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Chas. H. Swift

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CASTORIA

THE CENTAUR COMPANY, NEW YORK OFF.

IMPROVED UNIFORM INTERNATIONAL
SUNDAY SCHOOL LESSON
(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)
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LESSON FOR MARCH 31
JESUS OUR EXAMPLE IN SERVICE.

GOLDEN TEXT—Let this mind be in you, which was also in Christ Jesus.—Phil. 2:5.

PRIMARY TOPIC—Jesus our example in helping others.

MEMORY VERSE—Follow me.—Matt. 9:9.

EASTER LESSON.
LESSON TEXT—1 Cor. 15:50-55.

GOLDEN TEXT—Thanks be unto God who giveth us the victory through our Lord Jesus Christ.—1 Cor. 15:55.

(Read Phil. 2:1-11.)

A great many Sunday schools will probably omit the review lesson and devote the day to some special Easter exercises. This practice we cannot wholly condemn, but we would urge every school to devote some time to a consideration of the lesson text.

Review Sunday is dreaded by many superintendents, but it is a test of knowledge and skill in teaching, as well as the character of work done during the past three months.

Some condemn Bible-school teaching by comparing it disparagingly with that of the day school without taking into consideration the difference between paid and volunteer teachers, the limited time devoted to study, discipline and other features. It is manifestly unfair to judge the Sunday school by the same pedagogical standards as are applied to our public schools. The Sunday school deals with spiritual realities and not alone with moral issues. It is a wonderful testimony to the blessing of God that with such meager equipment, training and time at our disposal, the results of the Sunday school are so wonderfully effective in the Christian development of our country. With religious education legislated out of our public-school system, almost entirely neglected in our homes, and not one family in five or six connected with the Christian church, this suggests a conditionavoring of cultured paganism. This ought not to discourage the Sunday-school worker, but rather challenge him to greater concentration and more valiant endeavor.

If a review is desired, summarize the lessons by allowing twelve classes or twelve persons to each bring in a brief digest.

Lesson 1 gives us the testimony of John the Baptist concerning the one "mightier" than himself, "whose shoes he was not worthy to unloose." **Lesson 2** shows the impeccability of Jesus, in that he was "tempted in all points like as we are, yet without sin." **Lesson 3** reveals him as the holy one of God, with power over unclean spirits and other sicknesses. **Lesson 4** shows us Jesus as Savior who has power on earth to forgive sins. If he be not the Son of God the worship of Jesus is nothing less than paganism or idolatry. **Lesson 5** shows us Jesus as Lord of the Sabbath. **Lesson 6** as the Son of God, not only in his healing power but in his authority over unclean spirits with power to delegate that authority to others. **Lesson 7** shows Jesus as the great teacher who will bring forth abundant fruit and eternal life. **Lesson 8** shows the marvelous germinal power of the divine seed. **Lesson 9** shows Jesus as the Son of God, whom even the winds and the sea must obey. **Lesson 10** shows us Jesus as the Son of God with power over death. **Lesson 11** shows us Jesus as not only having authority over unclean spirits, but possessing power to impart that authority to others, while **Lesson 12** shows us his compassion upon the unsheltered multitude, and the exercise of his divine creative power in feeding them.

Of course such a review will be rapid and perhaps incomplete, but it will show that Jesus meets every situation and that his grace is sufficient for all the conditions of life. It will also show that his words communicate vitality to society but that their effectiveness depends upon the response which is accorded to them.

If a test is required of the pupils, a set of questions covering the work of the quarter should be prepared and given to them a week in advance, from which a half dozen might be selected for written review during the class hour. This is no theoretical plan. The writer knows of many Sunday schools where written reviews are being successfully conducted.

The Holy Land where Christ lived, suffered, died and rose again, has recently been captured from the control of the Ottoman empire, and current history indicates the probable early establishment of a Jewish state in this land of prophecy.

A Christian on his knees can get a clearer vision of heaven than a sinner can with a telescope.

The first law that God gave unto man was the law of pure obedience—for as much as to obey is the proper office of a rational soul.—Montaigne.

"It is only when tomorrow's burden is added to the burden of today that the weight is more than we can bear."

An inconsistent Christian is no evidence that the Bible is not true.

He who keeps close to God will not be close with God.

MRS. E. G. HILL USES EAGLE REMEDY SUCCESSFULLY

This Jersey City woman writes: "I have lived in distress and misery the past seven years with the piles. The bleeding was terrible and if anyone has reason to be thankful it is myself, to be cured of that terrible complaint. Three boxes of Eagle Pile Remedy have cured me and make me feel ten years younger."

This gratifying communication is only one of thousands that are proving the everyday successes of Eagle Pile Remedy. As a blood purifier and corrective of pile causes it is without equal. Spare yourself an operation and costly doctor bills. Send \$1.00 to the Reed Distributing Co., 146 Godwin St., Paterson, N. J., for a box at once. If your druggist cannot supply you, send his name to the makers at the above address.—Adv.

Knows Mother Now as Heroine.

The woman who plows is not a new woman, according to the Philadelphia Public Ledger.

"My mother had 13 children," said a prosperous shipbuilder. "She plowed—and she didn't have one of these 12 horse-power, three-plow, ten-acre-a-day tractors either. She had to cleave a straight furrow among the rocks and stumps behind the horses."

"She never pretended it was easy work, for it wasn't. But she was a heroine, and she did not complain. I know now, in the perspective of the years, the woman that she was."

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

The Lesser Evil.

"If you were compelled to engage in conversation with one or the other for an hour, which would you choose, a woman with a mission or one who thinks she is misunderstood?"

"The woman with a mission."

"Why?"

"She would do most of the talking. A woman who thinks she is misunderstood usually wants a little confidential advice."—Birmingham Age-Herald.

A New Way to Shave

Tender skins twice a day without irritation by using Cuticura Soap the "Cuticura Way." No slimy mug, germs, waste of time or money. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Royal Wit Not Slow.

Rich in sly humor was the reply of Henry IV of France, who one day reached Amiens after a prolonged journey. A local orator was deputed to harangue him, and commenced with a lengthy string of epithets:

"Very great sovereign, very good, very merciful, very magnanimous—"

"Add also," interrupted the wry monarch, "very tired."

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.

Yet It Bored.

First Editor—The preacher's sermon had no point to it.

Second Elder—And yet though it had no point it greatly bored me.

Allen's Foot-Ease for the Troops.

Many war zone hospitals have ordered Allen's Foot-Ease, the antiseptic powder, for use among the troops. Shaken into the shoes and sprinkled in the foot-bath, Allen's Foot-Ease gives rest and comfort, and makes walking a delight. Sold every where 50c. Try it today. Adv.

You often miss the best fishing when you move from one stream to another. Don't be a mover.

Calomel Loses You a Day's Work!
Take Dodson's Liver Tone Instead

Read my guarantee! If bilious, constipated or head-achy you need not take nasty, sickening, dangerous calomel to get straightened up.

Every druggist in town—your druggist and everybody's druggist has noticed a great falling off in the sale of calomel. They all give the same reason. Dodson's Liver Tone is taking its place.

"Calomel is dangerous and people know it, while Dodson's Liver Tone is perfectly safe and gives better results," said a prominent local druggist. Dodson's Liver Tone is personally guaranteed by every druggist who sells it. A large bottle doesn't cost very much, but if it falls to give easy relief in every case of liver sluggishness and constipation, you have only to ask for your money back.

Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults. Take a spoonful at night and wake up feeling fine; no biliousness, sick headache, acid stomach or constipated bowels. It doesn't gripe or cause inconvenience all the next day like violent calomel. Take a dose of calomel today and tomorrow you will feel weak, sick and nauseated. Don't lose a day's work! Take Dodson's Liver Tone instead and feel fine, full of vigor and ambition.—Adv.

You Need More Than A Laxative

To correct constipation, all organs of digestion and elimination should be helped. Try NR and see how much better you feel.

NR Today—Keeps the Doctor Away

To live and be healthy, your body mechanism must properly digest your food, extract all the nourishment from it and promptly throw off the waste that is left. This is accomplished by the processes of digestion, assimilation and elimination—the work of the stomach, liver, kidneys and bowels.

The failure of any of the vital organs to do its work properly affects the action of all the others. A forced bowel movement does not help constipation; it only relieves for a few hours the condition that constipation brings about.

Now if you are used to taking so-called laxative pills, all purges and the like, you know mighty well you've got to be taking them all the time. Moreover, if you stick to any one laxative, you've got to be increasing the dose all the time. That can do you a lot of harm.

Stop dosing yourself with such things just long enough to give Nature's Remedy (NR Tablets) a trial, and let the results show the difference. NR Tablets are not mere bowel movers, their purpose is to correct the condition that induces constipation and give you real, genuine, lasting benefit; to improve your digestion and assimilation, give you a good hearty appetite, regulate your liver and bowels, tone up kidney action and give your poison-clogged body a good cleaning out.

Nature's Remedy (NR Tablets) is soft harsh; it is mild, easy, pleasant in action; no gripping or pain ever follows its use; but it is thorough and sure. By its action on the digestive organs it promotes assimilation, which means extraction of full nourishment from your food, and thereby gives you new strength, energy, better blood, better appetite. By toning, not stirring your lazy liver, NR sends bile into the intestines, improving intestinal digestion. Lastly, by gently encouraging more vigorous bowel and kidney action, NR gives poisonous impurities out of and cleans up your body.

Try Nature's Remedy (NR Tablets) and just see how much better you feel in every way. Get a 25c box today and take one each night for a week. You'll say you never felt better in your life. NR is sold, guaranteed and recommended by your druggist.

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

NR-TABLETS-NR

WINTERSMITH'S CHILL TONIC

SOLD FOR 50 YEARS For MALARIA, CHILLS and FEVER

Also a Fine General Strengthening Tonic SOLD BY ALL DRUG STORES.

Suspicious Sound.

The Girl—My father says there is a movement on foot—

The Youth (with visible alarm)—I think I had better go.

A Valuable Iron Tonic for the Blood

GRON'S FASTER'S CHILL TONIC Purifies and Strengthens the Blood. It arouses the liver, drives out malaria and builds up the whole system. A General Strengthening Tonic for Adults and Children, 50c.

A Sure One.

"Can you furnish me with any knock-down argument about your capacity to do the family sewing?"

"Could I? Just watch me fell this seam!"

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Ad.

A Minor Role.

"Were you ever patroness at a society affair?" "No; I'm always one of the patronized."

It's faith in something and enthusiasm for something that makes life worth looking at.—Holmes.

Do not be a dejected and drift aimlessly on the Ocean of Life.

FROST PROOF CABBAGE PLANTS

Early Jersey and Charleston Wakefield, Succession and Flat Dutch. By express, 50¢, \$1.25; 1,000, \$2.00; 5,000 at \$1.75; 10,000 up at \$1.50. F. O. B. HERRICK. Delivered parcel post 100, 250; 1,000 \$2.50. Satisfaction guaranteed.

D. F. JAMISON, SUMMERVILLE, S. C.

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We are the largest handlers of Eggs and Poultry in the South.

WHAT HAVE YOU TO SHIP?

The highest market price guaranteed with quiet returns. Give us a trial. Reference, 1st National Bank, Richmond, Va.

WOODSON-CRAIG CO.
Commission Merchants, RICHMOND, VA.

Tractor Vs. Mule.

Ten mules can haul about two tons of material and their work is limited to ten hours, but the tractor hauls 25 tons and covers a distance of 20 miles at the same time.

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York. Adv.

Consoling Him.

Clerk—"I cannot live on my salary, sir." Boss—"Then I'll try to be patient and wait. Instead of firing you."

To The American People

There is no foundation for the alleged violations of law attributed to our Company by agents of the Federal Trade Commission and I want to say emphatically that Swift & Company is not a party to any conspiracy to defraud the Government. Nor has Swift & Company been guilty of improperly storing foods or of making false entries or reports.

Conferences of packers, where prices have been discussed, have been held at the urgent request and in the presence of representatives of either the Food Administration or the Council of National Defense. And yet the packers have been accused of committing a felony by acting in collusion on Government bids!

We have done our best, with other packers, large and small, to comply with the directions of the United States Food Administration in all particulars, including the furnishing of food supplies for the U. S. Army and Navy and the Allies, now being handled through the Food Administration.

We will continue to do our utmost, under Government direction, to increase our production and assist the Food Administration. We consider that the opportunity to co-operate whole-heartedly and to our fullest powers with this branch of the Government is our plain and most pressing duty.

The Trade Commission Attorney has, by false inference and misplaced emphasis, given to disconnected portions of the correspondence taken from our private files and read into the Record, a false and sinister meaning with the plain purpose of creating antagonistic public opinion.

The services of the packers of the United States are most urgently needed, and I regret exceedingly that we should at this time have to spend our efforts in defending ourselves against unfounded, unproved, and unfair assertions such as are being daily made public.

L. J. Swift, President

Swift & Company, U. S. A.



22 Million Families in the United States

4 CUPS OF WHEAT FLOUR TO THE POUND

If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week.

The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread.

Corn Meal Biscuits

3/4 cup scalded milk
1 cup corn meal
2 tablespoons shortening

1/2 teaspoon salt
1 cup white flour
4 teaspoons Royal Baking Powder

Save 1/4 cup of the measured flour for bread. Four milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes.

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 Street, New York

FOOD WILL WIN THE WAR