

See me and See Better DEN ROSENSTEIN OPTOMETRIST DUNHAM

CARDUI HELPED REGAIN STRENGTH Alabama Lady Was Sick For Three Years, Suffering Pain, Nervous and Depressed—Read Her Own Story of Recovery.

Faint Rock, Ala.—Mrs. C. M. Stegall, of near here, recently related the following interesting account of her recovery: "I was in a weakened condition. I was sick three years in bed, suffering a great deal of pain, weak, nervous, depressed. I was so weak, I couldn't walk across the floor; just had to lay and my little ones do the work. I was almost dead. I tried every thing I heard of and a number of doctors. Still I didn't get any relief. I couldn't eat, and sleep poorly. I believe if I hadn't heard of and taken Cardui I would have died. I bought six bottles, after a neighbor told me what it did for her."

DAUGHTER IS NOW ABLE TO STAY ON JOB

Declares He is in Finest Health Since Tanlac Completely Relieved Him of Distressing Stomach Trouble—Gives Public Facts in Case.

"I feel like a different person since taking Tanlac and am now able to stay on the job all day long," said J. H. Daughtery, 420 W. 14th St., Norfolk, Va., for fourteen years with the Hampton Roads Paper Co. "I suffered a long time with indigestion and got worse until I was hadly run down. Everything I ate disagreed with me and I would bloat up with gas, which pressed against my heart and lungs so it was all I could do to get my breath. I was so nervous it was impossible for me to get a good night's sleep and I always got up with a bad taste in my mouth and all worn out."

"A Tanlac statement impressed me so I decided to try it and I began to improve almost at the start; I now have a splendid appetite, that sluggish tired feeling has left me and my sleep is good and sound. I get up every morning feeling fine and ready for a big day's work. Tanlac sure is a wonderful medicine."

Tanlac is sold by all good druggists. Garner Hill, Gladstone, N. J., Sells Rat-Snap. He Says "I sell and use RAT-SNAP. Like to look any man in the face and tell it's the best. It's good." People like RAT-SNAP, because it "does" kill rats. Petrifies carcass—leaves no smell. Comes in cakes—no mixing to do. Cats or dogs won't touch it. Three sizes: 35c, 65c, \$1.25. Sold and guaranteed by LONG BRADSHAW & COMPANY.

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, 1922, Western Newspaper Union

LESSON FOR JUNE 11

JEREMIAH CAST INTO PRISON

LESSON TEXT—Jeremiah 33:1-18. GOLDEN TEXT—He not afraid of their faces: for I am with thee to deliver thee, saith the Lord—Jer. 1:17. REFERENCE MATERIAL—Gen. 22:1-18; Jer. 20:1-18; Luke 3:13-20; Acts 12:1-17. PRIMARY TOPIC—How God Cared for Jeremiah. JUNIOR TOPIC—Jeremiah's Bold Testimony. INTERMEDIATE AND SENIOR TOPIC—Faithful in the Face of Danger. YOUNG PEOPLE AND ADULT TOPIC—Lessons From Jeremiah's Character.

I. Jeremiah Predicts the Capture of Jerusalem (vv. 1-18).

1. To Whom—the People (v. 1). Jeremiah had been taken out of the prison by the king (37:17), and ordered confined to the court of the prison (37:21). The people seem to have had free access to him in the court (32:12). From this place of limited confinement Jeremiah announced to the people their approaching captivity.

2. Counsel Given (vv. 2, 3). (1) All that remaineth in the city shall die by the sword, famine and pestilence. (2) He that goeth forth to the Chaldeans shall live. "He shall have his life for a prey" doubtless means that he shall escape with his life, though losing all else.

II. Jeremiah Accused by the Princes (vv. 4, 5).

1. "He weakeneth the hands of the men and all the people" (v. 4). From a human standpoint what they said was true, but since Jeremiah was but the interpreter of God to the nation they ought to have heeded his advice to surrender.

2. "This man seeketh not the welfare of this people, but the hurt" (v. 5). This charge was utterly false. Jeremiah was the best friend of the people, for he faithfully proclaimed to them God's judgment upon them for their sins and advised them how to make the best of their unfortunate situation.

3. The King's Cowardly Act (v. 5). Jeremiah is abandoned by his cowardly friend. The very one whom Jeremiah was trying to help deserted him. The king was afraid of the Chaldeans the princes, Jeremiah and God.

III. Jeremiah Cast into the Dungeon (v. 6).

This was not a regular prison but a cistern which had doubtless been emptied of its water during the siege, leaving only "mire." Into this mire he sank. The purpose was to let Jeremiah die there. There was no possible way to escape. In this situation Jeremiah is a type of Christ (Psalm 69). Jeremiah was one of the bravest of God's servants.

IV. Jeremiah Rescued From the Dungeon (vv. 7-13).

1. By Whom—Ebed-melech, an African servant (vv. 7-8). The Jewish prophet whom his own countrymen tried to destroy is saved by a Gentile, which may be thought of as foreshadowing the Gentiles' attitude toward Christ. Though Ebed-melech had a colored skin he was the whitest man in Jerusalem. He was not only sympathetic but courageous. He went to the king and boldly declared that the princes had done evil in imprisoning Jeremiah.

2. The Method (vv. 10-13). The king yielded to his request and furnished a guard to prevent interference with the work of rescue. He let down soft rags and worn-out garments by ropes and instructed Jeremiah to put them under his arms and under the ropes so as to prevent injury to him as he was lifted up. They lifted him out of the dungeon and he was permitted the freedom of the court of the prison.

Why did Jeremiah have such a hard time? Why do the purest and best men and women have to suffer? Why are God's prophets unpopular? Jeremiah, the prophet who delivered God's power to deliver goes to prison and suffers. "Why do the righteous suffer?" is an age-old question.

1. The power of God is more strikingly shown in deliverance than in keeping from trials. This was so in the case of the Hebrews in the fiery furnace and Daniel in the den of lions.

2. Great gain accrues to the sufferers, e. g. the Hebrews in the fiery furnace were not only kept from being burned, but had walking with them the Son of God; Job through his trials was brought to see himself.

3. Suffering turns out to the furtherance of God's cause; e. g. Job becomes the priest through whose intercession his friends are pardoned; Paul's sufferings furthered the preaching of the gospel; John through banishment on the Isle of Patmos was given the vision of the Revelation.

Zion: But Judah shall dwell for ever, and Jerusalem from generation to generation. For I will cleanse their blood that I have not cleansed: for the Lord dwelleth in Zion.—Joel 3:20 and 21.

Be Honest. Recompense to no man evil for evil. Provide things honest in the sight of all men.—Romans 12:17.

The Perfect Man. If any man offend not in word, the same is a perfect man.—James 3:2.

LETTUCE THE NATURAL FOOD

I have concluded an extended study and research into the question of so-called health foods. The conclusion that it would be of the utmost benefit to the general health if the consumption of lettuce the year-around were increased about a thousand times the present consumption. Let us enumerate the reasons for eating lettuce every day that lettuce can be had.

(1) Lettuce is one of nature's toothbrushes.

(2) Lettuce is rich in vitamins.

(3) Lettuce is unquestionably superior to any known medicine which may be taken internally as a source of available iron for man, although certain iron solutions administered by injection into the blood or into the muscles may be superior in certain illnesses.

(4) Lettuce serves as a physiological stimulus not alone to appetite and digestion in the stomach but to the most important process of intestinal digestion, and may be considered a preventive of colitis.

(5) Lettuce gives a wholesome bulk to the residue in the intestine and it tends to counteract the evils of ultra-refined concentrated diet.

(6) Lettuce is among the lowest of all foods in fuel or nutritive value from the caloric point of view yielding only 30 calories per pound. (About equivalent of two crackers or half a glass of milk.) This feature should commend lettuce to all overstocked persons.

(7) Lettuce freely used in the diet opposes acidosis and tends to keep the system normally alkaline.

The popular notion that lettuce is sedative or soporific is a myth propagated by the romanticists who used to write books on "dietetics" as an avocation. Lettuce will no more soothe the nervous system nor put one asleep than will peanuts or ham gravy.

Of course the less wild life consumed with or on one's lettuce the less nourishing the lettuce will be. Vegetarians should scrutinize their lettuce very carefully. It is important that all lettuce be thoroughly examined to discover uninvited guests, and well washed and rinsed in pure water to route any such guests. Metchisikoff insisted on cooking even lettuce but that would be going to an unreasonable extreme for the sake of a mere theory.

A variety, or kind, of lettuce called "Iceberg" is so uniformly crisp and palatable that even persons indifferent to ordinary lettuce find it an attractive relish.

Let us eat lettuce each day.—William Brady, M. D.

IN LOVING MEMORY OF MRS ASHLEY

It is with a sad heart and inexpressible feeling that I attempt to write of the death of Mrs. Robert Ashley who died Feb. 6, 1922, and buried at the family grave yard at her father's. She was the daughter of Mr. Billy Mooney and was about 86 years of age.

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years of age. She leaves a husband and 6 children, the baby one about 18 months old. Of course, we know it is awful for the mother to be taken from the little children, but we do hope that the good Lord will take care of them through their troubles and trials.

be liable for all damage and cost of suit. Sheep-killing dogs must be killed by their owners when notified of such damage. If so refuses, he is guilty of a misdemeanor. Mad dogs must be killed. For every person paying the license or privilege tax shall be issued by the Sheriff a metal tag, which shall be attached to a collar to always be worn by the dogs.

DOG LAW

Any person owning or keeping about him any open female dogs of the age of six months or older, shall pay annually a license or privilege of two dollars. Any person owning or keeping any male dog other than an open female dog the age of six months or older, shall pay annually on each dog so owned or kept a license or privilege tax of one dollar.

DOGS TO BE LISTED

It shall be the duty of each owner of a dog to list the same for taxes at same time and place that other personal property is listed, and any person failing to refuse to list such dog shall be guilty of a misdemeanor and upon conviction shall be fined not exceeding \$50 or imprisoned not exceeding thirty days.

Dog tax shall be due and payable on the first day of October of each and every year, if tax is not paid by December first thereafter, the owner shall be guilty of a misdemeanor. No owner shall wilfully allow his dog to run at large at night, under penalty of \$50 fine. The owner of a dog that kills or injures any live stock or fowls, shall

THE HEALTH VALUE OF FRUIT

Some fresh fruit should be the first course of every breakfast. Fruit at breakfast, say grapefruit, or orange or an apple, or some berries aids in the digestion of oatmeal and cream or rolls or toast or bread and butter or any cereal. This is the physiological fact as observation studies of the human digestion. Acid converts starch into dextrin in the stomach, and to save that the two should not be mixed is flippant.

The acids of fruits are oxidized in the body and hence are "bad" fruits acids are changed into carbonates in the blood, and thus tend to render the blood more alkaline than it is ordinarily. I mention these physiological facts for the purpose of countering the popular notion that the acid fruits are "bad" for "rheumatism." Not that any acid has anything to do with the causation of any of the various diseases under the name of "rheumatism."

Most fruits contain vitamins. Orange juice, apple juice, peach juice, apricot juice, berry juice, lemon juice, pineapple juice, grape juice, or tomato juice, may be fed in doses of a few teaspoonfuls daily, apart from other feedings, to infants from six months of age onwards, to prevent scurvy and to favor normal nutrition and growth.

An apple a day won't starve all the doctors, but an apple or other fresh raw fruits after each meal will keep the dentist in a properly chastened frame of mind, for the acids of citrus and other cleansers for the teeth and fruits are natural toothbrushes.

Fruit is often recommended by doctors as a wholesome substitute for candy and other sweets for the kiddies. I take issue with all who hold that view. The youngsters crave and should have pure candy and wholesome sweets daily as part of their diet, such foods are quite as wholesome for children as any fruit can be, but for many adults who have a too well developed or too highly cultivated sweet tooth, fruit is a fine substitute. For it satisfies the craving by appetite, with greater bulk and less nutrient. Persons who have accumulated excess weight from eating too much and exercising too little—the only way one gets accumulated excess weight—may take the cue from this and stick their teeth into some fruit about an hour before meals. They will find that, with the appetite thus tricked by a rise, so to speak, they can actually leave the table, if nothing more.

Children under four should not eat raw fruit, but only fruit juices or the pulp of stewed or baked fruit.—William Brady, M. D.

We Picked Up Seven Large Dead Rats First Morning Using Rat-Snap.

So writes Mr. B. E. Woodbridge, N. J. "We chicks one night, Bought some RAT-S up 7 large dead rats and in 2 weeks did RATSNAP is g in cakes ready 35c, 65c, \$1.25 by LONG P

R. A. SPENCER & SON FUNERAL DIRECTORS ROXBORO, N. C. HAVE you ever wondered why quick fortunes are made by the best directors and why you never hear of millionaire undertakers? Public need for broader service and improved facilities have resulted in large investments in motor cars, scientific equipment, funeral homes and chapels. These bring about a heavy and continuous operating expense.

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