

## It Always Helps

says Mrs. Sylvania Woods, of Clifton Mills, Ky., in writing of her experience with Cardui, the woman's tonic. She says further: "Before I began to use Cardui, my back and head hurt so bad, I thought the pain would kill me. It was hardly able to do any of my housework. After taking three bottles of Cardui, I began to feel like a new woman. I soon gained 35 pounds, and now, I do all my housework, as well as run a big water mill. I wish every suffering woman would give

# CARDUI

## The Woman's Tonic

a trial. I still use Cardui when I feel a little bad, and it always does me good."

Headache, backache, side ache, nervousness, tired, worn-out feelings, etc., are sure signs of womanly trouble. Signs that you need Cardui, the woman's tonic. You cannot make a mistake in trying Cardui for your trouble. It has been helping weak, ailing women for more than fifty years.

### Get a Bottle Today!

## SUNDAY SCHOOL.

Lesson II.—Second Quarter, For April 9, 1916.

### THE INTERNATIONAL SERIES.

Text of the Lesson, Acts ix, 32-43. Memory Verses, 39, 40—Golden Text, Tit. ii, 7—Commentary Prepared by Rev. D. M. Stearns.

We leave Saul at Tarsus, his native town, for a time and return for a few lessons to Peter as the human instrument through whom the risen and ascended Christ continues to prove that He is alive and the same Jesus the one only thing that believers are on earth for is to magnify the Lord and glorify Him in all things and win people to Him. Unless we are turning people to Him we are not magnifying Him, for when He is lifted up before people in our lives by word or deed, He who is the Father of the cross for us will draw unto Himself all whom the Father has given unto Him to form His body. We must think of Peter as in chapter vii, 25, preaching the word of the Lord, whereas he went to save sinners and to strengthen and comfort the saints.

So he came to Lydda and was used by the Lord to give health to a man called Aeneas, who had kept his bed eight years, being palsied. His words to him were, "Aeneas, Jesus Christ maketh thee whole, arise and take up thy bed." He made whole and arose immediately, and one result was that all who dwelt there, seeing this miracle, turned to the Lord. I have often thought that perhaps the Lord would still heal more people if He saw that the restorer was in his hands, the works of God should be made manifest in him. If only we can say "I have glorified Thee on the earth" we shall have His "Well done."

Turning to Peter at Joppa, we are introduced to a saint, called Dorcas, who while she lived was full of good works and alms deeds which she did. She was not full of talk about good works which might be done, nor did she spend her time telling of alms deeds which she knew that others were able to do and ought to do, but she was in the Lord's hand to be used by Him as the needle was in her hands, a willing instrument. Good works are prepared beforehand for each believer to walk in (Eph. ii, 10), not in any way to add to our safety which is wholly due to the blood of Jesus Christ, His finished work, but as an evidence to people that we are indeed His workmanship. Good works are not necessary to God, to go to Him, our faith, for He reads the heart, but the good works of believers are good and profitable unto men who cannot read the heart (Tit. iii, 8).

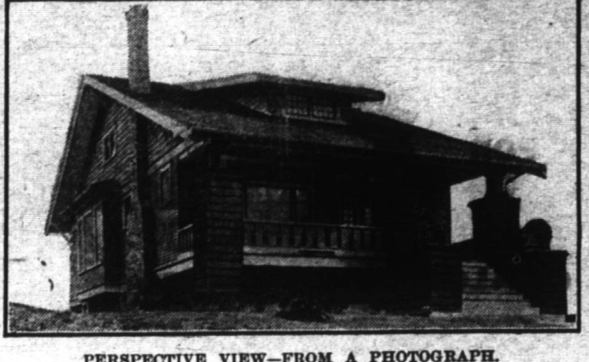
This faithful saint became sick and died. She departed to be with Christ, which is far better than continuing here. She was absent from the body and present with the Lord. She rested for her labors (Phil. i, 21, 23; II Cor. v, 8; Rev. xiv, 13). Consider this well and then note the conduct of these disciples at Joppa. Two men were sent to Lydda to find Peter and bring him without delay, hoping that he might bring Dorcas back to them from the dead. This was all very natural, and the same desire prevails everywhere today, as a rule, to have loved ones come back to earth even though we know that they have gone to be with Christ and have the gain, the very far better. But quietly consider it. When our loved ones have gone away for a few days or weeks or months to rest or for their health, and we know that they are well and happy, what would it be but utter selfishness on the part of those left at home to send for them to come back after a day or two, saying: "Oh, I am so lonely. I can't bear to have you away. Come right back to me."

Now, what is the difference in this case? I hope that I am not misjudging those weeping widows, but as I see them showing the coats and garments which Dorcas had made I am wondering a little if they wanted her back to do some more sewing for them when perhaps she had simply worked herself to death for them. I can almost imagine the Lord Jesus saying to Dorcas after she had reached her heavenly home and was enjoying something of the bliss of paradise: "Dorcas, they are asking to have you come back to earth for awhile, but I leave it to you. I'll be glad to have you stay, for I love to have my redeemed ones with me in glory (John xvii, 24), but if you are willing to go back for a time I will let you bring others with you." I think that would decide Dorcas to return, and we know that by her return to the earth many believed in the Lord (verse 42).

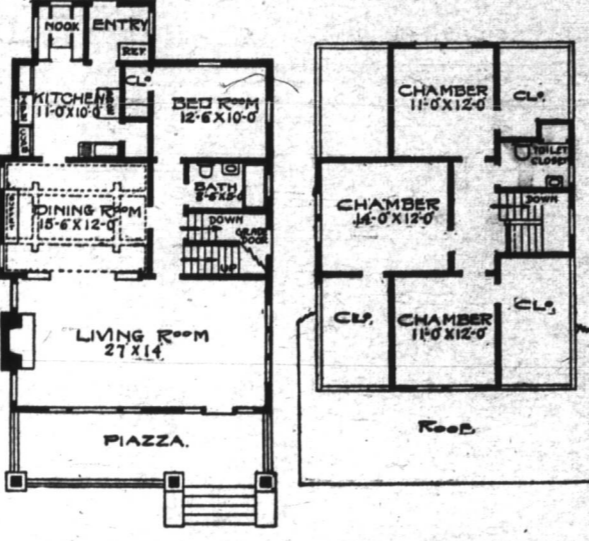
The result was the same in the case of Lazarus, brother of Mary and Martha, for we read that "by reason of him many of the Jews went away and

## BUNGALOW WITH NEW FEATURES.

Design 1042, by Glenn L. Sexton, Architect, Minneapolis, Minn.



PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



This two story bungalow has a bedroom on the first floor, separated from the living rooms by a hall, which leads to the basement and to the second story. The dining room has a stationary built-in buffet. It is beamed, as shown, with built-in bookcase shelving between the living room and dining room. Kitchen has an abundance of built-in cabinet space. It has also a breakfast nook at the rear, with built-in seats and table for serving breakfast and lunch. Three chambers in the second story, with a lavatory off from the hall, which could be made into a bathroom if desired. Full basement under the entire house, 7 feet deep; first story, 9 feet; second story, 8 feet in the clear. Size of building, exclusive of all projections, 28 feet wide by 38 feet deep. Cost to build, exclusive of heating and plumbing, about \$3,700.

Upon receipt of \$1 the publisher of this paper will furnish a copy of Sexton's book of plans, "American Dwellings," which contains over 300 designs costing from \$1,000 to \$8,000; also a book of interiors, \$1 per copy.

## Industrialism Responsible For Physical Degeneration of Americans

By Dr. MAX G. SCHLAPP, Cornell University

INDUSTRIALISM is the responsible factor in the lowering of the birth rate, for the tremendous increase in insanity, for the increase in crime, for the increase in the number of the mentally defective, for the increase in divorce and other social disturbances AND FOR THE LARGELY INCREASED DEATH RATE IN PERSONS ABOVE FORTY YEARS OF AGE.

Are we to sacrifice the strength and virility of our race to the greed for riches—to the merciless grind of industrialism? If we do not do something to protect the coming generation then we shall go even more rapidly, the way of the Greeks, the Romans, the Spaniards and the Egyptians.

Competition between human beings as the condition of their existence was created by man. Man made the conditions which necessitate the struggle of all men in modern times to work with all the force that is within them to hold their place in whatever position of society their lives are cast.

## Uses and Abuses of Fertilizers

By Prof. R. J. H. De Loach, Director of Georgia Experiment Station.

4. FERTILIZERS AND FIELD CROPS

The Fourth of a Series of Six Articles

David Dickson, after a life of useful service to his fellowman and a life of success as a farmer, had the following to say about the use of guano: "I say that farmers can make every acre of their land rich if they will. Providence intended the earth should increase in fertility as rapidly as it does its population. Every man that sends in manure to the farm must guard his pile and use it on the Chickasaw Islands, and puts it in circulation, creating therewith food and clothing, is a benefactor to his kind. The country suffers for want of a share of the surplus fertilizing material. Remove the deposit and apply to crops, and it will enrich the land."

"I commenced to use guano in 1846, and gradually increased the use of it until the present time, never having omitted to use it on my crops excepting the last year of the war, when I could not obtain it. With the proper system of rotation of crops, and returning all the crops to the land, except the lint of the cotton, land may be improved with Peruvian guano alone, but not so fast as when you combine with the soil all the elements of the plants to be grown. Ammonia being necessary for all plants, I know of no crop that it would not benefit. It will pay the best upon those crops that bring the most money—cotton being that crop in this section and tobacco in other sections."

It will be seen from the above that Mr. Dickson profited greatly by the use of guano. He knew well the value of ammonia to growing crops, but you will observe that he knew quite as well the value of other plant foods that when he applied ammonia alone, he considered it good business to apply fertilizer. He was a business man, as well as a farmer, and knew all the keen points in the business world.

Views of Another Millionaire Farmer.

The Hon. James M. Smith, another millionaire farmer of Georgia, who died only a few weeks ago, had the following to say with reference to the use of fertilizers on farm crops:

"The use of fertilizers has become one of the most important factors in Southern agriculture. It is a powerful agency in producing an increased yield—thing we should desire and work for. We certainly believe in the use of commercial fertilizers, but we also believe in the turning under of vegetable matter, the sowing of legumes and the saving of all barnyard manure. The up-to-date farmer will not consider one of these, but all four of them, in trying to increase his farm crops."

Each of these two farmers, who have done much to stimulate farm improvement, learned the value of fertilizers, but learned equally well the value of diversified farming. They would not decrease the use of fertilizer, but diversify more. They would have us use more fertilizers, so that we could grow more plants and vegetable matter, in turn plow this under, and in this way increase the fertility of our lands. The most effective farming of today involves these two great principles. Use fertilizers and diversify the crops. Rotate and feed the plants, and you will increase your yields, be more secure from plant diseases, and bring your farm into a high state of cultivation.

Put Back Plant Food in the Soil.

If growing crops take plant food out of the soil and we do not plow under an amount equal to this, or get it from some other source and apply it, our land is sure to decrease in fertility in value. This is a fact beyond dispute. With most of our crops we take from the fields a large amount of nitrogen, phosphoric acid and potash, which never goes back to the place on the farm from whence it came. We should see to it, then, that some kind of plant food takes its place. In the case of cotton, we sell the seed, and with them large amounts of nitrogen and other elements of plant food. Very often we burn the stalks, and in this way take from the field much more valuable plant food. It is suicidal policy for us to remove from the soil more plant food than we restore to the soil.

On a sandy farm in one of the Southern States, which had abandoned by its original owner and sold for fifty cents per acre, a little barnyard manure and heavy applications of fertilizer made another farm rich. The last farmer used \$15 worth of fertilizer per acre and raised 1,400 pounds of seed cotton per acre. This was about a half per acre on the same farm. Very often investment in fertilizers and good breaking and cultivation netted the thrifty farmer more than \$50 per acre when cotton was bringing a high price.

All the experiment stations and other institutions have found that fertilizers applied to farm crops under good conditions pay a handsome dividend on the investment. It generally means the converting of a non-paying farm into a profitable farm. This, after all, is what we farm for, for profit as well as some pleasure. The average farmer gets large returns for fertilizers wisely used. If fertilizers do not always pay, it is because farmers waste instead of use them.

## Raleigh News Letter

Special Correspondence.

Raleigh, N. C., April 4.—Mr. Secretary Daniels' National Committee—shows form an interesting topic for consideration at present. His recent formal announcement that he intended to take 'em off was not exactly news, as this announcement had been predicted as long ago as last year, one of the main reasons being that President Wilson was and is "opposed to officials controlling the party's action," and to this Mr. Daniels assenting adds:

"It has always been my conviction that men who hold public positions should not be active in the management of campaigns, but the conduct of political campaigns should be in the hands of men not holding appointive offices."

In this connection it is well to say that the people of North Carolina are interested to know how strong and how persistent must a rumor become before being accepted as a fact?

There is an allegation afloat on the political sea that some of the Republican methods of procedure of which we Democrats complained so justly are now being practiced by and upon our own folks. One of the assertions which persists in repeating itself is to the effect that some of our own "hirelings" in the western revenue district are having the political thumb-screw applied to them and so tightly that they dare not exercise their own free-will in aligning themselves "within the party" as to candidates for nomination in the forthcoming primary. Moving up a peg or two, the report insinuates that this unfair and unjust method is being applied especially in the case of the candidates for Secretary of State—that Colonel J. Bryan Grimes' friends are not being given a clear field in the zone of political activity where Colonel Hartness' partisans have "squatted."

"Why?" said the interrogation point. And a wireless thud at this juncture mashed a big, nice piece of pie-pie, with a stuttering accent on the eye.

Gentlemen, said the umpire at this stage of unseemly proceedings, you must obey the rules of the game or I shall call a foul on one of you.

Whereupon a mule, tethered out in one corner of the diamond, raised a peacock feather and suddenly attempted to strut himself to death. Reports from his bedside at this writing indicate that there may yet be some hope of his recovery somewhere.

Daniels' Old Shoes and Other Things.

The committeeman's old shoes, exactly 20 years of age, will not be allowed to reach the rubbish heap, if one of a number of gentlemen who aspire to wear them discovers that they fit. And now cometh "Red Buck" and saith 'tis a safe tip, boys, to bet your money on the prediction of a bevy of party leaders who assembled themselves together in Washington on the thirtieth day of the just deceased month of March. And "Red Buck," he say, one of the "God-blessed Macs" is the cinch, said proponent being one of the McLean clan, whose handies spell 'round Lumberton and raised everywhere—oh, yes, we know him! And if the shoes don't fit, somebody might be inclined to lend him a pair of moccasins. Not because "Red Buck" said so, mind you—not entirely so, any way—but largely because this particular Mr. Mac,—why, he be good collector of wampum, and wampum be good stuff to make the political mare go, and sometimes to get fire-water to extinguish political conflagrations.

The pursuit of this villainous subject reminds us that Red Buck's assertions are not in good standing somewhere in this political precinct. Ah, hem! Mr. Bryant, you must be more careful, sah, in your statements. Because you know darned well (at least by this time) that all the Congressmen from all the States are not united in their allegiance to any one candidate for Governor. And mark you this, Red Buck, (and I suggest that you use a red-hot pencil for the purpose) it wouldn't out all the ice in North Carolina if they were.

Besides, the petticoats are already after Yates Webb—and if that isn't enough to scare any mere congressman to death, I don't know what can kill him.

One other thing, which may be gravely added in this—the Old Confederate is figuring in these proceedings to the end of the chapter. There's Major Graham, for instance, who knows not only his own business as Commissioner of Agriculture, but also something about the "statutos as made and provided." When a commission was authorized by the Legislature to recommend amendments to our judicial system he was selected by Governor Craig as the layman for that purpose—the other four being lawyers.

Since he has been Commissioner, not yet two terms, his friends declare that the advancement made by the agricultural department in every field of activity has been apparent; that he has had things "on the jump" all the time; that as a soldier, legislator, citizen and commissioner he has made good and that it is a safe bet that the affairs of the department will be safe under his direction for another term.

It is worth mentioning, en passant, that Gilliam Grisson and Jeter Pritchard are being pitted by some of the Republican cock-fighters—not against each other,

## DIRECT FROM PARIS.

This Parisian novelty has long been popular with continental women—a transparent, waterproof silk coat. This garment is incomparable for the business woman who travels, as it can be folded and packed in a small compass. It is exceptionally light of weight, and its transparency gives full value to color underneath. Coming in all the modish shades—sage green, deep tan, navy blue, golden brown and a fetching yellow, like a sou'wester's plaid—it can also be used for a smart motor coat. Belted, high colored, well buttoned, this coat speaks for itself.

### FOOTGEAR.

The ultra smart sports shoes exhibit the latest and toe strap effects. The newest thing in oxfords for use at the southern spring resorts is low of heel, rounded toe, in white suede, toe strapped and rather heavily trimmed with the finest of black patent kid. This model is repeated in white and tan, in all white and in all tan. Many of the high topped lace shoes in white suede or glaze kid show both the instep and the toe strap simulation. The reason for their vogue is not far to seek. They shorten the apparent length of the foot. Another vogue in boots is the high topped, front laced model in African brown suede.

## Establishment of Justice in the World Will Heal All Ills

By Rev. Dr. SAMUEL SCHULMAN, Rabbi Temple Beth-El, New York City

WHAT I wish to emphasize is that we need the manufacture of no new religion. Religion at its best is something that has to do with universal humanity. It is not a matter of race or of nationality, though naturally these influence, as I have already said, its expression. What is religion for any human being? It is in the first place right action, and the highest virtue to inspire right action, because the most difficult virtue of all, is justice.

IF A MAN OR WOMAN DETERMINES TO DO JUSTICE IN THIS WORLD, TO DO WHAT IS RIGHT IN RELATION TO ONE'S FELLOW MEN, IT WILL BE A BUSINESS FOR A LIFETIME.

What we want above all is justice—just relations between men and women. And, if we could imagine justice established in the world between individuals and nations, why, it would follow, as naturally as the night follows the day, that war would come to an end AND THE ILLS OF MEN, IN SO FAR AS MADE BY MEN, WOULD BE NO MORE.

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There's no reason why a person should take sickening, salivating calomel when he buys a large bottle of Dodson's Liver Tonic—a perfect substitute for calomel. It is a pleasant vegetable liquid which will start your liver just as surely as calomel, but it doesn't make you sick, and cannot sallow. Children and grown folks can take Dodson's Liver Tonic, because it is perfectly harmless. Calomel is a dangerous drug. It is mercury and attacks your bones. Take a dose of nasty calomel today and you will feel weak, sick and nauseated tomorrow. Don't lose a day's work. Take a spoonful of Dodson's Liver Tonic instead and you will wake up feeling great. No more biliousness, constipation, sluggishness, headache, coated tongue, or sour stomach. Your druggist says if you don't find Dodson's Liver Tonic acts better than horrible calomel your money is waiting for you.

## Children Cry for Fletcher's

# CASTORIA

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*Chas. H. Fletcher*

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