

ELDERLY WOMEN SAFEGUARDED

Tell Others How They Were Carried Safely Through Change of Life.

Durand, Wis.—"I am the mother of fourteen children and I owe my life to Lydia E. Pinkham's Vegetable Compound. When I was 45 and had the change of life, a friend recommended it and it gave me such relief from my bad feelings that I took several bottles. I am now well and healthy and recommend your Compound to other ladies."

—Mrs. MARY RIDGWAY, Durand, Wis. A Massachusetts Woman Writes: Blackstone, Mass.—"My troubles were from my age, and I felt awfully sick for three years. I had hot flashes often and frequently suffered from pains. I took Lydia E. Pinkham's Vegetable Compound and now am well."

—Mrs. PIERRE COLENOYER, Box 229, Blackstone, Mass.

Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, spasms before the eyes, irregularities, constipation, variable appetite, weakness and dizziness, should be headed by middle-aged women. Lydia E. Pinkham's Vegetable Compound has carried many women safely through this crisis.

Take LUNG-VITA for CONSUMPTION

"I have been taking Lung-Vita for about six months and it has done me a world of good. I had been suffering with consumption, but now I feel like a new man."

BROCHIAL ASTHMA

"The young woman looked at her cheek and then blushed a rosy red. 'Oh, so I had,' she murmured, and wrote hurriedly."

Courteous Agreement

"He—You may have of your father's farming but what did he know about the stock? Now there wasn't anything that my father didn't know, especially about raising hogs."

BROWN THRASHER (Toxostoma rufum)



Length, about eleven inches. Brown, red above, heavily streaked with black below.

Range: Breeds from the Gulf states to southern Canada and west to Colorado, Wyoming and Montana; winters in the southern half of the eastern United States.

Habits and economic status: The brown thrasher is more retiring than either the mockingbird or catbird, but like them is a splendid singer. Not infrequently, indeed, its song is taken for that of its more famed cousin, the mockingbird. It is partial to thickets and gets much of its food from the ground. Its search for this is usually accompanied by much scratching and scattering of leaves; hence its common name. Its call note is a sharp sound like the smacking of lips, which is useful in identifying this long-tailed, thick-billed bird, which does not much relish close scrutiny. The brown thrasher is not so fond of fruit as the catbird and mocker, but devours a much larger percentage of animal food. Besides forming one-half of the animal food, grasshoppers and crickets one-fifth, caterpillars, including cutworms, somewhat less than one-fifth, and bees, spiders, and millipeds comprise most of the remainder. The brown thrasher feeds on such coleopterous pests as wireworms, May beetles, rice weevils, rose beetles, and firebugs. By its destruction of these and other insects, which constitute more than 60 per cent of its food, the thrasher much more than compensates for that portion about one-tenth of its diet derived from cultivated crops.

BOBWHITE (Colinus virginianus)



Length, ten inches. Known everywhere by the clear whistle that suggests its name.

Range: Resident in the United States east of the plains; introduced in many places in the West.

Habits and economic status: The bobwhite is loved by every dweller in the country and is better known to more hunters in the United States than any other game bird. It is not less appreciated on the table than in the field, and in many states has unquestionably been hunted too closely. Fortunately it seems to be practically impervious to the bird in captivity, and much is to be hoped for in this direction. Half the food of this quail consists of weed seeds almost a fourth of grain, and about a tenth of wild fruits. Although thus eating grain the bird gets most of it from stubble. Fifteen per cent of the bobwhite's food is composed of insects, including several of the most serious pests of agriculture. It feeds freely upon Colorado potato beetles and chinch bugs; it devours also cucumber beetles, wireworms, billbugs, clover-leaf weevils, cotton-wool weevils, army worms, bollworms, cutworms, and Rocky mountain locusts. Take it all in all, bobwhite is very useful to the farmer, and while it may not be necessary to remove it from the list of game birds every farmer should see that his own farm is not depleted by eager sportsmen.

Hint to Jelly Makers.

When using paraffin melt in an old tin or coffee pot and you will be interested to see how easy it is to pour the contents of the pot into jelly glasses or other receptacles after they have been filled and need to be sealed. No scattering drops will sprinkle the floor.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of the Sunday School Course of the Moody Bible Institute, Chicago.)

LESSON FOR SEPTEMBER 10 THE ARREST OF PAUL.

LESSON TEXT—Acts 21:4-9. GOLDEN TEXT—Thou shalt be a witness for him unto all men of what thou hast seen and heard.—Acts 22:34.

No study of the book of Acts is complete unless the teacher impresses upon his pupils the opportunities for living the Christian life in the normal environment of the home or school, at work or play. Deep interest attaches to every detail leading up to Paul's visit to Rome. Therefore let the teacher trace Paul's journey from Miletum to Jerusalem, which occupied about four weeks, and took place in the early part of the year A. D. 57.

I. The Arrival (vs. 17-20). The Spirit revealed to the disciples and to prophets that if Paul went to this city he would be in great danger, and the Spirit was not forbidding but only warning him for he knew Paul had a great work to do in Jerusalem, and that he only could do it. Everywhere Paul went he "searched for" (v. 7) disciples, with whom he tarried, and whom he enlightened in the way of truth. Arriving in Jerusalem, he appears to have made his home with Mnason, outside of the crowded city, thus being less exposed to danger and finding a place of rest. At a public reception (v. 18) Paul reports of his work, and no doubt he had his strongest emphasis on what God had wrought through him, among the churches of Asia. The leaders of the Jerusalem church received the gifts Paul brought from the Gentile churches, glorified God for what he had accomplished, but saw clearly that, to accomplish his statesmanlike purpose, something must be done to make clear that the false reports as to Paul's teaching were disproved (vs. 20-22). They therefore resorted to diplomacy (vs. 23-25). To the many thousands of Jews gathered on this festival occasion in the city, some of whom were zealous for the law, they declared first that Paul taught all the Jews which were among the Gentiles not to forsake Moses; second, that he had not taught them not to walk after the customs of fathers; and third, that he obeyed the Jewish ceremonial laws personally, as a matter of race, not as a condition of salvation.

II. The Arrest (vs. 27-30). Paul's attempt at conciliation resulted not in peace but in more discord. Every true servant of God is sure to be misrepresented, and it will not do always to attempt to set straight all the lies that are told about him. God will take care of the lies and of our reputations. Most of the charges that men, even Christians, bring against one another are based upon "suppositions" (v. 29). It was not a new experience for Paul to be mobbed. As the madmen of Jerusalem directed him out of the temple he must have recalled the treatment of Stephen in which he, himself, had had a hand (7:57, 78). How frequent it is that we, ourselves, are in the same treatment in the same way in which we have treated others (Gal. 6:7). It was the intention of the Jews to kill Paul at once without a trial (23:10). They found, however, that God's service (John 16:22). This lesson is a striking example of the utter folly and wickedness of mob law. Paul's time had not yet come, and all the mobs on earth could not kill him until God permitted it.

III. The Arrangement (vs. 37-40). Fidelity of the riot came to the chief captain, equivalent to our colonel (Acts 23:23). Paul was bound with two chains, one from each of his wrists to a soldier, secured, yet left free to walk with his guards, thus fulfilling the prophecy of Amos (v. 24). Mob violence have great respect for soldiers, for they are inwardly cowardly. No sooner was Paul on the stairs which led to the top of the fortress than the mob, afraid that they were about to be hulled of their vengeance, made a mad rush at him, with cries of "Kill him! Kill him!" and Paul, unable in his fettered condition to steady himself, was carried off his feet and hurried off in the same path his Master had trod (John 10:15) and he was unable to hear that cry. (v. 22:23). During all this tumult Paul had but one thought, how he might witness for his Master, and bring some of his blinded accessories to a saving knowledge of Christ. Thus it was that he asked for the privilege of speaking, and most courteously did he make his request. He spoke to the captain in the Greek tongue, not in Hebrew, and great was the surprise of the captain.

Hawaiian Fish Stew.

Four cups of milk, one cup of grated coconut, one tablespoonful of chopped onions, one tablespoonful of butter, one tablespoonful of curry and one teaspoonful of ginger.

The coconut is soaked in the milk for about one hour. In the meantime the onions are browned in butter and the curry and ginger are added; then the milk from the soaking coconut is drained and poured into the saucepan with the other ingredients; the fish is added and the whole is cooked until tender.

ROLE WAS FORCED ON DADDY

Really Had No Desire to Act as Father to the Girl, but He Had Been Forested.

The dowagers and clappers who whispored their surprise that so young and so pretty a girl should have devoted herself the whole evening to a man so much her senior. True he danced well enough and was known as a man of many millions. Still they had never thought Meta mercenary.

Half way through the evening the couple disappeared onto a balcony. The girl sat down and the man stood gazing down at her. Without the slightest warning he asked her to be his wife. He was a widower, as she knew.

"I wanted to please you," she said, "but did not expect this."

"It is the unexpected that happens," he said with a smile.

"I'm sorry," she said, "and I'm glad at the same time. I have been trying to make you like me."

"Why?" "I like you so much, as a father—" "Thanks," he interrupted; "I'm not despoiled yet."

"Of course not. But I came here solely to meet and be introduced to you. Why? Because last night I married your son."

Dr. Peery's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults or children. One dose is sufficient and no supplemental purge necessary.—Adv.

Charity. "Please, kind lady," said the waiter, "I ain't had a bite to eat in 24 hours."

"You are just the man I'm looking for," replied the lady of the house. "My husband gathered a mess of mish-mash this morning, and I want to make sure they are not too full. Just wait a moment and I'll bring you a dish of them."

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tasteless Chilli Tonic is equally valuable as a general tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 35 cents.

A Wreck. "Don't bother me. I need rest and quiet. I'm a nervous wreck."

"What's the matter, pay? Anything gone very wrong at the office today?" "I should say so. I had to call two people on the telephone today!"—Detroit Free Press.

FOR HAIR AND SKIN HEALTH Cuticura Soap and Cuticura Ointment Are Supreme. Trial Free.

These fragrant, super-creamy emollients keep the skin fresh and clear, the scalp free from dandruff, crusts and scales and the hands soft and white. They are splendid for nursery and toilet purposes and are most economical because most effective.

Free sample can by mail with Book. Address postpaid, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Sure-Thing Seekers. "Some people consult fortune tellers about investments."

"Yes," replied Mr. Dustin Stax. "But I can't see any sense to the system. A fortune teller who could give reliable advice would quit work and get rich playing her own information."

No Compliment. "I call the little girl I'm sweet on my Dotty Dinaples."

"Well, if she's sweet on you, she's the dotty part, all right."

W. L. DOUGLAS "THE SHOE THAT HOLDS ITS SHAPE"

\$3.00 \$3.50 \$4.00 \$4.50 & \$5.00 FOR MEN AND WOMEN Save Money by Wearing W. L. Douglas shoes. For sale by over 9000 shoe dealers. The Best Known Shoes in the World.

W. L. Douglas name and the retail price is stamped on the bottom of all shoes at the factory. The value is guaranteed and the wearer protected against high prices for inferior shoes. The retail price is the same everywhere. They cost no more in San Francisco than they do in New York. They are always worth the price paid for them.

The quality of W. L. Douglas product is guaranteed by more than 40 years experience in making fine shoes. The smart styles are the leaders in the Fashion Centres of America. They are made in a well-equipped factory at Brockton, Mass., by the highest paid, skilled shoemakers, under the direction and supervision of experienced men, all working with an honest determination to make the best shoes for the price that money can buy.

Ask your shoe dealer for W. L. Douglas shoes. If he cannot supply you with the kind you want, take no other make. Write for interesting booklet explaining how to get shoes of the highest standard of quality for the price, by return mail, postage free.

LOOK FOR W. L. Douglas name and the retail price stamped on the bottom.

Part of the Fun. "There are few people in this world who can resist the temptation to give unsolicited advice." "But, why, my friend, should one resist a temptation of that sort?" asked the ardent fan. "I don't understand you, sir."

"Nine out of ten people would never attend a baseball game if they couldn't give the players and the umpire unsolicited advice."

Appropriate Returns. "Did they realize anything from the ice carnival?" "Certainly; plenty of cold cash."



A million other women have found the same solution these six have

Almost every woman at some time has had a coffee problem. Over a million American women have settled theirs the same way! Read what these six say—

"I recommend Arbuckles' Coffee to my friends. I buy it all the time because it is better coffee."—Miss Bull, Mercer, Ky. "I use Arbuckles' because it is stronger than the coffee and Arbuckles' packages are full 16 oz."—Mrs. Vanachen, Caldwell, Kan.

"I have been using Arbuckles' for years, and have always found it the best I ever used."—Mrs. Johnathan Biggins, Coshocton, Ohio.

"I have used Arbuckles' for years and think there is no coffee to equal it."—Miss J. L. Walker, Shepherdstown, W. Va.

"I have been using Arbuckles' Coffee for years. I think it is the only coffee to drink."—Mrs. A. G. Walker, Lay, Colorado.

"We have used Arbuckles' Coffee for ten years and have not yet found its superior or equal."—Virgie Handaway, Bessemer, Ala.

Arbuckles' is the biggest selling, most popular coffee in the United States. Have you tasted it? Get it at your grocer's—either bean or already ground—and serve it in your home. Know why a million other women say that Arbuckles' is the finest coffee they ever tasted!

Make your coffee earn lovely gifts. Save the signature on every Arbuckle wrapper. Arbuckles' premiums are as famous as Arbuckles' Coffee. Write for special premium catalog. Arbuckle Bros., 71-B Water St., New York.

ARBUCKLES' COFFEE



Children Cry For

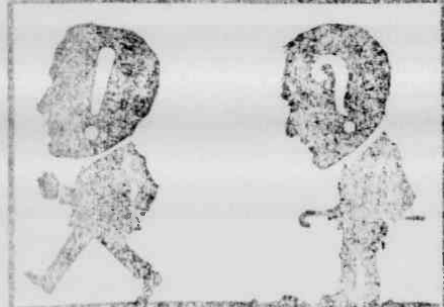


What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its use is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of J. C. Fletcher In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY.



Two Fellows

are trying to get ahead.

It's easy to see who'll win.

If you have any doubt about coffee holding some people back—in fact many—leave the hesitating class, stop coffee ten days, and use

POSTUM

This delicious pure food-drink, made of wheat, roasted with a bit of wholesome molasses, has a delightful, snappy flavor. It is free from the drugs in coffee and all harmful ingredients.

Postum is good for old and young, and makes for health and efficiency.

"There's a Reason"