

Catarrh of Stomach

Mrs. Mary Fennell, R. F. D., Pe-mona, Missouri, writes: "I wish to say a few words in the praise of Peruna. I have used it with good results for cramps in the stomach. Also found it the very thing for catarrh of the head. My sister was cured of catarrh of stomach by the use of Peruna."
Mrs. E. T. Chomper, 63 East 42nd St., Chicago, Ill., says: "Manalin best laxative on the market for liver and bowels, very good for indigestion and heart burn."
Those who object to liquid medicines can secure Peruna Tablets.

Made Well
By Peruna.
My Sister
Also Cured



By
PE-RU-NA

In the Language He Understood.
Clarence S. Keever, division superintendent of the Indiana Union Traction company, with headquarters at Muncie, reads everything dealing with electricity and electrical subjects that comes his way; so much so that he sometimes fails to keep up with public affairs as presented in the newspapers. He mentioned this to a friend the other night when the latter chided him for not knowing about an important war development.
"A man in your particular kind of business I should think would always be interested in current events," said the friend, "that is if you expect to be a live wire."—Indianapolis News.

ANY CORN LIFTS OUT, DOESN'T HURT A BIT!

No foolishness! Lift your corns
and calluses off with fingers—
it's like magic!

Sore corns, hard corns, soft corns or any kind of a corn, can harmlessly be lifted right out with the fingers if you apply upon the corn a few drops of freezone, says a Cincinnati authority.
For little cost one can get a small bottle of freezone at any drug store, which will positively rid one's feet of every corn or callus without pain.
This simple drug dries the moment it is applied and does not even irritate the surrounding skin while applying it or afterwards.
This announcement will interest many of our readers. If your druggist hasn't any freezone tell him to surely get a small bottle for you from his wholesale drug house.—Adv.

Needed His Muscles.
The wounded Tommy writhed and squirmed as the masseuse, with iron fingertips, massaged his injured leg. At last he burst out:
"Art a mo. What d'yer think yer a-doing of? Ow!"
"It's all right," said the masseuse. "I'm kneading your muscles."
The Tommy gently but firmly pulled his leg away from the none too gentle grasp of his tormentor, and breathed: "So'm I."

Help to Save Nation's Food Supply

In this time of high cost of living, everybody should use all possible means to prevent waste and to help save food. No one means can be more effective than a vigorous campaign to exterminate rats which destroy over two hundred million dollars worth of foodstuffs annually. Keep garbage in rat-proof cans, stop up their holes, and above all exterminate them with Stearns' Paste, which can be bought for a few cents at any store. A two ounce box will usually rid a house or barn of every rat. It destroys mice, cockroaches and waterbugs as well. Adv.

Faith Was Weak.
During an extended drought in the land that inspires the rag-time song writers the "Rev'end" George Washington called a gathering of his colored brethren to supplicate the Lord for rain. Before he opened his sermon the "Rev'end" surveyed his congregation critically, and with increasing satisfaction. At last he lamented:
"De lack ob faith of yo' niggers is scandalous and sinful, and makes my heart sore and weary, and afeared for your souls! Heah we hab gathered to beg de Lord to stop de drought dat is burning up our fields, and to bless us with rain in abundance. And not one—no, sah!—not one ob yo' disgraced sinners had faith enough to bring an umbrella to go home with!"

Fair Showing.
"How is your boy getting along in the army?"
"First rate," replied Mr. Dopples, considering his limitations.
"Yes?"
"Henry hates to get up in the morning, dislikes all forms of physical exercise, and never was known to obey an order while he stayed around home, yet I understand he hasn't been in the guardhouse but twice since he enlisted."

The biggest success nowadays is the outcome of stealing other men's original ideas.
What every woman knows—how to fool man.

Give the Wheat to the soldiers, but give me POST TOASTIES

(MADE OF CORN)—Bobby



INTERNATIONAL SUNDAY SCHOOL LESSON

(By REV. P. B. FITZWATER, D. D.,
Teacher of English Bible in the Moody
Bible Institute of Chicago.)
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LESSON FOR OCTOBER 14.

RETURNING FROM CAPTIVITY.

LESSON TEXT.—Ezra 1.
GOLDEN TEXT.—The Lord hath done great things for us; whereof we are glad.—Psalms 124.

Israel went into captivity because of her sins. The time of her disciplinary process was about to end, as its purpose was now accomplished; namely, the cure of Israel's idolatry. Ever since the Babylonian captivity the Hebrew people have been worshippers of the one God. Monotheism has stood forth as a vital characteristic. The main reason for the Jews' maintenance of racial identity in spite of their national dislocation and the breaking up of their social ties, is the unity of their faith, around the one God.

I. The Proclamation of Cyrus (vv. 1-4).
(1) The Time of (v. 1). The first year of Cyrus; that is the first year after his conquest of Babylon.
(2) How It Was Brought About (v. 1). The Lord stirred up his spirit. The Lord often uses very unlikely agents in the accomplishment of his purposes. There is nothing too hard for him. He can readily use a heathen king to accomplish his purpose. He can find a way of approach to any heart. Likely Daniel was the agent used to bring the matter to the king's attention. Daniel was still the influential prime minister of Babylon. From his study of the prophecies of Jeremiah (Jer. 25:12; Isa. 45:1; compare Daniel 9:2), he knew that the time was near for the return of the people to their own land, so he likely brought the matter to the attention of the king and persuaded him to thus favor his people.
(3) Its Contents (vv. 2-4).
(a) A confession of the true God (vv. 2, 3).
He acknowledges him to be the God of heaven, the Most High, the Supreme God, a God of goodness. He declared, "He has given me all the kingdoms of the earth," and that God had with authority laid upon him the charge of building him a house at Jerusalem.
(b) A Generous Permission to Israel (v. 3). All who desired to go up to Jerusalem and build the Lord's house were permitted to go. He even commanded the blessing of the Lord to be upon them.
(c) A Positive Co-Operation (v. 4). None were obliged to go up, but a positive obligation was laid upon those who did not go up to render assistance to those who did. They were to aid in the building of the house of God by giving money, beasts and goods. It was more than a free-will offering, an obligation in addition thereto. The obligation was even wider than the people of Israel. The heathen were asked to render aid.

II. Response to the Proclamation of Cyrus (vv. 5-6).
(1) By Israel (v. 5). Strange to say the decree of Cyrus was not met with great enthusiasm. Only a small number, chiefly from Judah and Benjamin, returned (v. 5). For most of them it meant giving up business interests, for they had settled down to the regular callings of life. Besides the sacrifice of business interests it involved great risks as to the future. The entire company, including servants, was about fifty thousand (2:64). Of this company we note the following divisions; first, chiefs of the fathers of Judah and Benjamin, that is magistrates; second, priests and Levites, leaders in religion; third, skillful artificers, head workmen.
(2) By Their Neighbors (v. 6). This response was apparently more hearty than that of the Jews themselves. Their neighbors gave freely of gold, silver, beasts and goods. God had not only graciously disposed the heart of Cyrus toward his people, but they found peculiar favor from their neighbors, so that their wants were abundantly supplied.

III. Restoration of the Sacred Vessels (vv. 7-11). These vessels had been carried away to Babylon many years before. Little did Nebuchadnezzar realize that he would put into safe keeping the vessels which would be needed at this time. They were carefully numbered and turned over to the proper officers. Except for their desecration in Belshazzar's feast, they were none the worse for having been carried away. These were brought up to Jerusalem from Babylon.

Poverty.
Poverty is only contemptible when it is felt to be so. Doubtless the best way to make our poverty respectable is to seem never to feel it as an evil.—Bovee.

Love's Secret.
Love's secret is to be always doing things for God, and not to mind because they are such very little ones.—Frederick W. Faber.

Honest Endeavors.
"I think that there is success in all honest endeavor, and that there is some victory gained in every gallant struggle that is made.—Dickens.

Power of Little.
"Trifles make perfection, and perfection is no trifle.—Michael Angelo.

Girls! Use Lemons! Make a Bleaching, Beautifying Cream

The rule is strict against using profane language when talking over the telephone. A telephone experiment has proved a failure in Lynn, Mass. The manager notified that "wrong number" calls were frequent, and he ordered the "hello" girls to call each digit separately and to insert the word "dash" after each one. The method was slow, but the climax was reached when a Lynn man was in a hurry to get a Boston newspaper office. He called for "Boston 3000" and heard a sweet voice at "central" say: "Bench three, dash, oh, dash, oh, dash, oh, dash."
That nettled the Lynn man and he called out:
"Well, what are you cussing about?"
The order was abolished, and no more dashes are being said by the telephone girls at Lynn.—Buffalo Commercial.

Whenever You Need a General Tonic
Take Grove's
The Old Standard Grove's Tasteless Chilli Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System 60 cents.

Needed a Silencer.
The Haberdasher—Let me show you this. It's the latest cry in waistcoats. The Customer—Does a plain silk muffer go with it?
We're all headed for the same place, and it doesn't matter what road we take, we can't get lost.

GREAT PRAISE FOR GOOD MEDICINE

Eight years ago we commenced selling Dr. Kilmer's Swamp-Root, and during this time it has found many friends among our customers who speak in the highest terms regarding the benefits obtained from the use of Swamp-Root. We have never heard a single criticism.
Very truly yours,
W. H. MERGERS DRUG STORE,
June 15, 1916.
Centerville, Ala.

**Letter to
Dr. Kilmer & Co.,
Binghamton, N. Y.**
Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Large and medium size bottles for sale at all drug stores.—Adv.

A Possible Reason.
"Beanborough always looks on the bright side of things."
"Why?"
"Well, the other day I went with him to buy a pair of shoes. He didn't try them on at the store, and when he got home he found that a nail was sticking right up through the heel on one."
"Did he take them back?"
"Not much. He said that he supposed the nail was put there intentionally to keep the foot from sliding forward in the shoe."

CLEAR AWAY PIMPLES
Does Cuticura Ointment—Assisted by
Cuticura Soap—Trial Free.

On rising and retiring smear the affected surfaces gently with Cuticura Ointment. Wash off in five minutes with Cuticura Soap and hot water. When the skin is clear keep it so by using Cuticura for every-day toilet and nursery purposes.
Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

A Letter From Washington

The Food Administrator Writes Us:
"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."
The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

ROYAL BAKING POWDER
CORN BREAD
1 1/2 cups corn meal
1/2 cup flour
1 level teaspoon Royal Baking Powder
1 tablespoon sugar
1 teaspoon salt
1 1/2 cups milk
2 tablespoons shortening
Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 15 minutes.
Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. W, 135 William Street, New York.

RYE ROLLS
1 cup rye flour
1/2 teaspoon salt
1 level teaspoon Royal Baking Powder
1/2 cup milk
1 tablespoon shortening
Stir dry ingredients together, add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 10 to 25 minutes. Bake in moderate oven 15 to 20 minutes.

BROKEN DOWN IN HEALTH

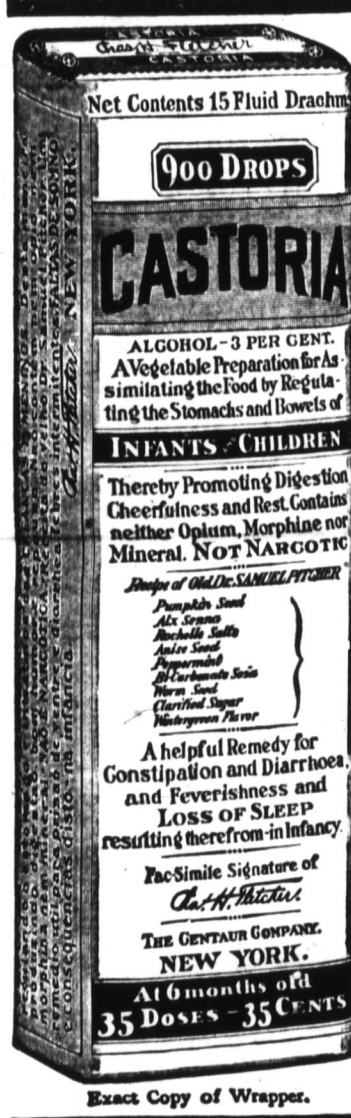
Woman Tells How \$5 Worth
of Pinkham's Compound
Made Her Well.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman after three doctors said I never would stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."
—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache, or bearing-down pains, need the tonic properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

Constipation generally indicates disordered stomach, liver, and bowels. Wright's Indian Vegetable Pills restores regularity without gripping. Adv.

A great mind doesn't necessarily require a large hat.



The woman who believes in half-lights doesn't believe in half-measures.
The Reason.
"That man over there is staring straight at my nose."
"Bell—Perhaps he's a reporter."
"Bell—And why should a reporter stare at my nose?"
"Bell—They are supposed to keep their eyes on everything that turns up."
Domestic troubles occur when both parties are not thoroughly domesticated.

Broken Down in Health

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CASTORIA
For Infants and Children.
Mothers Know That
Genuine Castoria
Always Bears the
Signature
of
Chas. H. Fletcher
In Use
For Over
Thirty Years
CASTORIA
THE CASTORIA COMPANY, NEW YORK CITY.

A Prescription.
Mrs. Redit—The allies expect to take Snegovo.
Aunt Lucy—I took something like that for my rheumatism once, but it didn't do much good.
Fern Glen, Pa., has been almost depopulated by labor inducements of Philadelphia.
Where petticoats are, there will the men be gathered together.