

MOTHERS, DO THIS

When the Children Cough, Rub Musterole on Throats and Chests

No telling how soon the symptoms may develop into croup, or worse. And then when you're glad you have a jar of Musterole at hand to give prompt relief. It does not blister.

As first aid, Musterole is excellent. Thousands of mothers know it. You should keep a jar ready for instant use.

It is the remedy for adults, too. Relieves sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lambrago, pains and aches of back or joints, sprains, sore muscles, chilblains, frost-bitten feet and colds of the chest (it may prevent pneumonia), 35c and 65c jars and tubes.

Better than a mustard plaster



OLD FOLKS NEED NOT BE FEEBLE

If you are "getting along in years" you don't need to sit in a chimney corner and dream of the days when you were full of life and vitality.

Keep your blood rich and pure and your system built up with Gude's Pepto-Mangan, and you will feel stronger, younger and livelier than you have for years. Get it today and watch the result.

Your druggist has Gude's—liquid or tablets, as you prefer.

Gude's Pepto-Mangan Tonic and Blood Enricher

GREW STRONGER AND STRONGER

After 7 Years of Suffering She Got Well by Taking Cardui Which She Found "The Right Medicine."

New Orleans, La.—"I am in the best of health," writes Mrs. Lucien Jacobs, of 2223 Marais Street, this city. But some time ago, Mrs. Jacobs found herself in a condition which she described as follows:

"When my baby was about five weeks old, I caught cold, and was a very sick woman from that time. I was unable to do my work. I did not know what it was to feel well a day. I spent money. I tried everything, and to think I suffered and suffered for seven long years, just the shadow of a woman hanging on, not fit to do anything, just a bunch of nerves, aches and pains!

"I had awful hurtings in my back and sides. I could not rest at night. I would hear of something, take it, and feel better for a little while—then back to my old aches, someone else doing my work.

"Someone told me of Cardui, and as I had tried so many things that had failed, I tried it with little faith. I soon found it was helping me, first my nerves, then I began to gain strength. I knew then I had found the right medicine. I took it faithfully, and I grew well and strong—the nice part of it, I stayed that way and grew stronger and stronger."

Take CARDUI The Woman's Tonic

DON'T DESPAIR

If you are troubled with pains or aches; feel tired; have headache, indigestion, insomnia; painful passage of urine, you will find relief by regularly taking

LATHROP'S GOLD MEDAL HAARLEM OIL

The world's standard remedy for kidney, liver, bladder and uric acid troubles and National Remedy of Holland since 1896. Three sizes, all druggists. Guaranteed. Look for the name Gold Medal on every box and accept no imitation.

Berlin Line Overcrowded.

The suburban steam railroad system of Berlin now carries about 2,000,000 persons daily. In spite of a two-minute headway, during rush hours, the congestion is very heavy, and growing worse. Electrification is recommended as a part solution, and may be undertaken. In 1918 the system carried 281,000,000 passengers; in 1922 the number was more than 700,000,000.

CASTORIA For Infants and Children In Use For Over 30 Years

STATE MILLS WILL EXPAND

Textile Men Estimate That 800,000 Spindles Will Be Added in Near Future.

Charlotte.—More new cotton spindles are in sight for North Carolina for installation this year, or as quickly as projected textile plants can be built, than were in sight for the entire South on January 1. Textile leaders and machinery men in Charlotte estimate that more than 800,000 new spindles will be installed by mills under construction or projected in this State, as compared with the estimate of 807,720 estimated for the entire South in the annual statistical number of the Southern Textile Bulletin in January.

The estimate for North Carolina at that time was 583,760 spindles. The estimate for South Carolina was 57,000. Today approximately 150,000 is the estimate credited to South Carolina, and in addition to this equipment a large expansion in weaving mills and bleaching and finishing plants. Alabama, Tennessee, Georgia, Virginia, and Texas are credited together with approximately 225,000 spindles, making an aggregate of close to 1,200,000 new spindles in sight for the entire South.

Increase Acreage in Irish Potatoes.

Mount Olive.—There has been something near a twenty-five per cent increase in the local Irish potato acreage during the past week or two. At the beginning of the season, due to the reported large stock of old potatoes still in the country at large, comparatively low-priced seed potatoes and the large general acreage expected throughout the potato belt, local growers were at first inclined to cut their usual acreage quite a bit. Due, however, to reported damages to the crop further South, by cold weather, and the interference by rains with planting in the Eastern Shore belt, the prospects have been considered very much better for potato growers in this section, and they have decided, at the last moment, so to speak to go in a little heavier on the potato deal.

Thousands Turned From Resorts.

Southern Pines.—That 15,000 people were turned away from Pinehurst and an equal number from Southern Pines during the past season is an indication of the growing popularity of these North Carolina winter resorts. The figures with Pinehurst are official, the statement having been made by Leonard Tufts, president of the Pinehurst Company at a recent meeting of the Kiwanis Club. With Southern Pines, the figures are estimated but the steady stream of inquiries from New England and Northern points during the year found local hotel and inn keepers hard pressed for space the entire year.

The popularity of North Carolina resorts lies in the fact, according to officials of the railroads touchin on these resorts, that they are Southern and that they are only a few hours from the principal business centers of the nation. The Sandhills are sixteen hours from New York City. At both Pinehurst and Southern Pines.

Davidson Students Vote Out Hazing.

Davidson College.—By an overwhelming majority the Davidson College student body voted out of the Presbyterian institution of hazing, both organized and unorganized. The board of control to regulate freshmen which was put on trial and has been in vogue for the past three months was adopted and all differences arising between freshmen and upper classmen in the future will be dealt with by the board.

The vote of the upper classes stood 215 to abolish hazing and 53 against while the freshmen vote was 146 against and 6 for hazing. This will make any form of hazing at Davidson a violation of the student body constitution, and punishable by the same penalties as cheating, drinking and gambling.

Union Farmers May Turn to Tobacco.

Marshville.—Some agitation for tobacco growing as a means of combating the ravages of the boll weevil in Union county is being made. Many farmers and business men believe that tobacco may be profitably grown in this county, recalling a time when it was grown to some extent in Lanes Creek township.

Twenty-five or thirty years ago the late Captain T. E. Ashcraft, of Lanes Creek, built a large tobacco barn and grew the weed for a few years, but abandoned the pursuit because of the fact that cotton proved more easily grown and gathered.

Many now believe that if the boll weevil should invade the county to the extent that cotton growing becomes unprofitable, the tobacco industry will take on new life.

Conference of Orphanage Workers.

Thomasville.—The tri-state conference of orphanage workers will meet at the Baptist orphanage here on Tuesday night April 24, and continue in session until the 26th, embracing representatives from Georgia, South Carolina and North Carolina. These gatherings are annual and mean much for the workers. The program for the conference has been published in some of the papers and shows a broad sweep of subjects covering various phases of orphan work, including welfare work.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.

LESSON FOR APRIL 22

MOSES, LIBERATOR AND LAW-GIVER

LESSON TEXT—Exodus 14:10, 12-22. GOLDEN TEXT—Fear ye not. Stand still and see the salvation of the Lord.—Exodus 14:12.

REFERENCE MATERIAL—Deuteronomy 8:2-28; Psalm 115:23-45; Matthew 17:3; Acts 7:17-44; Hebrews 11:23-29.

PRIMARY TOPIC—Moses the Boy Whom God Saved.

JUNIOR TOPIC—Moses Leads Israel Through the Red Sea.

INTERMEDIATE AND SENIOR TOPIC—Moses the Great Leader.

YOUNG PEOPLE AND ADULT TOPIC—The Character of Moses.

I. The Birth, Preservation and Education of Moses. (Exodus 8:1-8).

1. His Birth (vv. 1-2). His parents were of the tribe of Levi.

2. His Preservation (vv. 3-8). The faith of his parents caused them to ignore the command of the king and they hid him for three months (Hebrews 11:23). His mother discerned, in him a proper child, or a child fair to God (Acts 7:20), and believed him to be the deliverer of his people. Perhaps led by the story of Noah's ark, she made him an ark of bulrushes and placed Moses in it and left it at the place where Pharaoh's daughter would be attracted when she came down to bathe. Miriam, his sister, was placed where she could watch the affair, and at the opportune moment she came with a suggestion of a nurse for the baby; securing her consent, Miriam brought the child's mother.

3. His Education (vv. 9-10). He was educated first at his mother's knee, the place where his character was formed. He was also educated at the Egyptian court, where he became acquainted with the wisdom of Egypt (Acts 7:22).

II. The Call of Moses (Exodus 3).

1. The Lord Speaks From the Bush (vv. 1-6). In the desert the Lord appeared in the vision of the burning bush. When Moses stepped aside to behold this strange thing God taught him the lesson of proper approach unto himself.

2. The Lord Commissions Moses (vv. 7-10). God assured him of his active interest in his people, having seen their affliction, heard their cry, and known their sorrows, and that he had come down to deliver them from the hand of the Egyptian through Moses as His agent.

III. Moses' Contest With Pharaoh (Exodus 5-12).

The ten plagues reveal the contest carried on between Moses and Pharaoh before the people were set free. The tenth stroke from the strong hand of the Almighty made Pharaoh willing to let Israel go.

IV. Israel Crossing the Red Sea (Exodus 14:10, 13-22).

1. Israel's Straitened Circumstances (v. 10). At the Lord's direction they changed from their first course and were apparently in great difficulty. The Red sea was before them; the mountains on either side. Pharaoh with his chariots of war was closing in upon them. In their distress they cried to the Lord.

2. Israel's Miraculous Escape (vv. 13-22). (1) Moses' words to the people (vv. 13-14). (a) "Fear not." Since God was leading them by day and by night with the pillar of cloud and fire they had no need of fear, even if they were in straitened circumstances. (b) "Stand still." Standing still in such a trial is faith taking hold of God's promise. (c) "See the salvation of the Lord." "The Lord shall fight for you."

(2) God's words to Moses (vv. 15-18). (a) "Go forward." No use to pray longer when God says "Move forward." (b) "Lift up thy rod." This served as something tangible upon which their faith could rest. They were to go through the sea on dry ground. But the symbol of God's presence now passed to the rear to hold the enemy at bay. (3) The divided sea (vv. 21-22). As they went forward the very thing which they feared became a wall of protection on either side.

5. Overthrow of the Egyptians (vv. 22-27).

Having seen the Israelites go across dry shod the Egyptians immediately pursued them, insensely thinking that they could follow in the wake of God's children. That which was a protection to God's children became an instrument of destruction to the Egyptians.

4. Israel's Song of Triumph (15:1-21). They attributed their deliverance and the overwhelming defeat of their enemies to God. They could well sing their song of triumph, for they were on the other shore.

V. The Law Given (Exodus 20:1-17). God gave through Moses to the world a complete code of laws setting forth duties to God and man.

Production of Excellence.

Nothing is such an obstacle to the production of excellence as the power of producing what is good with ease and rapidity.—Alkin.

Truth.

If any one will tell me how truth may be spoken without offending some I will spare no labor to learn the art of it.—Bp. Horne.

More Painful.

Mortifications are often more painful than real calamities.—Goldsmith.

PRaises PE-RU-NA FOR CATARRH OF THE HEAD AND NOSE

"I began using PE-RU-NA Tablets three years ago for catarrh of the head and nose. Was unable to do anything. I saw a decided improvement after one box and after

NO RETURN OF THE DISEASE IN TWO YEARS

using five boxes believe I am cured as there has been no return of the disease in two years." Fifty years of usefulness is the best guarantee of Pe-ru-na merit.

Sold Everywhere

Tablets or Liquid

PLACE GUARD OVER TONGUE

"For Evil is Wrought by Want of Thought as Well as Want of Heart."

Whether we give occasion or not, there are those who in certain moods will speak spitefully of anybody, and there are some who go about speaking evil of everybody.

Yet these very people, even those whose lips rarely open but to utter something malicious, may have goodness in their hearts which would prevent them from malicious action. If we judge them by their deeds we may find them no worse than their neighbors—perhaps better; if we judge them by their words we have to condemn them severely.

But in reality the least part of the matter is that which concerns ourselves; the serious part is that which concerns the character of the back-biter. The whole character is vitiated and perverted by this unhappy habit; it proceeds from an entire lack of self-restraint, and can only grow from bad to worse, till the person is a slave of the tongue instead of being its master.

Society would be unbearable if everybody spoke according to mood, impulse or physical condition.—Arthur L. Salmon, in the Chicago Daily News.

Cuticura Soothes Itching Scalp.

On retiring gently rub spots of dandruff and itching with Cuticura Ointment. Next morning shampoo with Cuticura Soap and hot water. Make them your everyday toilet preparations and have a clear skin and soft, white hands.—Advertisement.

STUDY SECRETS OF NATURE

Writer Suggests Effective Method of Making Work for Hands That Are Idle.

Dispensing clouds by magnetized sand is only half the trick. How to make 'em is the other half. Probably making clouds is the more difficult half, although it is only evaporation on a large scale. It is a problem in heat and moisture. All these matters are something on which to busy the infinite human mind. And yet millions of us think our most satisfying endeavor is to "kill time."

Couldn't we kill time quite as effectively by studying some of the secrets of nature? Here are men who have been doing intellectual stunts in prying into those secrets.

For want of "nothin' else to do," why can't we all dabble a little in the same pastime? Give us a laboratory and let us go to work with due safeguards against blowing ourselves up. May not thousands more of us play at chemistry, physics, mechanics and so on?—St. Louis Globe-Democrat.

Near Enough.

California contributor reports having overheard this conversation: Customer—Give me 25 cents worth of New England codfish. Clerk—We have none from New England, but we have some from Massachusetts. Customer—That's near enough. Gimme that.—Boston Transcript.

Really Happened.

Green hands are generally taken on at the department stores during the holiday rush and doubtless it was one of those who made the following break: Customer—I'm looking for a copy of "Beyond the Desert" (by Alfred Noyes). Flustered-Looking Clerk—I don't think we have it. (Turns to regular clerk)—Have we "The Bee on the Desert"?—Boston Transcript.

Sensible Chap.

There was a man who never wrote an acceptance to an invitation without adding "W. P. His friends asked him what the letters meant—if they stood for "weather permitting." "No," was his reply; they stand for "wife permitting."—Boston Evening Transcript.

Keeps Off Rust.

A few drops of linseed oil applied with a cloth to the outside of the gas stove or the inside of the oven will keep the stove from rusting and will make it easier to care for.

Here's the Food-Iron Nature intended you to have



KIND and skilful Mother Nature planted under the outer coat of the kernels of her best food-grains a store of iron for human use. Many present-day foods are robbed of this and other vital qualities in the extra "refinement" of preparation.

Grape-Nuts, that famous wheat-and-malted-barley food, supplies iron, phosphates and vitamin from the natural grain; and in its splendid, well-rounded nutriment and easy digestion it is a wonderful builder of health and energy.

There's a delightful charm of crispness and flavor to Grape-Nuts—a welcome serving at any meal. Ready to serve, with cream or milk.

Order from your grocer today. There are many servings, providing exceptional nourishment, in a package of this truly economical food.

Grape-Nuts THE BODY BUILDER

"There's a Reason"

Made by Postum Cereal Co., Inc. Battle Creek, Mich.

Enslavement of Negroes.

The enslavement of the African race for commercial purposes had its beginning in southern Europe about half a century before the discovery of America by Columbus. It was carried to Central and South America by the Spaniards, and it existed there a hundred years before being transplanted to the English colonies of North America. From a small beginning made in Virginia the institution grew and spread, to other colonies as they were founded, and at the opening of the Revolution there were about 600,000 slaves in the colonies.

A woman's face may be her fortune, or the making of some druggist's fortune.

WOMEN OF MIDDLE AGE

Much Interest Being Shown in the Large Number of Women Safely Carried Through the Change of Life by Lydia E. Pinkham's Vegetable Compound

The Following Letters Are Impressive

A Michigan Woman Helped

Ionia, Michigan.—"I was passing through the Change of Life and had been under the doctor's care without any relief. A friend in Lansing, Mich., asked me to try Lydia E. Pinkham's Vegetable Compound and I feel fifty per cent better already. If any one in this condition doubts the ability of Lydia E. Pinkham's Vegetable Compound to help them I will gladly answer their letters."—Mrs. MAX W. HAHN, 537 N. Jefferson Street, Ionia, Mich.

A New York Woman Helped

Syracuse, N. Y.—"I was used up with nervousness, weakness and hot flashes so I could hardly keep around, and could not get out much on account of those awful prickly feelings. I read about Lydia E. Pinkham's Vegetable Compound helping another woman with symptoms like mine. My husband got some for me, and after taking it five months I can get around and even do my housework, washing and ironing included, and my friends can see what a change it has made in me."—Mrs. SIDNEY HUMPHREY, 636 1/2 Burnet Avenue, Syracuse, N. Y.

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts. This book contains valuable information.

GREAT ARTISTS IN DISCORD

Famous Italian Painters Evidently Were Not Easy Persons to Get Along With.

In the golden ages of art in Italy, Michelangelo, Leonardo and Raphael pitched side by side in Florence for a short time. There was continual discord between Leonardo and Michelangelo, causing the latter to leave Florence. Not to be outdone in courtesy or discourtesy, Leonardo departed for France. Although we should like to think of the masters living in harmony, it would seem that considerable friction existed among them.

Michelangelo, say his commentators, had a particularly caustic tongue. He could not brook criticism. Francia, the painter and goldsmith, who went to see a bronze statue of Pope Julius II, ordered by that pontiff and which the master had just finished, was thought to have censured it. After calling him a dunce before the people standing near, Michelangelo remarked to a son of Francia, noted for his beauty: "The living figures made by the father are handsomer than those he paints."

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A few drops of linseed oil applied with a cloth to the outside of the gas stove or the inside of the oven will keep the stove from rusting and will make it easier to care for.