

MRS. M. SNYDER GAINS 20 LBS.

Declares Tanlac Overcame Rheumatism and Stomach Trouble, Restoring Full Vigor.

"Tanlac built me up twenty pounds, and I am as happy over my new health as my little boy was over his Christmas toys," declared Mrs. Mary Snyder, 838 Estes St., Charlottesville, Va. For two years I suffered from stomach trouble, rheumatism and a run-down condition. I was nervous, run-down and got to the point where when I went to bed nights, I wondered if I would be able to get up in the morning. Rheumatism in my shoulders was so painful, and I was so thin and weak that I did little of anything except try to get well. "I was in despair when I started taking Tanlac, but now my troubles are all gone and I am as healthy and happy as I could wish to be. Tanlac has earned my undying gratitude." Tanlac is for sale by all good druggists. Over 25 million bottles sold.—Advertisement.

When Hubby Agreed. "Alas," sighed the shapely wife, "I suppose I'll simply have to begin wearing my skirts longer." "You will," grimly replied the husband, "for I simply can't wear these old trousers any longer."—Cincinnati Enquirer.

Aspirin

Say "Bayer" and Insist!



Unless you see the name "Bayer" on package or on tablets you are not getting the genuine Bayer product prescribed by physicians over twenty-two years and proved safe by millions for Colds, Headache, Toothache, Lumbago, Earache, Rheumatism, Neuralgia, Pain, Pain. Accept "Bayer Tablets of Aspirin" only. Each unbroken package contains proper directions. Handy boxes of twelve tablets cost few cents. Druggists also sell bottles of 24 and 100. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.—Advertisement.

Chinese Actors Lose Cast When a Chinese goes on the stage he loses caste, he and his children after him being deprived of citizenship for four generations.

WOMEN NEED SWAMP-ROOT

Thousands of women have kidney and bladder trouble and never suspect it. Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease. If the kidneys are not in a healthy condition, they may cause the other organs to become diseased. Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble. Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions. Get a medium or large size bottle immediately from any drug store. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

His Diagnosis. She—I have a lot of new wrinkles in my face since I married you. He—Too bad! I presume they come from worrying over dressmakers' bills that I can't pay.—Boston Evening Transcript.

FOR OVER 40 YEARS

HALL'S CATARRH MEDICINE has been used successfully in the treatment of Catarrh. HALL'S CATARRH MEDICINE consists of an Ointment which Quickly Relieves by local application, and the Internal Medicine, a Tonic, which acts through the Blood on the Mucous Surfaces, thus reducing the inflammation. Sold by all druggists. F. J. Cheney & Co., Toledo, Ohio.

Versatility Required. Detroit Ad—"First-class cook—Will pay good wages to one who can cook frogs' legs, male or female."—Boston Transcript.

Cuticura Comforts Baby's Skin When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

Accomplished. "Can your canary sing?" "Listen. Those canaries can sing duets."—Louisville Courier-Journal.

LIVE STOCK

TO MAKE PROFITS WITH PIGS

Wise Grower Stimulates Growth Before Litter is Farrowed by Good Care of Sows.

(Prepared by the United States Department of Agriculture.) "The profitable pig," says the United States Department of Agriculture, "is the one that never stops growing from the time it is farrowed up to the time it is hauled to market." The wise hog grower stimulates growth in the pig before the litter is farrowed by keeping the sow in good condition. It is assumed that the sire and the dam are of the right type, big and growthy. Pasture of good quality, shorts or middlings, fish meal or tankage to furnish protein, with sufficient corn



As Soon as Pigs Are Weaned They Should Be Kept on Full Feed.

or barley to keep them in fair flesh, make up a list of desirable feeds for breeding hogs. Alfalfa, soy beans, or clover hay are valuable additions for winter feeding and may be scattered out so as to induce the sows to take exercise daily, a great necessity for breeding hogs.

Sows must be well fed to raise good pigs, but this does not include the day before farrowing and the day after farrowing. For 24 hours before and after farrowing the sow should have no feed, but tepid water should be constantly available. After this fast, feed should be given in small quantities at first, then gradually increased up to full feed within ten days. Even before the pigs are weaned they should have access to shelled corn in self-feeders as a supplement to the milk from their mothers. As soon as they are weaned they should be kept on full feed, either on self-feeders or by hand. Pigs that are well fed and have enough exercise will reach market weight at about eight months of age.

DIRTY LOTS CAUSE LAMENESS

Condition Is of Rheumatic Nature Involving Joints Around Hams and Shoulders.

The veterinary department of Purdue university has been investigating reports of lameness in hogs. "The condition is of a rheumatic nature," says Dr. L. C. Kigin, "involving the joints and muscular regions around the hams and shoulders. On observing several afflicted herds I found that the animals had access to filthy lots that had been used for years. At one place I found a large wallow at the base of an old straw stack. The organisms which cause this disease thrive in such places and the way to prevent the trouble is to keep the porkers on pasture and close up the lot and barn until the place can be cleaned up." The mortality from the rheumatism is low but the loss comes from the setback in condition and the waste in feed resulting. Cleanliness has produced favorable results for scores of men.

CARROTS FOR PIG PARALYSIS

Trouble Is Very Common and Probably Caused by Lack of Some Particular Vitamine.

Paralysis in hogs is very common, according to the veterinary department of Colorado Agricultural college. It is presumed to be a deficiency disease; that is, something needed for nutrition is not present in the food. In answering a question from a farmer recently the veterinary department stated that the substance in this particular case that was probably lacking was vitamine B. A recommendation was made to try a ration consisting of plenty of milk and carrots. Results under experimental work with this ration in cases of pig paralysis have been remarkable.

Alfalfa for Colts.

Alfalfa hay is especially valuable for feeding growing colts because it contains a high percentage of protein and tends to produce more growth of bone and muscle than does timothy or prairie hay.

Clean Wallow Hole.

The clean wallow hole is important. Hogs may use the muddy wallow if no other is available; but if clean water is provided in a concrete wallow they will prefer it to the mud hole.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago. Copyright, 1923, Western Newspaper Union.

LESSON FOR APRIL 22

MOSES, LIBERATOR AND LAW-GIVER

LESSON TEXT—Exodus 14:10, 13-22. GOLDEN TEXT—Fear ye not. Stand still and see the salvation of the Lord.—Exodus 14:13.

REFERENCE MATERIAL—Deuteronomy 3:23-28; Psalm 116:23-45; 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.

3. Overthrow of the Egyptians (vv. 22-27). Having seen the Israelites go across dry shod the Egyptians immediately pursued them, insanely 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

Ladies Can Wear Shoes

One size smaller and walk in comfort by using Allen's Foot-Ease, the antiseptic, healing powder for the feet. Shaken into the shoes Allen's Foot-Ease makes tight or new shoes feel easy; gives instant relief to corns, bunions and callouses; prevents Blisters, Callous and Sore Spots and gives rest to tired, aching, swollen feet. 1,500,000 pounds of powder for the feet were used by our Army and Navy during the War. Sold everywhere. For Free Sample and a Foot-Ease Walking Doll, address Allen's Foot-Ease, Le Roy, N. Y.

Deference to Example.

"Charley, dear," said young Mrs. Torkins, "don't you think a woman should be guided by the taste of her husband?" "Of course." "So do I. That's why I'm going to have my hair cut short and learn to smoke." Too Early. Mother—Isn't it about time that young man of yours was entertaining the prospects of matrimony? Daughter—Not yet. He don't come until 3 o'clock.

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or stomach sour, just try a spoonful of harmless Dodson's Liver Tone tonight. Here's my guarantee—Go to any drug store and get a bottle of Dodson's Liver Tone for a few cents. Take a spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is entirely vegetable, therefore it can not salivate or make you sick.

10 Cents Gives Cheerful New Color Tone to Old Curtains

PUTNAM FADELESS DYES—dyes or tints as you wish

BY THE SCIENTIFIC METHOD MATTER COULD BE ARRANGED JUST HAD TO "MINGLE THEM"

Modern Mother, Physician Thinks, Has Poor Ways of Bringing Up Her Children. Rather Embarrassing, However, the Frankness With Which Ruth Discussed the Idea. Task Set Before Little Erastus Could Hardly Be Classed as an Impossible One.

Dr. Alzamon Lucas of New York, who claims that by the exercise of will power a mother can determine both the sex and the vocation of her unborn child, said at Atlantic City the other day: "I hope to see—in fact, I do see—a revival of the good old-fashioned motherhood idea. The modern mother was too scientific altogether. She glanced through a textbook and thought she knew it all. "There's a story about a nursemaid who rushed into the smoking room of one of these modern mothers and shrieked: "Oh, my goodness, ma'am, the twins have fallen down the well! What shall I do?" "The lady lit a cigarette and answered calmly: "Go to the library and bring me the last number of "Modern Motherhood." There's a very complete article in it on "How to Bring Up Children.""

Why Multimillionaire Is "Sore." Millionaire—After sending your son to college it must be disappointing to have him run off with a chorus girl. Multimillionaire—I should say it was disappointing. I expected to marry the little lady myself.—London Mail.

We had a wealthy bachelor, terribly stingy, living across the hall in our apartment. He came to our apartment frequently to play cards. He and our little four-year-old daughter, Ruth, became friends. He always tried to get her to call him "Uncle Frank." I remarked to my husband I would teach her to call him uncle if I thought he would leave her something in his will. One evening in the midst of our card game, Ruth touched him on an elbow and said, "Mother says she will teach me to call you uncle if you leave me some of your will."—Chicago Tribune.

No Findings to Report. A new congressman was called before a fussy floor leader, who proceeded to interrogate him. "Now, you were on this subcommittee?" "Yes," said the man. "A great deal of time has been taken up," proceeded the other. "Maybe so," agreed the congressman. "Are you ready to report your findings?" "Personally," said the new member, "I have no findings. We did nothing but play poker. Shall I report my findings?"

All in a Day's Business. Jones ordered custard pie. The waiter handed out a slab with a top so black from scorching it resembled burned toast. "No, not for mine," growled Jones. "I can get 'em burned at home. Give me lemon." A moment or two later the counter man was sprinkling powdered sugar over the burned pie and a few moments later the piece of pie, carefully camouflaged, was on the armchair of another customer. When a town woman spends a few days in the country she refers to it ever after as a house party.

No need to say, "I wish I dared"

How often have you heard the expression, "I can't drink coffee; it doesn't agree with me!" Yet there is an undeniable satisfaction in having a hot drink with meals.

Postum supplies satisfaction and safety, both. No need to deny yourself the pleasure of this fragrant, invigorating cup through fear of nervous disturbance afterward. Postum is rich and comforting, and there's nothing in it that can harm anybody.

Why not follow the example of the thousands who have left off the risks of coffee, for the assured satisfaction and safety of Postum?

Your grocer sells Postum in two forms: Instant Postum (in tins) prepared instantly in the cup by the addition of boiling water. Postum Cereal (in packages) for those who prefer to make the drink while the meal is being prepared; made by boiling fully 20 minutes.

Postum FOR HEALTH "There's a Reason" Made by Postum Cereal Co., Inc., Battle Creek, Michigan