

Women of Middle Age

Many distressing ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

Here is Proof by Women who Know



Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—Mrs. MARGARET QUINN, Rear 239 Worthen St., Lowell, Mass.

She Tells Her Friends to Take Lydia E. Pinkham's Remedies.

North Haven, Conn.—"When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother me but after a while I got bearing down pains. I called in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sanative Wash?' Well, I got them and took about 10 bottles of Vegetable Compound and could feel myself regaining my health. I also used Lydia E. Pinkham's Sanative Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham remedies. There are about 20 of us here who think the world of them."—Mrs. FLORENCE ISELLA, Box 197, North Haven, Conn.

You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.

Full of Trouble.

"You're looking awfully gloomy, old top. What's the trouble?"
"Trouble enough, old top. Me valet's sick, doucheknow, and I don't know whether I've got on the proper tie and socks that go with the suit I'm wearing."—Browning's Magazine.

Natural Enough.

"I hear the coal barons are again raising prices."
"That's foolish. The public are mad enough as it is, and this continued raising of coal only adds fuel to the flames."—

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chill 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. 50 cents.

The temperature of Southern Australia varies not more than 20 degrees during the year.

Pimples, boils, carbuncles, dry up and disappear with Doctor Pierce's Golden Medical Discovery. In tablets or liquid. Adv.

The United States has 380 piano factories.

The New Method

(BY L. W. BOWER, M. D.)
Backache of any kind is often caused by kidney disorder, which means that the kidneys are not working properly. Poisonous matter and uric acid accumulate within the body in great abundance over-working the sick kidneys, hence the congestion of blood causes backache in the same manner as a similar congestion in the head causes headache. You become nervous, despondent, sick, feverish, irritable, have spots appearing before the eyes, bags under the lids, and lack ambition to do things.
The latest and most effective means of overcoming this trouble, is to eat sparingly of meat, drink plenty water between meals and take a single Anuric tablet before each meal for a while.
Simply ask your favorite druggist for Anuric. If you have lumbago, rheumatism, gout, dropsy, begin immediately with this novel treatment.

LOSS OF POWER and vital force follow loss of flesh, or emaciation. These come from impoverished blood. Dr. Pierce's Golden Medical Discovery enriches the blood, stops the waste of strength and tissue, and builds up healthy flesh.

Thin, pale, puny and scrofulous children are made plump, rosy and robust by the "Discovery." They like it, too.
In recovering from "Grippe" or in convalescence from pneumonia, fevers, or other wasting diseases, it speedily and surely invigorates and builds up the whole system. As an appetizing, restorative tonic, it sets at work all the processes of digestion and nutrition, rouses every organ into natural action, and brings back health and strength.
Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take as candy.

There comes to my heart one sweet strain,
A glad and a joyous refrain,
I sing it again and again,
Sweet peace the gift of God's love

Peace, peace, sweet peace,
Wonderful gift from above,
Oh wonderful, wonderful peace,
Sweet peace, the gift of God's love

Avoid inquisitiveness.
Inquisitive people are the funnels of conversation; they do not take in anything for their own use, but merely to pass it to another.—Steele.

Graham Drop Biscuits.
One pint Graham flour, one-half cupful white flour, one level teaspoonful soda, one-half teaspoonful salt, one tablespoonful sugar, one egg, one tablespoonful thick cream and enough sour milk or buttermilk to make a stiff batter. Have gem pans hot and well greased. These are fine.

Rice Soup.
Add a cupful of boiled rice to one quart of heated soup stock. Stir until it comes to a boil, season with pepper, salt and parsley or anything you like.

Legacy of Peace

By REV. W. W. KETCHUM
Director of the Practical Work Course,
Moody Bible Institute, Chicago.

TEXT—Peace I leave with you, my peace I give unto you.—John 14:27.
To know that Jesus left a legacy of peace for us is the first step in its possession.

Some years ago in Chicago a bricklayer, earning five dollars a day at his trade, received word that he was heir to a vast estate left by his two granduncles in Australia. The knowledge of this fact was the first thing necessary in securing possession of the fortune. In ignorance of it, he might have labored on for the rest of his life with his trowel. So it is with the legacy of peace



Christ has left; the first thing we need to know, if we would possess it, is that he has left it for us. Ignorant of this fact, we would fail to take possession of our inheritance. How true it is, that it is not what one has, but what one knows he has that makes him rich. And, we can well add, and what he takes possession of.

It is evident from Christ's words announcing this legacy that it is a twofold peace. He speaks of leaving peace and giving his peace. These cannot be one and the same thing, for Christ is never guilty of redundancy.

The peace Christ left us must be the peace which he made for us by the blood of his cross; that which Paul calls, "Peace with God." This we know was effected for us by Christ upon the cross, and became ours when we accepted him as our Savior. It is an inalienable possession, a blessed, unalterable fact, that we have peace with God, if Christ is ours.

But what now of this other peace which Christ gives? He expressly calls it "my peace." By this, he must mean the peace which he possessed and which filled his own life; not an outward calm, but an inward quietness. Away down in the sea, those who dredge its depths tell us there is what is called the cushion. No matter how wildly the wind blows on the surface, nor how tempestuous the waves, down there at the cushion of the sea is an absolute calm. This, it seems to me, represents the peace of Christ. It was the inner quietude of his heart, though his life was swept by storm. This peace, which was Christ's, he bequeathes to us. What else can it be, but the peace spoken of by the Apostle as "the peace of God which passeth all understanding." (Phil. 4:7.) It must be that, for who can understand the quiet poise of a suffering child of God? It is beyond understanding, yet many a child of God with yielded life has said with one of old, "though he slay me, yet will I trust him."

But how can this peace be possessed? First, by possessing peace with God. There is no use trying to have the second peace, if one does not have the first. Peace with God makes possible the peace of God. The first peace is the portion of every one who truly has made Christ his Savior. It is his whether he feels it or not; and to know if he possesses it, he should look not to his feelings, but to the fact that Christ has made peace by the blood of his cross and that he by faith has accepted Christ and the peace which he made.

The second peace, namely, the peace of God may be the portion of every believer. It is possessed not by trying, but by trusting. It comes when one yields fully his life to Christ and relies upon him. Do that and though the storms beat about the head, and the heavens seem ready to fall, the mind will be kept by the peace of God through Christ Jesus. The prophet Isaiah expresses this truth (26:3) when he says: "Thou wilt keep him in perfect peace whose mind is stayed on thee; because he trusteth in thee." That is it; the mind stayed on the Lord Jehovah experiences the keeping power of him who is everlasting strength.

There comes to my heart one sweet strain,
A glad and a joyous refrain,
I sing it again and again,
Sweet peace the gift of God's love

Peace, peace, sweet peace,
Wonderful gift from above,
Oh wonderful, wonderful peace,
Sweet peace, the gift of God's love

Avoid inquisitiveness.
Inquisitive people are the funnels of conversation; they do not take in anything for their own use, but merely to pass it to another.—Steele.

Graham Drop Biscuits.
One pint Graham flour, one-half cupful white flour, one level teaspoonful soda, one-half teaspoonful salt, one tablespoonful sugar, one egg, one tablespoonful thick cream and enough sour milk or buttermilk to make a stiff batter. Have gem pans hot and well greased. These are fine.

Rice Soup.
Add a cupful of boiled rice to one quart of heated soup stock. Stir until it comes to a boil, season with pepper, salt and parsley or anything you like.

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 21

FIRST DISCIPLE OF THE LORD JESUS.

LESSON TEXT—John 1:35-49.
GOLDEN TEXT—Jesus saith unto him, follow me.—John 1:43.

The words "I see" or "behold" occur fifteen times in this first chapter. John was a witness to the Son of Man. This term, "Son of Man," occurs eighty times in the gospel. The words "Come and see," or their equivalents, occur nine times in this lesson. This is a great invitation lesson. It would be interesting if the scholars would tell what the voices are which say, "Come," and those which are urging them to "stay" away from God. Bethabara was probably two miles from the fords of the Jordan, where John baptized. Jesus was thirty years old, just entering upon his ministry. Tiberius Caesar was the emperor and Pontius Pilate the governor of Judea.

I. The Son of Man Attracts Men. (vv. 35-39) not by his ethical teachings nor alone by his works and his character, but what he was and inspired in others attracted men to Jesus (John 10: 41). Crowds still gathered around the baptizer who "changed the hearts of men as by a spell." John, the Baptizer, brought terror to men. He broke through the crust of self-righteousness and indifference, and compelled men to see their need of forgiveness and of a new life, but the time had come when John must step aside, and Jesus "to increase," to begin his ministry. Four successive days are noticed in this chapter. Andrew (v. 40), and doubtless the apostle John, who wrote this account, were the two disciples (v. 35) to whom John, the Baptizer, speaks. It is interesting to note the different kinds of men who were attracted to Jesus; the aggressive Peter, the reflective Thomas, the practical Judas. He had what the souls of men needed, and they followed him. Aware of their questioning, Jesus turns to them with the question: "What think ye?" the first recorded words of his public ministry. This is a great testing question of every man's life. What is the aim and purpose of your life? Jesus, the kingdom of God, goodness, righteousness, usefulness or on the other hand selfishness, worldliness, success, ambition, money, pleasure? These disciples who had listened to this testimony of the baptizer, replied that they wanted to know where he dwelt, implying that they would like to talk with him and discuss the problems which were arising in their minds. Three steps of Christian experience are here suggested. These two disciples heard, they looked and they followed. Other steps must come shortly, but we must first look at Jesus as the Lamb, if we are to follow him as our example. We must believe what he has done (Rom. 3:25) before we can ask what would Jesus do or try to imitate him. It is by following that we demonstrate that we have really looked unto him and been saved.

II. The Son of Man Cares for His Own. (vv. 39-42). The instruction which they received from abiding with him impelled them, as we have already indicated, to go out and spread the good news. The greatest act in the life of Andrew was the bringing of his brother Peter to Jesus. Jesus changed Peter's name, and gave him a prophecy of his future life and career. He saw the possibilities within him, though it took much instruction, bitter experiences, prayer and long abiding with Jesus before he attained to those possibilities. It is this passage which gave rise to the organization of the Brotherhood of St. Andrew, which has adopted, first, the "Rule of Prayer," that of daily prayer for the spread of Christ's kingdom among young men; second, "The Rule of Service," to make an earnest effort each week to bring at least one young man within the hearing of the gospel of Jesus Christ. On the morrow Jesus would go forth to Galilee, that is to the East side, across the Jordan river, and on the way he found Philip. It was Philip who asked the question, "Show us the Father," and of whom the question was asked as to the resources sufficient to feed the hungry multitude (John 6:5). John, the Evangelist, alone tells us about Philip. Philip saw not only the resources of Jesus, but he saw a union of the law of the prophets (v. 45) in this Jesus, and therefore could and did invite his brother to Jesus.

Christianity would soon fill the earth if Christians would put forth the personal effort here suggested. Nathaniel (v. 46) repeated a proverb of the country, "Can any good thing come out of Nazareth?" Philip's reply was: "Come and see," and to his amazement Jesus reveals not only his character but his supernatural power; whereupon Nathaniel's reply was: "Thou art the Son of God, the King of Israel" (v. 49). Jesus, seeing his faith, promised that he should see still greater things (vv. 50, 51).

Everybody in this lesson who found Jesus seemed to go at once for someone else, and though some were sceptical, yet their scepticism ended, even as Nathaniel's, in following him.

RILIOUS, HEADACHY, SICK "CASCARETS"

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your liver clear, stomach sweet and your head and bowels regular for months. Adv.

Justification.
"Hinks drinks like a fish."
"Why, I thought he was strictly temperate."
"So he is, but then fishes, you know never drink anything but water."

CUTICURA COMPLEXIONS

Are Usually Remarkably Soft and Clear—Trial Free.

Make Cuticura Soap your every-day toilet soap, and assist it now and then as needed by touches of Cuticura Ointment to soften, soothe and heal. Nothing better to make the complexion clear, scalp free from dandruff and hands soft and white.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

An After Thought.
"I told Mr. Thickwitz that his baby looked like him."
"Of course he was pleased?"
"Immensely. He didn't hear me add: 'Poor little devil, under my breath.'"

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 ¼ 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.

Wouldn't Be a Queen.
He—Queen of my heart—
She—Queen nothing! Queens can't pick their husbands. I can—and believe me, I'm some picker.—Judge.

MOTHER, ATTENTION!

Gold Ring for Baby Free.

Get a 25c Bottle of Baby Ease from any drug store, mail coupon as directed and gold ring (guaranteed), proper size, mailed you. Baby Ease cures Bowel Complaints and Teething Troubles of Babies.—Adv.

Contrary Methods.

"He tried to hang himself because he was cut down."
"And he didn't succeed because he was cut down."

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

Gold brick buyers are born often enough to keep the manufacturers from going out of business.

INSIST ON YAM NUTS—

Up-to-date grocers have them—the new food with an "unforgettable flavor," made from Southern yams. Try YAM NUTS once, they'll win you sure. The Williams Co., Greenville, S. C. Adv.

American preserved orange, lemon and citron peel find favor in Canada.

WHAT IS LAX-FOS

LAX-FOS is an improved Cascara (a tonic-laxative) Pleasant to take
In LAX-FOS the Cascara is improved by the addition of certain harmless chemicals which increase the efficiency of the Cascara, making it better than ordinary Cascara. LAX-FOS is pleasant to take and does not gripe nor disturb stomach. Adapted to children as well as adults. Just try one bottle for constipation. 50c

A Cynical Miss.
She—Tell me a story.
He—Once upon a time before people married for money—
She—Oh, that's too ancient; that must have happened before money was invented.—Boston Evening Transcript.

Dr. Perry's "Dead Shot" is powerful and prompt but safe. One dose only is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Some spiders in Java make webs so strong that it requires a knife to sever them.



Mr. Wuz—"Do you know what's good for rats?"
Mr. Slew—"Why, poison, of course."
Mr. Wuz—"No, that would kill them—cheese."

Do you know what's good for a cough, throat and lung troubles, that will allay inflammation and insure a good night's sleep with free and easy expectoration in the morning? The answer always the same year after year, is

Boschee's German Syrup

Soothing and healing to bronchial and throat irritation. 25c. and 75c. sizes all Druggists and Dealers everywhere. Your grandfather used it 51 years ago. Try it yourself and see how it stops a hacking cough like magic.

For Horses

Horsemen agree that Yager's Liniment is the best and most economical liniment for general stable use.
For strained ligaments, sprain, harness galls, sores, wounds or old sores, cuts and any enlargements, it gives quick relief.
A 25 cent bottle contains four times as much as the usual bottle of liniment sold at that price.
At all dealers.
YAGER'S LINIMENT
GILBERT BROS. & CO.
Baltimore, Md.

Rheumacide

GET 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 acts on the INSIDE"
"PUTS RHEUMATISM ON THE OUTSIDE"
At All Druggists
Jas. Baily & Son, Wholesale Distributors
Baltimore, Md.

STOCK LICK IT—STOCK LIKE IT

For Horses, Cattle, Sheep and Hogs. Contains Copperas for the Blood, Sulphur for the Kidneys, Nux Vomica, Tonic, and Pure Dairy Salt. Used by Veterinarians 12 years. No Dosing. Drop Brick in feed-box. Ask your dealer for Blackman's or write

BLACKMAN STOCK REMEDY COMPANY CHATTANOGA, TENNESSEE

FOR OLD AND YOUNG

Tutt's Liver Pills act as kindly on the child, the delicate female or infirm old age, as upon the vigorous man.
Tutt's Pills
Give tone and strength to the weak stomach, bowels, kidneys and bladder.

Pecan Trees

Now is the time to set them. Begin bearing in three to four years. Add both beauty and utility to the home. Prices and valuable information free.
J. B. WIGHT, CAIRO, GA.

FROST PROOF CABBAGE PLANTS

Early Jersey and Charleston Wakefield, Succession and Flat Dutch, by express, 50¢, \$1.00, 1.00, \$1.50, 5.00, at \$1.25. Satisfaction guaranteed. Postpaid 25c per 100.
D. F. JAMISON, SUMMERVILLE, S. C.

DEALERS and agents wanted to sell GALL STONES. Sold with money-back guarantee. Big money to buyers. Write today for particulars. R. M. Barry, 424 Piedmont Ave., Atlanta, Ga.

"ROUGH ON RATS"

Kills Rats, Mice, Bugs. Die outdoors. 10c and 25c.

GALL STONES AVOID OPERATIONS (No Oil) No more Gallstones! Pain, Colic, Bloating, Headache, Constipation, Piles, Catarrh, Nervousness, Bites, Jaundice, Appendicitis. These are common Gallstone symptoms. Write for FREE Gallstone Remedy. Medical Book on FREE Gallstone Remedy. Dept. W-4, 219 S. Dearborn St., Chicago

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills & Fever. Also a Fine General Strengthening Tonic. 50c and \$1.00 at all Drug Stores.

WINCHESTER

"LEADER" AND "REPEATER" SHOT SHELLS
For the high flyers, or the low flyers, "Leader" and "Repeater" shells have the reach, spread and penetration. Their great sale is due to these qualities, which insure a full bag. Made in many gauges and loads. BE SURE TO ASK FOR THE W BRAND