

# Catarrh for Years No Relief



Three Bottles PERUNA Made Me Well.

Mr. Eli Lefevre, Jr., 854 Brush St., Detroit, Mich., writes: "I had been troubled with catarrh for a number of years, and had been taking

medicine for it, but they did me no good. In reading one of Dr. Hartman's books entitled 'Winter Catarrh,' I discovered that Peruna was good for catarrh. After I had taken only three bottles of Peruna I was cured of the catarrh. I now advise everybody troubled with catarrh to take Dr. Hartman's Peruna, as it is a sure cure for catarrh. "Friends to whom I recommend Peruna tell me that it is also good for headache, dizziness, and pain in the stomach." Those who object to liquid medicines can now procure Peruna Tablets.

### American War Gifts.

Gifts of Americans to 60 principal war-relief societies are estimated at \$28,896,277 by the new year book of the Carnegie endowment for international peace. Of this amount, \$10,269,000 went into the \$80,000,000 raised from all sources for the commission of relief in Belgium. France received \$2,000,000, England \$495,000, Russia \$12,000, and Serbia \$313,000 in addition to which \$3,000,000 was distributed among the allies by the American Red Cross, making a grand total of more than \$16,000,000 to the allies. The central powers received \$3,750,000, while dependent nationalities affected by the war received \$9,000,000, of which \$4,000,000 was contributed by the American Jewish relief committee.

### His Epitaph.

A recent automobile accident in an upstate county resulted in the death of the driver and the injury of two passengers.

The coroner summoned several witnesses, among them a farmer living near the scene of the accident. There was voluminous testimony regarding the high speed at which the car traveled. Witnesses said, too, that the road was in bad repair. The coroner finally reached the farmer who lived near the scene.

"What would you say about this accident, Mr. Swiggert?" the coroner asked.

"Well, if I was writin' that young man's epitaph," the witness drawled, "I'd say he died trying to get 60 miles out of a 10-mile road."—Indianapolis News.

## MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

### Satisfied.

"Does Brown owe you any money?" "Not any more than I'm willing to pay for the privilege of not being bothered by him."

The Quinine That Does Not Affect the Head Because of its tonic and laxative effect, Laxative Bromo Quinine can be taken by anyone without causing nervousness or ringing in the head. There is only one "Bromo Quinine." B. W. GIBBS'S signature is on each box, 2c.

He is a man of strong will power who never talks about the weather.

## WHAT IS LAX-FOS

LAX-FOS IS AN IMPROVED CASCARA A DIGESTIVE LAXATIVE CATHARTIC AND LIVER TONIC

Lax-Fos is not a secret or Patent Medicine but is composed of the following old-fashioned roots and herbs:

- CASCARA BARK
- BLUE FLAG ROOT
- RHUBARB ROOT
- BLACK ROOT
- MAY APPLE ROOT
- SENA LEAVES
- AND PEPSEIN

In Lax-Fos the CASCARA is improved by the addition of these digestive ingredients making it better than ordinary CASCARA, and thus the combination acts not only as a stimulating laxative and cathartic but also as a digestive and liver tonic. Syrup laxatives are weak, but Lax-Fos combines strength with palatable, aromatic taste and does not gripe or disturb the stomach. One bottle will prove Lax-Fos is invaluable for Constipation, Indigestion or Torpid Liver. Price 50c.

### STOCK LICK IT—STOCK LIKE IT



For Horses, Cattle, Sheep and Hogs. Contains Copious for Worms, Sulphur for the Blood, Salt-peter for the Kidneys, Nux Vomica, a 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 CHATTANOOGA, TENNESSEE

### NICE CARRY DISEASE

Kill These Pests By Using STEARNS' ELECTRIC PASTE

U. S. Government Buys It SOLD EVERYWHERE—25c and \$1.00

## THE KITCHEN CABINET

To give pleasure to a single heart by a single kind act is better than a thousand head-bowings in prayer.—Thomas Carlyle.

### CAKE FILLINGS.

There are so many hundreds of cake fillings that it seems strange that the average cook will use a few so frequently to the exclusion of the other nine hundred and ninety-nine.



Whipped cream for a filling is a general favorite, and may be varied by adding fresh chopped fruit like pineapple, bananas or strawberries, or any well-drained canned fruit, not too juicy to spoil the consistency of the cream.

A boiled frosting with nuts and raisins or figs and dates or shredded pineapple; in fact almost any fruit or nuts may be added to boiled frosting, giving a variety.

**Prune Filling.**—Boil together a cupful of sugar and a quarter of a cupful of the juice from stewed prunes, pour this sirup boiling hot at the soft ball stage over a white of an egg that has been beaten stiff, when it begins to stiffen add a half cupful of stewed prunes, drained and pitted, then cut in small bits. Beat until cold, add a few pecans and when thick spread over the cake.

A chocolate cake with an orange filling is a combination well enjoyed. The filling may be made in the form of a cream with the rind and juice for flavor or it may be made as follows: Rub two cubes of loaf sugar over an orange to extract all the oil, then dissolve the sugar in the juice of a lemon. Add enough confectioner's sugar to make a thick icing, cover the cake with this icing of orange and put on the filling. The cake may be garnished with slices of glazed orange or candy orange slices.

**Delicious Pineapple Filling.**—Take four tablespoonfuls of pineapple juice, a cupful of sugar, boil until it hairs and then pour boiling hot over the well beaten white of an egg. Drain the pineapple until all the juice is removed and stir this into the boiled frosting, beating all the while.

**Sour Cream Filling.**—Cook together a cupful each of brown sugar and sour cream, when thick stir in a cupful of hickorynuts and spread on a sheet of cellophane or use as filling for a layer cake. This is especially delicious.

**Mayonnaise.**—Beat the yolk of one egg with a teaspoonful of cold water, add one-half teaspoonful of salt, paprika and mustard to taste, add a cupful of olive oil, a little at a time, beating well, add two tablespoonfuls each of lemon juice and vinegar, alternating with the oil. Mayonnaise is flat and insipid unless properly seasoned. All sorts of seasonings used in French dressing may be added to it.

If there is one thing in existence more miserable than another, it most unquestionably is the being compelled to rise by candle light.—Dickens.

### SOME FAVORITE RECIPES.

We do not all enjoy the same dishes, but perhaps there will be a few in this column which you will find new and like to try.

**Carrot Pudding.**—Take a cupful each of grated carrots, potatoes, brown sugar, chopped suet, stoned raisins and currants, two cupfuls of flour, a teaspoonful of mixed spices, half a teaspoonful of soda dissolved in two tablespoonfuls of boiling water; mix well and add a cupful of cherries, pineapple or peaches and steam three hours. Serve with any desired sauce.

**Khaki Pudding.**—Peel, core and slice six apples; put them into a saucepan with four tablespoonfuls of sugar, two of butter and two of candied lemon peel, or the grated rind; add a quarter of a cupful of water and cook until smooth; put through a sieve and add three egg yolks. Line a deep pudding dish with pastry, put in the apples and bake until the eggs are set. Beat the whites of the eggs until stiff, then add three tablespoonfuls of sugar, place on top of the pudding, decorate with candied peel and brown in the oven until a pale yellow.

**Date Pudding.**—Take a cupful of sour milk, two-thirds of a cupful of sugar and molasses, mixed together, a tablespoonful of melted butter, a pinch of salt and a teaspoonful of soda, dissolved in a little warm water; then add a pound of stoned and chopped dates, and two cupfuls of graham flour. Steam for two hours, then dry off in the oven for a few minutes. This may be re-steamed several times. Serve with a hard sauce.

**Yankee Float.**—Scald a quart of milk. Mix together three egg yolks, a cupful of sugar, and vanilla and nutmeg for flavor. Cook a tablespoonful of cornstarch, mixed with two tablespoonfuls of cold milk; cook in the hot milk until well cooked, then mix all together and pour into a serving dish. Beat the whites of the eggs very stiff, drop by spoonfuls on top of boiling water to cook; then lift carefully and place on top of the pudding. Serve very cold.

Cold boiled fish mixed with salad dressing and served on lettuce makes a fine salad.

But for the limelight many a theatrical star would cease to shine.

Nellie Maxwell

## INTERNATIONAL SUNDAY SCHOOL LESSON

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

### LESSON FOR MARCH 11

#### JESUS THE BREAD OF LIFE.

LESSON TEXT—John 6:24-37. GOLDEN TEXT—Jesus said unto them, I am the bread of life.—John 6:35.

Following the feeding of the five thousand, Jesus saw the design of the multitude (v. 15), and separated himself unto prayer. Following that communion, the disciples went over the sea toward the City of Capernaum (v. 17), but in his supernatural power he followed them, walking upon the water (v. 19). Midway he entered their ship, and immediately they reached the land toward which they had been striving (v. 21; Mk. 6:48-49). The next day (John 6:22) the people who at this period were following him in such great multitudes, took steps to reach him. Finding that he was not at their side of the lake, they took boats and came to Capernaum, "seeking for Jesus" (v. 24). We read that the common people heard him gladly. These people wanted the comradeship of Jesus, and the longest bread line in the world today is that of hungry-hearted men. The question is, are we willing to give them the loaves of comfort?

**I. Bread Which Perisheth (vv. 23-24).** "If you think you will always get the loaves and fishes simply because you have followed the Lord, you have handed yourself a goldbrick."—Dr. Griffin Bull. Most of us will go further for victuals than we will for a vision. When the people found Jesus (v. 25) they rather reprimanded him for leaving them, when the fact of the matter was that he was not beholden to them in any sense whatsoever. It looks very well for these people to be "seeking Jesus," but they were seeking the wrong thing (v. 26). It was not really Jesus himself they wanted, but the loaves and the fishes. It was not the "sign" as indicating his divine character that drew them, but simply the wonder as indicated by the fact that they expected a constant supply of bread, nor did they see in that bread the sign but only the bread.

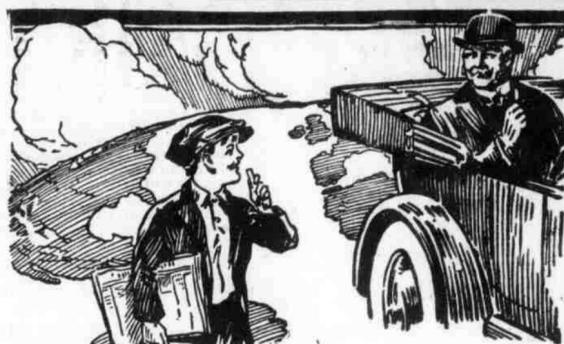
Salvation is the free gift of God apart from works. Nevertheless he commands the exercise of will. "This is the work of God that ye believe on him whom he hath sent" (v. 29). This is not inconsistent with I Cor. 12:3, I. e., "No man can say that Jesus is the Lord but by the Holy Ghost." Like the two blades of a pair of shears, the executive act of my will in believing on Jesus is met by the regenerating energy of God's spirit making me a son of his.

The Jews demanded a sign as a condition of believing on him, when he himself, was the greatest of all signs (v. 36). They sought to enforce their demands by reference to Moses and the manna, but Jesus showed them that the manna was a type of "the (true) bread of God." The characteristics of this bread are: (1) It comes down from heaven; (2) It giveth life unto the world. Jesus' hearers did not understand what he meant, and exclaimed: "Evermore give us this bread." Jesus was trying to impress upon his hearers the same diligence in heavenly matters as in the pursuit of earthly men.

**III. The Everlasting Bread (vv. 35-37).** Misunderstanding his teaching (v. 34) Jesus said unto them plainly: "I am the bread of life," meaning that he is the true bread of God. He is not only the giver of the bread of life, but he, himself, is the Bread of Life. As bread will satisfy the needs of the physical body, giving strength, vitality and energy, so he will supply the needs of the soul. He will satisfy the deep hunger and longing which is the evidence of need, and he will also satisfy the thirst which is the more intense desire—the spiritual craving of the soul. Jesus ministers to the never-failing strength of all who come to him, and who believe on him. Coming to him is seeking help and blessing from him. Believing on him is the absolute abandonment of self to him. This multitude had actually seen the living bread (v. 33), yet they believed not because they were so occupied with the material and unreal things of this world.

Today we find men so taken up with the material and unreal that they neither appreciate nor believe upon the true bread which has been sent down from God out of heaven. Not all will come to him (John 5:24), but anyone can prove that he belongs to the elect of God and the company of the Father by coming to Jesus (v. 37). If any man does come, he will be received. These words of Jesus are very positive, "I will in no wise cast him out." Jesus, the One who raises the dead, is therefore co-equal with God. Note the remainder of this chapter: "I will raise him up at the last day" (v. 40); "He that believeth on me hath everlasting life" (v. 47); "I am the bread of life" (v. 48); "Except ye eat the flesh of the Son of man, ye have no life in you" (v. 53); "Whoso eateth my flesh hath eternal life" (v. 54); "For my flesh is meat indeed" (v. 55); "He that eateth my flesh dwelleth in me and I in him" (v. 56); "He that eateth me, even he shall live by me" (v. 57).

This is symbolic, it is true, but it is very real.



## A Little Stick of WRIGLEY'S Makes the Whole World Kin!

No climate affects it for the package protects it.

WRIGLEY'S goes to all parts of the world—in all seasons, to all classes.

Fresh, clean, wholesome and delicious always.

It aids appetite and digestion, quenches thirst, keeps the teeth clean and breath sweet.



Three Fine Flavors

The Flavor Lasts



WRAPPED IN UNITS OF COUPONS

### Candor Suppressed.

"A person should always tell the absolute truth." "Yes," replied Mr. Cumrox. "But what am I going to do? The other evening we got to talking art and refinement, and somebody asked me what my favorite musical instrument is. I had to say 'violinello' or something like that. Mother and the girls would never have forgiven me if I had come right out with the truth and said 'steam piano.'"

### HIGH COST OF LIVING

This is a serious matter with housekeepers as food prices are constantly going up. To overcome this, cut out the high priced meat dishes and serve your family more Skinner's Macaroni and Spaghetti, the cheapest, most delicious and most nutritious of all foods. Write the Skinner Mfg. Co., Omaha, Neb., for beautiful cook book, telling how to prepare it in a hundred different ways. It's free to every woman.—Adv.

### Inconsistency of Price.

"Rentals vary much in this apartment house." "And yet they must be a flat rate."

The occasional use of Roman Eye Balsam at night upon retiring will prevent and relieve tired eyes, watery eyes, and eye strain. Adv.

The Oklahoma-Kansas field leads in the production of oil.

### Diet, Exercise or Death!

An eminent medical authority writes that most of our city folks die of a thickening of the arteries or of kidney disease. The kidneys become clogged and do not filter the poisons from the blood, and one trouble follows another, high blood pressure damages the heart, arteries and kidneys. Usually its danger signals are backache, pain here or there, swollen feet or ankles, rheumatic twinges or spots appearing before the eyes. "The very best remedy is this: Eat meat but once a day, or not at all. Plenty of outdoor exercise, and drink pure water frequently. Before meals take a little Anuric, the great uric acid neutralizer that is easily obtained at the drug store. When you have dizziness, chills or sweating, worry, or dragging pains in back, try this wonderful enemy to uric acid, which Dr. Pierce of Buffalo, N. Y., discovered and named Anuric. Anuric, more potent than lithia, dissolves uric acid as hot water does sugar."

### Worse.

"It was cruel fate when even his hairdresser cut Smith's acquaintance." "It was worse than cruel—it was barber-ous."

You never can know how superior to other preparations in promptness and efficiency is Dr. Peery's "Dead Shot" until you have tried it once. A single dose cleans out Worms or Tapeworm. Adv.

Rubber to be used in making fish tins airtight is needed in Norway.

Machinery for the making of furniture is needed in Norway.

## Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Brentwood

HEALTHY CHILDREN come from healthy mothers. And mothers will certainly be healthy if they'll take Dr. Pierce's Favorite Prescription. Nothing can equal it in building up a woman's strength, and assisting all her natural functions, and in putting in perfect order every part of the female system. It lessens the pains and burdens, supports and strengthens weak, nursing mothers. It's an invigorating, restorative tonic, a soothing and bracing nerve.

Castor oil is good for children or adults, and especially good for aged people. A pleasant form of a vegetable laxative that is to be had at any drug store, was invented by Dr. Pierce, who put together May-apple (podophyllin), aloes, jalap, Ask at any drug store for "Pleasant Pellets," and they can be had for little money. They contain no calomel and are of vegetable constituents, therefore harmless.

## WINTERSMITH'S CHILL TONIC

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



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