gives nature a chance to soothe the inflamed parts, throw off the disease, helping the patient to regain his health. Made in America and sold for more than half a century.—Adv.

Disappointed.
Sylvester, aged four, was sent to bed early as a punishment. While saying his prayers he remarked: "Oh, Lord, I have asked you to make me a good boy and you haven't done it, and I am very disappointed in you."

FRECKLES

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription othine—double strength—is guaranteed to remove these homely spots. Simply get an ounce of othine—double strength—from your druggist, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion. Be sure to ask for the double strength othine, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

Why Sambo Keeps His Mule.
"Why don't you get rid of that mule?"
"Well, sah, I hates to give in. If I was to trade dat mule off he'd regard it as a personal victory. He's been tryin' foh do las' six weeks to git rid of me."—Everybody's Magazine.

Pimpily Rash Skins
Quickly soothed and healed by Cuticura often when all else fails. The Soap to cleanse and purify, the Ointment to soothe and heal. For free samples address, Cuticura, Dept. X, Boston. At druggists and by mail, Soap 25, Ointment 25 and 50.—Adv.

You may doubt it, but he who cried "Good Will Toward Men" is still very much alive.

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

Farm information is the secret of farm inspiration.

THIN BOARDER HAS ANOTHER

Springs His Usual Conundrum, to the Delight and Bewilderment of the Prune Club.

"We've missed you for several mornings," replied the blond typewriter to the thin boarder as he glided into the mentless-wheatless breakfast table, according to the Yonkers Statesman.

"Well, see if you can miss this one, Cutie," replied the conundrum thrower. "Why is the English general, Sir Julian Byng, the hero of Cambrai, like Annette Kellermann, the swimmer?"

"One has made good in flights and the other in tight's," suggested the bank clerk with the red necktie.

"Back up! I said why are they alike, not why are they different," came from the thin man.

"Because they are prominent for divers reasons," ventured the school-teacher with the shell glasses.

"Won't do," answered the man who started the trouble. "Listen, Here's the answer: Because they were both made famous by the tanks."

Island Rapidly Disintegrating.
It was on Simbowa, a little east of Java, that an explosion occurred years ago, audible for nearly 1,000 miles, and so completely burying a whole province that only 25 persons escaped in a population of 12,000.

The fine-grained dust or ashes, greenish-gray in color, of which the island is composed, is very friable, and the waves, dashing against the new obstruction in their way, have torn off the edges and considerably reduced the island's area.

The largest amount of material is gathered on one side of the crater, through which the tide of debris poured; and there a cliff, 150 feet high, fronts the sea. Inland the cliff slopes gently down until it reaches the level of the tongue of land, about a mile in length and only ten or twelve feet above high tide, which forms the rest of the island. It is a bare, dark heap of ashes, which the ocean rollers are doing their best to bury out of sight beneath the sea.

Putting Her Foot in It.
Not long ago a miscellaneous party of visitors was being shown over a ducal palace. One of them, a stout, overdressed woman, feeling herself socially considerably above her fellow sightseers, turned to the housekeeper and said:
"And how is the duke? He wasn't very well when I saw him last."
"His grace has a slight cold," replied the housekeeper, "but otherwise is in the best of health."
After allowing the company sufficient time to recover, the lady resumed:
"And how is the dear duchess?"
"The duchess, madam, has been dead these thirty years."

Their Awful Plight.
She—And what was your most terrifying experience during your two years in the trenches?
He (grimly)—The night—
She—Yes, yes?
He—When, with the Boches only 100 yards away—
She—Go on!
He—and gas bombs raining and liquid fire coursing upon us—
She—Yes, yes!
He—When we suddenly discovered—
She—Go on!
He—That there wasn't a cigarette in our whole detachment!

All She Could Be Sure Of.
Mr. Brown, widower, had advertised for a housekeeper. On the applicant's arrival, Mr. Brown was out and his three-year-old daughter answered the door.
"What's your papa's name?" the woman asked.
After a pause the little girl answered: "I don't know what it was before he was married, but it's Mr. Brown now."

Some people kick because they are unable to discover where the shoe pinches.

The foe is as hard to kill as an old hedge fence—but we'll get him.



Following the sun with

WRIGLEYS

Vision for a moment, those far off ports beyond the trackless seas—
From Arctic ice, to the torrid lands beneath the Southern Cross—
From towns tucked in the mountains, to the busy river's mouth—
WRIGLEYS is there!

There, because men find comfort and refreshment in its continued use.

Because of its benefits and because



The Flavor Lasts
"After every meal"

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops
Work in Joint Effort the Soil of the United States and Canada
CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist
Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels
To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.
Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.
Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.
For particulars as to routes and places where employment may be had apply to: **U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR**

After a man has acquired a certain amount of wisdom he would rather add to it than display his meager hoard.

Their Idea.
"What is the principle of repeating rifles?" "I suppose it is to make every shot tell on the enemy."

Swift & Company's 1918 Year Book
shows that Swift & Company sells the meat from a steer for less money than the live steer cost!

Proceeds from the sale of the hide, fat, and other by-products covered all expense of dressing, refrigeration, freight, selling expense and the profit of \$1.29 per steer as shown by Swift & Company's 1917 figures as follows:

Average price paid for live cattle per steer	\$84.45
Average price received for meat	68.97
Average price received for by-products	24.09
Total received	93.06
This leaves for expenses and profit	8.61
Of which the profit per steer was	1.29

There are many other interesting and instructive facts and figures in the Year Book.

We want to send our 1918 Year Book, to anyone, anywhere — free for the asking. Address Swift & Company, Union Stock Yards, Chicago.

Swift & Company, U. S. A.