

Libby's
Tempting veal loaf

WHAT is more tempting for a summer luncheon than Libby's savory Veal Loaf! Prettily garnished it makes a dainty yet substantial dish—and one all ready to put on the table!

Order Libby's Veal Loaf today. You will want it always on your shelves—for quick lunches—for unexpected guests.

Libby, McNeill & Libby, Chicago



Can with Tin Cans

Government Agricultural Dept. Farmer's Bulletin No. 839 illustrates the Burpee Sealer, a thoroughly practical device for sealing tin cans in the home, without solder or acid, and tells of the advantages of canning in tin cans.

Tin cans are better in every way than glass. Cost less than glass—no breakage—no failures—air-tight and light-proof—sealed before cooking.

Half Cost of Glass

No Solder or Acids
 Air tight No Failures

BURPEE HOME CAN SEALER LASTS A LIFE TIME

Be an anti-saver food for the winter—vegetables, fruit, meats, fish, soups—everything you will need. Perishable food is plentiful now, but will be hard to get later. Our big, free book tells exactly how. You can't fail. There have been reserved millions of cans for owners of a Burpee. Canning with a Burpee is easy, quick, clean and safe.

Just prepare raw fruit or vegetables according to instructions—place in can and put can in the Burpee. Three quick motions and can is sealed with a double air-tight lock. Then fill up with water and seal. Then store away, any place, light or dark. You can put up more in a day than you could in a week with glass jars.

Don't waste time writing to us for information. We take all the risk. Send check or money order for only \$16.50, and we will send a Burpee Home Can Sealer which will seal either quart or pint cans, express prepaid, for a 30 day trial. Put up a season's pack. Then if you are not satisfied that the Burpee is all that we claim, return it to us and we will refund your money. It won't cost you a cent—even for express.

We show you how to get cans without the slightest trouble, direct from manufacturers, who have reserved millions for Burpee owners. Get the money off today—it will mean a full ladder all winter.

STATES METALS COMPANY
 30 Church Street, New York City

Dept. K

GIRLS! USE LEMONS FOR SUNBURN, TAN

Try it! Make this lemon lotion to whiten your tanned or freckled skin.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion whitener, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands and see how quickly the freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.—Adv.

ELIXIR BARBER A GOOD TONIC
 And Drives Malaria Out of the System.

"Your 'Babe' acts like magic! I have given it to numerous people in my parish who were suffering with chills, malaria and fever. I now commend it to those who are suffering and it need of a good tonic."—Rev. S. Rzymanski, St. Stephen's Church, Perth Amboy, N. J.

ELIXIR BARBER, 50 cents, all druggists or by Parcel Post, prepaid, from Kloezevski & Co., Washington, D. C.

Latest in Windmills.
 Windmills with five widely separated vanes have been adopted for irrigation in Italy's possessions in Africa are the only ones that will stand high winds and at the same time work in light breezes.

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 **Dr. J. C. Fletcher** In Use for Over 30 Years.

Children Cry for Fletcher's Castoria

No Place for Indolence.
 "Some of you men who play poker day and night ought to be taken up for loafing."
 "Playin' poker in Crimson Guleh," answered Three-Fingered Sam thoughtfully, "may be non-essential. But if you pervert your interests it ain't loafin'."

Watch Your Skin Improve.
 On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. For free sample address "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

When Your Eyes Need Care
 Try Murine Eye Remedy

No Stinging—Just Eye Comfort—50 cents at Druggists. Write for Free Book. MURINE EYE REMEDY CO., CHICAGO

He'd Swear to It.
 Buyer of Birds—You are certain the parrot talks a lot?
 Fancier—He ought to. He belonged to a real estate dealer.—Cartoons Magazine.

Part of the art of doing things is to attempt but little at a time.

Removes Ink Stains.
 Stains caused by indelible ink on linen may with patience be made so faint as to be scarcely perceptible. First of all, moisten the stain with iodine, then use hypsulphate of soda. Next rinse in clear water and dry well, and the stain, if a new one, will often entirely disappear and even an old one will grow very faint.

No Worms in a Healthy Child
 All children troubled with worms have an unhealthy color, which indicates poor blood, and as a remedy, GROVE'S TASTELESS CHILL TONIC is the best. It purifies the blood, improves the digestion, and acts as a general strengthener to the whole system. Nature will then throw off the worms and the child will be in perfect health. Pleasant to take. 50 per bottle.

The Central Ornament.
 Miss Port—So you are having your house redecorated, Mr. Hawkins?
 Widower—Yes, the workmen began last week.
 Miss Port—Are you making radical changes?
 Widower—Yes, very.
 Miss Port—What is to be the main feature of the new house?
 Widower—If you'll consent. Sadness and gladness succeed each other.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

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

LESSON FOR AUGUST 11
HELPING OTHERS.

LESSON TEXTS—Luke 10:25-37; Galatians 6:1-10.
 GOLDEN TEXT—Bear ye one another's burdens, and so fulfill the law of Christ.—Galatians 6:2.
 DEVOTIONAL READING—Galatians 5:22-6:10.
 PRIMARY LESSON MATERIAL—Luke 10:25-37.
 INTERMEDIATE, SENIOR AND ADULT TOPIC—Who needs our help, and how can we best give it?
 ADDITIONAL MATERIAL—Proverbs 17:17; Matthew 6:42; Romans 12:10-15; I Corinthians 12:13-15; I John 3:16-18.

1. Being a Neighbor (Luke 10:30-37).
 The story of the Good Samaritan is Christ's answer to the lawyer's question: Who is our neighbor? He shifts the question so as to show that the supreme concern is not who is our neighbor, but whose neighbor are we? If I am Christ's, my supreme concern will be to find those who have need that I may be a neighbor to them. If we love God supremely, we shall find all along life's highway souls who have been wounded and robbed by sin, whom we can love as ourselves. To be a neighbor is to—

1. See those about us who have need (v. 33).
2. Have compassion on the needy (v. 33).
3. Go to those in need (v. 34).
4. Bind up the wounds (v. 34).
5. Set the helpless ones on our beasts while we walk (v. 34).
6. Bring to the inn and take care of the unfortunate (v. 34).
7. Give money (v. 35).
8. It costs a good deal to be a neighbor. Love is the most expensive thing in the world. It cost God his only Son; it cost Christ his life. May we go and do likewise!

II. Living and Walking in the Spirit (Galatians 6:1-10).
 Those who are freely justified in Christ will conduct themselves as follows:

1. Restore the sinning brother (v. 1).
2. Bear one another's burdens (vv. 2-4).
3. Many are the burdens of life, burdens of weakness, temptation, sorrow, suffering and sin. Christ is the supreme burden-bearer. When we do this we fulfill the law of Christ.
4. Support teachers of God's Word (vv. 6-8).
5. It is incumbent upon those who are taught in the Word of God to give of their means for the support of the teacher. To repudiate this obligation is mockery of God, for he ordained that they who preach the Gospel should live of the Gospel (I Cor. 9:14).
6. Work for the good of all men (v. 10).

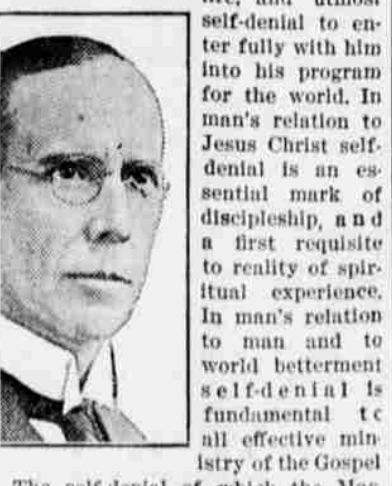
The one who is free in Christ will have sympathies and interests as wide as the race. He will especially strive to help those who are members of Christ's body.

The Why of It.
 Why was the war? Why did Providence permit such an accursed thing to enter the portals of world life? Who can answer this question? The Times will not make the attempt. But perhaps, after it is all over, we may be able to penetrate the mystery; and we may see that the peoples of the earth had to be scourged into a realization of the imperativeness of the Sermon on the Mount. No that was not a mere bit of beautiful sentiment. The world cannot live selfishly. The world must acknowledge the brotherhood of man. The war must teach the nations to give up their brutal, selfish creed.—Los Angeles Times.

Dispel Darkness.
 The thought that comes to me as I see the light of day is that the intention of the Creator was to dispel all darkness by the light of his will. And I walk in the knowledge that I receive, and walk and walk till the sun of knowledge shines in the meridian glory. That will not shine here. That consummation must surely be where all light comes from. Teach me to love light rather than darkness, and climb to the highest pinnacle of knowledge that I might have the blessing of its rarefying power.—The Cry of a Persian Teacher, 1719.

The Habit of Self-Denial

By REV. ED. F. COOK, D. D., Director Missionary Course, Moody Bible Institute, Chicago



TEXT—If any man will come after me, let him deny himself, and take up his cross daily, and follow me.—Luke 9:23.

It requires self-abnegation to follow Christ in the way of everlasting life, and utmost self-denial to enter fully with him into this program for the world. In man's relation to Jesus Christ self-denial is an essential mark of discipleship, and a first requisite to reality of spiritual experience. In man's relation to world betterment self-denial is fundamental, to all effective ministry of the Gospel.

The self-denial of which the Master speaks in the text is not to be thought of as an impulsive act, or as a spasmodic self-forgetfulness, but rather as a habit of life. The self-denial to which he refers is more than unselfishness in meeting emergent demands. It is more than liberality in times of special public need; it is in reality a matter of daily practice. The Master no doubt places special emphasis upon "daily" when he says, "If any man will come after me, let him deny himself, and take up his cross daily, and follow me." Self-denial which is less than a fixed principle of life and less than a daily practice cannot usher a man into the comradeship of Christ in service. If ever we follow him truly it is in the way which he here describes.

In the day of our nation's glory and power, with the doors of Christian opportunity wide open in every land, we have failed to enter fully into the Master's plan for his world. Christ has been too largely shut out of the life of the American people through a gradual yielding to the subtle temptations of great prosperity. We have accepted with indifference his great commission and have put forth but meager effort to evangelize the nations. The love of luxury and ease has produced such softness and self-indulgence in the churches of America as renders difficult the response to a challenge which demands heroic self-denial and self-sacrificing service.

The American people have, however, been brought by the exigencies of war to the practice of self-denial, self-sacrifice and liberality in giving to an extent unprecedented in our history. Splendid has been the response to the nation's call for men and money. Both are being offered without stint. The moving of the American heart in pity for human suffering, and the new evaluation of physical strength and moral power, have led the American people to pour out their wealth in order to feed the hungry, heal the suffering, comfort the sorrowing, and to equip and protect our soldiers in both moral and physical efficiency. In the awful school of war we are learning lessons of great moral value.

The peril is that after the war we may lapse again into the softness and needless self-indulgence of other days. Weary of self-restraint and self-denial, it will be easy to rush again to the frivolities and pleasures of the world and to the luxurious living to which the American people have become so accustomed.

In such a return to selfishness, self-indulgence and self-love, there are imminent perils to our nation and to the cause of Christ. Against such a peril our people must be protected. This can best be done by keeping before them the Master's great world-program: The enterprise of foreign missions. It alone of all human enterprises carries the full moral equivalent of war. It alone makes a like appeal to that of war—to love, to loyalty, to courage and self-sacrifice. The missionary enterprise alone presents the utmost appeal of love to God and of love to our fellow men. It develops as no other obligation or activity the sense of the Fatherhood of God and the consciousness of the brotherhood of man. If we would preserve in the heart of this nation the finest, the noblest, the best products in human character of this great war, we must make of America a great missionary nation, fired with a passion for world-wide service. To this end the churches of America must be held to a vision of the Master's missionary program for the world. They must be led to see that victory for the allies is but a partial victory and the world-wide peace which the allies demand but a temporary peace, unless we hold the "scales" already driven into heathen darkness, and resolutely drive on to fullest success in the foreign mission enterprise. There is no possible basis of permanent world-peace which does not take account of Christ and his kingdom on earth.

It is of supreme importance, therefore, that we hear with new interest and resolution the Master's challenge to self-denial. Having learned in war through love of country the meaning of willing self-sacrifice, let us now for love of Christ learn the full meaning of following him in sacrificial service.

LARGEST STATE SETS A GOOD EXAMPLE.
 Texas, the largest state in the Union in area, and fifth in population, has through its legislature endorsed the National Constitutional Amendment and enacted a state prohibitory law. On the contrary, Rhode Island, the smallest state in the Union, refused to ratify the Federal Prohibition amendment and consistently appropriated \$760,000 to enlarge its penitentiary.

DIFFERENT CIRCUMSTANCES—DIFFERENT TUNE.
 In 1912 the Anheuser-Busch (sounds rather German) brewing company advertised that they used 325 tons of coal a day, and that 50,000 cars were used by them during a year. That was during a prohibition campaign when they wished to emphasize what an immense business they had. We suppose they are like the Mower who said not long since, that he thinks now they do not use any grain at all, only just a few screenings.

I have no hesitation in attributing a very large proportion of some of the most painful and dangerous maladies which have come under my notice (during more than twenty years of professional life), as well as those which every medical man has to treat, to the ordinary and daily use of fermented drinks taken in the quantity which is conventionally deemed moderate.—Sir Henry Thompson.

In Lincoln, Neb., the arrests for September, 1916, were almost the same as for the entire first year of prohibition.

Disbelievers.
 Those who are not induced to believe and live as they ought by those discoveries which God hath made in the Scriptures, would stand out against any evidence whatever, even that of a messenger sent express from the other world.—Otterbury.

A Mine of Knowledge.
 In what light soever we regard the Bible, whether with reference to revelation, to history or to morality, it is an invaluable, an inexhaustible mine of knowledge and virtue.—J. Q. Adams.

Temperance Notes

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

DOES IT PAY?
 Facts are facts, and when you see the fact right before your eyes you can't dispute it nor argue it down. It stands right there and tells the truth. What prohibition has done for one city is told in part by the Spokane (Wash.) Chronicle. After two years' trial of a dry regime the proprietor of the largest department store in Spokane said:

"We are doing 50 per cent more business today than we did three years ago under the wet regime. I estimate that half of the increase is due to prohibition. It is astonishing how many people who voted 'wet' are now strong supporters of prohibition."

The police commissioner, when questioned concerning his opinion of prohibition, said:

"Washington never again will be wet. There are not enough people in the state who would vote against prohibition, now that they have tried it. Crime, disorder and poverty have decreased and good citizenship and individual and collective property have been decidedly on the upgrade under prohibition in Spokane."

In a similar vein replied the county sheriff:

"Conditions under prohibition are notably better in many ways. Even with the presence of the bootlegger there is so much in favor of a dry state that I cannot imagine anyone in legitimate business wanting to go back to streets dotted with open saloons. Assault, robbery and the more serious crimes are greatly reduced."

And the county farm tells its story through its superintendent:

"Our records speak for themselves. In 1915, with the saloons open, we had 217 people at the poor farm. In March, 1916, with no saloons, we had 108. In March, 1917, there were 122. March, 1918, found just 120."

And one man who helps to feed the people, the proprietor of several grocery stores scattered over the city, reported as follows:

"I do not believe there is a merchant doing business in Spokane today who wants to go back to the conditions which prevailed during the wet regime. Easily 15 per cent of our 50 per cent increase in business now over three years ago is due to prohibition."

Maybe prohibition had nothing to do with causing these improved conditions, but the fact remains that the conditions exist and that prohibition at least did not prevent the improvements nor bring to pass the dire disasters prophesied by its opponents.

BOASTED BEER A POISON.
 "Beer is a chemical combination of sugars, starches, extractive matters and yeast ferments, in a process of continuous change. This is a complex, chemical process which begins on the outside, and continues in the stomach."

The boasted claim that beer is a food and gives vigor and strength is contradicted by statistics.

"If beer had any food elements and was a tonic, exact measurements and studies of statistics would confirm it, but the evidence from these sources is entirely the opposite. The congested face, bloated body and dullness of body and mind are the best evidence of the poisoning and degenerative processes going on. There can be no conflict of opinions on this, because it can be measured and stated in mathematical terms, regardless of theories."

"Beer is a most insidious poison because it produces other poisons, and starts new processes of degeneration that are unknown until the final collapse reveals them. The beer drinker dies early from diseases of the heart and kidneys."—T. D. Crothers, M. D.

A POINTED QUESTION.
 One of my warm friends and patrons was a saloonkeeper took me to task because I was working for the dry and hurting his business. I asked him to pick out one man from his regular customers whom he would be glad to choose for his own father if he had the choice. When he hesitated I urged him with, "Which one would you choose?" He finally said, "I never thought of it in that way before. My God, I would pass them all up."

Getting the Bird.
 Four travelers were dining at a village inn. They evidently taxed the resources somewhat, for one attenuated looking duck was all that appeared for the four.

The gentleman who was to carve stuck his fork into the back, and exclaimed with great rapidity:

"Who says duck? No one says duck? Then I say duck!"

Whereupon he transferred the bird to his own plate and was half-way through it before the others had recovered from their astonishment.

Some Signs of Rain.
 The sweating of water pitchers and coolers indicate that much moisture prevails in the air. It is worth noticing and using in connection with other signs of rains. The dripping of leaves through is of the same origin, and is of some value.

WEAK KIDNEYS MEAN A WEAK BODY

When you're fifty, your body begins to break a little at the hinges. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unwelcome thought. Certain bodily functions upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and annoying complications in other organs arise. This is particularly true with elderly people. If you only know how, this trouble can be obviated.

For over 200 years GOLD MEDAL Haerlem Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old-time home remedy, and needs no introduction. It is now put up in colorless, tasteless capsules. These are easier and more pleasant to take than the oil in bottles.

Each capsule contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They soak into the system and throw off the poisons which are making you old before your time. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gall stones, gravel, "brick dust," etc. They are as effective a remedy for all diseases of the bladder, kidney, liver, stomach and allied organs.

GOLD MEDAL Haerlem Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the dangerous and fatal diseases of the kidneys. They have a beneficial effect, and often completely cure the diseases of the bodily organs, allied with the bladder and kidneys.

If you are troubled with soreness across the loins or with "simple" aches and pains in the back take warning, it may be the preliminary indications of some dreadful malady which can be warded off or cured if taken in time.

Go to your druggist today and get a box of GOLD MEDAL Haerlem Oil Capsules. Money refunded if they do not help you. Three sizes. GOLD MEDAL are the pure original imported Haerlem Oil Capsules. Accept No Substitutes.—Adv.

Do This After You Eat
Hot Weather "Out of Fix" Stomachs Easily Put Right

When hot weather comes, stomach and bowel miseries begin. Strong, sound stomachs as well as weak ones are easily affected by the harmful gases and acids so often produced in the things we eat and drink during hot weather. Winter-Nature's ice-box, is gone—hot weather breeds the poisonous germs that cause poisonous poison in all its many forms.

Every one knows that the after-effects, bloated, "lumpy" feeling, sour stomach, heartburn, food repeating, and other forms of indigestion and dyspepsia are far more frequent during hot weather. It is the time when you have to guard constantly against an upset stomach and the many ills that are always apt to follow. Then again—we have the world's war to win—with the change of diet and extra work which means we must all carefully guard our stomachs this year—keep ourselves fit and fine.

A marvelous relief and prevention has been found for stomach sufferers, which makes it possible for you to eat the things you like best without a single unpleasant thought of what may follow. EATONIC Tablets, good tasting, quick acting, and absolutely harmless, have already proven an untold blessing to thousands of people.

One or two EATONIC Tablets after meals work wonders. They sweeten and purify the stomach by neutralizing the trouble-making acids and gases and stop the gripping pains of indigestion and other stomach and bowel disturbances.

And the best part of it is—you can be your own judge. Just try EATONIC. Let your own stomach tell you the truth. If you are not pleased then they don't cost you one penny.

Druggists are amazed at the astonishing reports from EATONIC users, who have found EATONIC a quick, wonderful relief for stomach ailments.

So we tell you to get a large box of EATONIC medicine from your druggist, whom you know and can trust, and then if EATONIC is not suited to your case, return it to your druggist at once and get back your money. That's a square offer. Every person is urged to make the test. Let your own stomach tell you the truth. So start using EATONIC today.

JINX MUST HAVE PROMPTED
 Doughboy Chose Poor Time to Impress Companions With His Knowledge of French.

A Y. M. C. A. secretary with the expeditionary force in Paris (not Abilene and not Saena Bonna, but another one not supposed to remain nameless) tells us this one:

Some Yanks attended a theatrical performance the other evening. I speak French pretty well myself, and I went along with one of the boys as an interpreter. After the curtain had gone down on the first act, the principal comedian came out and addressed the audience. When he had finished, my companion broke out in vociferous applause.

"Why did you applaud that curtain speech?" I whispered.

"I wanted to make some of these other doughboys think I understood French," he whispered. "What did the guy say?"

"He announced to the audience," I answered, sadly, "that his part must be taken by an understudy for the rest of the performance, as he had just received word that his mother was dying."—Cleveland Plain Dealer.

ASTHMADOR
AVERTS-RELIEVES HAY FEVER ASTHMA
 Begin Treatment Now
 All Druggists Guarantee

WHO IS TO BLAME
 Women as well as men are made miserable by kidney and bladder troubles. Thousands recommend Dr. Kilmner's Swamp-Root, the great kidney medicine. At druggists in large and medium size bottles. You may receive a complete copy by Parcel Post, also pamphlet telling about it. Address Dr. Kilmner & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

Why Lose Your Hair
 The Cause is Dandruff and Itching; The Remedy Cuticura

All Druggists, Soap, Ointment and Tablets. Sample also free of Cuticura, Dept. E, Boston.

PARKER'S HAIR BALSAM
 Helps to eradicate dandruff. For restoring color and beauty to Gray or Faded Hair. 50c and \$1.00 at Druggists.

W. N. U., BALTIMORE, NO. 32-1918

The Strong Withstand the Heat of Summer Better Than the Weak

Old people who are feeble and younger people who are weak, will be strengthened and enabled to go through the depressing heat of Summer by taking

Grove's Tasteless chill Tonic

It purifies and enriches the blood and makes you Strong. You can soon feel its Strengthening, Invigorating Effect.

GROVE'S TASTELESS chill TONIC is an exceptionally good general strengthening tonic for pale, sickly children, for delicate Mothers, for Old Folks or any one of the family who has poor blood. It is pleasant to take. Price 60c.

Perfectly Harmless. Contains no Nux-Vomica or other Poisonous Drugs.

Grove's chill Tonic Tablets

You can now get Grove's Tasteless chill Tonic in Tablet form as well as in Syrup, the kind you have always bought. The Tablets are intended for those who prefer to swallow a tablet rather than a syrup, and as a convenience for those who travel. The tablets are called "GROVE'S chill TONIC TABLETS" and contain exactly the same medicinal properties and produce exactly the same results as Grove's Tasteless chill Tonic which is put up in bottles. The price of either is 60c.