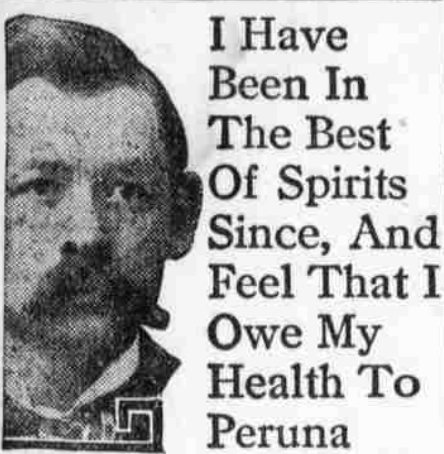


# Five Bottles Peruna Restored Me To Complete Health



I Have Been In The Best Of Spirits Since, And Feel That I Owe My Health To Peruna

Mr. C. N. Petersen, dealer in fine boots, shoes and cigars, 132 S. Main St., Council Bluffs, Ia., writes: "I cannot tell you how much good Peruna has done me. Constant confinement in my store began to tell on my health and I felt that I was gradually breaking down. I tried several remedies prescribed by my physician, but obtained no permanent relief until I took Peruna. I felt better immediately and five bottles restored me to complete health. I have been in the best of spirits since, and feel that I owe my health to it."

Our booklet, telling you how to keep well, free to all. The Peruna Co., Columbus, Ohio.

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



## HORSE SALE DISTEMPER

You know that when you sell or buy through the sales you have about one chance in fifty to escape SALE STABLE DISTEMPER. SPOHN'S is your true protection, your only safeguard, for as sure as you treat all your horses with it, you will soon be rid of the disease. It acts as a sure preventive, no matter how they are "exposed." 50 cents and \$1 a bottle; \$5 and \$10 dozen bottles, at all good druggists, horse goods houses, or delivered by the manufacturers.

SPOHN MEDICAL CO., Manufacturers, Gosken, Ind., U.S.A.

## WHAT CONSTIPATION MEANS

It means a miserable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders.—CONSTIPATION is a crime against nature, and no human being can be well for any length of time while constipated. DR. TUTT'S LIVER PILLS is the remedy and has been used successfully all over this country for 72 years. Get a box and see how it feels to have your liver and bowels resume their health-giving natural functions. For sale at all druggists and dealers everywhere.

## Dr. Tutt's Liver Pills

*Nature's Remedy*  
Better Than Pills For Liver Ills.  
Get a 25¢ Box

**Gave Him Away.**  
Willie—Say, maw, pop must tell you a lot of riddles.  
His Mother—Why do you ask?  
Willie—Well, I heard him tell Mr. Jones last night that he had you guessing.

**How's This?**  
We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.  
HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Honesty is the best policy for the man who can't steal enough to pay a good lawyer.

But the best airship on earth may be good in the air.

**Advice.**  
"My son, it is easy enough to be a promising young man."  
"Yes, father."  
"But the trick in life is not to promise, but to perform."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

Of 80,000 graduate nurses in this country 2,000 already are in active war service.

It's hard to keep a good man down, but it's harder to keep a poor man up.

If your eyes smart or feel scalded, Roman Eye Balm applied upon going to bed is just the thing to relieve them. Adv.

Nearly all of the principal cities of England have policemen.

## LUCKY STRIKE CIGARETTE

IN a year it has become famous; the man's cigarette for the men who are working over here, and fighting over there.

The reason? Because it's made of Burley pipe tobacco and because—

IT'S TOASTED



Guaranteed by The American Tobacco Co. INCORPORATED

IMPROVED UNIFORM INTERNATIONAL

## SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)  
(Copyright, 1918, Western Newspaper Union.)

### LESSON FOR MARCH 24

#### JESUS MINISTERING TO THE MULTITUDES.

**LESSON TEXT**—Mark 6:32-56.  
**GOLDEN TEXT**—The son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.—Matt. 20:28.  
**DEVOTIONAL READING**—John 6:25-40.  
**ADDITIONAL MATERIAL FOR TEACHERS**—Exodus 16:14-18; Matt. 23:46; Luke 4:16-21; James 1:27; Rev. 17.  
**PRIMARY TOPIC**—Jesus a helper at all times.  
**MEMORY VERSE**—Be of good cheer: it is I; be not afraid.—Mark 6:50.  
**INTERMEDIATE TOPIC**—Helping the needy.  
**SENIOR AND ADULT TOPIC**—(?)

This parable marks the high level of the year of popularity in the life of our Lord. It is such an important miracle as to be the only one recorded by all four gospel writers. The returning disciples (v. 31) are urged by the Master to come with him into a desert place and rest and also that he might comfort their hearts over the death of John the Baptist. "They had no leisure." Jesus knew the need and also the proper use of leisure, but the multitude would not grant him this but flocked to his retreat in the desert. They followed that they might listen to his gracious words, or behold some new wonder, but Jesus also saw and ministered, (v. 24). Carlyle said he saw in England "forty million people mostly fools." Not so with Jesus; he saw and was moved, not with sarcasm, but with a compassion that took the form of teaching (v. 34). It is better to teach a man how to help himself than to help the man without the teaching. We also infer that the soul of a man is of more value than his body. It is not enough, however, to say "God bless you; be warmed and fed," when a man is hungry. Sympathy must issue in action.

#### A Great Task.

John tells us of the conversation with Phillip. Phillip lived in Bethsaida nearby, but to feed this multitude was too great a task, even with his knowledge and resources (John 6:5, 7). Yet we need not be surprised at Phillip's slowness of faith. Moses in a similar case was once nonplussed as to how to feed the thousands in the wilderness (see Numbers 11:21-33). The central fact concerns neither the need nor our poverty, but the absolute surrender of our all—however little—to God.

Another disciple, Andrew, who had brought his brother, Simon Peter, to the Savior, in his desperation found a boy whose mother had thoughtfully provided him with a lunch consisting of five barley biscuits and two small dried herrings (John 6:9). This is a great commentary on the tide of interest at this time—that even this hungry boy should have forgotten his lunch; the circumstances emphasized the helplessness of the disciples in order that Jesus might show his power. His command "Give ye them," (v. 37) teaches us that we are to give what we have, not to look to others, nor to do our charity by proxy (Pro. 11:24, 25). Again the Savior asks his disciples to seek (v. 38) as though he would teach them the boundless resources of his kingdom. Give what you have and he will bless and increase it to meet the needs of the multitude. The secret of success points to the moment when he took the loaves and looking up (to God who also saw their needs), he blessed it.

#### Living Bread.

This conservation process was a stinging rebuke to the orientals, and is being emphasized in these days of food conservation in connection with war needs. Too long we have been prodigal of God's marvelous bounties. God gives us that we may use; and we lose it unless it is shared. Jesus, the living bread, (John 6:48) will satisfy hunger and give life. As bread generates in the human body heat, energy, vitality and power, so he will feed the hungry souls of men. We have at hand the Word. It is for lack of it that men die in the deepest and truest sense of that Word. The poverty and perplexity of the disciples in the presence of similar great need, is being repeated over and over again, and yet how faithless it is. We have not enough to feed the multitude. Our few loaves of comfort, amusement, counsel, etc., will not sustain them in the present world's crisis; but when we break unto them the living bread, it meets the deep hunger of the human heart; and they will have enough and to spare if they will only eat it. In these days when the emphasis is being laid on material bread for the sustenance of the nation, there is great danger lest we forget the necessity of breaking the living bread to the starving multitudes of the world. We must maintain the supremacy of the spiritual, or lack the dynamic to provide the material.

How true the words of the late Dr. Maltbie Davenport Babcock:

Back of the loaf is the snowy flour,  
Back of the flour the mill;  
And back of the mill is the wheat,  
And the showers, and the sun,  
And the Father's will.

The problem which the disciples could not meet, Jesus discerned and solved. As they co-operated with him and gave of that which he had first blessed, each had a basketful to take away and thus was well repaid for sharing with the multitude.

## THE CAUSE AND CURE OF PILES—A BOOK THAT'S FREE

If you have piles, you need this easy-to-read booklet. To cure them, it is necessary to know their cause and method of treatment. Everything is simply told. Sluggish circulation of blood, congestion of the liver or lungs, certain diseases of the heart and constipation contribute to pile troubles. Eagle Pile Remedy is the best and only known internal treatment. It attacks the trouble at the source, and corrects the cause. Eagle Remedy is a candy tablet, that can be taken with perfect safety and without knowledge to anyone. It will surely help you—whether your case is of recent origin or long standing—whether youth or aged. A postal card to the Reed Distributing Co., 146 Godwin St., Paterson, N. J., brings the booklet. One dollar brings you a box of Eagle Pile Remedy. If your druggist cannot supply you, send his name.—Adv.

The Cupboard Was Bare.  
"Who was old Mother Hubbard?"  
"The discoverer of the first meatless day."

## Trust Me! Try Dodson's Liver Tone! Calomel Harms Liver and Bowels

Read my guarantee! Liven your liver and bowels and get straightened up without taking sickening calomel. Don't lose a day's work!

There's no reason why a person should take sickening, salivating calomel when a few cents buys a large bottle of Dodson's Liver Tone—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 can not salivate.

Children and grown folks can take Dodson's Liver Tone, 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 Tone 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 Tone acts better than horrible calomel your money is waiting for you.—Adv.

## Swift & Company Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales \$875,000,000.  
Profits \$34,650,000.

This is equivalent to a \$3,465. profit on a business of \$87,500.



If Swift & Company had made no profit at all, the cattle raiser would have received only one-eighth of a cent per pound more for his cattle, or the consumer would have saved only one-quarter of a cent per pound on dressed beef.

Swift & Company, U. S. A.

**Got Even.**  
"He called you an insignificant little noodle, didn't he?"  
"Ya-as, but I got even with him, bah Jove! I wrote him a letter, signed it 'younhs, respectfully,' and then scowled out the 'respectfully,' bah jove!"

**Soft, Clear Skins.**  
Night and morning bathe the face with Cuticura Soap and hot water. If there are pimples first smear them with Cuticura Ointment. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

**A Different Matter.**  
Oke—"You're paying too much rent, old man." Owens—"You mean the rent is too high."—Boston Transcript.

**Green as Grass.**  
"I heard you had a cow for sale," began the lady who had just moved out from the city, "and as I'm thinking of buying one, I—"  
"Wall," interrupted the farmer, "that's that Jersey. That's one good p'int in her that—"  
"Oh, gracious! That would never do; I'd need a quart at least," exclaimed the lady.—Boston Evening Transcript.

One bottle of Dr. Peery's "Dead Shot" will save you money, time, anxiety and health. One dose sufficient, without Castor Oil in addition. Adv.

The prodigal son gets the fatted veal, but the prodigal daughter is lucky if she gets a plate of cold hash.

Some people's idea of sympathy is to make the gloom thicker.

**No Cause for Alarm.**  
"Were you frightened, my darling?" asked a doting mother of her little one, who had been lost and was found after several hours of diligent search.  
"Why, no, mamma," replied the child, wonderingly, "I wasn't lost; it was my home that was lost."

**Important to Mothers**  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Chas. H. Fletcher*. In Use for Over 30 Years. Children Cry for Fletcher's Castoria

**Lifelong Job.**  
"What's the biggest problem you have faced since the days of your youth?"  
"Living them down."

## How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

1 cup flour  
1 1/2 cups corn meal  
1 teaspoon salt  
5 teaspoons Royal Baking Powder  
2 tablespoons sugar

1 cup cooked oatmeal or rolled oats  
2 tablespoons shortening  
1 1/2 cups milk  
No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

## ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William St., New York

FOOD WILL WIN THE WAR