

Suffered Several Years. PERUNA MADE ME WELL

Mrs. Elizabeth Reuther, 1002 11th St., N. W., Washington, D. C., writes: "I am pleased to endorse Peruna as a splendid medicine for catarrh and stomach trouble, from which I suffered for several years. I took it for several months, and at the end of that time found my health was restored and have felt splendidly ever since. I now take it when I contract a cold, and it soon rids the system of any catarrhal tendencies."

Its My Standby for a Cold.

Those who object to liquid medicines can now procure Peruna Tablets.



Druggists Everywhere Recommend Swamp-Root

My brother was in need of a medicine such as Swamp-Root and concluded to give your preparation a trial; after he had taken some of the remedy he was much gratified at the results obtained and he is ready and willing to recommend it to anyone in need of a kidney, liver or bladder tonic. For the past twenty years Dr. Kilmer's Swamp-Root has been sold and recommended. Very truly yours, S. E. RICHARDSON, Druggist, Nov. 4, 1916. Urbana, Va.

Dr. Kilmer's Swamp-Root has been sold in this store ever since it was first introduced and we are positive that there is not a preparation handled today that enjoys a better reputation or has met with better success in the diseases for which it is recommended than Dr. Kilmer's Swamp-Root. Judging from the praises of its users we are confident that it is a remedy. Very truly yours, THE L. H. OTT DRUG CO., INC. Harrisonburg, Va. Nov. 4, 1916.

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. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

Improving Washington.

Nearly every president of the United States since the city of Washington was laid out has endeavored in some way to leave the capital better and more beautiful than he found it. President Wilson is no exception. He is said to have ambitious plans for the improvement of the city, and it is believed these will be carried out during his second term. Development of the Great Falls electric power and the establishment of a new and magnificent public park are said to be included in Mr. Wilson's program.

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.—Adv.

In trying to figure out the problem of life most men subtract what they own from what they owe.

Most men mistake a little applause for an encore.

Ask for and Get SKINNER'S THE HIGHEST QUALITY MACARONI

36 Page Recipe Book Free SKINNER MFG. CO., OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA.



Marjorie—"What do you think John said, Daddy, when I told him that when we were married I wanted a city residence, a country place, six autos and a lot of servants?" Daddy—"Well, what did the parson say?" Marjorie—"He said that if I did not keep more on my right side I wouldn't have such dreams."

Red dreams are a good sign of poor digestion, when the hard worked stomach begins to complain the whole system suffers and we have constipation, offensive breath, dyspepsia and all sorts of similar disorders every one of which, if you do not know it, cries aloud for

Green's August Flower

Which for 51 years has contributed to the health and well being of countless thousands everywhere. 25c and 75c.

COLORED PEOPLE

can have nice, long, straight hair by using **Exelento Quinine Pomade**, which is a Hair Grower, not a Kinky Hair remover. You can see the results by using several times. Try a package. Price 25c at all drug stores or by mail on receipt of stamps or coin. Agents wanted everywhere. Write for particulars. Exelento Medicine Co., Atlanta, Ga.

Cotton Expert has cash and Peruvian seed, which has reached the highest price in European market, waste partnership with American landholder. State full particulars concerning yourself and farm. Address LARABURER, Astor Hotel, New York City

KODAKS & SUPPLIES We also do highest class of finishing. Prices and Catalogue upon request. S. Galeski Optical Co., Richmond, Va.

Attention Cotton Ginners!! Ship up your gin notes at South Richmond and we will pay you one cent per pound at your station for them if they are dry and in good condition. This is a big saving over throwing them on the land. Richmond Waste Co., South Richmond, Va.

"ROUGH ON RATS" Kills rats, mice, bugs, lice outdoors, 10c and 25c.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course in the Moody Bible Institute of Chicago.) (Copyright, 1917, Western Newspaper Union.)

LESSON FOR JANUARY 14

JOHN THE BAPTIST AND JESUS.

LESSON TEXT—John 1:16-34. GOLDEN TEXT—Behold, the lamb of God that taketh away the sin of the world.—John 1:29.

John began his public ministry in the summer of A. D. 26 and the baptism of Jesus probably took place in January, A. D. 27. The delegation from Jerusalem to interview John must have appeared along toward the latter part of February.

I. John the Witness (vv. 15-18). John's ministry created great excitement. The people were in expectancy. All classes were reasoning as to who this strange but marvelously powerful man might be. Some thought perhaps he was the Christ (Luke 3:15). To settle this question a committee was sent to Jerusalem to investigate.

Malachi, the prophet, has suggested the coming of Elijah (Mal. 4:5) before the Messiah should come, and another prophecy indicated that the prophet should be like unto Moses (Deut. 18:16-18). John freely confesses to this delegation that he is not the Christ nor Elijah nor the prophet predicted by Moses. How foolish and silly are those modern ones who profess to be the messenger of the covenant or some other fanciful title, indicating the return of the witness which is to precede the coming of Christ. John exercises humility in the way he states his real position though he does apply to himself the prophecy of Isaiah (Isa. 40:3-5) which sets forth what his mission was to be. A voice can be heard but not seen. With our bodily eyes we never see a spirit. No man ever saw the soul of his nearest friend. We do see God, however, in his works, in his marvelous deliverances and his guidance of the world and his answers to prayer.

II. John the Baptizer (vv. 19-29). As John had denied that he was the Christ or Elijah, the priests and Levites made bold to question his authority at a later time (Matt. 21:23), and still later the authority of the apostles and the priests (Acts 5:28). John answers them with another display of his humility. His baptism in water was nothing to the baptism of the coming one (See Matt. 3:11; Acts 1:5). Though Christ was in their midst, they were blind and did not recognize him. (See vv. 10, 11; ch. 8:19; 16:3).

John's baptism of repentance denotes a baptism which a penitent submitted to that he might receive the pledge and assurance that his sins were forgiven. Baptism meant the cleansing of the people from past sins that they might be fitted for entrance into the kingdom. Baptism is not conversion. It is a witnessing and a symbol of a spiritual truth that we are dead unto sin, and have risen to newness of life (Rom. 6:3-5). Like John, our voice must be not only that of humility but it must be really a voice with a message from God, one that sounds an unmistakable note, one that can be heard wherever we go, one that will make men happier, stronger, braver, more like God, to prepare the way for Christ in the hearts of men.

III. The Witness of the Spirit (vv. 28-34). The writer is very explicit, stating the exact time that these things occurred, for he was an eye witness. John first testifies that Jesus was the Lamb of God, referring of course to the sacrificial lamb, the atoning sacrifice of the Old Testament (Gen. 22:7-8; Ex. 12:3; Isa. 53:7). As the Lamb of God, Jesus would take away the sins of the world; thus the thought is primarily that of atonement, a substitution of another and the deliverance from the guilt of sin. The next day after John's witness to the delegation from Jerusalem, he saw Jesus coming unto him, and said to the assembled people, "Behold the Lamb of God." This refers not so much to his character, that of innocence, meekness and patience, as to his office, his completed work of atonement by the sacrificial death wherein he takes away the sins of the world. On the ground of the propitiation for sin which Jesus wrought (I John 2:2; Matt. 20:28; II Cor. 5:21; Gal. 3:13) sin is removed from the sinner as far as the East is from the West. God dealt in mercy with men before Christ's time because of the lamb which was slain from the foundation of the world (Rev. 13:8). Here John says that at first he did not recognize Jesus as the Messiah, but he does bear record that he saw the spirit descending at his baptism, and it abode upon him.

The work of Christ is for the whole world till all its sin is removed. He is actually removing sin from the world, and when he comes again, sin will be banished. Luke's record adds that this same Messiah is to baptize with the Holy Ghost and fire.

Christians are to be on fire for God. The gift of the holy spirit at Pentecost was the first and most manifest expression of this power of Christ who is the real baptizer. Begotten of God (Luke 1:35), possessed of all the attributes of the Father (Phil. 2:6), the one in whom the fullness of the Godhead dwelt bodily (Col. 2:9) he is to be honored and worshiped as God (Heb. 1:9).

Attractions of Christian Work

By REV. HOWARD W. POPE, Moody Bible Institute, Chicago

TEXT—Pray ye therefore the Lord of the harvest, that he will send forth laborers into his harvest.—Matthew 9:38.

Many complaints are heard in these days about the scarcity of Christian workers. We are told that the streams are dwindling just as the time when the banks should overflow. Doubtless there are many reasons for this, but one principal reason, I am sure, is the fact that so little is said about the attractions of Christian work.

We are constantly informed that ministers as a class are over-worked and underpaid, and that they cross the "deadline" at fifty, but seldom do we hear the other side presented. There is another side, and if those who enjoy their work would occasionally set forth its attractions, surely there would be more young men to say: "Lord, here am I, send me."

Among the minor attractions the following may be mentioned:

1. It is a life of contact with men and books. It compels one to read, think and study human nature. A Christian worker may indulge in a wider range of reading than most men. If he has any hobby, such as botany, geology, or electricity, he can pursue it to his heart's content. No knowledge comes amiss to him. Nature and the supernatural are so related that one illustrates and explains the other. For a lawyer or doctor such studies would be a digression, but a Christian worker may explore the heavens, the earth, or the bottom of the sea, and come back better fitted for the special work to which God has called him.

2. The variety of the work is also an attraction. Preaching, prayer meeting and visiting the sick are but a small part of it. He is expected to agitate temperance, to be enthusiastic on missions and to aid Christian endeavor. In fact, every good cause looks to him for support. To be sure, with so many calls upon him, he has little time for profound study, but out of it all he gains experience and versatility and becomes a good, all-around man. He learns what his forte is, and if he is wise he devotes himself mainly to that, leaving to others the work for which he is not fitted. Of all callings ours is the least monotonous. It is a life of constant activity and continual change.

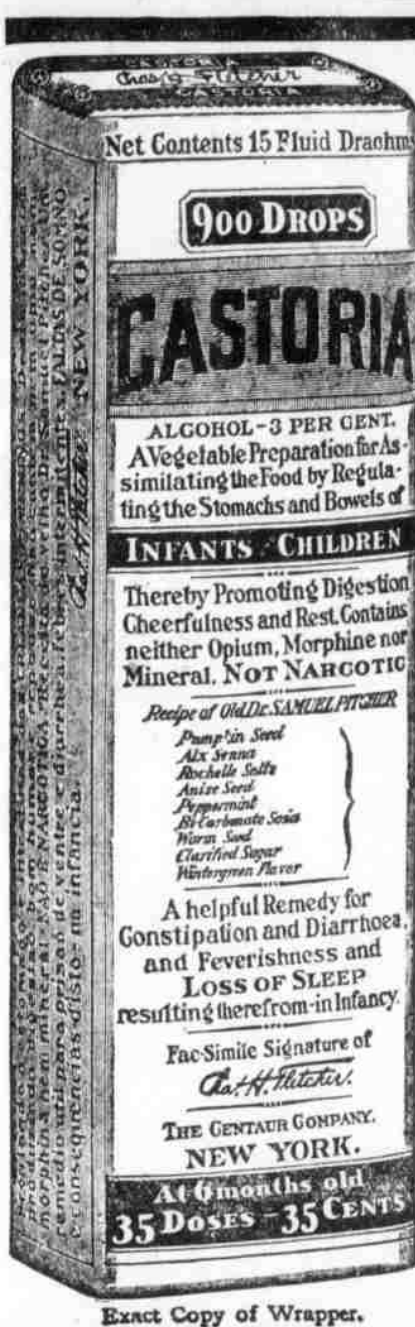
3. One of the chief attractions of Christian work to me is the opportunity which it affords for religious growth. What I am spiritually I owe to my profession. Indeed, knowing my disposition, I am convinced that had I chosen any other calling I should by this time have had a good bank account and a soul as small as a mustard seed. A soul-winner must be a good man or fail. His own or others' necessities drive him constantly to the throne of grace and compel him to live in closest fellowship with God.

4. It is no more than fair to admit that there are some discouragements as well as attractions. Inadequate compensation is one of them. The Christian worker is expected to have the instincts of a millionaire, the generosity of a prince, to dress as well as the best, and to do it all on a small income.

5. The supreme attraction of Christian work, however, is the opportunity which it affords for usefulness, and usefulness of the highest kind. The merchant, the manufacturer and the farmer are all useful men. They supply the wants of the body; but our business is to transform the body into a temple of the Holy Ghost. The surgeon sets broken bones; but we heal broken hearts. The lawyer administers justice, but the Christian worker proclaims mercy. The one examines titles of real estate, while the other secures titles to mansions in the skies. A million a month are dying in China without a knowledge of Jesus Christ. The entire continent of Africa is still clothed in darkness, for we have only touched the hem of her garment with the days of Gospel light. The agonizing appeals of our home-missionary superintendents are enough to thrill a heart of stone. Surely the wants and woes of humanity are in themselves an attraction. And if anything more were needed, is it not found in the final words of our blessed Master: "All power is given unto me in heaven and earth. Go ye therefore unto all the world and preach the gospel to every creature."

To Soften a Sponge. Cover the sponge with cold water, add a tablespoonful of borax and bring slowly to the boil in a clean saucepan. Then remove the sponge, rub some dry borax into it, and rinse in cold running water for several minutes.

To Make Stockings Wear Longer. Darn the heels and toes when new, before being worn. A further way to prevent their wearing at the heels is to line the back of the shoe with a piece of black velvet.



CASTORIA For Infants and Children.

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Just an Accident.

Two boys had indulged in a physical encounter on the playground. At the end of the affray they were summoned before the teacher to give an account of their misdeeds. One of them had a bloody nose. The teacher looked upon this sanguinary feature with horror, and endeavored to instill in its inflictor certain pacific principles.

"Now, Billy," she said, "I think you ought to apologize to Jimmie."

"Huh! I ain't a-goin' to apologize for no accident!" Billy answered.

"Accident? Why, Billy, how can you call it an accident? Didn't you intend to hit Jimmie on the nose?"

"No, mom, I didn't. I swung for his eye an' missed!"

END STOMACH TROUBLE, GASES OR DYSPEPSIA

"Pape's Diapiesin" makes Sick, Sour, Gassy Stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get blessed relief in five minutes. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapiesin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia of any stomach disorder. It's the quickest, surest stomach doctor in the world. It's wonderful.—Adv.

They Must Ask for It.

Co—Well, Ed, why don't you kiss me?

Ed—I was in doubt—

Co—Why not give me the benefit of it?

ACTRESS TELLS SECRET.

A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Cats, unlike politicians, give voice to the most decided utterances while on the fence in the dark.

A mule by any other name would be a chronic kicker.

A Great Discovery

(By J. H. WATSON, M. D.)

Swollen hands, ankles, feet are due to a dropsical condition, often caused by disordered kidneys. Naturally when the kidneys are deranged the blood is filled with poisonous waste matter, which settles in the feet, ankles and wrists; or under the eyes in bag-like formations.

As a remedy for these easily recognized symptoms of inflammation caused by uric acid—as scalding urine, backache and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, lumbago, sciatica, gout, it is simply wonderful how quickly Anuric acts; the pains and stiffness rapidly disappear.

Take a glass of hot water before meals and Anuric to flush the kidneys.

Step into any drug store and ask for Anuric, many times more potent than lithia and eliminates uric acid as hot water melts sugar.

Johnnie on the Spot.

The young teacher had been having a trying time with her nature-study class because Johnnie had discovered he knew more than she did about birds and frogs, and had assumed a derisive attitude in consequence. She appealed to the man principal, who replied:

"Next time you have the class let me know. I think I can settle Johnnie."

He was duly called in, and all went well at first. With confidence the principal said at the conclusion of the lesson: "Now, you may each ask me one question."

Johnnie had been silent up to this time. When it came to his turn he rose and asked:

"Has a duck eye-brows?"—Louisville Courier-Journal.

It is a good thing for some people that the necessities of life don't include brains.

A torpid liver condition prevents proper food assimilation. Tonic up your liver with Wright's Indian Vegetable Pills. They act gently and surely. Adv.

Rheumacide

GIVE AT THE JOINTS FROM THE INSIDE

Have you RHEUMATISM Lumbago or Gout?

Take RHEUMACIDE to remove the cause and drive the poison from the system. "RHEUMACIDE" BY THE INSIDE OF THE OUTSIDE" PUTS YOU "OUTSIDE OF THE OUTSIDE" AT ALL DRUGGISTS

Jas. Bailey & Son, Wholesale Distributors Baltimore, Md.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic.

PARKER'S HAIR BALM

A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 25c and 50c at Druggists.

To Kill Rats and Mice

ALWAYS USE STEARNS' ELECTRIC PASTE

U. S. Government Buys It

SOLD EVERYWHERE—25c and 50c

W. N. U., CHARLOTTE, NO. 2-1917.

A WOMAN'S BURDENS

are lightened when she turns to the right medicine. If her existence is made gloomy by the chronic weakness, delicate derangements, and painful disorders that afflict her sex, she will find relief and emancipation from her troubles in Dr. Pierce's Favorite Prescription. If she's overworked, nervous, or "run-down," she finds new life and strength. It's a powerful, invigorating tonic and nervous which was discovered and used by an eminent physician for many years, in all cases of "female complaints" and weaknesses. For young girls just entering womanhood it is for women at the critical "change of life" in bearing-down sensations, periodical pains, necrosis, inflammation, and every kindred ailment, the "Favorite Prescription" is guaranteed to benefit or cure. Dr. Pierce's Pellets cure biliousness.