

Today's "Heroes of Civilization"

Many years ago, George Bernard Shaw said, "The courage to rage and kill is cheap. My bulldog has it, but he lets the groom beat him all the same." Military courage may not be precisely "cheap," but it certainly seems less fine than the behavior of what Carnegie called "the heroes of civilization." It is one thing to go over the top with the band playing—metaphorically, at least—and another to go over alone, without incentive outside of the job that is to be done and without thought of glory.—Channing Pollock in Cosmopolitan Magazine.

Here's that Fast "Phillips" Way

To Alkalize Stomach Quickly



On all sides, people are learning that the way to gain almost incredibly quick relief, from stomach condition arising from overacidity, is to alkalinize the stomach quickly with Phillips' Milk of Magnesia.

You take either two teaspoons of the liquid Phillips' after meals, or two Phillips' Milk of Magnesia Tablets. Almost instantly "acid indigestion" goes, gas from hyperacidity, "acid-headaches"—from over-indulgence in food or smoking—and nausea are relieved.

Try this Phillips' way if you have any acid stomach upsets. You will be surprised at results. Get either the liquid "Phillips" or the remarkable, new Phillips' Milk of Magnesia Tablets. Only 25¢ for a big box of tablets at drug stores.

ALSO IN TABLET FORM:

Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.



PHILLIPS' MILK OF MAGNESIA

Rewarded

He who wishes to secure the good of others has already secured his own.—Confucius.

DISCOVERED Way to Relieve Coughs QUICKLY

IT'S BY relieving both the irritated tissues of the throat and bronchial tubes. One set of ingredients in FOLEY'S HONEY & TAR quickly relieves tickling, hacking, coughing... coats and soothes irritated throat linings to keep you from coughing. Another set actually enters the blood, reaches the affected bronchial tubes, loosens phlegm, helps break up cough and speeds recovery. Check a cough due to a cold before it gets worse, before others catch it. Check it with FOLEY'S HONEY & TAR. It gives quick relief and speeded-up recovery.

With Pleasure

Good manners are still so rare that they are noticed.

Less Monthly Discomfort

Many women, who formerly suffered from a weak, run-down condition as a result of poor assimilation of food, say they benefited by taking CARDUI, a special medicine for women. They found it helped to increase the appetite and improve digestion, thereby bringing them more strength from their food.

Naturally there is less discomfort at monthly periods when the system has been strengthened and the various functions restored and regulated.

Cardui, praised by thousands of women, is well worth trying. Of course, if not benefited, consult a physician.

HOT NEWS FROM HOLLYWOOD

Hear Jimmie Fidler Tuesday

10:30 P. M.; E. S. T., N. E. C. Red Network

LU DEN'S MENTHOL COUGH DROPS NOW WITH 5¢ ALKALINE FACTOR

IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL Lesson

By REV. HAROLD L. LUNDQUIST, Dean of the Moody Bible Institute of Chicago. © Western Newspaper Union.

Lesson for November 15

THE HEROISM OF CHRISTIAN FAITH

LESSON TEXT—Acts 21:12, 13, 27-34; Romans 9:1-5.

GOLDEN TEXT—Greater love hath no man than this, that a man lay down his life for his friends. John 15:13.

PRIMARY TOPIC—On the Castle Steps. JUNIOR TOPIC—On the Castle Steps. INTERMEDIATE AND SENIOR TOPIC—Taking Risks for Christ. YOUNG PEOPLE AND ADULT TOPIC—Risking All for Christ.

We now come to the close of the third missionary journey of Paul. As he came to Jerusalem for the last time in his eventful life he was warned by a prophet, Agabus at Caesarea, that if he went up to Jerusalem he would be bound and given over to the Gentiles.

Heroism of the highest and noblest type has characterized the followers of Christ in all times. Paul was not one to be deterred from what he believed to be God's will by the probability that he would suffer. Like all who follow the Lord Jesus Christ in truth he was I. Fearless, in Practice as Well as Theory (Acts 21:12, 13, 27-34).

Many there are who sing, "I'll go where you want me to go, dear Lord, I'll be what you want me to be," or smoothly repeat consecration vows, who are frightened away at the slightest difficulty, and who feel that they must have been mistaken about the Lord's will for their life at the first indication that his guidance would interfere with their comfort or convenience. No such cowardice or vacillation was found in Paul.

In the first place, he did not intend to have a holy purpose weakened by disheartening talk. How many young men and women have left a place of sacred meeting with God aglow with the purpose of serving Him in the foreign mission field, and then permitted an uninterested friend or relative or employer to talk them out of it.

In the second place, we find Paul carrying through his purpose. When he came to Jerusalem he was counseled to enter the temple to take a Nazarite vow, and thus to satisfy his enemies. Some have commended Paul for thus pacifying those who withstood him, others strongly condemn him for yielding. His purpose was good, but his act led to unfortunate results. An infuriated Jewish mob saw him in the temple and wrongfully accused him of defiling the temple by bringing a Greek into this holy place.

A riot ensued, and Paul would have been killed had not the Roman captain and his band rescued him. Was Paul afraid? He immediately turned his arrest into an unsurpassed opportunity to give a testimony and to make a defense of his ministry (See Acts 21:40-22:22). He admonished others to "be instant in season and out of season" (II Tim. 4:2); he practiced what he preached. He constantly urged faith in God, steadfastness in the midst of trials; he gave full proof of these things in his own ministry.

In all this he did not seek his own glory, or any honor for his own name. The Christian hero knows nothing of heroism for publicity's sake; he does not serve with an eye on the "grandstand." Paul was actuated by a deep and a genuine

II. Concern for the Salvation of His People (Rom 9:1-5).

The Christian worker who knows nothing of "great sorrow and unceasing pain" in his heart over the plight of the unsaved does not follow in the Pauline succession, nor does he know the heart of the Man of Sorrows.

Paul surely did not wish himself separated from Christ, but was so deeply moved that he said he "could wish" it—if it were not wrong—in order to save his brethren.

Do we need a revival of compassion in our churches, and in our own hearts, a yearning over the multitudes about us who are as sleep without a shepherd?

A Golden Link

A mother's love is indeed the golden link that binds youth to age, and he is still but a child, however time may have furrowed his cheek, or silvered his brow, who can yet recall with a softened heart, the fond devotion, or the gentle chidings, of the best friend that God ever gives us.

Love of Our Work

It is only those who do not know how to work that do not love it. To those who do it is better than play—it is religion.

Inward Beauty

WHO has not experienced how, on near acquaintance, plainness becomes beautified and beauty loses its charm, exactly according to the quality of the heart and mind? And from this cause am I of opinion that the want of outward beauty never disquiets a noble nature or will be regarded as a misfortune. It never can prevent people from being amiable and beloved in the highest degree.

Justice consists in doing no injury to men; decency, in giving them no offence.—Cicero.

A Tough Life—That of a Forest Ranger

The life of a forest ranger is not all it's cracked up to be. Instead of spending the summer hunting, fishing and trapping, the ranger is busy protecting game and scenery from visitors and answering their questions.

In the winter, he and another ranger hole themselves up in a log cabin, patrol the boundary of their domain on skis and protect the wild life under their care from the attacks of predatory animals and the guns of men. At night their leisure time is spent in assembling food, wood and clothing to keep warm, and preparing for the next day's tasks.—Washington Post.

One Million Teachers

There are approximately 1,063,000 teachers in all types of schools in the United States. About 700,000 of these are in elementary schools, 250,000 in secondary schools, and 90,000 in colleges.

Approximately one-fourth of the nation's total population attends school daily during the school year. Considerably more than 30,000,000 pupils are enrolled in full-time day schools. Of this number about 24,000,000 children attend elementary schools. Secondary school enrollment is about 6,000,000 and about 1,500,000 young men and women are attending colleges. There are more than 276,555 schools of different types throughout the United States.—Chicago Tribune.

Canada's Indians Gain

There is no foundation for the common belief that the Indians of Canada are a vanishing race. The census, which is taken at five-year intervals, has shown a substantial increase in each of such periods during the last fifteen years at least. According to the last census there were in Canada 122,911 Indians—62,943 males and 59,968 females. About 112,500 live on the reservations.

Colorful Rugs to Crochet



Pattern 1240

Like to turn rug-maker for a time, and both make and design your own colorful rugs? Easy crocheted triangles joined in strips or hexagons make exciting new designs. Crochet them of rug wool, candlewicking or rags. You can make your rug any desired size. Pattern 1240 contains directions for making rugs in various arrangements; an illustration of them and of all stitches needed;

Household Questions

Use scissors for cutting up left-over fish, meat or fowl. This also applies to leftover vegetables.

Powdered borax added to the water when washing fine white flannels helps to keep them soft.

When spreading crackers with cheese, mix a little butter with the cheese, creaming with a fork. The mixture will spread more easily on the crackers and have a better flavor.

When cooking a bird in the oven roast it in the usual way until it is nicely browned, then turn the back upward and let it remain so until done. This causes the gravy to run into the breast, making it soft and tender.

Sometimes when the gravy from roasts is not quite as dark as you want it to be, try adding a little kitchen bouquet. Just enough to color it.

Place straws in lunch boxes when cocoa or milk are included. The children will delight in using them during the lunch period.

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QUAKER OATS FOR DIONNE QUINS EVERY DAY!
Specialists Set Example for Mothers

Young and Old, Alike, Need 3-Purpose Vitamin B For Keeping Fit*

- Nervousness, constipation, poor appetite prey upon the energy of thousands, young and old, when diets lack a sufficient amount of the precious Vitamin B so richly supplied by a Quaker Oats breakfast.
- So serve the whole family a bowl of Quaker Oats every morning.
- *Where poor condition is due to lack of Vitamin B

QUAKER OATS

Foresight Prepares
To a man without foresight everything is unexpected.

Temperament and Business
A man of temperament and his business are soon parted.

Preferred to the Costliest Shortenings

SWIFT'S Jewel SHORTENING

- The Vegetable Fat in Jewel is given remarkable shortening properties by Swift's special blending of it with other bland cooking fats. By actual test, Jewel Special-Blend makes lighter, more tender baked foods, and creams faster than the costliest types of plain all-vegetable shortening.

THE FAMOUS SOUTHERN SPECIAL-BLEND

AMAZING BUT TRUE!

DR. PAUL G. DICK
OF CHICAGO FED A Variety of Meals to Human Subjects—THEN X-Rayed Them TO SEE Which Foods Digest Most Readily. THIS QUAKER PUFFED RICE BREAKFAST No. 1 Was Digested in the Stomach 45 Minutes Faster Than Breakfast No. 2.

BREAKFAST 1
Quaker Puffed Rice, Coffee

BREAKFAST 2
Bacon and Egg, Toast, Coffee

INNER WAX BAG

SEALED CARTON

OUTER WAX WRAPPER

THIS FAMED RICE FOOD IS SHOT FROM GUNS. ONLY QUAKER MAKES IT SO CRUNCHY, CRISP AND FLAVORY. EVEN THE PACKAGE IS TRIPLE SEALED TO GUARD FRESHNESS.

SPEEDY DIGESTIBILITY IS IMPORTANT TO BUSY PEOPLE IN These High-tension Times. THAT'S WHY SO MANY CHOOSE QUAKER Puffed Rice For Lunch as Well As Breakfast.