It is very hard to make a woman think that if she gets the odds in whist there is any need of getting to show that she is a good player.

It is more useful not to know things and make people think you do than to know them and not to have anybody believe it.

A woman is afaird a man is trying to flirt with her when she slips down and he helps her up.

Abraham Lincoln was nine years old when his mother died.

Bacon valued at $30,000,000 was imported by Great Britain in 1904.

The poet Tennyson died with a volume of Shakespeare in his hand.

There are no newsboys in Spain. Women sell newspapers on the street.

Nearly 5000 miles of railroad were built here during 1905.

So. 10-'06.

THE SUNDAY SCHOOL

INTERNATIONAL LESSON COMMENTS FOR MARCH 11.

Subject: The Tongue and the Temper, Matt. v., 33-48—Golden Text, Psa. cxii., 3—Memory Verses, 44, 45—Topic: A Study of the New Life.

I. Christ's teaching on oaths (vs. 33-37). The Saviour has been showing and now continues to show "the relations in which His gospel stands to the previous dispensation, as being the fulfilment and confirmation of true Judaism and the reformation of degenerate Judaism." 33. "Hath been said." By the Jews when they received the law and in their interpretations of it. "Forswear." To swear falsely; to perjure. "But shalt perform." We know from Matt. 23:16-22 that the scribes and Pharisees declared oaths to be binding or not binding, according to the supposed sanctity of the object sworn by. "Unto the Lord." The teaching was that only such oaths as were made "unto the Lord" or in the name of the Lord were sacred and needed to be kept. "Oaths." An oath is a solemn affirmation or declaration. 34. "But I say." The emphasis here is on the "I." "Swear not at all." Profane and common swearing, with all light, irreverent oaths, such as are not required by the civil magistrate, are intended in our Lord's prohibition. "Neither by heaven." None of the oaths which our Lord adduces as specimens are judicial oaths. "God's throne." "Swearing by heaven either has no meaning or derives its meaning from the fact that heaven is the residence, the court, the throne of God."

35. "The earth," etc. See Isa. 66:1; Psa. 48:2.

36. "By thy head." A common form of oath in the ancient world. 37. "Yea—nay." Let your statements be in accordance with facts; let your language be simple, and let your answers be Yes or No. "Cometh of evil." All swearing, genteel or otherwise, "comes of evil."

II. On the law of retaliation (vs. 38-42).

38. "Eye for an eye." As a legal remedy the law of retaliation was probably the best possible in a rude state of society. 39. "But I say." Christ introduces a different method of dealing with an assailant. "Resist not evil." "Resist not him that is evil." "Turn—the other." It is the preparedness after one indignity, not to invite, but to submit meekly to another, without retaliation, which this strong language is meant to convey.

40. "Coat—cloak." The coat was the inner garment, the cloak was the outer and more costly one.

41. "Compel thee," etc. Officers and couriers in the service of the Roman Government traveling through the provinces had authority to impress any man or his beast into service for the purpose of carrying them and their baggage on their journey. 42. "Give—turn not thou away." This cannot mean that an industrious man is to give at the call of every idler, but it does mean that we are to be large-hearted, generous, ready to help others and grant favors. We are here exhorted to patience and forgiveness, 1. When we receive in our persons all sorts of insults and affronts (v. 39). 2. When we are despoiled of our goods (v. 40). 3. When our bodies are forced to undergo all kinds of toils, vexations and torments (v. 41). He that avenges himself must lose the mind of Christ and thus suffer an injury far greater than he can ever receive from man.

III. On loving enemies (vs. 43-48). 43. "Love thy neighbor." The rabbis interpreted the command, "Thou shalt love thy neighbor as thyself," in Lev. 19:18, as referring to Jews only. They therefore believed it to be right to hate the rest of mankind. 44. "But I say." Jesus opposed this narrow, wicked view of the case and "extended our neighborhood over all mankind." See Luke 10:25-37. "Love your enemies." (Rom. 5:5). It has been said that this one precept is a sufficient proof of the holiness of the gospel on those who call down upon you God's curses. "The best commentary on these matchless counsels is the bright example of the One who gave them. See 1 Pet. 2:21-24; Rom. 12:20, 21; 1 Cor. 4:12; 1 Pet. 3:9."

45. "May be the children," etc. To act as Christ commands here would be to act like God, who blesses those who curse Him and are His enemies by the gifts of sun and rain. This is divine. "Sun to rise," etc. He imparts to all alike, but all do not receive alike.

46. "What reward." If you have only loved those who love you, you have only come up to the standard of common sinners. "Publicans." Tax-gatherers employed by the Romans and hated by the Jews.

47. "Brethren only." The prominence of salutation in the social life of the East gives a special vividness to this precept. To utter the formal, "Peace be with you," to follow that up with manifold compliments and wishes was to recognize those whom men saluted as friends and brothers. But this the very heathen did ("heathen," rather than "publicans," being the true reading); and were the followers of Christ to be content with merely copying heathen customs? Christians must do to their enemies what the heathen did to their friends. "What do ye more than others." 1. Disciples have to do more than others. (1) They maintain the Christian life; (2) they extend the cause of Christ. 2. They are able to do more than others. (1) They are in alliance with God; (2) they have more moral power. 3. More is expected of them than of others. (1) By their Saviour; (2) by the world; (3) by their own consciences. 48. "Be—perfect." Complete; perfect in love. Take God as the model instead of publicans.

The bitterness of our way may be the best part of His wisdom.

A CARPET CLEANING HINT.

Tea leaves, when sprinkled upon a carpet for sweeping, are apt to stain it if trodden upon. To prevent this, let the leaves stand for a few hours in a pan of water, then squeeze them dry just before using. They will not injure the most delicate carpet if treated in this way. Damp bran makes an excellent alternative for the tea leaves for it cleans the carpet during the sweeping process, and prevents the dust from rising also.

Pure Food Legislation.

The frequent deaths reported as resulting from eating colored candies indicate that the confectionary shop is not so successful in its mixtures as the scientist who recently gave a "synthetic dinner.' The brighter the colors of candies the more attractive it is to children, and also, as a rule, the deadlier it is. Pure food legislation is yet a long way backward.

Eighteen persons were injured in a wreck on the Coal and Coke railway near Clay Courthouse, W. Va.

Sharps and Flats.

It takes a woman to figure out that it is a good deed, which the recording angel will remember, to forget to pay her fare in a crowded street car and put it in the collection plate next Sunday.

It is unpardonable impertinence to kiss a girl when her mother is looking.

There would be lot more fun in being a married man if it was aaginst the law.

Senator Lodge reported to the Senate the Santo Domingo treaty with a number of amendments.

Pointed Paragraphs.

Much that passes for love wouldn't stand the test of curl papers.

Folly and failure roost on the same perch.

Trying to avoid trouble will keep any man busy.

Special Agent Durand was on the stand most of the time in the packers' immunity case.

A shrewd man may be both wise and honest, but the odds are against his being either. So. 10-06

NEW FOOD LAW

People now demand the right to know exactly what they eat.

To be told by maker or retailer that the food is "pure" is not satisfactory.

Candy may contain "pure" white clay or "pure" dyes and yet be very harmful. Syrups may contain "pure" glucose and yet be quite digestible and even beneficial. Tomato catsup may contain a small amount of salicylic or boracic acid as a necessary preservative, which may agree with one and be harmful to another.

Wheat flour may contain a portion of corn flour and really be improved. Olive oil may be made of cotton seed oil. Butter may contain beef suet and yet be nutritious.

The person who buys and eats must protect himself and family, and he has a right to, and now demands, a law under which he can make intelligent selection of food.

Many pure food bills have been introduced and some passed by State legislatures; many have been offered to Congress, but all thus far seem objectionable.

It has seemed difficult for politicians to formulate a satisfactory bill that would protect the common people and yet avoid harm to honest makers and prevent endless trouble to retailers. No government commission or officer has the right to fix "food standards" to define what the people shall and shall not eat, for what agrees with one may not agree with another and such act would deprive the common citizen of his personal liberty. The Postum Cereal Co., Ltd., perhaps the largest makers of prepared foods in the world, have naturally a close knowledge of the needs of the people and the details of the business of the purveyors, (the retail grocer) and, guided by this experience have prepared a bill for submission to Congress which is intended to accomplish the desired ends, and inasmuch as a citizen of the U. S. has a right to food protection even when he enters another State it is deemed proper that the gov't take control of this matter and provide a national law to govern all the States. A copy of the bill is herewith reproduced.

Sec. 1 governs the maker whether the food is put up in small packages sealed, or in barrels, boxed or otherwise.

Sec. 2 governs the retailer, who may open a barrel and sell the food in small quantities. When he puts the goods into a paper bag he must also enclose a printed copy of the statement of the maker which was affixed to the original pkg. and inasmuch as the retailer cannot undertake to guarantee the statement of ingredients he must publish the statement of the makers and add his own name and address as a guarantee of his selling the food as it is represented to him which relieves the retailer of responsibility of the truth of the statement and throws it upon the maker, where it properly belongs.

The remaining sections explain themselves.

The Postum Cereal Co., Ltd., for example, have from the beginning of its existence printed on the outside of each and every pkg. of Postum and Grape-Nuts food a truthful and exact statement of what the contents were made of in order that the consumer might know precisely what he or she was eating. A person desiring to buy, for instance, strictly pure fruit jelly and willing to pay the price has a right to expect not only an equivalent for the cost but a further right to certainty as to what he eats. Or he may be willing to buy at less cost a jelly made part of fruit juices, sugar and a portion of glucose. But he must be supplied with truthful information of the ingredients and be permitted to use his personal liberty to select his own food accurately.

The people have allowed the slow murder of infants and adults, by tricky makers of food, drink and drugs to go on about long enough. Duty to oneself, family and nation demands that every man and woman join in an organized movement to clear our people from this blight. You may not be able to go personally to Washington to impress your Congressman, but you can, in a most effective way tell him by letter how you desire him to represent you.

Remember the Congressman is in Congress to represent the people from his district and if a goodly number of citizens express their views to him, he secures a very sure guide to duty. Remember also that the safety of the people is assured by insisting that the will of the people be carried out, and not the machinations of the few for selfish interests.

This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. Therefore, if your Representative in Congress evades his patriotic duty hold him to strict accountability and if necessary demand equitable and honest service. This is a very different condition than when a faction demands class legislation of the Congressman. Several years ago the butter interests of the country demanded legislation to kill the oleomargarine industry and by power of organization forced class legislation really unworthy of a free people. Work people wanted beef suet butter because it was cheap and better than much unclean milk butter, but the dairy interests organized and forced the legislation. The law should have provided that pkgs. of oleomargarine bear the statement of ingredients and then let people who desire, purchase it for just what it is, and not try to kill it by a heavy tax. Manufacturers sometimes try to force measures in their own interests but contrary to the interests of the people and the labor trust is always active to push through bills drafted in the interest of that trust but directly contrary to the interests of the people as a whole. Witness the anti-injunction bill by which labor unions seek to tie the hands of our courts and prevent the issue of any order to restrain the members of that trust from attacking men or destroying property. Such a bill is perhaps the most infamous insult to our courts and the common people ever laid before Congress and the Representatives in Congress must be held to a strict accountability for their acts relating thereto. But when bills come before Congress that are drawn in the interest of all the people they should receive the active personal support of the people and the representatives be instructed by the citizens. The Senators also should be written to and instructed. If, therefore, you will remember your privilege and duty you will at once—now—write to your Congressman and Senator on this pure food bill. Clip and enclose the copy herewith presented and ask them to make a business of following it through the committee considering it. Urge its being brought to a vote and requesting that they vote for it.

Some oppressively intelligent and carping critics may say this is simply an advertisement for Postum and Grape-Nuts. It is true that these articles are spoken of here in a public manner, but they are used as illustrations of a manufacturer seeking by example, printing on each pkg. a truthful, exact statement of ingredients, to shame other makers into doing the fair thing by the common people, and establishing an era of pure food, but that procedure has not yet forced those who adulterate and deceive to change their methods hence this effort, to arouse public sentiment and show a way out of the present condition of fraud, deceit and harm.

The undersigned is paying to the publishers of America about $20,000.00 to print this announcement in practically all of the great papers and magazines, in the conduct of what he chooses to term, "an educational campaign," esteemed to be of greater direct value to the people than the establishment of many libraries. That is held to be a worthy method of using money for the public good. Tell the people facts, show them a way to help themselves and rely upon them to act intelligently and effectively.

The reader will be freely forgiven if he entirely forgets the reference to Postum and Grape-Nuts, if he will but join the pure food movement and do things.

C. W. POST.

TEXT OF PURE FOOD BILL.

If it meets approval cut it out, sign name and address and send to your Representative in Congress. Buy two or more publications from which you cut this. Keep one for reference and send the other to one of the U. S. Senators from your State. Ask one or two friends to do the same and the chances for Pure Food will be good.

A BILL

TO REQUIRE MANUFACTURERS AND SHIPPERS OF FOODS FOR INTERSTATE SHIPMENT TO LABEL SAID FOODS AND PRINT THE INGREDIENTS CONTAINED IN SUCH FOODS ON EACH PACKAGE THEREOF.

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That every person, firm or corporation engaged in the manufacture, preparation or compounding of food for human consumption, shall print in plain view on each package thereof made by or for them shipped from any State or Territory, or the District of Columbia, a complete and accurate statement of all the ingredients thereof, defined by words in common use to describe said ingredients, together with the announcement that said statement is made by the authority of, and guaranteed to be accurate by, the makers of such food, and the name and complete address of the makers shall be affixed thereto; all printed in plain type of a size not less than that known as eight point, and in the English language.

Sec. 2, That the covering of each and every package of manufactured, prepared or compounded foods shipped from any State, Territory or the District of Columbia, when the food in said package shall have been taken from a covering supplied by or for the makers and re-covered by or for the sellers, shall bear upon its face or within its enclosure an accurate copy of the statement of ingredients and name of the makers which appeared upon the package or covering of said food as supplied by or for the makers thereof, printed in like manner as the statement of the makers was printed, and such statement shall also bear the name and address of the person, firm or corporation that re-covered such food.

Sec. 3, That it shall be unlawful for any person or persons to purposely, wilfully and maliciously remove, alter, obliterate or destroy such statement of ingredients appearing on packages of food, as provided in the preceding sections, and any person or persons who shall violate this section shall be guilty of a misdemeanor, and upon conviction shall be fined not less than one hundred dollars nor more than five hundred dollars, or imprisoned not less than one month nor more than six months, or both, in the discretion of the court.

Sec. 4, That the Bureau of Chemistry of the Department of Agriculture shall procure, or cause to be procured from retail dealers, and analyze, or cause to be analyzed or examined, chemically, microscopically, or otherwise, samples of all manufactured, prepared or compounded foods offered for sale in original, unbroken packages in the District of Columbia, in any Territory, or in any State other than that in which they shall have been respectively manufactured or otherwise produced, or from a foreign country, or intended for export to a foreign country. The Secretary of Agriculture shall make necessary rules and regulations for carrying out the provisions of this Act, and is hereby authorized to employ such chemists, inspectors, clerks, laborers, and other employes, as may be necessary to carry out the provisions of this Act and to make such publication of the results of the examinations and analysis as he may deem proper. And any manufacturer, producer or dealer who shall refuse to supply, upon application and tender and full payment of the selling price samples of such articles of food to any person duly authorized by the Secretary of Agriculture to receive the same, shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding one hundred dollars, or imprisoned not exceeding one hundred days, or both.

Section 5, That any person, firm or corporation who shall violate sections one and two of this Act shall be guilty of a misdemeanor, and upon conviction shall be fined not exceeding two hundred dollars for the first offense and for each subsequent offense not exceeding three hundred dollars or be imprisoned not exceeding one year, or both, in the discretion of the court.

Sec. 6, That any person, firm, or corporation, who shall wilfully, purposely or maliciously change or add to the ingredients of any food, make false charges, or incorrect analysis, with the purpose of subjecting the makers of such foods to fine or imprisonment under this Act, shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding one thousand dollars nor less than three hundred dollars, or imprisoned for not less than thirty days nor more than one year, or both.

Sec. 7, That it shall be the duty of every district attorney to whom the Secretary of Agriculture shall report any violation of this Act to cause proceedings to be commenced and prosecuted without delay for the fines and penalties in such case provided.

Sec. 8, That this Act shall not be construed to interfere with commerce wholly internal in any State, nor with the exercise of their police powers by the several States.

Sec. 9, That all acts or parts of acts inconsistent with this Act are hereby repealed.

Sec. 10, That this Act shall be in force and effect from and after the first day of October, nineteen hundred and six.

The undersigned respectfully requests the Representatives from his district and Senators from his State to support this measure.

Signed..... City..... State.....