

IN MISERY FOR YEARS

Mrs. Courtney Tells How She Was Cured by Lydia E. Pinkham's Vegetable Compound.

Oakdale, Iowa.—"For years I was simply in misery from a weakness and awful pains—and nothing seemed to do me any good. A friend advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and got relief right away. I can certainly recommend this valuable medicine to other women who suffer, for it has done such good work for me and I know it will help others if they will give it a fair trial."

Why will women drag along from day to day, year in and year out, suffering such misery as did Mrs. Courtney, when such relief as this is continually being published? Every woman who suffers from displacements, irregularities, inflammation, ulceration, backache, nervousness, or who is passing through the Change of Life should give this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. For special advice write Lydia E. Pinkham, Medicine Co., Lynn, Mass. The result of its long experience is at your service.



When You Need a Good Tonic Take BABEK

My friend, who is an officer, told me this one: "There was a new and young lad on sentry duty, so I thought I would play a trick on him. It was dark when I approached the camp, and the sentry asked, 'Who goes there?' I answered, 'Nobody.' He, becoming excited at this answer, replied, 'Pass on.'"

Lemon Juice For Freckles

Girls! Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of rehard white, shake well, and you have a quartet pint of the best freckle, sunburn and tan lotion, and complexion whiterer, at very, very small cost.

Members of army medical boards have some curious experiences, I gather, in the course of their work, but it might be supposed that they would have fewer opportunities for making discoveries than their colleagues behind the fighting line, and in the base hospitals. But evidently there are exceptions. "A man presented himself for examination the other day," one medical friend tells me, "and I put the usual question: 'Well, what's the matter with you?' 'Timorbill!' 'What?' He repeated it. 'I don't know what that is,' said he. He produced a paper from his own doctor, and on it was written: 'This man is suffering from Timor Bill.' It sounds better, certainly, than 'cold feet,' and is quite as full of meaning!"—Westminster (England) Gazette.

Earned His Meal. Governor Stephens was commenting on the misuse of the uniform by persons who have no right to use it.

When Baby Is Teething. GROVER'S BABY RIVIERA MEDICINE will correct the stomach and bowel troubles. Perfectly harmless. See directions on the bottle.

Why Dread Old Age? It doesn't matter how old you are, if you keep well and active. Lots of folks are younger at 70 than others are at 60.

A Virginia Case. Mrs. E. C. Hampton, 212 Brambleton Ave., Norfolk, Va., says: "I was in awful shape four years ago with kidney complaint and nothing helped me until I began taking Doan's Kidney Pills."

Don't Let Your Hair Grow Away Your Old Straw Hat. Get Doan's at Any Store, 60c a Box.

DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N.Y.

IN GRIP OF WINTER

Black Sea Shore about the Last Word in Desolation.

There the Great River Danube and Its Surroundings Present as Dreary a Scene Today as When Ovid Wrote His "Sorrow."

If you think the warm airs of an eastern Riviera caress the shore of the Black sea, where the blue Danube creeps out through as many channels as the reedy Nile's, you need to re-make your picture. In case your imagination needs a little aiding, take down your dusty copy of Ovid's "Sorrow"—his "Tristia"—and read once more what he wrote back to unforbearing Rome about his first winter of banishment on that coast. It was nineteen centuries ago. But you might suppose he was telling of this very winter's work, at Nantucket, say, or Montreal. Touch by touch his clever lines draw the picture as plainly as if he were a correspondent for a modern syndicate. You feel yourself shivering with him on the whitened plain, beneath the flaring stars that circle but never set.

There at Toml does the north wind blow, and do they feel that bitter wind from the north-by-east? It blows, and the fields turn to stone; it tears roofs away, and brings the look-out towers down flat. Any snow? Storm trends on storm till here and there the heaped-up and compacted snows lie two winters deep. Of course the brooks are stilled now; the water in the lakes is brittle, it can be dug and shattered. Of a native, what with his pelts and his stitched-up breeches, all you can see is his face; his beard is white with the cold he sucks through it. No one drinks wine; it is passed in lumps; if a wine jar is broken, the wine within it stands alone.

Does the great Danube freeze? Its blue currents have hardened into marble. It holds the ships locked fast; not an oar can cleave the waters. Where the pilot steered no men go afoot. No wild Samartian lacks a bridge for his graceless ox-cart. But surely the Black Sea itself keeps open? Well, says Ovid, if I had anything to gain by saying what isn't so, you might not believe me; but as sure as I am a wretched exile, I have walked that sea-dry-shod. Boreas was howling, but he could not raise a wave. Not a bumping dolphin could come through to stretch himself. Oh, Leander, if once upon a time a like sea had been yours, the scandal of your drowning could not have been laid upon the strait you had to swim!

And then, with grimmer strokes, Ovid draws the worst part of his picture. For into this winter-bound coast, over the ringing highways of the ice, come savage foes, sweeping down on swift horses; they have poison on their arrow tips, they bring things to lash their captives; they fire with torches what they cannot carry off.

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Three Needs of Christian Workers

By REV. B. B. SUTCLIFFE, Extension Department, Moody Bible Institute, Chicago.

TEXT—Be of good courage and let us behave ourselves valiantly, and let the Lord do that which is good in his sight.—1 Chron. 19:13.



Job, the commander in chief of David's army, found himself between two fires. The army of the Syrians opposed him on one side and the army of the Ammonites on the other.

Lesson I. It means that each individual must exercise faith in Jesus Christ as a personal Savior. One may have his heart opened by the Lord while listening to the Word of God at a staged meeting, like Lydia, or be convinced through the manifestation of the mighty power of God, as the Philippian jailer. In all cases it is the one Savior and the one faith.

Lesson II. It means that those who have really exercised faith in the Lord Jesus Christ will attentively read God's Word. Even a great statesman like the Ethiopian Eunuch will be blessed in his reading, for the Word of God converts the soul, makes wise the simple, puts gladness into the heart, enlightens the eyes, satisfies the longing soul, warns against dangers, and brings reward to those who obey its precepts.

Lesson III. It means a life of personal prayer and communion with God. The one who has become a child of God has the glorious privilege of coming to him with his needs with the assurance that God will supply them. God is more willing to give to his children than any earthly father is to his children.

Lesson IV. It means a life of obedience to the Word and will of God. Prompt and definite obedience will be rendered, even to the separation from business, and the ties of nature, when such stand in the way. Peter, Andrew, James and John obeyed, and it meant to them great spiritual blessings. From fishing for fish, they were promoted to fishing for men. Obedience to God pays. The disciple of Christ will treasure up his words.

Lesson V. It means growth in grace. Jesus himself grew in wisdom and in stature, and in favor with God and man. Merely accepting Christ is not enough; there must be growth.

Lesson VI. It means a life of helpfulness to others. One who has been made a partaker of the Divine nature will, like his master, give himself in helpful service to others. He will be a neighbor to the needy and unfortunate, even as the Good Samaritan. Being good in himself, he will be doing good to others. He will use every opportunity to do good.

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.

LESSON FOR SEPTEMBER 29 REVIEW.

SUBJECT—What It Means to Be a Christian. SELECTION FOR READING—1 John 3:1-24.

GOLDEN TEXT—My little children, let us not love in word, neither in tongue; but in deed, and truth.—1 John 3:18.

Perhaps the best way to review the lessons of this quarter will be to take the several lessons and note their bearing on the subject chosen for review; namely: What it means to be a Christian. In order to get the best results, assignment should be made of the several lessons to different parties to come prepared to give the teaching of the particular lesson on the subject. The following is suggested as a possible way of presenting the matter.

Lesson I. It means that each individual must exercise faith in Jesus Christ as a personal Savior. One may have his heart opened by the Lord while listening to the Word of God at a staged meeting, like Lydia, or be convinced through the manifestation of the mighty power of God, as the Philippian jailer. In all cases it is the one Savior and the one faith.

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Temperance Notes

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

PROHIBITION RECLAIMS MANHOOD.

The Sioux Falls Press, speaking editorially on the "immense success" of prohibition in South Dakota as regards decrease of crime and poverty and the increase in legitimate business profits, notes another result which, it says, would be "worth while even if it cost all the economic disaster the pro-liquor element so noisily warn the people against. Most men," it says, "have had friends who were being ruined by booze, men of natural talent and unusual ability in their professions or occupations who were falling, dropping deeper and deeper into the drunkard's low estate, men who could not, no matter how hard they tried, let liquor alone, and had begun to quit trying. They did fool things, made spectacles of themselves in public and private, and lost the esteem they once held. Where are these unfortunates today, and what are they doing? Every reader of this article can, we are sure, point to at least one friend who has come back, whose eye has brightened, whose shoulders have straightened, who in one short year of freedom from the blight of drink has become a man once more. Prohibition is reclaiming broken-down manhood."

THE ENEMY TO BE FEARED.

I do not greatly fear an enemy that may embark from some distant shore to do us hurt. I do fear this liquor foe that burrows his insidious way deep into the very vitals of our power, that not only sates the living but that drives his poisons into the loins of potential fathers and into the wombs of potential mothers to procreate the race with the eugenic taint of alcohol. Give America clear minds, clean bodies, and unspoiled souls, and she will prove sufficient for her momentous present even as she has answered every question that challenged her glorious past, and the conclusion is inevitable that any institution that robs the state of these—clear minds, clean bodies and unspoiled souls—is an unmitigated evil and must be destroyed.—Daniel A. Polling.

JAIL NOW A HOSPITAL.

The city of Birmingham has the handsome city jail in the South, costing about \$100,000 and surrounded by 20 acres of ground beautifully cultivated. The normal number of prisoners confined within it before the advent of prohibition was 200 and upwards. Today the number ranges from 60 to 70, most of them colored women.

Lesson VII. It means attendance at the place of worship, receiving the teaching of the Word of God, partaking of the communion, and rendering service in some capacity in the church.

Lesson VIII. It means confessing Christ before men, and waiting with expectant hope for the coming of Jesus Christ from Heaven. The grand incentive for faithfulness in witness for Christ is the assurance that he will come again.

Lesson IX. It means that we will give of our possessions to the poor and needy, love our enemies, and refrain from censorious judgment. God estimates our gifts, not by their size but by what we have left.

Lesson X. It means that one will strive to conquer his evil propensities, not allow covetousness to master him as did Ahab, and separate himself from those who walk in darkness. He will exercise great caution lest he become overcome by the devil.

Lesson XI. It means being holy and true, in order that we may preserve from corruption the great mass of men and enlighten those in darkness, preaching the Gospel to every creature, conscious that the presence and power of Christ will abide.

Our Language. "What became of your Swedish cook?" "Oh, she got her Irish up and took French leave."—Boston Evening Transcript.

Grove's Chill Tonic Tablets and Groves' Tonic Tablets. You can now get Groves' Tonic Tablets in Tablet form, well as in Syrup form. They are 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.

Necessarily. "That oculist is a man of very high-brow theories." "Naturally, an oculist must live on eye-deals."

Britain is buying 60,000,000 sticks of chewing gum for soldiers.

What is Castoria. CASTORIA is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Fevers, aiding the assimilation of Food; giving healthy and natural sleep.

Don't Get Hung Up With an Acid Stomach

It's Just Acidity That Makes Millions Sick and Suffer

It's true. There are millions of people all over the land who are weak, nervous, all tired and dragged out, who are trying to build up their jaded nerves and weakened bodies with drugs and stimulants; and many of them also FAT and EAT—but fail to get anywhere near the full amount of strength and nourishment out of their food. Why? Simply because of too much acid in the stomach—superacidity.



As Age Advances the Liver Requires

Colorless or Pale Faces usually indicate the absence of Iron in the blood, a condition which will be greatly helped by Carter's Iron Pills.

The man who has made the most of his youth usually makes the most of his old age.

Scenes of Prosperity Are Common in Western Canada

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.

THE SCHOOL OF EXPERIENCE. ABORN. CLASSES OPERATING TRAINING. THE ABORN MINIATURE.

Your Eyes. Granulated Eyelids. Eye inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy.