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"Made Me Well and Strong"

If you've found a task worth doing. Do it now.

Do it now.

In delay there's danger brawing,
Do it now.

Don't you be a by-and-byer
And a siuggish patience tryer;
If there's aught you would acquire,
Do it now.

HOW TO USE MARSHMALLOWS

A meringue which has a half dozen



brown has an indefinable flavor that pleases the palate. The appearance and flavor of

as it goes in to

many an otherwise common dish is ennanced by the addition of a few marshmallows.

An apple ple made of thickened. weetened and spiced apple sauce put into a baked shell and served with a covering of marshmallows, browned as a meringue, is delicious.

Cream ple is greatly improved by the addition of a few marshmellows added just before spreading the me-

Corn starch pudding, chocolate pudding, are both improved by the addition of a handful of marshmallows. Chocolate ple is especially good covered with marshmallows instead of a meringue.

Fudge, cream candy and boiled icing stay creamy and moist much longer if marshmallows are added to them. Drop them into the hot mixture and best as usual; if the marshufallows are fresh they will melt at onbe.

Plain cookies, vanilla wafers or crackers are transformed into toothsome little cakes by topping them with a marshmallow and setting into the oven to melt and brown a little.

Het checolate or cocoa are both improved by one or two marshmallows dropped into the cup just as it is

Gingerbread or sponge cake cut in two while hot and filled with marshmallows, put together and placed in the oven until they melt, makes a most delectable dessert.

Dates and prunes stuffed with chopped nuts and minced marshmallows make a good confection.

Mixed in the salad dressing with whipped cream, a fruit saind is greatly improved. If mixed with the fresh fruit and allowed to stand several hours the marshmallows are softened and the flavor is better.

Do you know you can roll 50 good agarettes for **IOcts** from one bag of





Obligation Admitted. "Has your library been a help to you in your business?"

"Yes," replied Mr. Oumrox. "Which books gave you the best

idens? "I didn't get much from the books themselves. But several of the chaps who persuaded me to subscribe gave me some wonderful suggestions on salesmanship."

Intense Interest.

Swaffleton-Just returned from the continent, eh?

Swanke-Yes; been over for six months, dontcherknow.

Swaffleton-Indeed, and what towns did you visit? Swanke-Well, I really don't know;

my man always takes the tickets."-London Answers.

Under Other Circumstances. Mrs. Davies - When Mrs. Warritch was poor they used to say she was a great talker, but now it is quite dif-

Mrs. Greene-Indeed? What do they say she is now? "A brilliant conversationalist."-

Tit-Bits.

So Interested. She-I'm so interested in football. have a cousin, you know, who was

on the college team last year. He-Indeed. What did he play? was a fouchdown or a punt.-Boston

Transcript.

The Power. "Don't you think your wife would like a power churn?" insinuatingly

asked the implement dealer. "She's got one now," replied the gaunt Missourian.

"Ah! What power operates it?" "Me."-Kansas City Star.



PROOF ENOUGH Visitor: Wall Bert, how is your wife, is she well yet? Old Henpeck (just after a domestic Think yes funny now

> Moving. The Arab, ere he goes his way, Folds up his tent, 'tis said. It's all that we can do today To move a folding bed.

A Source of Wonder. "Did you see where they found a woman's torso floating in the river. where it had been thrown?"

"Now, wouldn't you think a woman would be more careful of her things

Sublime. "Yes, I have studied architecture amid the palaces of Venice and the minarets of Spain."

"Good enough, son. Now let's see what you can do in the way of design-ing a tin garage."—Judge.

So Temperamental.
"Was your leading lady injured when she bumped her head on the door?" "No: but it threw her into a fit of

"A fit of jealousy?" "Yes, she saw so many other stars."

TREMENDOUS HOUSE MAJORITY RE-PASSES THE MEASURE WITHOUT ARGUMENT

Wilson Could See No Reason For Re strictions Upon Minimum Strength of Army of 260,000 Men.

Washington.-The joint resolution directing the stopping of enlistments until the regular army is reduced to 175,000 men was passed by the house over President Wilson's veto.

Returning the measure to the Luse, the President said he was "unable to see in the condition of the world at large or in the needs of the United States any change't that would justify a restriction upon the minimum enlisted strength of 260,000 men provided for in the recently enacted army reorganization bill.

The veto was overriden by a vote of \$71 to 16, one member voting present. .

The President's voto message was not read to the house until six hours after its formal delivery, but once read, action was swift.

Representative Mondell of Wyo ming, republican leader, said the mes sage presented no arguments that had not already been before the body and that further discussion was unnecessary. He asked for an immediate vote.

Men Starved and Flogged. Jackson, Mich. - Men starved and flogged day after day and later sent to an asylum-

Men caged for many days in steel cylinders so narrow that the prisoner must stand upright-

Men attempting sulcide to escape the horrors of hunger, flogging and torture cells.

Legislative investigation of these cruelties and conditions in the Michigan state penitentiary here promised a complete reorganization of this penal system.

Montana Governor Vetoes Bill.

Helena, Mont .- On the ground that the bill requiring teachers in Montana schools and colleges to take an oath of allegiance to the United States, was unconstitutional and would create a fertile field of "politiegl heresy," Governor Dixon vetoed the measure.

Fight Continues on Open Shop.

Norfolk, Va.-With a capitalization of from \$5,000 to \$50,000, the Amerioan engineering corporation received its charter and will succeed the Crescent Iron Works, Inc., as the medium for labor's experiment in combatting

First Real Japanese Census.

Tokyo.-The first census ever taken in Japan by modern methods showed that the population of the Japanese empire number 77,005,510. while in Japan proper, exclusive of Korea, Formosa and Sakhalin, there are 55,961,140 inhabitants.

Winter Resort Hotel Burned.

Augusta, Ga.-The Bon Air, a large winter resort hotel in the South, was destroyed by fire here. The flames originated in the dining room and are attributed to some faulty electric lighting equipment. There were 260 guests in the hotel. No one was in-

Germany Advised to Accept. Birmingham, Eng. — The British prime minister's advice to Germany is to accept the bill of reparation as formulated by the supreme council at

Fleet of Airplane Carriers. Washington.-First steps looking to the construction of a fleet of modern high speed airplane carriers for the United States navy were taken in

Smith's Credentials Submitted. Washington - Credentials, certifyng that E. D. Smith of South Carolina was elected to serve a term of six years in the senate beginning March 4, were presented to the sen-ate by Senator Dial.

Sallors Under Arrest. Mobile.-Following the seizure of five cases of foreign whiskey on board the Munson line steamer Muniale here by the forces of Shertif W. H. Holcomb, nine members of the crew were arrested.

Wool for Poland. Paris.-Poland is to get more than 5,600 belm of Australian and New Dealand wool under a contract signed with the British director general of rew materials, is stated in a recent

Provision For Muscle Shoels. non. — The somete adopted ment to the sundry civil ap

IMPROVED UNIFORM INTERNATIONAL

(By REV. P. B. FITZWATER, D. Teacher of English Bible in the Mo Bible Institute of Chicago.) (© 1920, Western Newspaper Union.)

**LESSON FOR FEBRUARY 13** 

LESSONS ON CITIZENSHIP. (May Be Used With Temperance Applications).

LESSON TEXT-Matt. 2::15-22.
GOLDEN TEXT-Thou shall love the
Lord thy God with all thy heart, and
with all thy soul, and with all thy mind.
This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself.-Matt. 22:

REFERENCE MATERIAL - Matt. 3 1-89; Mark 18:18-17, 28-37; Luke 20:29-35, 41-44; Rom, 18:1-14; Phil. 3:17-21. PRIMARY TOPIC—The Land We Love. JUNIOR TOPIC-Our Country, INTERMEDIATE AND SENIOR TOPIC Getting Ready for Citizenship, YOUNG PEOPLE AND ADULT TOPIC

I. The Tribute Money (vv. 15-22). The l'hardenes and Herodians pur-pessor to entrep Jesus and bring Him into conflict with the Roman govern-ment, so they came to Him with the solute question, "Is it lawful to give tribute to Caesar or not?" At this time the Jews were galling under the yoke of the Roman government. Some even denied the right to pay tribute to the government. To have answered this question by "yes" or "no" would have involved difficulties. To have answered "yes" would have conveyed the impression of endorsement of all that the Roman government did. To have answered "no" would have at once brought Him into conflict with the government. It is not an easy matter for a Christian always to determine his right relation to civil government. Many a minister has made a failure of his work because he tried to solve the problem. Christ's reply to this question, properly understood and applied, is the final word on the subject. Until the civil authorities demend of us that which is a violation of God's law, we are bound to render unto them obedience, "Render unto Caesar the things that are Caesar's" means the highest obligation. Since enjoying His protection and care it is our duty to owe all allegiance to Him, to yield our lives to Him in service, worship and praise. Every one who

ceives God's favor is placed under a like obligation unto Him. II. The Great Commandment in the Law (vv. 34-40).

enjoys the benefits of civil government

is obliged to pay the taxes which

are necessary for the support of that

government, and every one who re-

For the third time in one day the Lord is tried by hard questions. While these questioners were actuated, by wrong motives, we may be forever glad that they put these questions to Him because of the invaluable truth which His answers set forth.

1. The first commandment (vv.34-"Thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy mind." This means that supreme and undivided we to God is the first an mandment. This at once shows that man's supreme obligation is to God. It is wrong to evaluate man's character on the basis of his morality as expressed in his relation to his fellow

2. The second commandment (vv.

39-40). The second commandment is like unto the first in that it centers in love. It is not said that it is equal unto the first; that would not be true. A man may love himself, but not supremely. One's love for his neighbor may be either too much or too little. The measure set is love for self. We should love God better than ourselves. He is worthy of all our affections and demands all. Love is not mere emotion, but a supreme desire for the welfare of another and a willingness to do everything possible to secure that end. The command to fove our neighbor is involved in the command to love God. To pretend to love God is folly if we do not love our neighbor. No one does really love his neighbor who does not love God. To attempt to establish a brotherhood among men without the recognition of the Fatherhood of God is utter nonsense. Men become children of God by faith in Jesus Chrust. It is true that in the sense of being Ged's creatures all men are God's children, but in the New Testament sense men are only God's children as they are in Christ. Beware of the man who is constantly crying for the brotherhood of man and is at the same time rejecting Jesus Christ. The only real way to bring in the brotherhood of man is to preach Jest Christ unto the race and secure their acceptance of Him. We thus become brothers in the real sense of the terr when we have God as our Father, All obligations resting upon man are em braced in these two commandments Those who conform their lives to the are God's children and are the ver best citizens.

Worldly fame.

Worldly fame is but a breath of wind that blows now this way, and now that, and changes name as I changes direction.-Dante.

Fame is an undertaker that pays but little attention to the living, but bedizens the dead, furnishes out their funerals and follows them to the grave, -Colton

Fant, like the river, is narrown-river it is brod, and breadest after all Dovement.

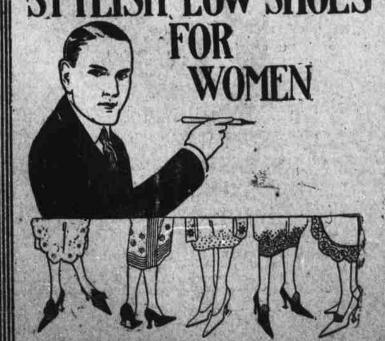


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