



Building-up for the Spring Attack at the Front is a good deal like putting the body in condition for an invasion of the germs of grip, pneumonia or "Spring fever" here at home.

At this time of the year most people suffer from a condition often called Spring Fever. They feel tired, worn out, before the day is half thru. They may have frequent headaches and sometimes "rimpy" or pale skin and white lips.

For an invigorating tonic which will clarify the blood, put new life in the body, sparkle to the eyes, and a wholesome skin, nothing does so well as a glyceric herb extract made from Golden Seal root, Blood and Stone root, Oregon grape root and Wild Cherry bark. This can be had in convenient, ready-to-use tablet form at all drug stores, sixty cents, and has been sold for the past fifty years as Dr. Pierce's Golden Medical Discovery.

Heal Skin Troubles That Itch and Burn with Cuticura. The Soap to cleanse and purify, the Ointment to soothe and heal. Everywhere Soap 25¢ Ointment 25¢ Box.

Rheumacide advertisement with logo and text: "Have you RHEUMATISM Lumbago or Gout? Take RHEUMACIDE to remove the cause and drive the poison from the system."

What Do You Know About CATTLE? Do You Want to Know the CATTLE BUSINESS? Drop us a post card today and get FREE information about the new book, "CATTLE BREEDS AND ORIGIN."

Laborers Wanted White and Colored Steady Indoor Work—Good Pay Time and One Half for Overtime APPLY Hubbard Fertilizer Co. OFFICE 802-3-4-5-6 Keyser Bldg., Baltimore, Md. FACTORY 5th Ave. & Clinton St., Canton, Baltimore Co., Md.

PROST PROOF CABBAGE PLANTS By express, buyer paying charges. POST PAID 1000, 1500, 2000, 2500, 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000. Also lists various other plants and their prices.

Scenes of Prosperity Are Common in Western Canada

Advertisement for 160-acre farms in Western Canada. Text: "The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains."

Carter's Little Liver Pills. You Cannot be Constipated and Happy. A Remedy That Makes Life Worth Living. Also includes an advertisement for Carter's Iron Pills.

GREEN'S AUGUST FLOWER

Has been used for all ailments that are caused by a disordered stomach and inactive liver, such as sick headache, constipation, sour stomach, nervous indigestion, fermentation of food, palpitation of the heart caused by gases in the stomach.

A Little Rough. A youth who had accomplished considerable glory in football but little in his studies, was dropped from one preparatory school and immediately invited to another. He had been there about a week when he was approached by a member of the faculty.

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.

Stray Romance From the Front. One of our stray romances came to light the other day when a soldier dashed back to England on leave from France to marry the girl of his heart.

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

At It Again. Gills—There are sermons in stones. Dills—Yes, and I have seen ice cream in bricks.

Had To Quit Work Gave Up Hope of Recovery, But Doan's Restored His Health. Has Been Well Since.

Advertisement for Doan's Kidney Pills. Text: "J. B. Ragless, carpenter, 210 W. 60th St., Chicago, Ill., says: 'My back gave out completely and I had to quit work. I could hardly endure the pain in my back and nights I tossed and turned, unable to sleep.'"

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. F. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.) (Copyright, 1918, Western Newspaper Union.)

LESSON FOR APRIL 14 JESUS REQUIRES CONFESSION AND LOYALTY.

LESSON TEXT—Mark 8:27-33. GOLDEN TEXT—Whosoever will come after me, let him deny himself, and take up his cross, and follow me.—Mark 8:34. DEVOTIONAL READINGS—Romans 10:9-10; Hebrews 12:1-2, 12-15.

The time has now come for Jesus to take account of his ministry. Having been rejected by the rulers, he goes into retirement with his disciples. His primary object in his teaching during this time is to prepare the disciples for the tragedy of the cross, which he knew was so near.

1. Peter's Confession of Christ (v. 27-30). Two questions of Christ provoked this confession: 1. "Whom do men say that I am?" (v. 27, 28).

2. "Whom say ye that I am?" (v. 29, 30). This question referred to the opinions of the people regarding Jesus. Some believed him to be John the Baptist, some Elijah, and some one of the prophets.

Jesus persistently claimed to be the God-man, the very Son of God. He wanted the personal opinion of the disciples concerning him. To be able to tell what others think of Jesus is not enough. There must be definite, correct and personal belief in him, which is worth infinitely more than what others think, for upon it hinges destiny and character.

11. Jesus Teaching Concerning the Cross (v. 31-33). Christ charged the disciples not to make public his Messiahship, as that would precipitate the crisis. The disciples needed much instruction yet to prepare them for the crucial hour of the cross.

1. What he taught (v. 31). (1) "The Son of Man must suffer many things." He suffered physical weariness and hunger, ridicule and contempt, and even misunderstanding and lack of appreciation on the part of his friends and disciples.

(2) "Be rejected of the elders, chief priests and scribes." These were the nation's official representatives, the very ones who should have known and received Christ and recommended his reception on the part of the nation.

(3) "Be killed." This announcement was startling to the disciples. They had not yet come to realize that redemption was to be accomplished through the passion and the cross.

(4) "Rise again." Though this was utterly incomprehensible to the disciples, he shows them that this would be the glorious issue of his death. Life out of, or through, death is God's universal law in nature and grace.

III. The Cost of Discipleship (v. 34). The law of the Christian life is suffering. To follow Christ means to turn one's back upon the world, to renounce the world means to incur the hatred of the world. To be Christians, therefore, means to share Christ's sufferings.

Temperance Notes

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

THE NATION'S CAPITAL A POWERFUL PROHIBITION ARGUMENT.

"People can say what they please about prohibition, but if there was ever an argument in favor of it Washington, D. C., is that argument," says the Atlanta (Ga.) Constitution.

"Official verification of the wonderfully improved conditions in Washington under prohibition is furnished by the superintendent of police for the District of Columbia, officers of the Associated Charities, business men and Salvation Army heads. They ought to know! One of them reported that in one district during the saloon regime they had 12 nonsupport cases a week. Under the dry regime but one. In spite of the unusual war conditions, those who visit the poor testify that the children are better clothed and better fed than formerly."

"On every street the stores are crowded. At the Central market two weeks after the saloons were abolished one tradesman said: 'We are sold out.' People seem to have more money and buy better goods since the saloons were closed."

"A Salvation Army man, manager of the Industrial Home, said, 'It may be necessary to close this part of the establishment because there is such a security of "down and outs" owing to prohibition.' He said he had it straight from the Oceanic workhouse that there are not enough men in the institution at present to do the work and take care of the stores. While about 200 men used to be sent to the prison every Monday morning by the courts of Washington for drunkenness, and petty crimes arising out of drunkenness, but few are sent there now. He knows this, because it is his duty to either go in person to the prison every day or send a representative to take care of the men who show a disposition to lead a better life. But he says so few are going in now, that for several days he has had no one to meet evening out."

WELL PUT. "I'm with the liquor traffic, and up with the liquor dealer" is the purpose that animates the men and women who are working for prohibition, says the Colon Signal. In all their holy war they keep in mind not only the salvation of the men who have been or may be tempted by liquor but the redemption as well of individuals engaged in the trade by forcing them by law to engage in some business that will permit them to recover their self-respect and earn clean money.

Especially notable is the success of the former Coors Brewery of Colorado. As a beer factory it had a capital of \$80,000; as a manufacturer of malted milk and pottery, it enjoys a trade of \$150,000. It formerly had one salesman where now it keeps twenty-eight busy. It had a pay-roll of eighty, and now has one of 200, all receiving 25 per cent better pay. It would not be difficult to multiply similar instances in other prohibition states. Be assured that every one who helps to secure for the state or the nation the adoption of prohibition, thereby forcing the liquor dealers to seek a decent and more lucrative means of livelihood, is placing them under a debt of eternal gratitude.

BRED IN THE BONE. A party of Eastern bankers was being entertained at the Omaha club during the convention of the Nebraska Bankers' association recently. There were a dozen at the table, including N. H. Loomis, general solicitor of the Union Pacific railroad. The host, as was customary at the time, ordered cocktails, but noticed that seven glasses which changed to be in a row remained untouched.

Hoping to have some fun at the expense of the teetotalers, he called attention to the fact and said: "Just to start conversation, I wish you fellows would tell me by one your reasons for not drinking, all in good faith. I know that Mr. Loomis never touches the stuff, because he is from Topeka, Kan., but you others are all Eastern men, and perhaps we can get a story."

Mr. Loomis looked up with interest as one after another of these widely known bank officers from New York, Philadelphia, St. Louis, Chicago, Kansas City and St. Joseph stated, in about the same terms, that they had been born and bred in Kansas, and for that reason, never having been familiar with liquor, had never formed a taste for it.

RAILROAD ENGINEERS FOR NATIONAL CONSTITUTIONAL PROHIBITION. Members of the legislative committee of the Brotherhood of Railroad Engineers, representing 25,000 Illinois locomotive engineers, unanimously adopted a resolution favoring the ratification by the Illinois assembly of the federal prohibition amendment.

What was a short time ago a Keeley Cure institute in Omaha has, since Nebraska went dry, been converted into a dormitory by the Catholic university.

GRAIN FOR FOOD, NOT DRINK. Holland has followed the example of the United States and closed all the distilleries of the country. Germany has prohibited the use of barley in the manufacture of beer. The nations are one by one realizing that whisky and beer making is criminal waste.

EVERY BUSINESS HAS THEM

Seemingly All That is Necessary to Find Handicaps is Just to Look for Them.

"Farmer Sam" Fitzpatrick of the Standard Oil company was in Topeka last week attending the meeting of the Kansas state board of agriculture. He was visiting with some of the well-known cattlemen of the state when one of them complained of the increased expense attached now to the cattle-raising business.

"I do not know where we are to get the money to carry on the business," the cattlemen said. "It is the same with the oil business," Fitzpatrick replied. "A friend of mine was in the office the other day seriously complaining about the increased cost of oil production. 'Sam,' he said to me in a tearful voice, 'it is getting to the pass that I don't know where we are going to get the money to pay our excess profit tax.'"

Of course, there are serious handicaps in every business, if you want to find them.—Kansas City Star.

Fruit Picker's Dream Come True. An ingenious method of gathering fruit which reduces the fruit picker's work to a minimum, makes use of a large net suspended above the ground directly under a tree and does away with the usual fruit-picking harness, buckets, pails and baskets, says the Popular Science Monthly. The fruit is dropped from the tree by the picker and it falls into the net and rolls down through a cone-shaped canvas spout into a barrel or fruit box. The net is held taut by a framework supported by iron posts driven in the ground.

Cautious. "Have you been taken, too, with these arguments about the excitement of aviation?" "Well, I wouldn't go to speak, care to fall for it?"

To Drive Out Malaria and Build Up The System. This Old Standard GLOVER'S TASTEFUL CHILL TONIC. You know what you are taking as the formula is printed on every label, showing it is Quinine and Iron in a Tasteless form. 6c.

The Last of its Race. Horeh—"With me the wish was father to the thought," Anthony—"Your wish has a very small family."

Kill the Flies Now and Prevent Disease. A DAIRY FLY KILLER will do it. Kills thousands. Lasts all season. All dealers or six cent express paid for \$1. H. SOMERS, 150 De Kalb Ave., Brooklyn, N. Y. Adv.

Not the Correct Locality. "I understand he lives in mortal trepidation." "No such thing. He lives in the suburbs."

Cuticura Kills Dandruff. Anoint spots of dandruff with Cuticura Ointment. Follow at once by a hot shampoo with Cuticura Soap, if a man; next morning if a woman. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail, Soap 25, Ointment 25 and 50.—Adv.

Probably She Didn't. A gentleman winked at a bright little boy on the Lexington car the other day. The youngster tried to return the salute, but both eyes persisted in shutting.

"Mamma," he finally said to a nice-looking woman by his side, "wink at that man!"—Portland Press.

EGZEMA CAUSED YEARS OF INTENSE AGONY. "I have suffered intense agony from Eczema on my leg and other parts of my body for years, and received only temporary relief from other preparations. It is only a month since I started to use PETERSON'S OINTMENT, and there is no sign of Eczema here for me to show you refer to me."—Geo. C. Talbot, 37 Fenfield St., Buffalo, N. Y.



The four girls in this photograph are the United States navy fingerprint experts. They have recorded, classified and filed an impression of the digits of every man in the navy from the rear admiral's down to the rawest recruit's. They can do the job they are working on now in five minutes, and in another five minutes they can tell whether his print has ever been made before in the department.

THE LAST THING IN CAMOUFLAGE



That we have much to learn from the French when it comes to camouflage is evidenced by this photograph which shows not only a dummy gun, but dummy soldiers as well.

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 May 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

Ideals That Uplift. We cannot reverse anything lofty without ourselves becoming exalted; we cannot reverse anything holy without ourselves becoming purer. The character of our homages determines our characters.—J. H. Jowett, D. D.

The Preliminary Crop. "When are you going to begin digging in your garden?" "Not for some time. It is still too early for fishing worms."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad. Compressed peat, formed into sheets, has been invented in Europe for insulation against heat and cold.

Middle Aged Women Are Here Told the Best Remedy for Their Troubles. Lydia E. Pinkham's Vegetable Compound. Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODEX, 925 Napoleon St., Fremont, Ohio.